

# SEIKI - The Art of Cultivating Our Integral Movement Towards Health & Balance

**1-2 April 2017**  
@ Wayfaring Studio, Dartington  
TOTNES - DEVON - TQ9 6HA



Beautiful location close to Dartmoor and the South Devon coast

with Daniela Coronelli



## WHAT IS SEIKI?

Seiki is a style of Shiatsu, an effective method of healthcare developed by the master Akinobu Kishi, from the early 1970s onwards. Referred to as "The Secret Art of Shiatsu", Seiki offers the healthcare practitioner, the therapist and those interested in holistic health, a number of regenerative practices for recovering and resourcing our health and wellbeing. Once learned, it is easy to integrate in your therapeutic bodywork, health practice and/or for sharing

## SOME OF THE BENEFITS OF ATTENDING THIS WORKSHOP include:

- Learning how to foster and sustain a sense of curiosity, non-striving and inner confidence in bodywork
- Noticing, and addressing, habitual tension-producing patterns of breathing and moving
- Exploring breathing and gravity-centred practices for feeling and broadening your Ki (Qi) sensitivity
- Developing quality of contact and communication, in pairs and small groups, through presence and resonance
- Discovering the therapeutic effect of mindful movement and poetry

For shiatsu & other health practitioners and therapists, this workshop counts as CPD



*"An embodied enquiry into ways of staying present to what arises while giving bodywork"*

Daniela Coronelli is an accredited and experienced Shiatsu, Movement and Mindfulness practitioner and teacher, based in Totnes, Devon. She trained directly with Akinobu Kishi for 10 years, and has written and published articles on the effects of Seiki-Shiatsu, and co-authored the book 'Embodied Lives'. For more information on the benefits of Seiki, students' testimonials and Daniela's CV, please visit website.

## To book a place on this Seiki Course

Email: [lifehealingarts@yahoo.co.uk](mailto:lifehealingarts@yahoo.co.uk)  
or Telephone: 01803 862653 / 07941 841555  
£110 before 13 March / £135 thereafter

Cheques payable to: Daniela Coronelli, 13 Blacklers, Park Road, Dartington Hall, Totnes, Devon, TQ9 6EQ  
Bank Details for Direct Transfer are on website:

[www.lifehealingarts.org](http://www.lifehealingarts.org)

