

# Self Care Jin Shin Jyutsu Class to Calm & Boost Immunity

with Roshan Julianne Dow

Friday, April 24, 2020 • 5:30pm-6:45pm

Exchange: \$15 online class. Register at [sacredspirityogacenter.org](https://sacredspirityogacenter.org)



This class is a relaxed seated meditation and breath experience, offering the calm of a variety of Yoga and Jin Shin Jyutsu Self-Care tools for health, well-being, to boost our immune system during these uncertain times. We will begin with meditation, leading into regulating/harmonizing our emotions, to “jumper cabling” our life force energy for a resilient immune system, and finishing with a Complete Harmonizer for overall health.

Jin Shin Jyutsu® (JSJ) is a gentle, non-invasive, light touch Integrative Medicine practice that helps to relax the mind, relax the body, decrease stress, and stimulate the body's natural healing process. It has been used in hospital settings for patients and caregivers since 2010.

**Roshan Julianne Dow** is a certified Jin Shin Jyutsu practitioner who has treated hospital patients, private people and animal patients in New Jersey and New York. Roshan is also an Ethics, Yoga Nidra, and Dancing Mindfulness teacher, an Integral Breath Therapist, and a 500 hour certified yoga teacher.



**Sacred Spirit Yoga and Healing Arts Center**

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

[sacredspirityogacenter.org](https://sacredspirityogacenter.org)