

# Self care is Health care ~ You can't buy it!

*Work/playshop exploring Movement, Yoga, Meditation, and the self healing art of Jin Shin Jyutsu ~ Suitable for everyone*

## You will learn:

- Simple, hands-on sequences to bring greater balance to the body, physically, mentally, emotionally and spiritually
- How our emotions affect our physical body and how to bring them into balance
- Movement series to unlock neck, shoulder and low back tension and pain
- Understanding of how energy moves in the body
- How our pulses relate to energy flow
- Simple yet effective meditation skills
- Sleep better, have more energy
- Help our bodies heal deeper injuries
- Rediscover FUN in our lives (Fullfillment, Understanding, No-thing)
- Tools to help yourself and clients manage stress and body aches and pains

**WHEN** Saturday, June 29, 2019, 9:30 am-5:30 pm  
Sunday, June 30, 2019, 9 am -5 pm

**COST** \$270, SSM alumni \$225.  
Class size limited to 15, workshop cancelled if less than 8 students have registered by June 1, 2019)

**HOURS** CEU Credits - Massage Therapists receive 15 hours through NCBTMB

**WHERE** Sedona School of Massage, 2945 Southwest Drive, Sedona

**REGISTER** Payment by check to Cheryl Brenman, PO Box 2822, Sedona, AZ 86339 or credit card by phone @ 928-399-0950.

*Cherlita's workshop provided me a wonderful "two-day timeout" to focus on caring for myself through movement and meditation. Our group became closely knit as she introduced various ideas to rebalance our own inner chaos. And besides it was a lot of fun!*  
~Mary Lou

*Jin Shin Jyutsu is an amazing modality. I felt results right away, balancing energy and pain relief and plan to add it to my daily morning routine. Cherlita is an amazing and enthusiastic instructor. The class was relaxing and enjoyable! I recommend it to massage therapists, medical professionals and lay people.*  
Paula P



*Cheryl Brenman "Cherlita" has been involved in the Healing Arts since 1981, is a licensed Massage Therapist, Jin Shin Jyutsu practitioner and self-help instructor, and Yoga teacher. She brings a wealth of knowledge, experience and unlimited enthusiasm to her classes. [www.sedona-massage-yoga.com](http://www.sedona-massage-yoga.com)*

*NCBTMB Provider # 451157-09*