



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, Aeugst am Albis / ZH, from July 15 to 19, 2026

Jin Shin Jyutsu Physio-Philosophy is an 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 in Aeugst am Albis at the animal sanctuary of Ivo Zürcher, www.gnadenhof-hodel.com. The animal sanctuary is currently home to 9 horses, 3 donkeys, 20 dogs, 12 cats, 6 pigs, 4 peacocks, turkeys, geese, ducks and pigeons, who are lovingly cared for and allowed to live freely together in their own rhythm and according to their nature. Class location and **meeting point** is the room in www.eventundwerken.ch at the lake Türlensee, opposite the camping site. Directions will be provided in the registration confirmation. Please contact the organizer if you have questions.

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 29 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, July 15 to 19, 2026

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 15, 2026 an administration fee of Fr. 80.- will not be refunded.

In case of cancellation after July 1, 2026 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 72 86, www.sonjamueller.ch, mail@sonjamueller.ch

REGISTRATION SHEET

Please register me for the class “Jin Shin Jyutsu for You and Your Animal Companions” with Adele Leas
in Aeugst am Albis / ZH from July 15 to 19, 2026

I acknowledge that I participate at my sole responsibility.

Name.....

Address.....

Tel, E-mail.....

Date, signature.....