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learn about jin shin jyutsu an art of harmonizing the life energy in the body from its origins principles and applications find classes events and resources to study and practice this simple profound art of living

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learn jin shin jyutsu an ancient art of balancing life energy through gentle touch with authorized instructors worldwide explore classes events self help testimonials and the history of this holistic practice

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jsj is a holistic approach to balance the energy in the body calm the mind and boost the immune system learn how to do jsj at home with a video and a list of fingers and their benefits

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did you know that your health is literally in your own hands and that the ancient japanese art of jin shin jyutsu can help with everything from immune suppo

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today s hand technique has its roots in the art of jin shin jyutsu and is originally called finger holds the teachings of jin shin jyutsu which were rediscovered by jiro murai in

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to bridge knowledge and skills in the application of the art of jin shin we blend live instructor led sessions videos self paced interactive courseware podcasts and discussion forums the jin shin guild academy a modern and intuitive virtual learning environment provides an engaging learning experience

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