



Janine Joyce

Practitioner and qualified Self help instructor

Member: NZ Charter of Natural Health

**Practitioners, Reiki NZ, ANZASW & NZCAP
(affiliate)**

ACC approved Counsellor

BSW, M Heal Sciences

(endorsed in Mental health)

I began my journey with Jin Shin Jyutsu in 1997 with self-help for my family and myself. Over time I began offering full Jin Shin Jyutsu sessions at my place of work.

I am always delighted to be part of this profound process of creating change and improvements in wellbeing. The self-help techniques enable you to work on yourself between sessions and are very easily integrated into a fast paced lifestyle. They are also easy to do if you are unwell or in a lot of pain.

I would wholeheartedly encourage you to incorporate JSJ into your life both through sessions with a practitioner but also through the very simple and effective self help techniques.

Appointments available Monday to Friday: 9-3 pm.

Bookings essential.

The New Zealand Association of Jin Shin Jyutsu Inc.