



Sandy Smith

I am a full time Qualified Jin Shin Jyutsu Practitioner and have been practising the art of Jin Shin Jyutsu since 1999.

- Qualified Self Help Instructor.

I offer self help classes from my office or your home (minimum 3 people)

- Intensive sessions - these are a very powerful way to promote deep shifts on all levels of being. 3 sessions in a week gives a great opportunity for change.

Jin Shin Jyutsu is a wonderful, gentle art of re-establishing balance and harmony within our bodies intricate energy system - it is based on the belief that the physical, emotional and mental must be in balance with one another in order to achieve ultimate well - being. Jin Shin Jyutsu is a process of restoring balance, it goes deep within to heal the cause at the root of disease, ultimately having far reaching effects on body, mind and spirit. Jin Shin Jyutsu treatments are cumulative so multiple treatments or intensives can enhance vitality and well -being. Wonderful for all ages, great for existing health issues or maintaining good health, helps support in the recovery process from illness or surgery.

Happiness is an indication of our harmony.

Jin Shin Jyutsu Centre

2/134 Manukau Rd, Epsom,
Auckland, New Zealand.

Hours: 9am - 5pm Monday to Friday - by appointment only

Mob: 027 295 6875

Bus: 0800 295 6875

Email: sandyjinshin@hotmail.com

To view testimonials and our discussion board on our face book site click on the link below. Feel free to start a discussion or ask any questions. Or become a fan, go to:

<http://www.facebook.com/home.php#!/pages/Auckland/Jin-Shin-Jyutsu-Centre-New-Zealand/475215780065?ref=ts>