



KUNIAKI IMOTO, PhD

# THE SEITAI METHOD

A Holistic Approach to Staying Healthy through Stretching  
and Body Alignment—A Self-Treatment Guide

# Seitai Method

**LP Steffe**



## Seitai Method:

**Traditional Healing Methods of Japan** Lyssar Moorwen, 2025-07-05 This book gently introduces twenty one simple time honored Japanese healing traditions that promote balance in body and mind Rooted in daily life and seasonal rhythms these practices range from soaking in mineral rich hot springs and pressing acupressure points to repairing pottery with gold kintsugi and brewing calming teas Each chapter shares the tradition s origin benefits and step by step guidance making it accessible to everyone no special training needed Written in clear friendly language the book is ideal for readers of all ages who seek wellness in natural everyday ways Whether you face stress fatigue or seasonal blues you ll find practical rituals to support you The book encourages slowing down respecting nature s cycles and finding renewal in ordinary moments It s a guide and companion for anyone longing to feel refreshed resilient and in harmony with life With warmth and wisdom it invites you to try small practices that bring lasting wellness

*Tales of 100 treatments* Shizuto Masunaga, 2021-06-11 It is a collection of 58 articles published in the 70 80s in the Japanese magazine Ningen Igaku Human Medicine Here there are some lines written by the author in the preface Western medicine scientifically studies abstract phenomena according to disease name However even if a same disease name is given from the Oriental medicine perspective I often keenly feel that precise treatment is impossible if you do not consider how patients with similar symptoms might differ in constitution personality and environment which involves very different disease mechanisms and required responses It occurred to me that people might benefit from reading my impressions of practical experience in those kinds of clinical cases These stories are autobiographical and deal intensely with the idea and philosophy of Keiraku shiatsu from the point of view and lifestyle adopted by Masunaga sensei In this volume not only he describes the treatments and modalities specific of Iokai but also the strategy of therapy and the causes of illness selecting important cases from his own experience The contents of this book are still relevant and useful for the growth of all shiatsu practitioners teachers and are very important to perform the treatments considering sho oriental diagnosis and kyo and jitsu according to the indications of Shizuto Masunaga

*The Seitai Method* 〇〇〇〇, 2004-12 A full explanation of one of Japan s most popular healing arts Includes hundreds of photographs demonstrating treatments for hundreds of ailments

*The Penguin Dictionary of Alternative Medicine* T V Sairam, 2008-01-16 The integration of alternative medicine with conventional medicine is revolutionizing healthcare across the world This single volume dictionary features entries ranging from acupoint therapy and abdominal breathing to Iyengar Yoga

**Butoh, as Heard by a Dancer** Dominique Savitri Bonarjee, 2023-10-31 This book explores the origins of Butoh in post war Japan through orality and transmission in conjunction with an embodied research approach The book is a gathering of seminal artistic voices Yoshito Ohno Natsu Nakajima Yukio Waguri Moe Yamamoto Masaki Iwana Ko Murobushi Yukio Suzuki Takao Kawaguchi Yuko Kaseki and the philosopher Kuniichi Uno These conversations happened during an extended research trip I made to Japan to understand the context and circumstances that engendered Butoh Alongside these exchanges are my

reflections on Butoh's complex history. These are primarily informed by my pedagogical and performance encounters with the artists I met during this time rather than a theoretical analysis. Through the words of these dancers I investigate Butoh's tendency to evade categorization. Butoh's artistic legacy of bodily rebellion, plurality of authorship and fluidity of form seems prescient and feels more relevant in contemporary times than ever before. This book is intended as a practitioner's guide for dancers, artists, students and scholars with an interest in non-Western dance and dance history, postmodern performance and Japanese arts and culture.

**Cumulated Index Medicus**, 1978      [Our Inner Ocean](#) LeCain W. Smith, 2014-08-12

Good health is something we all aspire to but it's so much more than just being free of disease. A perfectly functioning body, tranquil mind and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. *Our Inner Ocean* describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean, the realm of wisdom within that is entered by making the body, breath and energy our allies. This mystical space of awareness, intuition, peace and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork and meditation help us become our own healers. When we pass through these portals into the inner ocean we can reduce stress and pain, release blockages, prevent and resolve dysfunctions and ignite our spiritual nature. And in doing so we make the world a better place.

**Nutrition Forum**, 1995      **Quantitative Comparison of in Situ Soil CO2 Flux Measurement Methods** Jennifer D. Koepp, James M. Vose, 2002      **Sei-ki** Akinobu Kishi, Alice Whieldon, 2011

Akinobu Kishi is regarded as one of the leading exponents of shiatsu and his theory and practice of Seiki Soho are explained for the first time in this important book. The book consists of a dialogue about the fundamental principles and practice of Seiki Soho and will be essential reading for all shiatsu practitioners and students.

[This is Reiki](#) Frank Arjava Petter, 2012-10-16

This is the very first title containing all available knowledge about the origins and history of traditional Reiki. Designed as a reference manual for teachers and trainers it presents at the same time a comprehensive and practical introduction to Reiki.

*Seitai* Laura López Coto, 2020-10-15

Would you like to feel more alive? Try following Seitai, the Japanese secret to connect with your vital intelligence and improve your life and health. The practices of Seitai, Katsugen Undo and Yuki give you back your flexibility, renewing and revitalising the movements between tension and relaxation in our mind and body. Amongst other benefits, these Seitai practices can naturally relieve stress, anxiety and other issues related to the nervous system. They can also regulate our heartbeat, alleviate skin, urine, digestive and circulatory problems. Seitai also helps activate the sexual hormones responsible for youth and cell regeneration and also helps diminish muscle pain and

rheumatism In this clear concise and easy to read book written by the journalist and Seitai specialist Laura Lopez Coto you will find the keys to this culture which originated in Japan thanks to the highly innovative discoveries of the exceptionally gifted and perceptive master Haruchika Noguchi Tokyo 1911 1976 You will find that you can actually feel healthy in a far deeper way than you could possibly have imagined Living this kind of life is easy if you know how to If you do not act with all your vigour if you lack the awareness to give life to life through death a state of health cannot be reached It is possible to believe that the human being is alive thanks to its own will but this is not so A human being just lives that is all The spontaneous desire to live does not arise from the individual but from a desire of Nature itself Haruchika Noguchi 1911 1976 Founder of Seitai Culture I am convinced that Seitai Master Noguchi's Legacy is the most innovative and significant spiritual culture that Humanity has received this century Narciso Yepes 1927 1997 Guitar player and Seitai practitioner Oh What a surprise All Japanese children speak Japanese No need to worry Planting the seeds of ability with patience and repetition the seed flourishes Sinichi Suzuki 1898 1998 Creator of the Suzuki Method for understanding and learning music philosopher and Seitai practitioner I know where I am now But if I hadn't come to know Seitai 10 years ago I don't now where I'd be Maybe I wouldn't be here Ricardo Sanz 1968 Journalist Seitai practitioner Nuclear Magnetic Resonance G A Webb, 2008-05-27 As a spectroscopic method nuclear magnetic resonance NMR has seen spectacular growth over the past two decades both as a technique and in its applications Today the applications of NMR span a wide range of scientific disciplines from physics to biology to medicine Each volume of Nuclear Magnetic Resonance comprises a combination of annual and biennial reports which together provide comprehensive coverage of the literature on this topic This Specialist Periodical Report reflects the growing volume of published work involving NMR techniques and applications in particular NMR of natural macromolecules which is covered in two reports NMR of Proteins and Nucleic Acids and NMR of Carbohydrates Lipids and Membranes For those wanting to become rapidly acquainted with specific areas of NMR this title provides unrivalled scope of coverage Seasoned practitioners of NMR will find this an invaluable source of current methods and applications Volume 37 covers literature published from June 2006 to May 2007 **Abstract Bulletin of the Institute of Paper Chemistry**, 1988-06

**Research Paper SRS**, 1996 Clustering and Classification Phipps Arabie, Geert de Soete, 1996 At a moderately advanced level this book seeks to cover the areas of clustering and related methods of data analysis where major advances are being made Topics include hierarchical clustering variable selection and weighting additive trees and other network models relevance of neural network models to clustering the role of computational complexity in cluster analysis latent class approaches to cluster analysis theory and method with applications of a hierarchical classes model in psychology and psychopathology combinatorial data analysis clusterwise aggregation of relations review of the Japanese language results on clustering review of the Russian language results on clustering and multidimensional scaling practical advances and significance tests **Fukushin and Kampo** Nigel Dawes, 2020-10-21 From an internationally known expert in the teaching

and practice of Fukushin this is a unique book defining the therapeutic and diagnostic significance of the abdomen in East Asian medicine Nigel Dawes provides a comprehensive description of the practical application of abdominal palpation in clinical settings as well as offering hands on descriptions of the precise methodology of the abdominal exam with supporting visual aids Focusing on specific clinical application in the field of Kampo Sino Japanese Herbal Medicine it allows for the subtleties of the Fukushin method to be disseminated in order to complement Traditional Chinese Medicine training Highly visual and practical Fukushin is the perfect guide for both Japanese and Chinese medicine students and practitioners looking to develop their toolbox of skills in abdominal palpation      *Dynamics of Religion* Christoph Bochinger,Jörg

Rüpke,2016-11-21 Religious ideas practices discourses institutions and social expressions are in constant flux This volume addresses the internal and external dynamics interactions between individuals religious communities and local as well as global society The contributions concentrate on four areas 1 Contemporary religion in the public sphere The Tactics of In visibility among Religious Communities in Europe Religion Intersecting De nationalization and Re nationalization in Post Apartheid South Africa 2 Religious transformations Forms of Religious Communities in Global Society Political Contributions of Ancestral Cosmologies and the Decolonization of Religious Beliefs Esoteric Tradition as Poetic Invention 3 Focus on the individual Religion and Life Trajectories of Islamists Angels Animals and Religious Change in Antiquity and Today Gaining Access to the Radically Unfamiliar in Today s Religion Religion between Individuals and Collectives 4 Narrating religion Entangled Knowledge Cultures and the Creation of Religions in Mongolia and Europe Global Intellectual History and the Dynamics of Religion On Representing Judaism      **Official Gazette of the United States Patent and Trademark Office** ,1999      *Index of Patents Issued from the United States Patent Office* ,1977

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