

# Base4Health©

## Self Sotai

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**Shiatsu Works**<sup>LLC</sup>  
Sotai Kampo

Japanese medical bodywork, movement and herbs.  
Traditional methods for modern health.©

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# About Sotai

- Sotai or Sotai-hō is a Japanese form of muscular or movement therapy invented by Keizo Hashimoto (1897–1993), a Japanese medical doctor from Sendai. The term So-tai is actually the opposite of the Japanese word for exercise: Tai-so. Dr. Hashimoto conceived Sotai as an antidote to the forceful and regimented exercises of Japan, that anyone could practice easily to restore balance and health.
- Sotai is different from regular exercise because it distinguishes between balanced movements that are natural and beneficial and those that are unnatural and cause strains and physical distortions. The aim of Sotai is to help the body restore and maintain its natural balance.
- Dr. Hashimoto developed a model of treatment based on restoring structural balance that works with the breath and movements toward comfort (or away from pain). He developed Sotai Therapy from traditional East Asian medicine (acupuncture, moxibustion, and bone setting) and Seitai Jutsu (spontaneous movement technique) in concert with his knowledge of modern medicine.
- Sotai Therapy is intended to be a method of neuromuscular reeducation and unwinding muscular holding patterns. Sotai Therapy balances the nervous and muscular systems. Its central principle is backtracking movement or "reverse-motion" treatment. The idea is that structural distortions can be returned to a more normal condition by moving the body in the comfortable direction. Using the effects of an isometric contraction followed by a sudden relaxation (post-isometric relaxation) can normalize the strained condition.

# Sotai Principles

- Breathe In to Start / Exhale While Moving Slowly to Position / Quick Inhale and Then Isometric Hold for Three Seconds / Exhale While Returning / More Repetitions to Easier Side
- Pay Close Attention to the “Muscle Chain” (Toe Resistance Example)
- Breathe in the Hara, Move from the Koshi
- “Balanced, Smooth Movement is Beautiful”

*“Man’s health is based on breathing, eating and drinking, mental activity, physical movement, and relationship with the environment. In other words, our daily life activities result in our sickness or health. Furthermore, the first four factors are our own activities and therefore they can be changed as we wish. The condition of our health is the result of our own choice.”* Dr. Keizo Hashimoto, M.D.

# Basic Exercises

Arms to Sides



Marching



Forward and Backward Bend



Side Bend



Twist



Stretch to Sky

