



## Sei-ki Practice Group Online

with Alice Whieldon

We started a Sei-ki evening in London back in 1998 and it has been going, with occasional breaks, since then. The people have changed over the years, but I have been there all the time and it has been a great touchstone for me and support for my practice.

Up until March 2020 we had a monthly class but, like so many other things, this had to stop. However, after an trial run which was very enjoyable, I have decided to resume the class with a small group of Sei-ki people in London and invite people all around the world to join us online.

We begin with exercises, often surrender-work (katsugen) or a movement meditation, before a short demonstration followed by sharing Sei-ki together with a particular focus; there is always the opportunity for feedback and questions. The formal evening lasts for 2 hours and we may sometimes continue beyond this for up to an additional 30 minutes if there are many questions and a lively chat.

### Costs:

- Join as a pair for £15 per person
- Join as a larger practice group and the cost is £15 per person for **up to 4 people**. Additional members of your group may join for no extra charge in the same room.
- If you are on your own and would like to join and practice on friends/family then the cost is £15
- If you are on your own, with no one to practice on, there is no cost; I hope this will enable you to stay connected and join us for exercises and discussion. Use the voucher code: **SOLO-SEIKI** when booking

The Covid protocols you need to observe will vary from country to country. In London we will be wearing masks at times, in line with Government guidelines, for as long as this is required.