Elli Jürschik * Vicki Landes * Ulrike Sieferle

Jin Shin Jyutsu

# MUDRA TRINITY PROJECT

## Online

## 03.10.2024 - 31.12.2026

## Contents

This group is a gift to the JSJ community and interested friends - we would like to offer it to add to inner alignement, peace, goodwill and joy in humankind.
We will be praciticing the 8 mudras of Mary Burmeister every 1st Thursday of each month 7:00 - 8:00pm CET.

Live Sessions on Zoom starting 2026:
1st Thursday of January: ENGLISH .....Vicki Landes
1st Thursday February: GERMAN ..... Elli Jürschik
1st Thursday March: ITALIAN..... Ulrike Sieferle

Every other Thursday of the month: Hands on by yourself or with recorded instruction Join our WhatsApp groups: every 1st Thursday there will be a short inspiration for the day, information and exchange.

Register for
German speaking Community 0043 650 86 00 687 (Elli Jürschik)
English speaking Community 0043 664 51 07 454 (Vicki Landes)
Italian speaking Community 0039 340 762 3592 (Ulrike Sieferle)
The recordings to the mudras can be found on our youtube channel:
LINK

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| **Course location** | Online event |
| **Course times** | Thursday, 03. October 2024 - Thursday, 31. December 2026<br>7:00-8:00pm<br>every 1st thursday free live session online<br>every other Thursday practice with recordings |
| **Requirement** | Selfhelp Classes I, II, III nice to have but no Must |
| **Course leader** | Elli Jürschik * Vicki Landes * Ulrike Sieferle |
| **Course fee** | free offer |
| **Registration** | Free offer for all people interested |