



## Janine Joyce

Janine Joyce  
Practitioner and qualified Self help instructor  
Member: NZ Charter of Natural Health  
Practitioners,  
Reiki NZ, ANZASW & NZCAP (affiliate)  
ACC approved Counsellor  
BSW, M Heal Sciences (endorsed in Mental  
health)

I began my journey with Jin Shin Jyutsu in 1997 with self-help for my family and myself. Over time I began offering full Jin Shin Jyutsu sessions at my place of work.

I am always delighted to be part of this profound process of creating change and improvements in wellbeing . The self-help techniques enable you to work on yourself between sessions and are very easily integrated into a fast paced lifestyle. They are also easy to do if you are unwell or in a lot of pain.

I would wholeheartedly encourage you to incorporate JSJ into your life both through sessions with a practitioner but also through the very simple and effective self help techniques.

Appointments available Monday to Friday: 9-3 pm. Bookings essential.