



Jin Shin Jyutsu Self-Help

Saturday, Sept. 17, 2022

9:00am-11:30am

Bloom Yoga & Wellness

123 Union Ave. Suite 104

Altoona, PA 16602

\$35.00

Sue Lembeck-Edens, LMT msg#1465

The teachings of Jin Shin Jyutsu embody all aspects of one's being: Body, Mind and Spirit. Jin Shin Jyutsu is a hands-on healing Art that can be applied to oneself (Self-help) and to others. Through Jin Shin Jyutsu we are awakened to the simple fact that we are endowed with the ability to harmonize and balance ourselves (in rhythm with the universe) physically, mentally and spiritually.

Tapping into this innate wisdom, we can help bring balance and harmony to our life force energy, overcoming everyday aches and pains, stresses, injury and fatigue.

The technique of Jin Shin Jyutsu Self-Help is unassuming as we simply place our hands on various energy source spots on the body (Safety Energy Locks, SEL) to awaken and harmonize the energy flow to that area and along energy pathways that feed life into all of our cells. When one or more of these energy paths become blocked, this damming effect may lead to stagnation, discomfort or even pain.



Sue Lembeck-Edens, LMT is a licensed massage therapist and has been studying and practicing Jin Shin Jyutsu (JSJ) for 20 years. Sue was drawn to JSJ Self-Help because it is a healing art form which can be done anywhere and at any time. A beautiful way to have a non-invasive healing system literally at your fingertips!