

Jin Shin Jyutsu

Take a step away from your busy life and the stress that taxes your well-being and longevity. We will focus on self-care, peaceful breathing and ways to promote harmony.

Jin Shin Jyutsu® is a simple and user-friendly self-help art. You will learn to "jumper cable" with your hands to harmonize body, mind and spirit.

Jin Shin Jyutsu® comes from ancient Japanese traditions and was revitalized as a healing art during the early 20th century by Master Jiro Murai. His American student, Mary Burmeister, brought JSJ to the United States after WWII. Based on universal body language, it is taught all over the world. Harmony is at your fingertips.

Guests are welcome for a \$5 fee.

Thursday, February 6
9:00 a.m. – 12:00 p.m.

Hospice of the Western Reserve
Lakeshore Campus
300 East 185th Street
Cleveland 44119

Class size is limited and RSVP is required

To register, contact the **Volunteer Team** at
216.383.5280 or volunteersvp@hospicewr.org

For more information, contact **Tina Thonnings** at
216.383.3729 or kthonnings@hospicewr.org



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