

## **Mona Harris**

Mona grew up on Lake Chiemsee in Upper Bavaria; after graduating from high school, she moved far away to live for two years in the “Ark of Jean Vanier” in the south of France and to live and work with mentally impaired people. During her subsequent studies of special education in Munich, Mona got to know and love Jin Shin Jyutsu in 1992. After completing her studies, Mona worked for 9 years at a special needs center in Upper Bavaria, where she was also able to integrate her first self-help courses.

She met Mary Burmeister for the first time in 1997 and regularly attended sessions with her in Arizona in the years that followed.

This was followed in 2000 by organizing courses at Lake Chiemsee, working as a translator of courses in English and French, and in 2004 Mona finally became a member of the Jin Shin Jyutsu faculty, which now continues under the name “Jin Shin Jyutsu Spirit-Mind-Body”. Mona started by teaching Living The Art courses and in 2011, themed and 5-day courses followed.

Her teaching is clear and structured, and her experience as an educator is evident in the helpful overviews and special card and poster teaching material and witty, creative “stories” as reminders.



Jin Shin Jyutsu

# **5Day Basic Class near Wiener Neustadt (Lower Austria)**

**06.03.2026 - 10.03.2026**

**Neusiedl am Steinfeld**

The Basic Seminar (formerly called 5-day Seminar) is the foundational Jin Shin Jyutsu course for everyone and for those who want to become practitioners of the Art, as well as continue working on themselves.

This seminar is a study of Mary Burmeister's Text Book I and Text Book II. It will include daily lectures and hands-on application. The seminar consists of two parts that includes lectures and hands-on application.

PART 1: 21 hour class of studying:

The Jin Shin Jyutsu history, philosophy, terminology, The 26 energy areas (safety energy locks), the various energetic layers and frequencies of "vital life force" the Depths, the three vital harmonizing energy flows: The Main Central Flow, the Supervisor Flow, the Mediator Flow, How to recharge the rundown "life-battery", Balance mental/emotional state: the Attitudes, Practice of self-help and applying to others, Pulse listening and assessment

PART 2: 14 hour class of studying (prerequisite: Part 1):

The 12 organ body function circulation pathways, The elements and their relationships, Pulse listening and assessment (cont.), Special sequences applications: Special Body Functions, Practice self-help and applying to others

Each day will feature a lecture as well as hands-on sessions. Body Reading, as it pertains to Jin Shin Jyutsu, will be explored and studied throughout the class. With time each day for Q & A.

A Certificate of Attendance is issued after a student's first Basic Seminar.

Three-Time Basic Seminar Certificate:

Upon completion of three Basic Seminars taught by authorized instructors of Mary Burmeister JSJ Institute and the JSJ Spirit, Mind, Body faculty, a second certificate is issued, confirming that 105 hours of class time have been attended.

For those students considering practicing Jin Shin Jyutsu professionally, attendance of a minimum of three Basic Seminars is required. We suggest spreading these classes over at least 18 months of study and practice.

description: (c) <https://jinshin jyutsu spirit mind body.com/>

**For further information please contact the organisation team**

**Elisabeth Haberhauer Phone +43/660/158 07 70, [elisabeth.haberhauer@jsj.at](mailto:elisabeth.haberhauer@jsj.at) oder**

**Isabella Habsburg Phone +43/676/942 82 72, [isabella.habsburg@jsj.at](mailto:isabella.habsburg@jsj.at)**

## 5Day Basic Class near Wiener Neustadt (Lower Austria)

<b>Course location</b>	Hotel Schwartz Bahnstraße 70 2624 Neusiedl am Steinfeld
<b>Course times</b>	Freitag, 06. März 2026 - Dienstag, 10. März 2026 09:00 - 18:00 check-in on first course day from 8.30 Total class hours: First part 21 / Second part 14
<b>Requirement</b>	Taking Self Help Classes is recommended.
<b>Course leader</b>	Mona Harris
<b>Course fee</b>	Not specified yet