

# Getting to Know the Language of the Body through Jin Shin Jyutsu® Self-Help with Nancy Recant



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[www.yogasynthesis.com](http://www.yogasynthesis.com)



**Saturday, November 3rd**  
**1:00 pm – 3:00 pm**

Learn about the twenty-six "Safety Energy Locks" which each govern a different aspect of our being. By listening to your body's advanced warning system and applying ones' own hands, each of us has the capacity to restore harmony and balance.

Please bring a yoga mat.

Registration Fee: \$35 per person.

**For more information about Nancy Recant and Jin Shin Jyutsu®,  
please visit [www.nancyrecant.com](http://www.nancyrecant.com)**

We encourage early registration, as a minimum number of students are needed for a workshop to be held. Workshop cancellations will be posted on the Yoga Synthesis website ([www.yogasynthesis.com](http://www.yogasynthesis.com)) and studio voicemail 36 hours before the scheduled event. All pre-registered students will be notified and fully refunded (please ensure that the studio has your current contact information).