



THE ART OF
JIN SHIN
MURAI METHOD

THE ART OF
JIN SHIN

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ALEXIS BRINK

DIRECTOR OF JIN SHIN INSTITUTE



Alexis Brink, LMT, a native of the Netherlands, came to New York at a young age to be a Broadway dancer. After a knee injury left her unable to perform, she was guided to The Art of Jin Shin, which not only healed her, but put her on a new life's journey. Ever since, she has studied and shared this healing art. Today, she is the Director of Jin Shin Institute, and has held a private practice in NYC since 1991. Alexis is the author of "The Art of Jin Shin" and "Healing at Your Fingertips," published by Simon & Schuster and translated into 6 languages. She has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. Alexis has written two textbooks on how to become a Jin Shin practitioner. Jin Shin Institute, under Alexis's guidance, is offering a comprehensive curriculum to a new generation of practitioners and teachers. She is also a Transactional Analysis Practitioner of the USATAA.

"Once in a while, one comes across a person who demonstrates the potential to be extraordinary, and that is Alexis Brink. I have known Alexis for more than a decade and have always been impressed with her desire to break new boundaries and think beyond the ordinary paradigm."

- DEEPAK CHOPRA

OUR TEAM



**Marieke
Feenstra**
Business Director



**Mayumi
Ohashi**
Operations
Manager



AJ Rudin
Marketing &
Creative Consultant



**Cobi
Konadu**
Curriculum
Consultant



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ABOUT THE ART OF JIN SHIN

We are all born with the innate wisdom to help and heal ourselves. The Art of Jin Shin is a Japanese energy healing modality that stems from the Ancient Traditions. Similar to Acupressure and Reiki, we place our hands on specific locations on the body. This allows blocked energy pathways to open and promotes healing of body, mind and spirit. We can practice The Art of Jin Shin on ourselves - which is called Self Help - or we can receive sessions from a Practitioner. When energy is flowing harmoniously in the body we feel a sense of well-being and happiness. It is in this state of being, that healing occurs.

The work encourages a life of simplicity, calmness, patience, and self-containment. It is the philosophy, simplicity and effectiveness that attracts people to the Art of Jin Shin. This practice can be as simple or complex as you'd like. You can start with holding a finger to harmonize certain emotions, or begin your day with a short Self Help Jin Shin routine.

OUR STORY

The Japanese healing modality, the Art of Jin Shin, was developed in Japan by Master Jiro Murai from the Ancient Traditions in the early 1900s. Master Murai devoted his life to the study, research and teaching of Jin Shin. Jutsu. Mary Burmeister, who was one of Master Murai's main students, brought the art to the US in the sixties. She continued her studies with Master Murai by mail. Pamela Markarian Smith was Mary's student since 1965. Pamela founded Jin Shin Institute in 1992. Then in 2016, Pamela handed Alexis Brink the torch, to continue spreading awareness about the Art of Jin Shin with the world. Now, under Alexis's guidance, Jin Shin Institute serves as a training center for new practitioners and for those looking to enhance their overall wellbeing by learning and practicing this healing art.



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SERVICES

- One-On-One Healing Sessions
- Virtual Consultations
- NCBTMB Continuing Education Provider
- Workshops
- Self Help Classes & Teaching Programs
- Social Media Offerings
- Self Care Routines Videos (YouTube)
- Global Practitioner Database

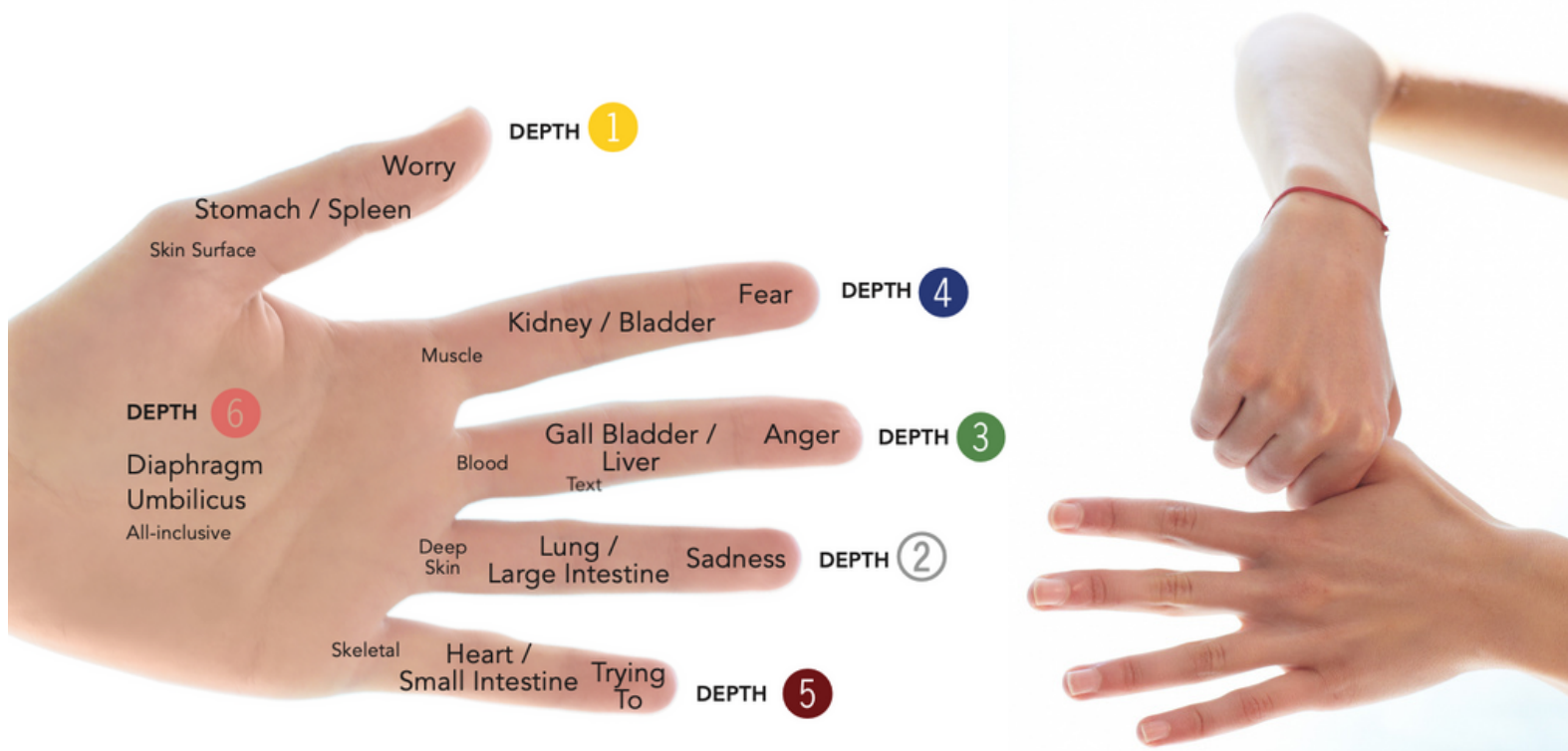
PRODUCTS

- Self Help Books
- Complete Learning Curriculum
- Foundational Practitioner Curriculum
- Beginner & Advanced Textbooks
- Instructional DVDs
- Guided Webinars
- Educational Posters

HOW TO BOOK

To book any of our services, please visit our website at www.theartofjinshin.com

SELF HELP SAMPLE





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TESTIMONIALS



DEEPAK CHOPRA,
MD, FACP
Health & Wellness
Guru

"I have watched Alexis interact with people from a diversity of backgrounds and have always been impressed with her confidence and inquisitiveness to learn more about them... As a physician and co-founder of the Chopra Center for Wellbeing, I believe that Alexis has the makings of a true healer who will know and implement both the science and art of medicine."



NITHYA SHANTI
Mindfulness Teacher

"Receiving a healing session with Alexis was a deeply calming, settling and stilling experience. It was remarkable to feel energy flowing, shifting and releasing all over as she lightly held various points on my body. Thoughts became fewer until there was a profound inner silence. I was attentive for most of the session and slipped into a tranquil sleep towards the end. The session concluded with a feeling of absolute freshness and clarity.

Alexis has a healing presence and channels pure light, grace and blessings through her hands and whole being. Jin Shin Institute is aesthetically gorgeous - an ideal setting for receiving these harmonizing, nourishing and renewing sessions of a profound healing art.

I am grateful and recommend Jin Shin Institute highly to everyone. It is a gentle way back to awareness, fulfillment and vibrancy."



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TESTIMONIALS



DEBBIE GIBSON
Recording Artist &
Entertainer

"I have been seeing Alexis Brink for over 15 years and whenever I'm in NYC I make sure to get a treatment. The work of Jin Shin gently balances the body so it is able to get back to it's natural rhythm and flow. I always leave a session more energized, yet calmer, and am better able to go about my day in a peaceful, joyful state. Alexis is a first-rate healer and practitioner and I highly recommend her to anyone suffering with a particular health issue, anxiety issue, or those who simply want to be at their optimal level of being!"



NANA VISITOR
Actor

"This dedicated practitioner can help you heal your life. Alexis gave me practical and effective Self Help positions that balanced my energy and body in a way that nothing else has."



**DEBORAH
ROBERTS**
ABC News Journalist

"I knew nothing of The Art of Jin Shin until I met Alexis Brink. She has made a believer out of me. My stressed body found calm and my exhaustion gave way to energy. This ancient touch should be a prescription for all women who do too much."



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HIRE ALEXIS



TALKS & PRESENTATIONS

Alexis can share a talk with your audience or employees that will teach them how to relieve stress, insomnia, back + neck pain, and other common symptoms. She will guide participants on how to tap back into their body's innate healing system.

SELF HELP WORKSHOPS

Alexis has led hundreds of workshops for students, practitioners, and experience-levels of all kinds. These workshops can be virtual or hands-on. They can be tailored towards an organizations needs; these are educational and interactive, with time for attendees to reflect and ask questions.



SPEAKING PANELS

Alexis has both hosted and spoken on many speaking panels, from a range of topics - wellness panels, meditation discussions, Transactional Analysis conferences, and more. Whether it is sharing about the benefits of The Art of Jin Shin, or speaking about the way this healing art intersects with other modalities, Alexis truly shines when she is on stage.



Elizabeth Cutler (Founder of SoulCycle), Karen Duffy (Actress), Alexis Brink, Deborah Roberts (ABC Journalist)



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HIRE ALEXIS



PODCASTS & INTERVIEWS

Alexis has been featured on a wide array of podcasts and interviews in the health & wellness and spiritual sector.

*Tune into one of our favorite podcasts from the **Elegant Warrior Podcast** & an interview with **Deepak Chopra**.*

CORPORATE WELLNESS

Alexis can come to your organization's office to lead a Lunch & Learn, offer a banquet of tools and practices for your employee's wellbeing.



CORPORATE IN-HOUSE SESSIONS

Offer hands-on Jin Shin sessions on your premises by one of our qualified Jin Shin Institute practitioners. These can be thirty minutes sessions that are deeply healing & rejuvenating experiences for your employees.





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INTERSECTIONAL HEALING



THE ART OF JIN SHIN + TRANSACTIONAL ANALYSIS

Alexis is a Transactional Analysis Practitioner and has led presentations and workshops for several global TA organizations & conferences that explore how therapists and counselors can incorporate body-work and energy healing into their psychotherapy practice.

Learn more about how [these two modalities intersect.](#)

JIN SHIN + MASSAGE THERAPY

The Art of Jin Shin is a perfect modality to incorporate into other therapies, since it is gentle, non-invasive, and effective. Jin Shin and Massage Therapy complement one another perfectly because they both work on the physical level of healing. The Art of Jin Shin is a beautiful way for Massage Therapists to expand their practice and offering. Jin Shin Institute is an NCBTMB accredited organization.

[Learn more here.](#)



JIN SHIN + MEDITATION

Jin Shin can be easily applied while practicing meditation and mindfulness.

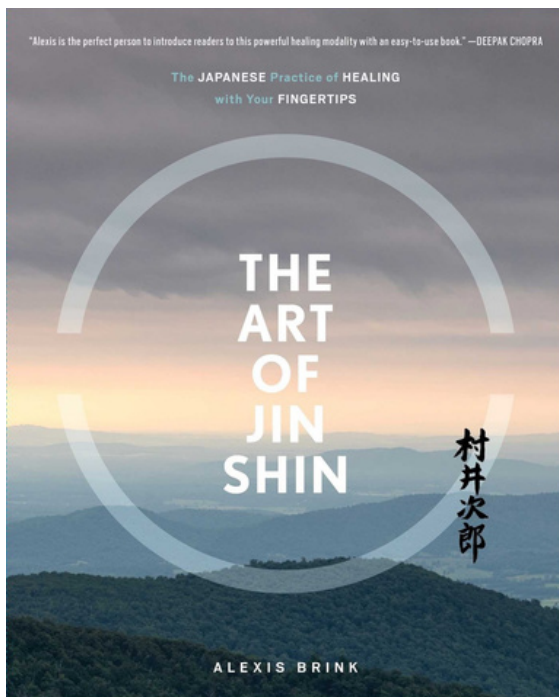
Check out this live interview with renowned [Meditation Teacher, Nithya Shanti](#)



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Alexis's first book, *The Art of Jin Shin*, is a clear, step-by-step guide to the practice of the Japanese healing Art of Jin Shin. With over three decades of experience, Alexis created the first Jin Shin self help book of its kind.

Published by Simon & Schuster and translated into six languages globally, *The Art of Jin Shin* is an Amazon bestseller. This book explains all the basics of this healing art and provides you with the knowledge you need to practice it on yourself. Whether you desire a deeper understanding of the body/mind/spirit connection or want to create a daily Jin Shin maintenance routine, the power is literally at your fingertips.

HEALING AT YOUR FINGERTIPS

Alexis's second book published by Simon & Schuster was released in 2021.

This well-illustrated pocket-sized encyclopedia offers quick holds to 75 different common ailments—including anxiety, high blood pressure, depression, back pain, and more!





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PRESS + ARTICLES

KEEP FIT KINGDOM:

[Healing at your Fingertips:
The Art of Jin Shin - Interview
with Alexis Brink](#)

ELEPHANT JOURNAL:

[How to Heal our Emotions
With our Hands](#)

SPIRITUALITY HEALTH:

[How to Use Jin Shin Jyutsu](#)



Yin Shin: a combination of Yin yoga + the Art of Jin Shin



**more media publications available upon request*



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YOUTUBE



The majority of our live and recorded videos are added to our YouTube channel, as a way for people to further study and implement a daily self care routine and practice. **Click on the image to watch the video.**



Use These
Jin Shin Holds
to Relieve Pain



Tips on
LIFE & LOVE
From Jin Shin to Believers



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CONTACT

Send us an email at
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or feel free to reach out
through our website.

LOCATION

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SOCIAL MEDIA LINKS

