

Iole Lebensztajn

Iole Lebensztajn – Jin Shin Jyutsu Practitioner, Instructor, and Author

I was born in São Paulo, Brazil, and hold a medical degree from the University of São Paulo (USP) with a residency in Pediatrics.

I have been dedicated to Jin Shin Jyutsu, this powerful art of touch that harmonizes body, mind, and spirit, since 1990. As a certified instructor authorized by the Mary Burmeister Jin Shin Jyutsu Institute (USA), I have been teaching globally since 1998 through in-person and online courses and seminars. I also offer individual Jin Shin Jyutsu sessions at my office in São Paulo.

Since 2014, I have been the author and coordinator of the “Jin Shin Jyutsu Professional Practitioner Course”, developed in partnership with the Mary Burmeister Jin Shin Jyutsu Institute and the Atlantic Health System, delivered at the Morristown Medical Center in New Jersey, USA. This course bridges Jin Shin Jyutsu and healthcare, offering professionals a structured approach to applying this art in clinical settings.

I am the author of “Jin Shin Jyutsu Handbook: For a Lifetime of Learning”, released in English in 2020. This book simplifies the core concepts and practice of Jin Shin Jyutsu for students and practitioners.

For me, Jin Shin Jyutsu integrates ancient wisdom and modern insights, providing a unique pathway to self-awareness and well-being. This art empowers individuals to harmonize their energy, fostering clarity and transformation. Through regular practice, Jin Shin Jyutsu supports profound and sustainable change, helping people connect with their true selves.



Jin Shin Jyutsu

5 Day Class

09.10.2026 - 13.10.2026

Hall i.T., <https://kreuzschwestern.tirol>

The 5 Day Class is the foundational Jin Shin Jyutsu course for everyone from beginners to advanced students to become practitioners. It offers knowledge that can change lives.

Part 1

Introduces the Physio-Philosophy of Jin Shin Jyutsu, the Trinity Energy, the concepts of the Depths with the body and the dynamic qualities of the 26 Safety Energy Locks.

Part 2

Covers the pulse listening and the 12 Body Function Flow plus the Special Body Flows and how they contribute to harmonizing body, mind and spirit.

Each day will include hands-on sessions, self-care, and Q & A

For Questions and Information ask the Organizers:

Barbara Unterberger FON +43 (0) 664 5433037 barbara.unterberger@jsj.at

Ulrike Arnold FON +43 (0)664 16602004 ulrike.arnold@jsj.at

5 Day Class

Course location	Gästehaus/Seminarhaus der Kreuzschwestern Hall i.T. Bruckergasse 24 6060 Hall i.T., https://kreuzschwestern.tirol	
Course times	Freitag, 09. Oktober 2026 - Dienstag, 13. Oktober 2026 Friday check in 8 a.m. Friday 9 a.m. - 6 p.m. Saturday - Monday 8.30 a.m. - 6 p.m. Tuesday 8.30 a.m. - 4.30 p.m. Total class hours: First part 21 / Second part 14	
Requirement	Taking Self Help Classes is recommended.	
Course leader	Iole Lebensztajn	
Course fee	New Student Part 1 € 570 Part 2 € 380 Total € 950 Review Student Part 1 € 399 Part 2 € 266 Total € 665	
Registration	Online registration available Registration online jsj.at 5 Day Classes After Registration you'll receive more informations This 5 Day Class will be taught in English with German Translation. Translator: Gabriele Zenker	