



## **Jin Shin Jyutsu Self Help Classes with Adele Leas**

### **Jin Shin Jyutsu for You and Your Animal Companions in English translated into German**

**in Switzerland, Landquart / GR, from June 26 to 30, 2024**

Jin Shin Jyutsu Physio-Philosophy is a ancient Hands-on Harmonizing Art that balances body, mind and spirit through the gentle harmonizing of the vital energy in the body.

Based on the Self Help Books 1 and 2 of Mary Burmeister, these classes contain learning the placements and significances of the “Safety Energy Locks” together with their application in simple sequences and flows. Participants will daily practice the exercises first on themselves and then on the different animal species. This allows a deepening and refining of touch and perception in this Art. Also included is a introduction of different possibilities for intuitive communication with other species and the practical experiences. These classes are open for all interested, even without prior knowledge of Jin Shin Jyutsu.

Your dog can accompany you in this class. If your dog has striking behaviors, please contact the organizer in advance, thank you.

We are happy to offer the practical part of this class at the stable “Rütihof” of Andreas Gabathuler in Landquart. There are 14 horses living in a “active-Stable” and 45 Milk-Cows living at the farm. The animals have the possibility to live in their own rhythm and according to their nature. The milk-cows can even let themselves be milked in their own rhythm. Class will take place at the Catholic Church St. Fidelis.

Adele Leas encountered Jin Shin Jyutsu in 1990. In order to be able to help her Collie „Amiti“, she studied this Art intensively and expanded her experiences with many different animal species. She has a human and animal practice in New Orleans and Florida and is teaching Jin Shin Jyutsu Self Help classes since 28 years in Africa, North- Central and South America, Canada, Brasil und Europe. Also, Adele is actively engaged with multiple animal sanctuaries and works in rehabilitation projects of humans with animals.

**5-Day Self Help Class from Wednesday to Sunday, June 26 to 30, 2024**

first class with Adele Leas	Fr. 730.-
Reviewer	Fr. 580.-
Reviewer with a certificate from Adele Leas.	Fr. 530.-

Limited spaces for participants.

After receipt of your registration you will receive a confirmation letter with the details, bank references and directions to arrive at the class location and a list with accommodations nearby.

Your space will be reserved at our receipt of your payment, you will receive the bank reference for your transfer after your registration.

In case of a cancellation after May 26, 2024 an administration fee of Fr. 80.- will not be refunded.

In case of cancellation after June 12, 2024 the class fee will be retained.

For further information and registration please contact the organizer

**Sonja J. Müller, Seeplatz 1, 6374 Buochs,**

**Mobile +41 (0)79 716 86, [www.sonjamueller.ch](http://www.sonjamueller.ch), [mail@sonjamueller.ch](mailto:mail@sonjamueller.ch)**

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## REGISTRATION SHEET

Please register me for the class “Jin Shin Jyutsu for You and Your Animal Companions” with Adele Leas  
in Landquart / GR from June 26 to 30, 2024

**I acknowledge that I participate at my sole responsibility.**

Name.....

Address.....

Tel, e-mail.....

Date, signature.....