

## Petra Elmendorff

*"For me personally, the essence of this physio philosophy is that it recognizes the essential connection between thought patterns and beliefs and physical reality and works from there. This art offers a way to maintain or restore health of body, mind and soul."*



Petra Elmendorff is a long-time student of Mary Burmeister and Haruki Kato. She has been an authorized instructor of Jin Shin Jyutsu Spirit Mind Body since 2002.

After graduating with a degree in sociology and a qualification as a non-medical practitioner, she trained in astrology, hypnosis and systemic family constellations according to Bert Hellinger. Since 2014 foundation and management of the AstroMatrix seminars. Petra Elmendorff combines the various aspects of astrology, many years of meditation practice and the art of Jin Shin Jyutsu into a deep and lively knowledge and teaches in her seminars how consciousness can take shape in our lives.



Jin Shin Jyutsu

**02.09.2026 - 06.09.2026**  
**Salzburg**

<b>Course location</b>	Pfarrzentrum Maxglan Maximiliangasse 2 5020 Salzburg
<b>Course times</b>	Mittwoch, 02. September 2026 - Sonntag, 06. September 2026 Total class hours: First part 21 / Second part 14
<b>Requirement</b>	Taking Self Help Classes is recommended.
<b>Course leader</b>	Petra Elmendorff
<b>Course fee</b>	Not specified yet