

YOUR HEALTH IN YOUR HANDS

**JIN SHIN JYUTSU
AND CIRCLE DANCING**

10-13 May 2018 (Whitsun)



YVONAND, Switzerland (1 hour from Geneva)

Jin shin jyutsu® is the art of maintaining perfect circulation
of universal energy through our 26 energy locks.

Our fingers and toes are the perfect harmonisers for our whole being

Course content

- Learn & practice Jin Shin Jyutsu self help. Enjoy the wisdom of the Bach flower remedies and discover various types of energy work
- Dance in circles, spirals or line to liberate energy centres and harmonize body, mind and spirit with Creation. The dances chosen are part of a holistic and effective way of learning and integrating Jin Shin Jyutsu

Investment : Chf 320.- includes

- 6 hours of activity daily, one main meal and all the tea /coffee breaks
- Course material and one CD of the dances

Where to stay

- Choose a B&B, hôtel, caravan park, campsite, or even couch surfing to suit your budget www.yvonand-tourisme.ch and on www.martinewinnington.com (holiday - information)



I have been teaching circle dance for more than 25 years and am currently doing research on the healing qualities of certain dances that liberate our energy locks. In my practice I use Bach Flowers Remedies, Jin Shin Jyutsu and Energy work. I enjoy teaching people how to take care of their own health and energy levels.

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