Susa Hagen

Born in 1961, she lives in Salzburg, Austria, is the mother of two adult daughters, and enjoys spending time with her grandchildren and in her garden. Susa discovered the HARMONIZING ART of Jin Shin Jyutsu in 1992 and has been studying its application and effects ever since. In order to make Jin Shin Jyutsu accessible to many people, she began organizing 5-day courses/theme courses and study groups in the Salzburg area.

She is a founding member of the association JIN SHIN JYUTSU AUSTRIA (served as chairwoman for 6 years), has been teaching self-help courses since 1997, and works as a human energy therapist in her own practice.

Her many years of experience as a course instructor in the fields of movement, dance, health gymnastics, and play pedagogy flow into her teaching. “The Discipline of Authentic Movement” by Janet Adler (“The Gift of the Conscious Body”) is another important source of experience for Susa in her quest to understand more and more the interaction between body, mind, and soul.

In her self-help books, M. Burmeister points out how much thoughts and feelings influence physical well-being... and how we can harmonize ourselves simply by “holding hands.” Susa would like to share this special gift of self-help and the use of our hands as “jump starts” with us.

MARY BURMEISTER speaks of “NATURE - EFFORTLESS REALITY”! Nature is not something outside of us, but rather we are part of it, embedded in orders, rhythms, cycles, and relationships. We find all these connections in the PHYSIO-PHILOSOPHY of Jin Shin Jyutsu.

Susa has been an authorized teacher of JIN SHIN JYUTSU SPIRIT*MIND*BODY since 2024 and looks forward to the joint journey through Mary Burmeister's textbooks 1 & 2.

Jin Shin Jyutsu

Reichenau an der Rax

12.03.2027 - 14.03.2027

Contents

Course location	Schloss Reichenau an der Rax Schlossplatz 9 2651 Reichenau an der Rax
Course times	Friday, 12. March 2027 - Sunday, 14. March 2027 Total class hours: 18
Requirement	Attendance of minimum one 5-day class.
Course leader	Susa Hagen
Course fee	Not specified yet