

When a pregnant women practices „katsugen undo“, the baby becomes strong and delivery becomes painless and easy. But this is quite natural since a women’s body is so made as to give birth painlessly and easily, this is the natural way of giving birth. H.Noguchi

For all men/women wishing to share their LOVE with each other in a natural flow of ordered body “Seitai”.

You will be able to receive a baby – to take care of his inherent **immense life power for growth** - and be the link for sensitiveness and trust in nature as it is. Nothing has to be “made better” – just enjoy the natural way.

Seitai-Introduction Copenhagen
5.10.2025 Sunday, 12 - 17 h
Preperation of the body, mind and heart
for the coming parenthood - natal preparation - joyful birth

“Natural-Holistic-Guide” explains in detail the fundamental way of thinking about maintaining health based on Haruchika Noguchi's Seitai.

Come to understand the way your body is composed and how to order the body by the means of “Katsugen-Undo”, the unconscious movement.

You also learn to take care of the individual body in each season.

Each person unconsciously begins to relieve the tension in the body.

First time participants are surprised at the great changes, but as they realize they have within themselves, the inherent forces toward ordering the body, they **deepen their faith in their body**.

some experiences from M.Nomuras book “Seitai - widom of the women’s body”:

*"Before, I had a lifestyle where my work involving long hours of using a PC was very tiring. I always had migraine headaches and always had swelling from biases in my body. I disliked moving my body, felt heavy, and every day after coming home, all I could do was sleep. I participated in the **Seitai**-course, did ankle rotations and let my body follow the movements to order the body that arise from inside the body (**katsugen-undo**). I also diligently dealt with the changes of my body in each season. Then, I was able to welcome this pregnancy. I have absolutely no morning sickness, and I enjoy talking to the baby in my stomach and taking a walk every day with a feeling of abundance."*

Many women are suffering from serious bodily conditions; they express the unnaturalness of childbirth, work, and lifestyle in modern society.

(those whose mind and body are out of balance; ongoing menstrual pains that cause stomach pains and headaches; bedridden with each menstrual period; uterine endometriosis and have stopped their menstruation by hormone injections; damage of the mind and body after unnatural childbirth and cannot raise their children well)

There is a strong connection between the reproductive organs & the cervical vertebrae. A disorder somewhere in the reproductive system has a great influence on a women's state of mind and behaviour. Without doubt, someone whose head is more or less empty is better suited to giving birth and bringing up children. There is a connection between the feet (ankles) and the mobility of the pelvis whether giving birth is hard or easy.

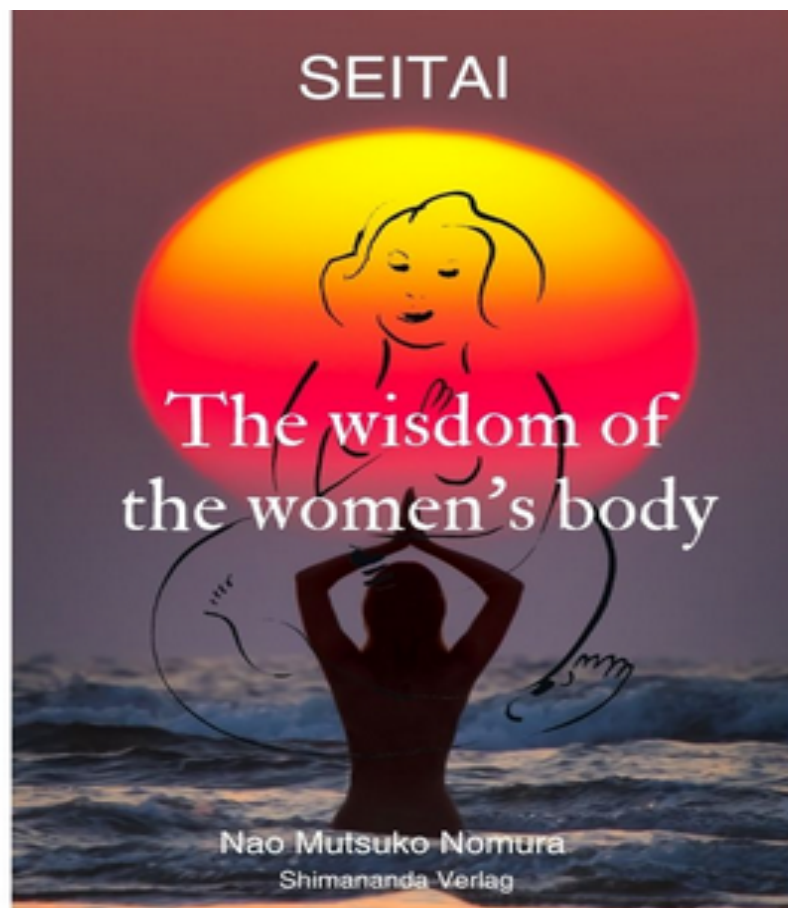
With **"Seitai"** I would like them to realize the importance of living fully with vitality, **enjoying child-rearing** with **bountiful maternal nature**, and regaining the woman's bodily rhythm which follows nature.

"Seitai" is a way

- * of passing through the menstrual period that does not damage the body
- * of childbirth that follows the workings of nature; making women healthier and more beautiful and gentle in her being – towards the child & man;

*"I started to teach **"katsugen-undo"**, which is a method of **activating extrapyramidal movement**, and its auxiliary exercise, **"seitai taiso"**.
These activities enable us to relax those points of tension in the body that cannot be relaxed in other ways."*

Haruchika Noguchi – Seitai-founder



"Seitai" is approved by the Japanese Ministry of Education & Science