



# Sei-ki Online: Kokoro

with Alice Whieldon

in collaboration with Schule fur Shiatsu, Hamburg

Dates: 18/19 June 2020

Times: 15.00-18.30

Cost: £80\*

[To Book Click Here](#)

*What is the kokoro?*

*I can feel the sound of the wind through a pine tree on the calligraphy*

*It can not be visible, it can only be felt*

Betto Matsumoto

(translated by Kishi Akinobu)

## The Workshop

Sei-ki, from the Shiatsu tradition, comes from the work of Kishi Akinobu, Masunaga's top disciple and a major influence within Shiatsu worldwide. This workshop is designed for our friends in Hamburg in place of the postponed June workshop. There will be translation into German if required (please advise us if you would like this). All are welcome; no experience of Sei-ki necessary.

The online environment is an opportunity to focus on themes we don't usually get the chance to look at in detail on regular workshops. Over two afternoons we will explore the meaning and place of *kokoro* or *heart* in Sei-ki. This will include talks, discussions and practical exercises related to this theme. The workshop will include short Sei-ki kata (exercises) to do at a later point or with a partner during the workshop. We encourage you to join with a Sei-ki friend in order that you can practice together (local virus regulations permitting). Those attending solo are also welcome.

## **Presenters**

**Alice Whieldon MA PhD SFHEA** co-authored *Sei-ki: Life in Resonance, the Secret Art of Shiatsu* (2011) with Kishi and has presented Sei-ki workshops for 20 years. She is the author of *Mind Clearing: the Key to Mindfulness Mastery* (2016) and works with clients and students in Sei-ki and Clearing in London, internationally and online.

**Alexandra Gelney** is a Sei-ki practitioner from Vienna and international Wellmother trainer. She regularly works with Alice Whieldon and Kyoko Kishi, translating and assisting.

**\*For those affected by Covid-19, apply the voucher code: COVID50% for a 50% discount**

## **Preparation**

- Make sure you have switched off your computer notifications and phones
- If you can practice with a Sei-ki partner we will arrange time for exchanging short sessions and feedback during class time
- If you can practice with a volunteer who is not also doing the class, ask them to be available at around 17.30 BST on both days
- If you do not have someone to practice with or on, we will be exploring kokoro and sensitivity development during the practice sessions
- Set up your computer so that you are comfortable and could stand or sit to do exercises on the floor with ease
- We will take short breaks and some exercises can be done away from the computer as long as you can hear the audio

[Book Here or Contact with any queries](#)