

Improv, Shiatsu and Beginner's Mind

with Nick Pole and Alice Whieldon

Challenge yourself and delight yourself in this one-day workshop on Improvisation, Shiatsu and Beginner's Mind...



Moshe Cohen, Zen Clown Master

Traditionally, the Japanese martial arts, healing arts and performing arts all begin from the same place - the emptiness and pure attention of 'Beginner's mind'.

The western tradition of Improvisation is a spontaneous, creative way to re-connect with your own beginners mind - it's also a lot of fun! In this experiential workshop we'll apply the innocent curiosity, open acceptance and raw honesty of Improv to the way we practice empathic listening and relational touch in Shiatsu and Sei-Ki.

The simple act of stepping into an empty space and seeing what happens when you meet someone else there is enough to open us to a world of imagination, intuition and resonant connection. We will explore how some of the basic principles of Improv, like accepting whatever your partner does, or staying with a problem without trying to fix it, can inspire us in Shiatsu and Sei-Ki.

With examples of how great artists, writers and musicians apply these principles in their creative process, we will see how concepts from Improv can give us insight into some of the fundamental ideas of Taoist and Zen practice and explore how to apply them in working with touch. Key concepts we will explore are:

- The Expert Mind and the Beginner's Mind
- Listening with the Whole Body
- Accepting Whatever Comes
- How 'Not Knowing' makes all the Difference
- How to do 'Non-Doing'

*For background reading, see Nick's article 'Zen and the Art of the Clown' in the autumn Shiatsu Society Journal:
<https://nickpole.com/zen-and-improv-article/>*

Nick Pole

Nick has over 25 years experience in both eastern and western approaches to mind-body therapy. With a background in Shiatsu, Sei-Ki and Clean Language he has also trained in Mindfulness-Based Cognitive Therapy at the Oxford Mindfulness Centre and is the author of 'Words That Touch - How to ask questions your body can answer' (2017). He is the director of London Mindful Practitioners, a non-profit support group for mindfulness teachers, and co-teaches occasional workshops exploring the links between Sei-Ki and Clean Language with Alice Whieldon (living-in-resonance.com).

Alice Whieldon

Alice has spent her life researching what helps us recover from our traumas and lead happier lives. In 1985 she came across both Shiatsu and the work of Charles Berner and has remained a student of both ever since. She has degrees in Philosophy and Religious Studies and Theology and a PhD in feminist philosophy and psychoanalytic theory. She gained her Shiatsu practitioners qualification in 1995, registering as a teacher in 1997.

In 1997, she met Kishi Akinobu, internationally renowned Shiatsu master who's own development of the art he called Sei-ki. In 2008 he and Alice started working on a book together, with the help of his wife, Kyoko, and *Sei-ki: Life in Resonance, The Secret Art of Shiatsu* was published in 2011. Kishi died in 2012 and Alice continues this work and presents workshops in the UK and internationally.

14th Nov, 10am-5.30pm, £80
London School of Capoeira, 1-2 Leeds Place,
Tollington Park, London N4 3RF.

To reserve your place, you can either:

1. Pay a deposit of £40 by bank transfer and pay the remaining £40 on the day or,
2. Pay the full amount by bank transfer now.

Please make your transfer to:

Nicholas Pole
RBS 16 00 48 13472088
IBAN: GB24RBOS16004813472088
BIC: RBOSGB2L

and email info@nickpole.com to confirm you have sent your payment. Many thanks!

If you have to cancel, your payment will be refunded in full if you cancel by 31st Oct. After that there are no refunds for cancellation. If for any reason the course is cancelled, your payment will be refunded in full, but you are responsible for insuring any payments for travel and accommodation.

If you have any questions, please email Nick at info@nickpole.com