



The Art of Jin shin Jyutsu – Self Help healing

Presented by Reshma Mudirakkal

website: www.keys2harmony.com

Saturday: May 15th 2010 - 3pm to 5pm

Tuesday: May 18th 2010 - 10am to 11.30am & 12pm to 1.30pm

Location: **Sharanis Wellness Spa – Tel: 025562601 – info@sharanisspa.com**

A Self Help Class is one where we study the fundamental principles of physio-philosophy and how to apply this art to ourselves. It is the beginning of our journey to understanding ourselves and creating harmony, health and happiness in our lives.

Introducing Jin Shin Jyutsu - The journey is all about self awareness and hence "Getting to Know Myself" is at its very core.

Jin Shin Jyutsu is a powerful ancient Japanese healing art and philosophy that facilitates the restoration of physical, mental, emotional and spiritual balance. It is an exceptionally gentle, non invasive therapy that works without the use of needles, pressure or rubbing. Akin to a highly developed form of acupressure. By using fingers and hands to eliminate stress, create emotional equilibrium, relieve pain and alleviate chronic and acute conditions. Deep hands on healing Art utilizing the 26 Safety Energy locks.

Jin Shin Jyutsu has grown in popularity over the years and is truly the Art of Happiness, the Art of Longevity but more importantly Art of Getting to Know (Help) myself and to awaken our "AWARENESS as to what "being" is, what oneness is.

- ✓ Do you want to be your awareness?
- ✓ Do you want to know yourself?
- ✓ Do you want to help yourself?

If your answer is yes, then look forward to meeting Charismatic Reshma who will enlighten you on her "Self Help" journey programme.

Reshma Mudirakkal has a background in Neuro Linguistic Programming, Hypnotherapy, Panic Healing, Magnified Healing and Crystals. She is also a Deeksha giver after following the spiritual study path of the Oneness University. Her true passion and life commitment is in the timeless Art of Jin Shin Jyutsu. She knows that this Art contains the Keys to harmony at level of mind, body and spirit. Reshma is a self help instructor and practitioner of this ancient healing. Her mission is to inspire, empower and guide you to life of health, happiness and harmony.