



**Jin Shin Do®
Bodymind
Acupressure™**

Basic Level
With Kathy Ungerecht

FALL 2019 Basic Level Jin Shin Do® - 40 Hours

Originated by psychotherapist Iona Marsaa Teeguarden in 1976, “The Way of the Compassionate Spirit” is a unique synthesis of traditional Japanese acupressure techniques, classic Chinese acu-theory, Taoist philosophy, Qigong breathing and exercise techniques, Reichian segmental theory, and principles of Erickson psychotherapy. Jin Shin Do classes emphasize exact point location and angle of pressure plus verbal Body Focusing techniques to help release armoring or chronic tension and balance the “Qi” or energy. Iona Marsaa Teeguarden is the author of the *Acupressure Way of Health, The Joy of Feeling and A Complete Guide to Acupressure*.

In this **Basic** class the user friendly Jin Shin Do® teaching method begins with the unique 45-point system, color coded chart, simple release examples, and Segmental and Strange Flow theories.

Also Learn:

- ☉ Simple release methods for specific pains and tensions
- ☉ How to help people enter a deep relaxation state
- ☉ How to ease common symptoms on yourself and others such as headaches, backaches, constipation, fatigue, neck and shoulder tightness and insomnia
- ☉ 8 Strange Flows and their use for energy balancing

For more info on Jin Shin Do® Acupressure visit www.jinshindo.org



Kathy Ungerecht is an authorized Advanced/Senior Jin Shin Do® teacher and practitioner, who has trained with Iona Marsaa Teeguarden. As a personal wellness instructor and holistic style life coach for the past 23 years Kathy enjoys partnering with others sharing tools for healthy solutions to everyday living and empowering others to achieve health and balance for themselves and their families. Her Basic class is open to all levels of expertise. For more information www.inhealthwithkathy.com.

Included: Handbook • Acupressure Wall Chart • Guidebook for Acupressure points

Place: Palmer, Alaska
Investment: \$575.00 + 27.00 student registration fee & supply fee
Dates &Times:

Friday, August 9 th , 4:00-8:00	Friday, August 16 th , 4:00-8:00
Saturday, August 10 th , 9:00-5:30	Saturday, August 17 th , 9:00-5:30
Sunday, August 11 th , 9:00-5:30	Sunday, August 18 th , 9:00-5:30

**The Jin Shin Do® Foundation is approved by the
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
as a continuing education Approved Provider (#026771).**



Registration Form

Name: _____
Address: _____
Phone: _____ Email: _____

To register please send a \$225.00 non-refundable deposit to:

Kathy Ungerecht, P. O. Box 520063, Big Lake, Alaska 99652

Contact Kathy at 907-240-2590 or inhealthwithkathy.com. Prior registration required. *Class is limited and will be filled on first registrations received basis.*