

Susa Hagen, Eva Haidl, Uschi Hölbling



Jin Shin Jyutsu

**Tuning us in - singing &
Jin Shin Jyutsu-
practicing during Advent
(Copy)**

Salzburg

12.12.2026 - 13.12.2026

Contents

Eva & Uschi will work with us on gentle songs from different cultures in a playful, polyphonic way. - Songs that lull us, strengthen our community and our resources.

In between, Susa will accompany us in the silent practice of "finger mudras".

In Jin Shin Jyutsu they are a very powerful self-help to recharge our "exhausted batteries".

EVA HAIDL is a singing teacher, musician & voice and movement therapist in her own practice in Salzburg and at the European monastery "Gut Aich", as well as a Jin Shin Jyutsu practitioner.

USCHI HÖLBLING is an occupational therapist, Jin Shin Jyutsu practitioner, self-help teacher and sound code therapist & works in her own practice in Rum/Tyrol. She is a singer with the dialect group "Findling" and the group "Einklang".

SUSA HAGEN is a Jin Shin Jyutsu practitioner, teaches self-help courses / study groups and is an authorized teacher of Jin Shin Jyutsu "Spirit-Mind-Body". Susa lives in Salzburg and has been practicing Jin Shin Jyutsu for over 30 years.

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Course location Susa Hagen
Georg-Nikolaus-von-Nissenstraße 7
5020 Salzburg

Course times Samstag, 12. Dezember 2026 - Sonntag, 13. Dezember 2026
Samstag, 12.12.2026: 10 - 13 Uhr & 15 - 18 Uhr
(Kaffee-/Teepause, mittags Gemüsesuppe)
Sonntag, 13.12.2026: 9.30 - 14 Uhr (Kaffee-/Teepause)

Wer mag und kann: Bitte Kekse & Kuchen mitbringen.

Bitte bequeme Kleidung, Socken und eine Wasserflasche mitbringen.

Total class hours: 10

Requirement No previous knowledge is required for this course.

Course leader Susa Hagen, Eva Haidl, Uschi Hölbling

Course fee € 220

Registration **Online registration available**

Registration becomes valid upon payment of the course fee; in case of cancellation up to one week before the start of the course, we retain 50% of the fee; if a replacement participant is named, the fee is waived.

Please transfer the course fee of € 220 to the account of Eva Haidl,
Erste Bank
IBAN: AT53 2011 1292 3484 5700