

SEIKI-TOUCHING THE NOW

with Daniela Coronelli & Roy Whenary

Bringing 21st Century Holistic Health Skills to Devon Communities

1/2 DAY INTRODUCTORY WORKSHOPS

Seiki is an effective shiatsu-derived method of healing through touch, mindful presence and releasing-movement, originated by Akinobu Kishi

Cost: £20 (£15 when booking 2 weeks or more in advance)

DARTMOUTH

The Flavel Arts Centre
Saturday 9th October 2010
(2:00pm-5:15pm)

EXETER

Exeter Natural Health Centre
Saturday 23rd October 2010
(10:00am-1:15pm)

TAVISTOCK

Abbeymead Natural Health Centre
Saturday 16th October 2010
(10:00am-1:15pm)

TEIGNMOUTH

The Fountain For Health
Saturday 30th October 2010
(2:00pm-5:15pm)

In these 1/2 day workshops, we will be working with various Seiki key practices, including: KATA - alignment of posture with one's centre and attitude; GYOKI - combining centering with breathing; KOTODAMA - sound vocalisation, from the core; SEIKI - principles and practice; MEDITATION - resting in open awareness

SEIKI WEEKEND

Foxhole, Dartington, TOTNES

13th & 14th November 2010 (10:00am-5:30pm)

DISCOUNT BOOKING DEADLINE:

Before 16 October 2010

COST: £80 (with Discount)
(Late Bookings - after 16/10/10: £95)



Open to all with an interest in expanding their holistic health skills, for personal and/or professional use

Daniela Coronelli is an accredited Shiatsu and Amerta Movement Teacher. She has long-term experience in training and facilitating workshops for Shiatsu Schools and the general public.

Roy Whenary is the author of the book 'The Texture Of Being' (inspired by the non-dual tradition of 'Advaita'), which is widely acclaimed by fellow writers and teachers in the field.



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