

Elli Jürschik * Vicki Landes * Ulrike Sieferle



Jin Shin Jyutsu

MUDRA TRINITY PROJECT

03.10.2024 - 31.12.2026

Online

This group is a gift to the JSJ community and interested friends - we would like to offer it to add to inner alignment, peace, goodwill and joy in humankind.

We will be practicing 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 Online

Course times Donnerstag, 03. Oktober 2024 - Donnerstag, 31. Dezember 2026
7:00-8:00pm
every 1st thursday free live session online
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