

Sei-ki

The Art of Touch

uncovering health for yourself & others

a workshop with Alice Whieldon

22-24 October 2021 at Bodywise, Manchester Buddhist Centre

Cost: £280

Sei-ki sits in the Shiatsu tradition; it is the development of the Art of Touch beyond meridians. When I (the practitioner) see you (the client) without thought, space opens up, flow resumes and health remembers itself. Always the beginners mind, Sei-ki is a journey of depth and connection.

The Workshop will serve as an introduction to anyone curious about Sei-ki and as a deepening for those with experience. We will be working with the 3-disciplines of observation, touch and receiving, with the emphasis on experience. Basic communication exercises will also be used to help you develop your understanding and give feedback.

Alice trained with the Shiatsu College, London 1991-4 and met Kishi Akinobu in 1997. From that point she worked closely with this great master and co-authored *Sei-ki: Life in Resonance, the Secret Art of Shiatsu* Kishi & Whieldon 2011. She is also a practitioner and trainer in Clearing and author of *Mind Clearing: the key to mindfulness mastery* 2016. She has worked in Higher Education for many years and is a Senior Fellow of the Higher Education Academy. She sees clients in London and Norfolk and presents workshops internationally. For further information see: www.surrenderwork.com and www.alicewhieldon.com

Logistics:

Friday: 14.00-20.00 Saturday: 10.00-18.00 Sunday: 10.00-17.00

Venue: Bodywise, Manchester Buddhist Centre, 16-20 Turner Street, Manchester M4 1DZ

Aim to arrive 15 minutes before the start to begin on time. Lunch on Saturday and Sunday will typically be at 13.00 for 1.5 hours. There will be other short breaks during the day. The venue is surrounded by great places to eat including a café in the basement of the Centre.

The venue is accessible by lift, though the front door does have some steps up to it.

If you have any questions, please contact: info@living-in-resonance.com

If you have any problems on the day, please text Alice: 07957233345