Martina Six

Martina Six is an internationally certified 5-day instructor of JSJ Spirit-Mind-Body, the successor organization to the Mary Burmeister Institute (JSJ Inc.)

Martina worked for thirteen years as a nurse on an oncology ward. In 1999, Jin Shin Jyutsu entered her life at the same time as a demanding physical project. Her own profound experience of the effective power of “LEARNING TO KNOW MYSELF (and help myself)” transformed her life from the ground up.
For 15 years, Martina organized study groups, self-help courses, and ran a thriving practice. She also taught Jin Shin Jyutsu to patients and their families in workshops at the hospital.

She lives with her husband Uwe in the Allgäu region. The two raised six children in a blended family and have two grandchildren.

Martina’s infectious personality, valuable practical examples, and joy in PhysioPhilosophy are what make her lively courses stand out!

Translated with DeepL.com (free version)

Jin Shin Jyutsu

Nals, Südtirol, Italien
04.11.2026 - 08.11.2026

Contents

Course location	Bildungshaus Die Lichtenburg Vilpianerstraße 27 30010 Nals, Südtirol, Italien
Course times	Wednesday, 04. November 2026 - Sunday, 08. November 2026 Total class hours: First part 21 / Second part 14
Requirement	Taking Self Help Classes is recommended.
Course leader	Martina Six
Course fee	Not specified yet