

**Sei-ki: towards Sei-ki Soho**

**26<sup>th</sup> February – 1<sup>st</sup> March 2020**

**7-10 October 2020**

**The two workshops are not formally linked but may be taken together for intensive Sei-ki training**

**Ki College, Heidelberg, Germany**

**With: Alice Whieldon & Rene Fix**

**Contact: <https://www.kicollege.de/>**

This is a 5 day intensive Sei-ki workshop designed to boost your practice and self-development. Sei-ki is a powerful discipline for clarifying your authentic way of being. One of the strongest lineages in Japanese Shiatsu, it elevates touch therapy to an art in the Japanese tradition.

Sei-ki is not medical but an art and has a powerful effect on physical, emotional and mental health. Sei-ki also helps unlock creativity and, over time, both practitioner and client unfold into more real ways of being and greater contentment.

The workshop can either be taken as part of your self-directed Sei-ki training or as a workshop for your personal growth and deep relaxation. Whatever your purpose, you will emerge from these 5 days renewed.

The workshop will be largely experiential with lots of opportunity for practice and exchange. We will also explore gyo-ki (breathing by hand) and katsugen (surrender). Additionally, Sei-ki will be put into context to help understand its wider purpose and history.