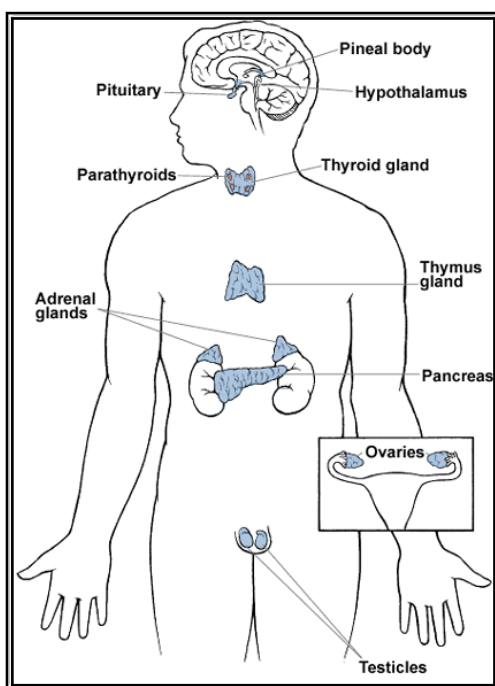


Jin Shin Jyutsu and Endocrine System (内分泌系统)



Endocrine system is a collection of hormone-producing glands and cells located in various parts of the body. The major glands that make up the human endocrine



system are the hypothalamus, pituitary, thyroid, parathyroids, adrenals, pineal body, and the reproductive glands, which includes ovaries and testes. The pancreas is also part of this hormone-secreting system, even though it is also associated with the digestive system because it also produces and secretes digestive enzymes.

Hormones are complex chemical substances that are secreted into the bloodstream and regulate body functions such as growth, metabolism, sexual development and function and importantly our mood. In summary, the endocrine system has a regulatory effect on basically every other body system.

Join the class and discover that by holding certain points on your body, you can harmonize the entire Endocrine system. In this class, you will learn specific flows in JIN SHIN JYUTSU as a self-help tool to harmonize your Endocrine system.



JIN SHIN JYUTSU Physio-Philosophy is a "To Know (HELP) Myself" ART. Through JIN SHIN JYUTSU our awareness is awakened to the simple fact that we are endowed with the ability to harmonize and balance ourselves.

In JIN SHIN JYUTSU one uses the hands as "jumper cables" to energize the body's run down battery.

It is gentle, non-invasive, light touch, that is effective in relieving stress, enhancing the body's natural ability to heal and rejuvenate.

Instructor

Sylvia Koh is a JIN SHIN JYUTSU practitioner. Currently, she provide JIN SHIN JYUTSU session and conduct SELF HELP class for children and adults.

Date: 17 August 2008

Time: 2pm – 5pm

Fee: S\$40

Registration close: 10 August 2008

Location: Healing Bliss Clinic
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