PRACTICAL DETAILS & COST

Normally the meetings take place on the **2nd** Thursday of the month (1pm – 3pm) unless I am away for that week, in which case I will update the replacement date on the website EVENTS page.

The Monthly Meetings Are Offered Online & In-Person

They start with 40m of Katsugen or Regenerative Movement practice and follow with a Sei-ki hands on demonstration with different themes, pair exchanges, feedback, questions and relevant poem interlude. At the start of the session, a senior student or myself will demonstrate how to practice katsugen.

Online:

Please email me (ecolw.info@gmail.com) to join online and I will send my zoom details. You may want to bring a family member, a friend or a client that would like to taste your work to the meeting, to take full advantage of the demonstration or just observe the exchanges if you prefer.

In-Person Address:

23 Smithfields, Totnes, TQ9 5LR
(10 minutes walk from Totnes station and BOB 2 Bus stops 100 metres away.

Sessions Need to be Booked & Paid in Advance by the Monday before the event.

Cost online:

One session £18
For 3 sessions £ 50 and for 6 - £95

Cost in person:

One session £22.
For 3 sessions £62 and for 6 - £118

Booking & Payment Details:

Please book & pay by bank transfer:
Name: Daniela Coronelli
Sort Code: 30-94-83
Account N.: 02779456
Reference: your full name.

Parking Nearby

Free parking possibilities close to 23 SMITHFIELDS, TQ9 5LR:

- On the Plymouth Road (after the Cemetery entrance TQL 5LZ), a few minutes' walk
- At Follaton House Car Park (TQ9 5NE approx. 9 minutes' walk)

• Road leading to 1 & 11 Follaton Bungalows, TQ9 5LZ
• At the bottom of Collar Park Road, near its junction with Collins Road (TQ9 5PJ approx. 5 minutes' walk)