

**Learn how to Energize
Your Body, Mind and Spirit
With the Art of Jin Shin Jyutsu**

FREE FOR OVERNIGHT GUESTS

Our health or harmony depends upon the free movement of a Universal Life Force Energy, known as *Prana, Chi or Ki*, that is within us. When the stress and strain of daily living disrupts the movement of Life Energy, our mind, body and spirit are all effected. We succumb to our emotions and increase our tendency to become ill or out of balance. Jin Shin Jyutsu is a way to balance our life energy. It shows us ways to restore emotional equilibrium, relieve pain, and release the causes of both acute and chronic conditions. Its methods are so easy that you may use them anywhere!

Please join us the

**FIRST SUNDAY OF EVERY MONTH
10am TIL 11am, In the MILLCROFT SPA**

PLEASE BE SURE TO REGISTER FOR THE CLASS BY 3pm SATURDAY