

El descubrimiento



Haruchika Noguchi
1911-1976

- ❖ Descubre la estructura del movimiento espontáneo (primera mitad s. XX).

- ❖ Funda la cultura **Seitai**.



Seitai significa
«cuerpo ordenado»

Es una
nueva comprensión de
la naturaleza humana

El Cuerpo Esun Concepto Del Seitai

M Planty



El Cuerpo Esun Concepto Del Seitai:

El Cuerpo es... Katsumi Mamine,1985 **Seitai** Laura López Coto,2022-04-14 SEITAI ES TODO LO QUE HAS BUSCADO PARA SENTIRTE BIEN Y NUNCA HAS ENCONTRADO Por qu Porque conecta con tu estado natural de bienestar C mo Seitai significa cuerpo en orden la inteligencia espont nea de tu cuerpo para recuperar el equilibrio y que por varias razones has perdido Seitai no es una t cnica ni un m todo terap utico Es descubrir algo muy sencillo y gratuito proque es despertar las capacidades innatas Seitai Inteligencia Vital es una lectura apasionante con la que acceder s a todas las claves de la Cultura japonesa que practican miles de personas de todo el planeta para restablecer su salud y desarrollar su autocuidado Seitai fue fundado por el Maestro Haruchika Noguchi Tokio 1911 1976 m dico personal de la Casa Imperial Nipona l demostr los notables efectos de las pr cticas del Seitai que conectan directamente con la coordinaci n que existe entre el cr neo la pelvis la columna vertebral Su organizaci n en 7 cervicales 12 dorsales 5 lumbares posee un movimiento inteligente que enlaza con los rganos y todas las funciones vitales a trav s del sistema nervioso Si ese conjunto se descoloca se bloquea o su movimiento deja de fluir todo el organismo se siente mal y aparecen disfunciones La sencilla pr ctica diaria de 5 simples movimientos despierta inmediatamente una serie de curiosas manifestaciones que provocan bienestar Bostezos frecuentes Respiraci n lenta y profunda Sensaci n de calma mental Y lo m s importante nace y se experimenta el deseo natural de que el cuerpo desea moverse a su manera Este movimiento espont neo y restaurativo se llama KATSUGEN UNDO Una pr ctica muy popular en personas que practican Aikido Meditaci n deportistas m sicos y todo aquel que desea recuperar el orden natural perdido por malas posturas y exceso de actividad cerebral El Seitai est reconocido por el Ministerio de Educaci n Cultura y Cienciajapon s desde 1959 como actividad esencial para la salud p blica e incluso se utiliza en algunos hospitales como pr ctica complementaria para ayudar a la recuperaci n de los pacientes La repetici n asidua de estos 5 vaivenes que terminan por combinarse y convertirse en TU MOVIMIENTO te devolver la capacidad natural de afinaci n reconect ndote con tu mente tus emociones y tu reequilibrio En muy poco tiempo molestias que te preocupan disminuir n e incluso desaparecer n Seitai Inteligencia Vital se ha traducido a 5 idiomas Su autora la periodista y escritora Laura L pez Coto descubri el Seitai hace 20 a os algo que le cambi su vida radicalmente Es directora de la Escuela Seitai y se dedica a la divulgaci n impartiendo conferencias y talleres por todo el mundo Si est s en el camino del autoconocimeinto y te interesa tu salud y tu capacidad de dar respuestas vitales Seitai Inteligencia Vital te revelar un conocimiento sorprendente y profundo de tu ignorada Naturaleza Humana DENTRO DE TI HAY UNA APLICACI N VITAL PREINSTALADA SOLO TIENES QUE CONFIGURARLA Disfruta Y VIVE **Host Bibliographic Record for Boundwith Item Barcode 30112044669122 and Others ,2013**

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