

Healing Soup

Restorative Retreats at The Guest House

Jin Shin Jyutsu Self-Help

Find out who you really are through deep listening and the practical skills of Jin Shin Jyutsu Self-Help

March 3 & 4, 2012, 9 am – 4:30 pm

@Healingsoup in Rockland, Midcoast Maine

Facilitator: Karen Searls, Jin Shin Jyutsu® Certified Practitioner and Certified Self-Help teacher

- How would it be if you knew simple, effective, hands-on, in-the-moment practices to relax, energize, defuse strong emotions and refocus, any time and any place?
- What if these practices also promoted health and healing by helping you to harmonize your energy and body-mind?
- Jin Shin Jyutsu® Self-Help will teach you how to effect all of the above in simple, fun ways, using books, discussion, drawings, activities and your own hands-on practice. You will learn about the anatomy of energy, where it flows through your body, how it can become blocked, and how to restore energy flow to relieve stress, fatigue, symptoms and pain.

HealingSoup Retreat House is a comfortable private home in Rockland with a meeting space, dining room and kitchen available to participants. A few guest rooms are available for overnight accommodation, at \$30 per night.

\$215 fee - 12 hours class time for nursing CE credits

Karen Searls, NCTMB, is a certified practitioner of Jin Shin Jyutsu and a certified teacher of Jin Shin Jyutsu Self-Help. Karen is approved to offer these classes for CE credits through Empowering Connections, LLC, an approved provider of continuing education by ASNA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

INNER STILLNESS JIN SHIN JYUTSU
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*“All that you want to be, you already are.
All you have to do is move your awareness
there and recognize the reality of your own
soul.” Muriel Carlton, JSJ Senior Teacher*

***Please contact us with your questions.
Healingsoup.com or 594-1232***