

Sei-Ki Hub presents:

The Sei-Ki Training

Starting again September 2026: open *now* for applications

“Sei-Ki could be defined in many ways. It is a touch art with therapeutic effects; full engagement in life; both an ancient and fresh view of health; a *revolution in touch*, or, closer to a translation, 'harmonising ki'. By any definition, the world needs more of it.

I have been presenting Sei-Ki workshops for over 20 years and have met many people who love it. But it is challenging to learn to real depth and, like Kishi, I have often wondered what would help people benefit from it more.

Now my years of research are coming to fruition in this project. I have great collaborators, and our combined experience and ideas have matured and are ready to share.”

Alice Whieldon, September 2024

The *Sei-Ki Hub* and *The Sei-Ki Training* were **established** by Alice Whieldon in collaboration with Alexandra Gelny and Maria Kokori. We have set it up in service to Sei-Ki, students of Sei-Ki and a world in need of human touch.

The Sei-Ki Training is an immersion year with the aim of giving participants a solid foundation in the work. It is a rolling programme, designed to become the training and support you want and need for as long as you want and need it. Like a Sei-Ki session, it is **dynamic** and **responsive** and will evolve over time.

Once you have completed the *Training*, we hope you will continue with us as a member of the **Sei-Ki Hub** and join online events, workshops, supervisions and enjoy Sei-Ki Hub fellowship as long as you wish.

Only a Year to Learn Sei-Ki?

There are many layers in appreciating Sei-Ki. For most of us, it takes much longer than a year to understand and perform Sei-Ki to a high level of competence, but people can, nevertheless, do good work from the beginning.

So why is it only 1 year and not 2, 3, 4+ years?

The answer is that we do not know how long it will take *you* to be confident and be competent in Sei-Ki. It might take a year, and it might take 10 or 20 years. No fixed-length training would ever be appropriate in this art. If Sei-Ki is your Path, you will have to navigate it according to your own, growing understanding. But good support and fellowship along the way is crucial.

Over the years, we have noticed that people can make real progress if immersed in Sei-Ki over the course of a year. This is long enough to give you a boost in skill and understanding but not so long that it takes the spontaneity and uniqueness out of your experience. Sei-Ki is *the Way of aliveness* and any training must keep that centre front.

Teaching and Learning events on *The Sei-Ki Training*

Sei-Ki is “beginners mind”, so this training is relevant to practitioners at all levels. Once you have completed the immersion year, engaging with Sei-Ki Hub events in subsequent years will take you to deeper layers of understanding. This is why we say this year is a *rolling programme*.

Content of *The Sei-Ki Training* year

- 2 residential workshops of 4+ days each¹
- 1 non-residential 5 day workshop² (we may change this to another residential workshop)
- Online live workshops
- Online book club
- Online exercises, live and recorded
- Supervision in small groups
- Tutorials in person
- Use of our developing online library

You can [download the full calendar](#) with dates and times for 2026/27 on the Sei-Ki Hub website [HERE](#)

What you will learn

- Skill in touch
- How to focus your attention and develop your ability to “see”
- Enhanced ability to work with people to enrich their lives
- Skill in integrated movement
- The development of appropriate touch
- What Sei-Ki is and how you can learn it

Self-Development

- Training in self-reflection and autonomous learning
- Training in developing a professional approach to this work and ways of talking about it
- Active support in personal development and professionalism

Fellowship & Support

Sei-Ki is an Art, a Way, a passion, a profession. As you walk this Path it will shape and challenge you. In an important sense, you are on your own with your research and discovery. But, from time to time, even the wisest and most independent of us can benefit from support and community.

The Sei-Ki Training will take a small group through 10 months, after which you can join the *Sei-Ki Hub*. The *Sei-Ki Hub* gives more form and structure to the existing Sei-Ki community, offering

¹ September 10-14 2026 residential workshop near Munich (Seminarzentrum Riederalp, Allgäu, Germany).

June 24-28 2027 residential workshop near Vienna (BergZendo Hohe Wand, Austria).

² February 5-9 2027, non-residential or residential workshop, place tbc

continuity and ongoing support to suit your preferences as well as the pleasure of sharing together.

Teaching

What we mean by “teaching” is *using our skills to support you, to the best of our abilities, in learning the Art of Sei-Ki.*

Alice Whieldon will lead the teaching and have overview of it as Director. But no individual could offer this *Training* alone. This is a collaboration. Alexandra Gelny and Maria Kokori are experienced in Sei-Ki and in teaching and we are joined by Assistants who bring additional skills.

Learning

The desire to learn comes from the participant, but when it is met by good teaching, the combination can be a more powerful exploration. We want to give you the support you may need to be an autonomous learner and take pleasure in and ownership of your individual path.

Acknowledging Progress

How long it will take you to achieve your goals is not something we can calculate. Yet we see the importance of assessing and acknowledging progress. Markers of success we think are important include:

- The quality of your Sei-Ki touch and ability to connect with clients
- The quality of your attention and ability to see how things are for your clients
- How this work shows up in your everyday life
- Client feedback
- Your ability to speak confidently about Sei-Ki
- Success, according to your own measures

Costs

Overall tuition for The Sei-Ki Training is EUR 3,500.-.

This includes:

- The participation fees for all in-person workshops (two Residentials of 4+ days each, one workshop of 5 days)
- the participation fees for all online live classes (online modules, Book Club), as well as online group supervision (three sessions per participant)
- access to the Online Library with audio, video and written material, community and exchange with other participants

This doesn't include:

- Cost for lodging and food during workshops
- travel costs
- fees for any additional and optional workshops, 1:1 tutorials or 1:1 supervision sessions

Payment plan:

- A non-refundable deposit of EUR 400. is to be paid after your participation is confirmed by both us and you.
- First payment: a total of 1/3 of the tuition fee (minus deposit) or more one month before the first Residential in September 2026
- Second payment: 1/3 of the tuition fee or more one month before the workshop in February 2027.
- Third payment: 1/3 of the tuition fee or remaining amount one month before the Residential in June 2027.

If you need a different payment plan, please get in touch; we are open to discussing individual solutions.

Please note that, if you wish to cancel your reservation less than 2 months before the start of The Training, you will be liable for the full fee.

This training is for you if:

- You love Sei-Ki and want more of it in your life
- You want to develop a career as a Sei-Ki practitioner
- You have done some Sei-Ki before, at least 3 days with Alice and another 3 days with Alice, Alexandra or Maria.

How you can participate in *The Sei-Ki Training*

In the second year (2026/27) the maximum number of participants accepted will be 16.

Step 1: application

We invite applications to *The Sei-Ki Training* from those who have a minimum of 6 days in Sei-Ki workshops. At least 3 of these days must be with Alice Whieldon. The other 3 days could be with Alexandra Gelny or Maria Kokori.

Step 2: interview

Applicants will be invited to interview with Alice plus Alexandra or Maria. This is so you and we can be satisfied that *The Sei-Ki Training* is a good fit. It will also be a chance for you to ask us any questions you may have.

Step 3: confirmation

Once both you and we have confirmed your application, your place in The Sei-Ki Training is guaranteed and your registration is definite.

The Sei-Ki Hub

The *Sei-Ki Hub* is the “container” for *The Sei-Ki Training*. It is a space for people who love Sei-Ki and extends a warm invitation to students of Sei-Ki, the Way of Touch and those curious about it.

The Sei-Ki Training is the Sei-Ki Hub’s flagship project of an intense Sei-Ki learning programme. Once you have completed the Training, we hope you will continue with us as a member of the Sei-Ki Hub.

Purpose

- To provide a holding space for the ongoing *Sei-Ki Training*
- To provide a gathering space for the wider Sei-Ki community
- To support participants of this Way in their individual journeys
- To promote the flowering of the Sei-Ki of Kishi Akinobu
- To explore the potential of bringing Sei-Ki to a wider audience
- To promote a *revolution in touch*

The *Sei-Ki Hub* will open for membership after the start of the first *Sei-Ki Training*.

The Founders



Alice Whieldon MA PhD | Director

Alice began her Shiatsu training with The Shiatsu College, London, in 1991, graduating in 1994 and gaining her Shiatsu teaching qualification in 1997. She worked with Kishi from 1998 until his death in 2012 and is co-author of *Sei-Ki: Life in Resonance* [2011, Kishi & Whieldon, Singing Dragon]. She has been presenting Sei-Ki workshops for over 20 years’ and is an experienced teacher in other fields, including *Clearing*, exercise and at degree level in the Arts and

Humanities. She is a Senior Fellow of the Higher Education Academy and author of *Mind Clearing* [2016, Jessica Kingsley].

Alexandra Gelny | Co-Founder & Assistant Teacher

Alexandra has been on her Sei-Ki Path since 2011, first studying directly with Kishi Akinobu, then with Kishi Kyoko and, since 2017, studying and collaborating with Alice Whieldon. She's committed to Sei-Ki and to sharing *classical* Sei-Ki in a sincere and professional manner which is adequate to the Way. She contributes to *The Sei-Ki Training* with her commitment to Sei-Ki and her expertise as a (shiatsu) teacher, life coach, organizer and passionate communicator.

Maria Kokori | Co-Founder & Assistant Teacher

Maria began her journey to Sei-Ki attending her first workshop in 2010 with Kishi Akinobu.

Since 2016, she has attended several workshops with Kishi Kyoko and she has studied Sei-Ki and Mind Clearing with Alice Whieldon regularly. She has been practising Sei-Ki since 2018 and Mind Clearing since 2021. Since skills training and self-development are her main interest, she is also trained in 'Person Centered Therapy and Focusing as a life skill' approach. Her commitment and contribution to The Sei-Ki Training is through sharing her interest and experience from her continuous journey to Sei-Ki and the adventure of self-discovering and self-development.

Assistants: to be confirmed