

## Facilitation of Sei-Ki Group Courses - Testimonials

*I enjoyed the course, the movement practices, the group atmosphere and the Sei-Ki exchanges with other practitioners. It helped me to be more sensitive, I can sense more through touch. Thank you.*

**Jennifer - Bodyworker**

*An excellent two days with much content and wisdom to take away. A good mix of movement, meditation and bodywork. Sei-Ki was a new approach to touch for me and I am excited to include the learning in my shiatsu practice.*

**Ron - Shiatsu Therapist**

*This course helped me to be more present and clarified better what Sei-Ki is. It covered the theory and the practice at a greater depth. There was something beautiful about deepening the awareness of how to touch the receiver as a person rather than fixing on their health symptoms and at the same time something made me quite edgy when touching the wholeness of the person.*

**Wendy - Shiatsu Practitioner**

*Great weekend, a good balance of Sei-Ki practices like Katsugen Undo, element sounds vocalizations, breathwork and of Sei-Ki demonstrations and peers' exchange.*

**Miriam - Child Carer**

*Glad to be here. It has given me a very grounded hands-on experiential understanding of the Sei-Ki approach, without going too much into head stuff. I appreciated the breathing through the hands. It put me in touch with a way of sensing that is effortless. Touching practice and workshop, very well held, structured and where I also felt listened to and appreciated.*

**Suzie - Reiki Healer**

*After attending the course, I feel I have come back to a place of being centred in heart and belly, of regaining my anchor into being, yet with a greater commitment to listening to and learning about my own and other people processes of how it is like to be a person. Allowing a natural evolution of this with less resistance.*

**Kalander - Shiatsu Practitioner**

*This is the second Sei-Ki weekend I have attended in a row. My interest has been in self-care and what I am taking home are amazing life-skills to deal with life stresses and to help me make clearer choices. It is easy to learn when the space in the workshop is held in such a compassionate way. Thank you.*

**Eddie - Care support-worker**

*I appreciated learning to work with touch from a place of ease and less effort. No sweat. I have been guided to come back in tune with my-self and my true nature. I look forward to give massage from a position of being nourished and in harmony with whom I am.*

**Alex - Massage Therapist**

*Through this weekend I have learned that silence between two people is a powerful healer and through that there is a spontaneous knowing of where and how to meet and support the other person through touch. Giving Sei-Ki touch becomes an experience of being one with the receiver and with oneself.*

**Rosie - Cranial-Sacral Therapist**

*For me the Sei-Ki course has provided a harmonious structure of ways to facilitate the body's own intrinsic path to elimination and wellness. It has also catalysed an awakening process within, as a participant.*

**Maria - Wellness Coach**

*Throughout the workshop I experienced a real sense of peace and a beautiful reminder of the importance of the breath. I loved the possibility open to me to integrate the Sei-Ki approach with what I practice in massage. A space for pausing, for tuning in the body, the breath and inner peace while sharing the healing power of this through touch with others.*

**Kat - Massage Therapist**