



JIN SHIN JYUTSU UNIVERSAL AID CLASS

HI, I AM LINDA HILDRED. I HAVE BEEN ASKED TO GIVE A CLASS ON JIN SHIN JYUTSU. I AM EXCITED AND GRATEFUL FOR THE OPPORTUNITY TO SHARE A BIT OF MY KNOWLEDGE. I HAVE BEEN STUDYING THE ART OF JIN SHIN JYUTSU SINCE THE EARLY 1980S AND OVER THE YEARS THE MOST PROFOUND USE OF JIN SHIN FOR ME HAS BEEN AS IMMEDIATE FIRST AID.

THESE ARE SIMPLE TECHNIQUES YOU CAN CARRY WITH YOU HAVING A LITTLE KNOWLEDGE AND YOUR HANDS. IN JUST 2 HOURS YOU WILL HAVE IN YOUR HANDS WAYS TO ASSIST SOMEONE HAVING A HEART ATTACK UNTIL MEDICAL HELP ARRIVES, WAYS TO ASSIST IN STOPPING BLEEDING, WAYS TO RELIEVE A SUNBURN, WARM UP WHEN YOU ARE REALLY COLD, AND MANY MORE EASY TO REMEMBER TOOLS YOU CAN THEN CARRY WITH YOU USING THE KNOWLEDGE IN YOUR HEAD AND HANDS.

IN THESE DAYS OF GREAT CHANGE AND UNCERTAINTY I WOULD LIKE TO SHARE WITH YOU THESE SIMPLE TECHNIQUES. INCLUDED IN THE CLASS WILL BE SHEETS TO USE AS REMINDERS. IN CLASS WE WILL BE PRACTICING THE TECHNIQUES ON EACH OTHER AND YOURSELF TO GET BODY EXPERIENCE TO HELP REMEMBER THEM WHEN YOU NEED THEM.

A 2 HOUR CLASS WILL BE HELD THE 4TH SATURDAY OF EACH MONTH STARTING IN OCTOBER. (10-25-14) 10:00AM – NOON AT FIRST SPIRITUAL SCIENCE CHURCH OF DENVER.

COST: \$20.00 (CASH)

CREDIT/DEBIT/CHECK \$26.00

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