„The Harmonious Body“
Katsugen-Undo & Yuki

A Japanese Way for Complete Relaxation,
Increased Body Awareness & Improved Inner Balance

Int. peace education „Natural-Holistic-Guide“

"Natural-Holistic-Guide" is developed for beings, who want to gain an holistic understanding of life & developmental processes of human being - in harmony with nature. It is an individual process of self-awareness and serves to reconnect with the inherent nature. (**Noguchi-Seitai**)

1, "How we can order our body ourselves" PRACTICE

Body and mind are an inseparable unit. The Divine Seitai Movement **"Katsugen-Undo"** supports us to activate our innate self-regulating processes - bring your body into balance and relax in depth

2, Architecture of the body – posture „taiheki“

The "taiheki" is the key to the individual understanding of health and illness, which H. Noguchi gathered in over 40 years of experience as a healer and teacher. The body posture "taiheki" show us directly the influence of thinking, feeling and acting (somato-psychic).

3, "Life force and sexuality".

Regenerative movements can balance suppressed life energy; they serve to release stuck tensions and lead to meditative silence, followed by naturally deep breathing in the "Hara" - the precondition for natural sexuality, orgasm can be experienced. Woman’s menses is an important barometer for health, beauty and purification "emotional release".

4, "Pregnancy and Birth

An ordered pelvis (lumbar spine) gives the woman a happy and fulfilled pregnancy and prepares her for a gentle, orgastic birth - without complications. The woman can use the impulses of a natural birth to maintain her health, beauty and vibrant radiance. The man has an important task, protecting the primal trust (bonding) and promoting an intuitive parent/child relationship. Seitai exercises for the woman for a harmonious pregnancy and natural birth made Seitai known as the birth jewel.

5, Primordial Trust, Intuition, Orientation of the Unconscious

How can parents nurture primal trust? What is primal trust and when does "bonding" happen? Vital development and nurturing of the unconscious as well as the parents' ability for intuition to respond to the child's true needs. Prenatal guidance (before birth) and the first three years of life are the foundation for the education of the unconscious.

SEITAI-LoveBirth "touch deep life“

Winter retreat: 4.-8.1.2027 Register: shima@seitai.de
https://lovebirth.de/seitai-ausbildung-natural-holistic-guide