

In harmony with oneself

BY A *City Times* REPORTER

Janet Oliver, one of the world's premier *Jin Shin Jyutsu* practitioners, will lead a free meditation and introduction to the art of self-help today evening. Departing from Bur Dubai at 6:30pm participants will cruise along the Dubai Creek for an hour and a half in a specially chartered boat while Janet leads the meditation and *Jin Shin Jyutsu* introductory talk.

Saturday night sees a rare full lunar eclipse at 1.18am GMT. Lunar eclipses are widely recognised as the optimum time to look within, to meditate and reflect on our inner selves. Janet Oliver's cruise is designed as an introduction to her five-day 'Self Help & Living the Art of *Jin Shin Jyutsu*' seminar, which will run from Thursday 13 - Monday 17 November to the House of Chi.

Janet Oliver's 'Living the Art' seminar is a unique opportunity to learn about one of the world's most powerful healing arts, *Jin Shin Jyutsu* — an ancient practise designed to harmonise the body's essential life energy to bring

healing from within. A practical healing art for anyone addressing existing stress or health issues.

Today, recognised as an effective complement to conventional medicine and increasingly practised in hospitals across the USA and Europe, *Jin Shin Jyutsu* encourages relaxation and reduces the effects of stress, teaching the body to harness its own inner healing powers and realign its natural energies.

Janet will conduct a five-day intensive workshop from 13th to the 17th of November 2003 during which she will cover a range of topics including the history of *Jin Shin Jyutsu*, a complete self-help plan for reducing daily tension and stress, applications of *Jin Shin Jyutsu* for specific ailments such as backache, neck and shoulder tension, breathing problems, fatigue, appetite imbalance and skin disorders.

Students will also have the chance to practice *Jin Shin Jyutsu* in a class on themselves and their fellow attendees to gain greater confidence in the practical application of the art.

For more information call the House of Chi on 04 397 4446

TODAY

