

**Elli Jürschik \* Heike Hoerdemann \* Vicki Landes**



Jin Shin Jyutsu

# **MUDRA TRINITY**

**03.10.2024 - 04.10.2030**

**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 Thursday 7:00 - 8:00pm CET. Live Sessions on Zoom starting 2025: 1st Thursday of the month: ENGLISH .....Vicki Landes 2nd Thursday of the month: GERMAN ..... Elli Jürschik 3rd Thursday of the month: ITALIAN..... Heike Hördemann 4th/5th Thursday of the month: Hands on by yourself or with recorded instruction Join our WhatsApp groups: Each Thursday there will be a short inspiration for the day, information and exchange. Register via German speaking Community 0043 650 86 00 687 (Elli Jürschik) English speaking Community 0043 664 51 07 454 (Vicki Landes) Italian speaking Community 0039 335 180 2679 (Heike Hoerdemann) The instructions to the mudras can be found on our youtube channel from the 10th October 2024: <https://www.youtube.com/@MudraTrinity-26>

## MUDRA TRINITY

Course location	Online Online
Course times	Donnerstag, 03. Oktober 2024 - Freitag, 04. Oktober 2030 19:00 - 20:00
Requirement	Selfhelp Classes I, II, III nicht to have but no Must
Course leader	Elli Jürschik * Heike Hoerdemann * Vicki Landes
Course fee	---