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

MUDRA TRINITY PROJECT

Course location	Online event
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