

Recharge yourself

Helping everyone to harness the power of their own 'human energy'



GETTING IN TOUCH

Jung Shim is a not for profit organisation with centres in London and Manchester, and abroad in Netherlands, Norway and Australia. It offers online classes, Skype or phone treatments and consultations.

Imagine a place where busy, stressed and burnt out Londoners can go at the end of the day, to clear their minds and go home feeling recharged and stress-free. Well such a place actually exists, a short walk from Oxford Circus.

Jung Shim translates from Korean as 'beautiful mind'. Based on eastern principles, it teaches people how to thrive in today's world by tapping into their own 'human energy' source and renewing it in a sustainable and natural way.

The London Jung Shim centre exudes positivity and harmony. A team of professional and welcoming practitioners offer energy treatments, classes and courses to help us replenish our 'human energy', clear energy blockages and regain our good-hearted, generous and compassionate state of being – our 'beautiful mind'.

The energy treatment is a powerful combination of acupressure and sound (a breathing technique) along the main energy meridians. It works similarly to acupuncture but (phew!) without needles. The point is to open the energy channels and allow our 'human energy' to flow properly, so we immediately feel calmer and happier. Even long-standing aches and pains can disappear.

The practitioner's extensive training enables them to give accurate feedback as to why your energy is blocked. You might be surprised to find out you've been running on empty. It's easy to slot a treatment into your day, as you can be in and out of a session in 30 minutes.

You can learn to harness the power of your 'human energy', or Qi, with chanting, movements

TESTIMONIAL



Fabian:

'Before I discovered Jung Shim, I always felt exhausted. I came to London to pursue acting but my extreme lack of energy was limiting. A talk by Master Oh, the founder of Jung Shim, was so impressive I booked an energy treatment. He explained about my energy and what was blocking me in my life. The next day I felt clearer, calmer and, to my surprise, completely energised. I never thought I would find such an amazing practice in London. Today, I'm addicted to the Qi classes and love the treatments. They've given me my joie de vivre back!'



READER OFFER
25% off energy treatments.
Quote 'Balance'

and meditation to both strengthen and detoxify the body and to clear the mind.

Qi Classes are a great way to bring energy and balance back into our lives. At the London Jung Shim centre, hour-long classes take place daily in a beautiful meditation room called the 'Saemtu'. Introductory classes are held on Tuesdays at 12pm and Thursdays at 6pm. Cost is £15.

For more information, visit jungshim.org.uk. To find Master Oh, go to masteroh.com. Treatment costs (excluding discount) range from £40 to £180. Qi classes membership is £50 per month.

To book a treatment with **25% off**, call 020-7462 8811 or email info@jungshim.org quoting *Balance*.



JUNG SHIM
ENERGISE YOUR LIFE