

## On course for good health

### **A fine art for good health and happiness**

The Jin Shin Jyutsu workshop is coming to town again. Legendary teacher, Waltraud Riegger Krause, will teach the gentle touch technique, which takes us on a healing journey towards wellness and health on physical, mental and emotional levels. Waltraud will be coming all the way from Germany to teach and demonstrate awesome, yet simple techniques, with profound life-changing results.

Organiser, Mala Jham, is passionate about this art and, in conjunction with the House of Chi, has been working tirelessly to get these workshops off the ground for the past few years. She says, "Being a certified Jin Shin Jyutsu practitioner and a self-help teacher for several years, my clients, students and I have benefited greatly from the amazing powers of this art. I would like to bring this to more people in the region." While Jin Shin Jyutsu helps to relieve all kinds of imbalances and stress in the body, it is indispensable for women. Jin Shin Jyutsu supports and helps conditions such as infertility, menstrual problems and childbirth. Some of the techniques have a profound effect on the hormones governing the reproductive organs, bringing joy and relief to women.

The Jin Shin Jyutsu workshop is to take place from the 9th-15th March 2006 at the Dubai Country Club, giving people from the GCC a great opportunity to learn and practice the techniques which then allows the body's innate ability to heal itself.

For further information and to register for the workshop, email Mala Jham at [malajham@hotmail.com](mailto:malajham@hotmail.com) or [healyourself@malajham.com](mailto:healyourself@malajham.com). Please note that admission is on a 'first come first served' basis.

