



## Sei-ki London & Athens Linked Workshops & Online Only Option with Alice Whieldon

A full blended-tuition training schedule including workshops, feedback meetings, book groups and practice schedule over 5 months.

Join in-person in London or Athens or Online Only

**£480 for full London-based training (or £200 for ad hoc 2-day workshop<sup>i</sup>)**  
**270 euros for full Athens-based training**  
**240 euros for Online Only (90 euros for ad hoc 2-day workshop<sup>ii</sup>)**

For information about joining **online only**, see below

**COVID NOTICE: If we are not able to meet in person due to local restrictions in London for October and/or November, you will be offered a partial refund and we will continue the work with the online group (dates the same, times below).**

### **Workshop One & Support**

**June 24-25 London 11.00-19.00 BST (online 16.00-19.00) Helios Centre, London WC1H 9NS**

**June 26 Athens Only Practice Day**

July 1 follow-up online meeting 16.00-18.00 BST for those attending the series

Book groups & practice schedule to support your learning

### **Workshop Two & Support**

**October 14-15 London 11.00-19.00 BST (online 16.00-19.00) Helios Centre, London WC1H 9NS**

**October 16 Athens Only Practice Day**

October 21 follow-up online meeting 16.00-18.00 BST for those attending the series

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### **Workshop Three & Support**

**November 11-12 London 11.00-19.00 BST (online 16.00-19.00) Helios Centre, London WC1H 9NS**

**November 13 Athens Only Practice Day**

November 18 follow-up online meeting 16.00-18.00 BST for those attending the series

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### **Introduction**

Thousands have enjoyed Sei-ki over the years, yet it has been considered difficult to learn and thought to lack structure or require mysterious powers of perception to perform. It is certainly the case that Sei-ki has a different kind of structure from that we are familiar with; it also calls on an awareness we are not normally conscious of in everyday life, though this is always informing us in the background. We can, however, develop this second sight or awareness through internal

discipline and surrender to flow. As we do so, Sei-ki gradually de-mystifies and we understand how life works at a much deeper level. While it may be difficult for our intellects to grasp, it is nonetheless something we can all learn.

This series of workshops, with online support and practice schedule, is offered to a small number of in-person students in Central London and Athens and live-streamed for wider, online participation. The blended tuition model is designed to give a grounding in Sei-ki to newcomers and to more experienced students who wish to develop their work. The training will be a mixture of workshops, small group work and regular practice over a 22 week period.

### **Alice Whieldon**

Alice has been presenting Sei-ki workshops for over 20 years and collaborated with Kishi sensei, the founder of Sei-ki, in writing *Sei-ki: Life in Resonance, the Secret Art of Shiatsu* 2011. She also teaches [Clearing](#) and wrote the first book in this area: *Mind Clearing: the key to mindfulness mastery* 2016. She has a PhD in Feminist philosophy and has been a tutor in Liberal Arts for the Open University in the UK for 25 years. She combines a depth understanding of the art of touch with an ability to explain it in a way that is enabling increasing numbers of students to feel confident and practice Sei-ki for the first time. These workshops will be an exploration of Sei-ki as touch discipline using dynamic student-centred reflective learning.

### **Aims**

Participants will:

- be able to demonstrate spaciousness and non-doing in touch.
- demonstrate an improvement in *Observational Ability*.
- understand how to work with the breath.
- move towards greater precision in Sei-ki.

All of this will be tracked through a combination of assisted self-reflection, discussion and constructive feedback.

### **Who this is for**

These workshops are for anyone interested in Sei-ki, for personal or professional development. This is designed as a linked training, so online meetings are only for those attending the series, but the workshops are open to others on an ad hoc basis.

Please note that those attending on an ad hoc basis in October or November will be joining an established group and priority will be given to that group's experience; so, while we warmly welcome beginners to join us in June, *only those with some prior experience of Sei-ki may join us for October or November on an ad hoc basis.*

### **Comment on Qualifications**

Sei-ki involves the tempering of the inner self through discipline and surrender, bringing the shining self to the forefront and de-emphasising the personal. It is not in keeping with this work to award qualifications. However, students are encouraged to practice, and charge for sessions, as soon as they would like, and we offer ongoing professional support and frameworks for you in doing so.

If it becomes important to gain professional indemnity insurance for working with the public and you do not already have a bodywork qualification that would cover Sei-ki, it may be possible to buy insurance as an 'energy healer', depending on local rules. If this is not possible, it may be necessary to gain insurance through a touch-based training in another area.

## Requirements

- Participants in the series must practice between meetings as a requirement of this training. You should aim for a minimum of giving 2 Sei-ki sessions per week, taking into account local Covid advice.
- Participants in the series should aim to do a minimum of one practice session per week of either gyoki or katsugen/Surrenderpraxis. For the Surrenderpraxis, you are welcome to join the *Surrenderwork* free online [practice class](#) during the months it is running (closed over the summer).
- If you are unfamiliar with katsugen, we recommend the *Surrenderwork* 8 week [Surrender Project](#).
- Participants in the series should aim to receive a minimum of 6 Sei-ki sessions during the period of training, ideally from an experienced practitioner, or do so as soon as possible. If you are unable to do so, you should incorporate an extra session of gyoki or katsugen per week into your schedule.
- **Participants must have read, or be reading:** [Sei-ki: Life in Resonance](#) 2011, Kishi & Whieldon, Singing Dragon. We will be exploring this book in the book groups. It is available in English, Italian, French and German.
- Additional reading: [Mind Clearing: the key to mindfulness mastery Whieldon, 2016, Jessica Kingsley](#). This is only recommended if you are confident in reading English.
- Also [The Non-Doing Itsuo Tsuda](#) in French and English

### Booking

Book London workshops through [Living-in-Resonance](#) or [www.Surrenderwork.com](http://www.Surrenderwork.com) for queries, contact: [info@surrenderwork.com](mailto:info@surrenderwork.com)

## Online Attendance

### Introduction

International travel is not something the planet can sustain; yet the planet needs Sei-ki. This series was originally conceived as an online training hosted by Panayiota Giannino in Athens, Greece, as a way of beginning the Athens Sei-ki training that had to be postponed until 2022.

We decided to take this opportunity to extend the invitation and also to live-stream the online workshops from in-person workshops in London. We have come up with a model of online teaching that has significant hands-on, experiential elements.

**See below to find out more about joining online.**

# Sei-ki online

with Alice Whieldon

hosted by *Ki-Synergy* and Panayiota Giannino

**270,00€ Athens group with practice classes, 3 online meetings & practice schedule**

**240,00€ Online only with 3 online meetings & practice schedule**



Sei-ki  
Japanese Shiatsu  
Workshops & Sessions

**For those wishing to join online on an ad hoc basis:**

**90€ for each 2 day workshop**

## **Workshop One & Support**

**June 24-25 live-stream workshop 18.00-21.00 EEST\*; 16.00-19.00 BST**

June 26 Athens group practice, Zen Centre (Covid permitting) 10.00-14.00 EEST\*

July 1 follow-up online meeting 18.00-20.00 EEST\* 16.00-18.00 BST for those attending the series

Book groups & practice schedule to support your learning

## **Workshops Two & Support**

**October 14-15 live-stream workshop 18.00-21.00 EEST\*; 16.00-19.00 BST**

October 16 Athens group practice, Zen Centre (Covid permitting) 10.00-14.00 EEST\*

October 21 follow-up online meeting 18.00-20.00 EEST\* 16.00-18.00 BST for those attending the series

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## **Workshops Three & Support**

**November 11-12 live-stream workshop 18.00-21.00 EEST\*; 16.00-19.00 BST**

November 13 Athens group practice, Zen Centre (Covid permitting) 10.00-14.00 EST\*

November 18 follow-up online meeting 18.00-20.00 EST\* 16.00-18.00 BST for those attending the series

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**NB: The online workshops will be taught in English and translated into Greek**

## **The Course**

See above for details. The training will consist of:

- 3 live-streamed workshops of 3 hours each
- Introductory videos to prepare for working online
- 3 live online meetings for feedback and discussion of 2 hours each
- Book Clubs to discuss written sources (primarily *Sei-ki: Life in Resonance*)
- Structured self-reflection and assessment
- Structured partner reflection and assessment
- Structured group discussion
- Guidance, demonstrations and talks
- A structured practice schedule

## Requirements for online attendance

- You should ideally have a partner to work with who is also attending the training and be in the same room for workshops. This is so you can experience Sei-ki as giver and receiver and gain maximum benefit from our training approach. When working with your exchange partner, we ask that you take appropriate precautions in line with local Covid guidelines.
- *If you do not have a colleague to work with but still wish to attend, you may be disadvantaged during classes when we are doing partnered work.* You should aim to find someone to give sessions to during workshops. To compensate for not receiving Sei-ki sessions, you should practice gyoki or katsugen/Surrenderpraxis two times per week (rather than just one) during the training and aim to receive sessions as soon as you can, in order to make the most of this training.
- You should aim to do a minimum of 2 Sei-ki sessions per week, taking into account local Covid advice.<sup>iii</sup> Those with a practice partner should also receive one session per week.
- All participants should aim to do a minimum of one practice session per week of either gyoki or katsugen/Surrenderpraxis. For the Surrenderpraxis, you are welcome to join the *Surrenderwork* free online [practice class](#) during the months it is running (closed over the summer).
- If you are unfamiliar with katsugen, we recommend the *Surrenderwork* 8 week [Surrender Project](#).
- Participants must have read, or be reading, [Sei-ki: Life in Resonance, the Secret Art of Shiatsu 2011 Kishi & Whieldon, Singing Dragon](#)
- Additional reading: [Mind Clearing: the key to mindfulness mastery Whieldon, 2016, Jessica Kingsley](#). Only recommended if you are confident in reading English.
- Also [The Non-Doing Itsuo Tsuda](#)

### Booking

Athens and Online (including ad hoc online) book with *ki-synergy*: [info@kisynergy.gr](mailto:info@kisynergy.gr)

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<sup>i</sup> These will be small workshops, so priority will go to those wanting to do the series, but if you are interested in a single workshop, we will try to accommodate you. Contact [info@surrenderwork.com](mailto:info@surrenderwork.com)

<sup>ii</sup> You may join any of the online workshops on an ad hoc basis but please be aware that the tuition will prioritize the training, so explanations may not be offered to beginners. Complete beginners to Sei-ki are not advised to join the October and November workshops on an ad hoc basis.

<sup>iii</sup> If Covid restrictions mean you cannot work with a partner, then you should do 2 sessions of gyoki and/or katsugen per week.