

Aaiyn Foster  
Diamond's View  
10 New Island Avenue  
Peaks Island, Maine 04108

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## Self Help Class

July 17, 2010  
1 - 6 pm

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Diamond's View  
Peaks Island,  
Maine

depart Portland  
12:15 ferry

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"THE ART OF  
GETTING TO  
KNOW (HELP)  
MYSELF"

Jin Shin Jyutsu is  
an ancient art, akin  
to acupuncture. For  
those addressing  
existing stress or

health disharmonies,  
or anyone simply  
choosing to maintain  
health, harmony, and  
well-being.

**Jin Shin Jyutsu** is simple, powerful, and  
available to all for self help

**Aaiyn Foster** 207.774.3465  
Certified Practitioner, Jin Shin Jyutsu

The body is an instrument which we can tune.

"There is a vitality, a life-force, an energy, a quickening that is translated through you into action and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and be lost. The world will not have it." Martha Graham to Agnes de Mille.

Jin Shin Jyutsu is an art of reawakening one's awareness and understanding of Self. All are born with a profound delicate power to be able to enjoy their potential to the fullest extent. However, due to one's lack of knowledge of Self, one is unaware of this profound delicate power within, and of the energetic matrix in the body available for healing.

As Plato said, "Learning is remembering."  
Re-mem-bering.

The purpose of this Self Help Study is to introduce the basic principles and theory of Energetic Medicine in Jin Shin Jyutsu while learning practical tools for helping oneself and others. . . . to learn how to harmonize and balance ourselves physically, mentally, emotionally, and spiritually through the nourishment of one's Practice of health - deepening in the knowledge of restoration and revitalization through JSJ. . . . The goal, actually, is to have a lot of fun and to be wonderfully nourished through this incredible learning process . . . This re-mem-bering. And Last but not least, the purpose is also to provide this opportunity, here overlooking Casco Bay, to catch one's breath . . .

Payment: \$110 includes cost of Class, Mary Burmeister's Self Help Book 1, and a Safety Energy Lock chart. Retake fee \$75. Pay by check or Paypal.

FMI, or to register, call Aaiyn Foster at 207.774.3465 or e-mail Aaiyn Foster @MaineJinShinJyutsu.com.

*Aaiyn Foster, BA, ABT, HHC, AADP . . . began her post-graduate study of energetic medicine in Japan in 1978 through the study of Shiatsu . It was beginning her personal practice of meditation and yoga in 1971 which opened the doors of curiosity and contemplation of the body's energetic systems.*

*In 1987 Ann broadened her training to include Five Element Theory and Traditional Chinese Medicine, along with Acupressure, at The New England Shiatsu Center in Boston. Chi-Kung, a Chinese healing and martial art, was taught daily as part of the foundation of the healing arts. Ann has taught Chi-Kung along with Self-Shiatsu since 1989. As an extension of the Self-Shiatsu, Aaiyn developed an Acu/Meridian Yoga class. Also in 1989, she co-authored an Acupressure Manual.*

*Aaiyn's E-book "Setting Goals . . . grounding the very be-ing of our lives" is available by going to [www.AaiynFosterWellness.com](http://www.AaiynFosterWellness.com). Her book, "Energetic Medicine: An Introduction To Traditional Chinese and Asian Healing" is due out Spring 2010.*

*Aaiyn is currently at work on a book about Integrative Nutrition, due out Winter 2011. She was recently featured in an article in Vegetarian Times.*

*Curious to learn more about how the western mind sees the human body, Ann went on to study Cranial Osteopathy, Trager, and Holographic Repatterning, as well as Educational Kinesiology (Brain Integration).*

*It is, however, in the incredibly simple and yet profoundly complex system of Jin Shin Jyutsu which rests the core of Aaiyn's health practice since she began this study and practice in 2000. Jin Shin Jyutsu is a system with rare integrity. Aaiyn is delighted to share this ancient healing art with her clients and the community.*