



# Sei-ki:

## The Secret Art of Shiatsu

**Alice Whieldon** MA PhD SFHEA FwSS

**Friday 1 May 2020 10.00-17.00**

**Lisbon, Portugal postponed**

**SO... WE ARE OFFERING A ONE DAY ONLINE CLASS**

**£60\*** [To book click here](#)

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This day will be an introduction to Sei-ki for beginners and a way to stay in touch with the work for more experienced students of Sei-ki. For those of you able to practice on a friend or family member during the day (there will be 2 practice sessions) we invite you to do so but, if you are on your own during this time, there will be alternative talks and self-Sei-ki during these periods. Alice will show kata (Sei-ki exercises) and invite questions and comments during the day. There will also be talks and exercises to develop sensitivity.

The workshop will be taught in English but, since the dates were originally part of a 3 day workshop in Lisbon, we will be offering translations in Portuguese. Please [email](#) if you would like this translation.

### The Format

We will begin at 10.00 (London time) with a short meditation. There will then be 3 hours of Sei-ki practice, talks and discussion. At 13.00 we will break for lunch, returning at 14.30 for a further 2.5 hours of practice and sharing.

### Sei-ki

Sei-ki Soho is a lineage in the Japanese Shiatsu tradition. Having studied with Namikoshi and been Masunaga's primary student, Kishi had an awakening that took him on a separate path. In the Japanese manner, he parted with his teacher, changed his name and renamed his work, Sei-ki Soho. Kishi died in 2012 but his work continues to have a huge influence.

Sei-ki is a development of Shiatsu combining it with *reido* or 'soul shining' from Shinto. Thus, treatment and diagnosis are inseparable in the dynamic between practitioner and client. A different approach to health from the medical model, Sei-ki is rooted in an understanding of health as hara-culture or a fulfilled life.

### Alice Whieldon

Alice studied closely with Kishi for many years and co-authored *Sei-ki: Life in Resonance, the Secret Art of Shiatsu* 2011. She offers Sei-ki workshops internationally and teaches and practices Mind Clearing in London. She has a background in Philosophy, Theology and Feminist Theory. She has presented Sei-ki workshops for 20 years and taught in the Humanities since 1991. She is a former Chair of the Shiatsu Society (UK) and Senior Fellow of the Higher Education Academy.