



PETRA ELMENDORFF - Consciousness Coach

Petra graduated from the University of Bremen with a Masters in Sociology. At 23 years of age Petra started her practice in Vipassana meditation and studied contemporary philosophical astrology, to become a professional astrologer in Germany and USA.

Petra has certification as a Naturopath in Berlin, Germany; is a practitioner in Praxis, Freiburg and is training in family constellation work of Bert Hellinger by Victoria Schnabel.

Since 2002 Petra has been an authorized JSJ instructor of JSJ Institute of Mary Burmeister in Scottsdale, Arizona. She teaches JSJ 5 day basic seminars, special topics, and self-help classes world-wide.

From 2002-2013 Petra was a student of Haruki Kato, Tokyo

Petra has never stopped inquiring about the mystery of how the body, mind and spirit work together. With the discovery of Mary Burmeister's JSJ, all Petra's life studies seem to fall into place.

The Physio Philosophy of JSJ's Art united everything Petra was looking for. It is the simplicity of applications for oneself and yet the depths of the understanding of the connection between spirit, mind and body that provides a powerful tool for restoring and improving harmony.

"My whole life's journey has been dedicated the quest of consciousnesses, the deeper studies and understanding of the mind and its influence on the body and our life's choices" Petra Elmendorff

Special Topic 19 April 2018

"Neck and Shoulders".....the art of letting go

"Be the dropping of your shoulders"

The whole human being is represented in our neck, the microcosm of the macrocosm. Our shoulders are important for the flow in life, "the effortless reality." Through our studies of the Art of Jin Shin Jyutsu we will take a look at the flows involved and their influences on consciousness."