



Sei-ki: Renewal & Surrender

22-24 July 2022

Norwich Wellbeing Centre
with Alice Whieldon

*Be strong then, and enter into your own body;
there you have a solid place for your feet.*

Think about it carefully! Don't go off somewhere else!

*Kabir says this: just throw away all thoughts of imaginary things,
and stand firm in that which you are.*

Sei-ki is difficult to talk about because it is bodywork but not really about the body. It is not exactly *beyond* words, yet words are too small for what we experience. We touch with our hands but really we touch to connect, and this is not about the physical hand. When we *touch* like this, we are reaching out to meet the other person....not exactly their body. With no agenda beyond the fulfilment of recognition, space opens up and there is healing. We touch the subconscious, the not-yet known. We touch with our awareness; this changes things.

This approach is as old as the hills but must be found afresh in each generation. We learn through such simple exercises that it almost seems too simple. But, when we really set out to grasp the nature of another person, we discover the impossibility of the task. Yet once we have set out on this journey, nothing will satisfy the client or practitioner except that fleeting moment of connection when the world turns upon a dime; reality shifts; space opens up; feeling comes crashing in upon us; colours are brighter; taste is awakened and something new is possible.

This Sei-ki workshop will include the basics of Sei-ki touch for the beginner and experienced practitioner; *Surrender* with preparatory exercises for self and partnered practice; demonstrations; instruction; discussion and lots of practice. You will be relaxed, challenged and perhaps find a new home in this welcoming community.

The Norwich Wellbeing Centre is situated at the heart of this ancient city, once England's second city, full of medieval buildings, a wonderful old market and interesting shopping.

Alice Whieldon has worked in this field for over 30 years, is co-author *Sei-ki: Life in Resonance* (2011) with Kishi Akinobu and is author of *Mind Clearing: the key to mindfulness mastery* (2016). Her workshops are a great venue to discover and develop Sei-ki for personal or professional development. With a strong academic background and many years teaching in the humanities, Alice is expert at explaining this work in ways people find useful.

Covid 19: the current situation is changing rapidly and we will continue to monitor rules for contact. If we find we cannot go ahead with the workshop, we will move the dates and offer a transfer of your fee or a refund if you cannot make the new dates. We will not be able to offer a refund if you choose not to attend, only if you are prevented from doing so by national Covid rules.

For questions contact: info@living-in-resonance.com