

SEIKI DAY STUDENTS FEEDBACK

“Excellent group contribution, a good variety of activities and Daniela’s input was inspirational. Great opportunity to be present, to share Seiki in a group, to work with the breath and to get in touch with the life essence”.

Elizabeth (Primary Care Leader and Shiatsu Practitioner)

“I most enjoyed the exercises which centre the breathing, and the ‘Amerta Life Movement’ sequences. I particularly enjoyed the experience of Seiki and sharing this with the group. Daniela’s way of facilitating is soft ... giving space to group participation and development”.

Caroline (Shiatsu Practitioner)

“The Seiki Day was powerful, deep and precious. I most enjoyed the exploration of Ki in pairs and in the group”.

Linda (Ecological Charity Administrator)

“I enjoyed the day. I left the day feeling embodied, vital and alive. The aspects I most liked were the ‘Amerta Life Movement’ sequence, from lying down to walking, leading the following pair and group work, and ‘round the Robin Seiki practice’. Great style of teaching ... and warmth”

Reza (Counsellor)

“The movement sequences were great for waking up the body and taking note of how I use my posture. I also liked the releasing effect of the Katsugen Exercises, and how to give Seiki following the client’s breathing. Excellent experiential approach to facilitation, which values intuition, Ki development and presence, before application of theory”.

Marion (Artist and Care Worker)

“Great Seiki demonstration from Daniela! I liked most the Seiki swaps in pairs, and the Katsugen exercises. Seiki guides me on how ‘to be’ with the receiver and to allow re-balancing by working with their breath”.

Claudette (Massage Therapist)

“I enjoyed focussing on the quality of touch through presence, connection with breathing and Ki communication. I most liked the Gyoki breathing exercises and the 9 postures movement sequence”

Shruti (Shiatsu Practitioner & Teacher)