



Getting to KNOW (Help) MYSELF

SELF – HELP RETREAT presented by CYNTHIA BROSHI

*Transformation of Winter into Spring:
Rest. Rejuvenation. Vision.*

Thursday February 19 (evening) - Sunday February 22 (afternoon)
Black Mountain Preserve, near Cazadero, California

INTRODUCTION AND UNFOLDING

We will utilize Mary Burmeister's Self-Help books as preparation for the wave of transition Spring brings. For those new to Jin Shin Jyutsu this retreat offers an introduction to the breadth of this simple, practical and profound art. For continuing students and practitioners it offers further getting to KNOW the Depths.

BLACK MOUNTAIN PRESERVE, about two hours north of San Francisco, is nestled in forested hills a 20 minute drive from the beach. It offers hiking trails, spectacular quiet and delicious vegetarian meals. Dormitory, semi-private and private rooms are available at reasonable rates.

www.blackmountaincenter.com for photos.

JIN SHIN JYUTSU PHYSIO-PHILOSOPHY was brought to the West from Japan by Mary Burmeister in the 1950s. An art whose principles and practices are firmly rooted in ancient healing traditions, it is based on our innate ability to harmonize ourselves. Jin Shin Jyutsu teaches us how to use specific hands-on sequences to help us restore emotional equilibrium, relieve pain, and release the causes of acute and chronic conditions. It can be utilized as an adjunct to other therapies or medications and can be used by anyone, anywhere, anytime. **For further information about this art view www.jsjinc.net.**

CLASS FEE \$300. A \$100 deposit (refundable up to 30 days before the retreat) will hold your space. Please send checks to **Cynthia Broshi, 1334 Cordilleras Ave, San Carlos, CA 94070. Please include email, street address and phone number with your deposit.** Balance due at registration.
LIMITED TO 40 PARTICIPANTS. If space is available, single days can be attended for \$125 per day.

ROOM/BOARD FEES AND RESERVATIONS: Fees vary from \$55 (dormitory) to \$105 (solo private room) per day. All meals and taxes are included in fees. All rooms share bathroom facilities. **To book rooms and for more information please contact Uzi Broshi at (408) 341-5768 or uzibroshi@gmail.com**

ABOUT THE INSTRUCTOR: Cynthia Broshi began using Jin Shin Jyutsu Self-Help techniques for herself and her daughter, who was born with a life-threatening illness, in 1984. She hasn't skipped her self-help a single day since, finding in Jin Shin Jyutsu her key to enjoying each and every day – challenges and all. Cynthia's studies with Mary Burmeister began in 1985 and she's taught Self-Help Classes for twenty years. An authorized Instructor, she has been presenting the Jin Shin Jyutsu 5-Day Seminars internationally since 2002.