

JIN SHIN JYUTSU®

For You and Your Animal Companion



Grace Waymire

I have been a nurse for more than 20 years, specializing in the care of critically ill children and babies. In June of 2000, I was introduced to the art of Jin Shin Jyutsu. After a few years of regular Jin Shin Jyutsu sessions, I began course work in January of 2003 and completed my certification in September of 2005.

Having worked in critical care areas of the hospital for most of my nursing career I am constantly amazed and in awe of the power of this gentle healing art. The profound relief clients experience from pain, insomnia, and fatigue while restoring emotional and mental balance is phenomenal. I encourage my clients to practice simple self-help techniques daily to prolong the benefits of our sessions.

Growing up in the Truckee area I have always had a strong connection to animals and nature. Over the years I have observed the parallels between the health of animals and their people. Animals love this gentle energetic balancing art. My clientele include horses, dogs, cats, and their people.

-Grace

Jin Shin Jyutsu

Workshop photo tour

Jin Shin Jyutsu is a Japanese form of acupressure that has been successfully applied to people and animals. The goal of this therapy is to awaken and revitalize the body's life energy to promote optimum health and happiness. The application of your hands in specific sequences to individual acupressure points reinstates balance and harmony to the body. These acupressure points, also known as Safety Energy Locks, are places where energy may become blocked in the body resulting in pain. The frequent application of these techniques will facilitate the reduction of stress, tension, and toxins that accumulate through normal daily living.

Jin Shin Jyutsu is non-invasive and gentle, supportive of other treatment modalities, and has an extensive body of simple self-help sequences.



Experience this art of harmonizing life energy:

- Aids in healing
- Relieves pain associated with arthritis, sore muscles and tendons, and abdominal discomforts
- Supports the immune system
- Heightens communication between you and your animal companion
- Improves attitudinal disharmonies such as: stubbornness, aggression, fear, worry, and grief

Scheduling a Session:

Jin Shin Jyutsu sessions are 60 minutes. I have flexible hours and am available for home and hospital visits, Monday thru Saturday. To schedule a session or for more information call 530-550-8380 or email gwaymire@tnt.com.

Testimonials:



Hi Grace,

Thank you so much again for the wonderful visit. I loved watching you with my beloved friends. You have a natural "read" which is so fun to watch. I especially loved watching Hero melt into your hands. You were so generous with yourself with them and me.

Thank You!!!

Many Blessings your way,

Ruth

Dear Grace

I very much enjoyed meeting you on Sunday and can't thank you enough for the relief that you brought to Boots. He is walking a little more freely and is anxiously awaiting your next visit - my attempts to free up his backside like you showed me do not even compare and he lets me know this but I will continue my efforts... I did try it on one of my other horses and she follows me around looking for more - she just doesn't know how much better it could be.

Have a good week.

Best wishes

Ellie

Hi Grace,

Just wanted to tell you about our evening. All the windows in the house were open, and a storm was brewing far away. The kids across the street were riding their scooters up and down the street. Pogo was pacing, tail down, eyes dilated, not responding to me, trying to get up on the dining room chairs.

I finished dinner, gave her a couple good squirts of Tranquility Blend, opened my JSJ book to the first page I flipped to, and did the bladder flow on her, then held 13 & 10. Just toward the end of the bladder flow, she finally heaved a huge sigh, and when I let go of 13 & 10, she shook it all off.

Then the rain, lightning and thunder started. I was at the computer and put her on a down at my feet. She fell asleep! And, there she remains. Last summer, I would have had to put her in a crate, in a dark room with a fan on her and music playing. This is huge!

I've done a couple flows on her since the workshop and think she seems happier in general, at times when before she was anxious. Tonight, I really saw it. I'll keep up the regular work, and the special sessions like tonight.

Thank you!!

Ann & Gracie, Pogo, and Jane