

SEIKI WEEKEND

25-26 February 2012 10:30am-5:30pm

@ Dartington Estate, Totnes, Devon

with **Daniela Coronelli** MRSS(T)



During the 2 days, you will be invited to explore:

Working and developing Ki sensitivity, through practices of breathing, abdomen centred exercises and presence.

Spontaneous and structured movement and sound, to observe how, given a safe environment and an attitude of mindfulness, the body is able to move fixed, sickness-building habits, into healthier, flexible ways of being.

Bodywork, where the practitioner is encouraged to enter resonance with the receiver, by being empty and remaining in contact with them through observation and touch, until they can receive guidance of where the contact will be most effective for bringing change and balance.

SEIKI: THE ART OF HEALING THROUGH RESONANCE

Would you like to find out how you can heal yourself, and support others to heal, by observing what happens in your body, as it returns to balance ... before entering theoretical explanations of why and what? **With Seiki You Can.**

Interested in adding a “transformative” method, to contact and help your clients to recover, to your bodywork skills? Or simply explore a new “yielding” way for releasing your tensions and re-connect with the spontaneity of simply being? Then, **this weekend is for you.**

Advance booking is essential, and it is encouraged to attend the whole weekend, as a build-up of trust and energy makes the effect of this work more enjoyable and worthwhile for all involved.

Daniela Coronelli has long-term experience in training and facilitating workshops for privately organized groups, Shiatsu Schools, Educational and Health organizations. She also runs an established Shiatsu and Seiki practice in Totnes, Devon. Whilst she is known to teach with passion and dedication, she uses a good mix of structured and unstructured activities, fostering equanimity and supporting change to occur naturally.

All with an interest and an open mind are welcome.

For shiatsushi, and other bodywork practitioners, it counts towards your CPD

Cost: £90 for the weekend (£115 after 11/02/12)

BOOKINGS/ENQUIRIES: Daniela Coronelli (01803 862653)

email: lifehealingarts@yahoo.co.uk

www.lifehealingarts.org