

Mary Burmeister Jin Shin Jyutsu Institute is happy and honored to welcome
Susie Plettner to the faculty



I have always been inspired by the natural world and enjoy contemplating the expression of its many mysteries. From playing on my grandparent’s farm as a child, to studying meditation and yoga as a teenager, to practicing an indigenous earth-based spiritual tradition as a young adult—my quest for awareness and understanding of the magnificent world around me came into brilliant focus when I discovered the Art of Jin Shin Jyutsu Physio-Philosophy.

Shortly after graduating from Macalester College with a degree in Psychology specializing in body/mind connection, I was introduced to Jin Shin Jyutsu in 1995 while studying natural medicine and permaculture farming practices in Guatemala. Jin Shin Jyutsu was the sacred common thread that wove together all of my previous studies in the mystical and healing arts and remains one of my greatest teachers as I aspire to be the student of “Knowing and Compassion.” Since beginning my studies in Jin Shin Jyutsu I have also completed training in the following areas:

- Licensed Massage Therapist: The Acupressure Institute, Berkeley, CA (2001)
- Basic Elements of Shamanic Practice: Micheline Bogey, Berkeley, CA (2003)
- Certified Doula (Birthing Assistant): Natural Resources, San Francisco, CA (2004)
- Certified Naturopath: Clayton College of Natural Health, Birmingham, AL (2008)
- Certified Homeopath: The Institute of Classical Homeopathy, San Francisco, CA (2010)