

Sei-ki Residential Workshop

Cleaning the mirror: reflecting through touch

with **Alice Whieldon & René Fix**

24-28 February 2021

Seminarhaus Seidenbuch (Odenwald, near Bensheim, between Frankfurt & Heidelberg, Germany)

Early bird price: €490 ending 18th November

Full price: €580

Price does not include board and lodging (see below)



Natural touch, safe hands, no-mind. In this workshop we will explore the art of Sei-ki through practice and discussion. We will practise the discipline of non-doing and experience the importance of bringing this quality of attention and touch to professional sessions and the project of personal growth.

In Sei-ki we train our ability to act as mirrors for others, so much of our focus is on self-cleaning in order to be better reflectors. Consequently, many engage with Sei-ki as a powerful practice of self-exploration; working with others gives a super-boost to this body-based wisdom tradition.

Yet Sei-ki is also an exacting, practical art and vocation. Some of those who fall in love with the serenity, openness and surrendered nature of this approach take it up professionally, others take it into their lives and work in other ways.

Sei-ki evolved from Shiatsu and is also a return to the source. Since it is not technique-based, anyone can come and learn with us though it is useful to have some training in a touch modality.

***Alice Whieldon** has worked in this field for over 35 years. She co-authored [Sei-ki: Life in Resonance, The Secret Art of Shiatsu](#) 2011, with Kishi Akinobu and is the author of [Mind Clearing: the Key to Mindfulness Mastery](#) 2016. She presents workshops and trainings in Sei-ki and Clearing at home in the UK and internationally and has a private practice in London. She has also worked for over 20 years for the Open University in the UK, as a senior academic manager and Associate Lecturer in the Humanities.*

***René Fix** has worked in the field for over 15 years. He is the owner of one of the most renowned Shiatsu schools in Germany, [kiCollege](#). He has been refining his expertise in Sei-ki since 2011. Experiencing Katsugen had a major influence on his development and led to his passion for working with individuals and groups for change and growth. He has worked in forestry and conservation and as a professional dance instructor.*

***Alice and René** have been working together since 2017 in research, hands-on and online workshops including The Surrender Project.*

Further information:

A Sei-ki workshop is both an experience in clearing mind and body and a training in touch and sensitivity. Self-development and skills training are one and the same in pursuit of this kind of medicine. Here, the skilled practitioner becomes a mirror in which the client can recognise themselves, drop their armour and come home to who they are. The mirror may be cloudy, yet when we offer ourselves in this way, without judgement, change can enter. As we clean the mirror, our connections with others, our touch and our experience of life become clearer and more joyful. So an emphasis on self-clearing informs all our workshops.

A residential setting gives us the opportunity to explore this work more deeply in a beautiful, supported environment. There will be guided hands-on work; demonstrations; exercises to develop sensitivity; group discussion; [dyad](#)-based explorations; tutorials.

Participants report a sense of relief, recognising something both new and deeply familiar in this work. They go home refreshed and motivated.

We invite another kind of knowing from intellectual understanding, a textured feeling for life. Yet intellectual rigour remains important; feeling must be met with understanding in order to bring it fully into the world. Alice brings a strong academic background and expertise in the talking work of [Clearing](#) to this work and René brings a background in coaching.

Together, Alice and René bring a wealth of experience from bodywork, movement arts, Clearing, coaching and academia. Both have experience of management and are well-placed to bring the concrete and esoteric together in practical, enjoyable workshops.

Practicalities:

The workshop will begin on Wednesday at 14.00 and end on Sunday at 14.00

Seminar House:

The workshop will take place at [Seminarhaus Seidenbuch](#). This beautiful venue is located in a village in the hills, about 1 hour North of Heidelberg. It can be accessed by car, train and/or bus. From Frankfurt Airport travel takes about 1 hour.

You must register for board and lodging directly with the venue and pay on site (cash or EC). Prices start from €280 for the full 5 days (contact the venue or Rene at Ki College for details)

The workshop is booked separately through Ki College

[Click here to book](#)

Contact: info@kicollege.de