

Red Rocks Community College

Jin Shin Jyutsu – Self-Care HHP 175 Fall 2011
Section - 621 CRN#23379 November 19th & December 3rd
9am – 4:30pm

Syllabus

Instructor: Tammra Straub, JSJCP, CR, CYT, ERYT-500
Phone: 303-514-4689
Email: tammra.straub@rrcc.edu
MindfulMotions@comcast.net

Required Texts: ***to be purchased before attending 1st class***

HHP 175 Packet from the RRCC bookstore

“The Touch of Healing: Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu®”
Author: Alice Burmeister with Tom Monte
(Available in campus bookstore or from Amazon.com)

Course Description:

Jin Shin Jyutsu is the “Art of the Compassionate Person” and is a relatively simple way of restoring harmony by releasing energy congestion, tension, and stress. Jin Shin Jyutsu can achieve powerful results by applying nothing more than the hands. This Art provides tools for the individual to actively participate in the balancing and maintenance of physical, mental and emotional health. This course primarily focuses on applying these tools for one’s own Self-Care with hands-on experience in class.

Course Objectives:

- Understand the fields of Human Energy and the Concept of Ch’i
- Understand the Jin Shin Jyutsu definition and Foundational Concepts
- Identify and locate the 26 Safety Energy Locks (SEL’s) on oneself and others
- Learn the 3 “Gateways to Harmony”
- Understand the Organ Flows and Correspondences
- Understand how to Use/Apply the Conditions Index to oneself and others
- Learn the practice of “36 Conscious Breaths”
- Learn the Main Central Vertical (MCV) practice

Course Requirements & Grading:

40% ~~ Student engages in class discussions (participation). Since the timing of this class is short (2 Saturdays only), you must attend both sessions to receive a grade; if you are unable to attend all sessions of class, please make arrangements to drop this class & enroll in the next scheduled offering. RRCC’s Student Code of Conduct applies to all student participation in this class.

20% ~~ Quiz (in class, verbal question & answer)

40% ~~ Hands-on Practical skills and 1-page experiential paper on the MCV practice ~ **DUE 12/3**

A = 90-100 B = 80-89 C = 70-79 D = 65-69 F = < or = 64 (this includes students who have not withdrawn from class before first meeting or a “no show” W = Withdraw before first class

Instructor reserves the right to modify the calendar & syllabus with or without notice. I am available before, during, and after class to discuss questions.

RRCC will provide accommodations for qualified students with disabilities. To request accommodations, contact the Office of Disability Services; Director, Jacquie Stanton at your earliest convenience. The Office of Special Services located in the Learning and Resource Center (LARC) in Room 1185. You may contact Jacquie at 303.914.6733 V/TDD or email jacquelyn.stanton@rrcc.edu