

Jin Shin Jyutsu®

5-Day Basic Seminar

Tampa, FL
Feb. 27—March 3, 2019
Wednesday—Sunday
with
Anita Willoughby

Jin Shin Jyutsu Physio-Philosophy

is an art rooted in ancient principles for harmonizing life energy in the body. Through its sequences of gentle touch on specific areas, called Safety Energy Locks, it can help to balance body, mind, and spirit.

Appropriate for people of all ages and states of health, it can be applied by a practitioner or used as self-help. Many clinics now teach and provide Jin Shin Jyutsu as complementary care, including UCSF Osher Center for Integrative Medicine, Markey Cancer Institute, and Morristown Medical Center.

Jiro Murai researched and developed this art in the early 1900s. After restoring his health from a terminal illness at age 26, Jiro devoted his life to studying and understanding the process that helped him. He passed his knowledge of Jin Shin Jyutsu on to Mary Burmeister, who brought it to the United States in the 1950s.

“It appears that learning and understanding happen on many layers and filter through our subconscious to our consciousness and to our kinesthetic experiential understanding, where we know something not just intellectually, not just in words, but we know it in the core of our being. We know in every cell of our body.

That is the study and the learning I am interested in and that, as it turns out, has a lot to do with Endocrine System/Endocrine Glands and the Main Central Vertical Universal Harmonizing Energy.”

—Anita

The Main Central #76

The Teacher

Anita Willoughby is a physio-philosopher who has practiced Jin Shin Jyutsu for 29 years. While her family and clients are based in New York City, Anita’s ability to quickly create a relaxed learning environment in any cultural context makes her a highly sought-out teacher around the globe. Her wisdom regarding the trinity of body, mind, and spirit arises out of a lifetime of experiential, professional, and spiritual learning. Her experiences as a dancer, mother, and healer, as well as her study of the Kabbalah, provide her with a rich garden of knowledge from which she spontaneously plucks insights when adapting to the particular needs of a group of students. Compassionate, yet frank, Anita uses her exuberant physicality and sense of humor to teach students the practical application of JSJ in daily life. Anita instills students with an expansive perspective on JSJ, presenting it not as magic bullet for fixing what’s ‘wrong’, but as an adaptive, fluid way to approach and engage the trinity of body, mind, and spirit, throughout our ever-changing lives.

Anita initially began her teaching relationship with Jin Shin Jyutsu by teaching self-help classes in NYC and working in hospital settings with people with critical labels. Some of these venues included SHARE (self-help for women and men with breast and ovarian cancer), Cancer Care Centers at both St. Luke’s/Roosevelt Hospital and Beth Israel Hospital, the Departments of Rheumatology at St. Vincent’s Hospital and Hospital for Joint Diseases, and the Fibromyalgia Connection at Hospital for Joint Diseases.



Anita Willoughby

Jin Shin Jyutsu®

5-Day Basic Seminar Registration Form

Tampa, FL
Feb. 27—March 3, 2019
Wednesday—Sunday
with
Anita Willoughby

Name:

Address:

Email:

Phone:

I can bring a table and sheets: Yes

I would like to share a room: Yes

I am local and can house a student: Yes

I need nursing CEUs Yes

I need acupuncturist CEUs Yes

I need Florida massage therapist CEUs Yes

I need NCBTMB massage therapist CEUs Yes

CEUs & Certificates

CEUs are available for nurses, acupuncturists, and massage therapists certified by NCBTMB or the State of Florida.

Certificate of Completion after one 5-Day Basic Seminar, Student Practitioner Certificate after three 5-Day Basic Seminars.

To Register with Check

Make checks payable to **Anita Willoughby** and mail with registration form to:

Melissa Alday
7000 5th Street North
St Petersburg, FL 33702

To Register with Credit Card

Use www.JSJinc.net to pay and send the enrollment form to Melissa Alday.

To Register with Cash

Contact Melissa Alday.

Class Location & Hotel

Ramada by Wyndham Tampa Airport West-shore

1200 N Westshore Blvd, Tampa, FL 33607

To book, call (813) 282-3636 and ask for the JSJ \$102 rate. The hotel has a free shuttle from TPA international airport.

Organizer

Melissa Alday
(813) 748-7929

MelissaAlday@gmail.com

<i>Tuition</i>		Standard	Early Bird
<i>New Student</i>	Both parts	\$980	\$890
	Part 1	\$590	\$535
	Part 2	\$390	\$355
<i>Review Student</i>	Both parts	\$655	\$595
	Part 1	\$395	\$360
	Part 2	\$260	\$235
	Day Audit	\$170	

Standard tuition paid in full by first day of class.
\$200 cancellation fee after Jan. 28, 2019.

Early Bird tuition paid in full by Dec. 29, 2018.
\$200 cancellation fee thereafter.

Reservation: \$200 deposit to secure a space.

New students receive Texts 1 and 2 at class.