

## Copenhagen-Seitai-Seminar 2025

Deepening the Seitai „katsugen-undo“

Sunday, 5.10.2025 from 12 – 17 h € 95

<https://seitai.de/copenhagen>



### **Autumn: The best season to improve the bodily constitution**

Autumn is the season in which the body that had loosened in the summer tightens. It is the time of the year in which both the head and body are fulfilled. It is a chance to order the pelvis and change the body's constitution. Further, it is the season to heighten sensitivity and learn the breathing method that unifies the mind and body.

#### **The pelvis tightens and the body has fullness**

The autumn harvest season can be considered the time when the mind and body also become fulfilled. In the body, which had opened and relaxed in the summer, the hips and lower back tighten, and the lower abdomen (area just below the navel) becomes filled with "ki" (life energy) and stabilizes.

The head becomes clear and judgment and sensitivity become sharp. The mind becomes clear, and it is the season for unhurried contemplation. In the body that greets autumn, noticeable changes can be seen such as the pelvis closing one side at a time and becoming ordered toward the center, and at this time, vitality is enhanced.

The workings of the head become active, judgment ability increases, and sensitivity becomes acute. Further, autumn is the season during the year in which ki is easiest to sense, and it is the most suitable season for training in ki.

#### **Completely change the bodily constitution and become full of vigor**

The most important point for ordering the body in autumn are the feet. At the change of seasons from summer to autumn, the body still remembers the heat of summer, so the chill of the dawn affects the body. If the body is chilled, the space between the third and fourth toes closes. When you sense, "This morning feels chilly," touch this area of the feet because you will find the toes have stuck together and stiffened. So, spread apart these toes. Then, take a foot bath (refer to p. 90). The pelvis will regain resilience and tighten, and the body will become such that it does not become chilled in the winter. By merely doing such a simple thing in the beginning of autumn, the bodily constitution will certainly change and you will be amazed.

It is an important season for men, but especially for women, who in the cold season do much cooking and handwork, it is a very important time. If you order the pelvis, it will relieve symptoms peculiar to women such as menstrual pains, headaches, dizziness, and decline in functioning of the ovaries due to chilling. ***You will be able to pass the year with health and vigor.***

#### **Become strong against the cold by replenishing moisture in autumn**

As we enter autumn, we feel the cold as the temperature falls at dawn, and the lips and skin may become dry. The body, which easily becomes dry, is moisturized by hot foods that are plentiful in liquids. This can be applied not only in autumn but also in winter.

During this time, if you do not take in enough fluids, the spine becomes parched, the body becomes susceptible to becoming chilled, and the bodily constitution becomes sensitive to the cold. From late autumn through winter, digestive organs are upset and colds and pneumonia are caught from lack of replenishing fluids. For many people, disorders arise because they do not know something this simple.

As the heat wanes and changes to cool weather, although the autumn appetite arises, no matter how much nutrient rich food you take in, the body does not necessarily become the fulfilled and ordered body of autumn.

## Breathing method to heighten sensitivity

In autumn, the clear blue sky spreads far and wide, the head feels clear and uncluttered, and sensitivity becomes sharp. Therefore, this is the best season for cultivating intuition and judgment ability and practicing heightening of *ki*. I recommend a simple breathing method that anyone can learn easily. It can be said that ***the cause of poor health*** for people these days is that the body and head, the physical body and emotions, have become separate and lack unity. For many people, regardless of what they do, the head leads and the feet cannot keep up. By doing the breathing method and ordering the daily breathing, the body and head will become balanced.

Breath—ordinarily, we are not conscious of the air and breath because these are so matter of fact. From the moment of birth, humans begin breathing through the lungs and continue constantly until taking the last breath. When I think about this, I realize anew that the activities that sustain life are hand-in-hand with our breath.

We cannot alter the independent physiological functions which maintain life such as our blood circulation or the workings of our organs. But, there is one thing we can control, and that is our breathing.

Whether we lead a lifestyle of blocking or stopping our breath and damage our body, or revive our breathing and ***order our mind and body depends on “how we breathe.”***

I receive many requests for consultation about the body from not only people who live in cities, but also those who live in the countryside. There is a common pattern, and that is ***anxiety***.

## Grasp the open-hearted and relaxed breathing rhythm

The changes in the world seem to have an accelerator and are speeding up at a dizzying pace. For so many people, inside their head is turbulent with worries about being left behind. Dreams and hopes are important but only the thoughts run ahead, and the people become impatient. Further, these people do not realize this is what they are doing.

The body and emotions are separate and there is no unity. As for the breathing, it has become shallow and short. This is one emotional cause of damage to the body and mind. The state of your mind appears in your breathing.

... as for making good soil and nurturing the body, they are cultivated gradually in our daily lives. In the mornings and evenings, relax and take in a big breath, exhale... and learn the rhythm of open-hearted and relaxed breathing.

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-- Practice of *Seitai* --

[www.seitai.de](http://www.seitai.de)

## Autumn Maintenance

### Change the bodily constitution by ordering the pelvis Heighten sensitivity by the breathing method

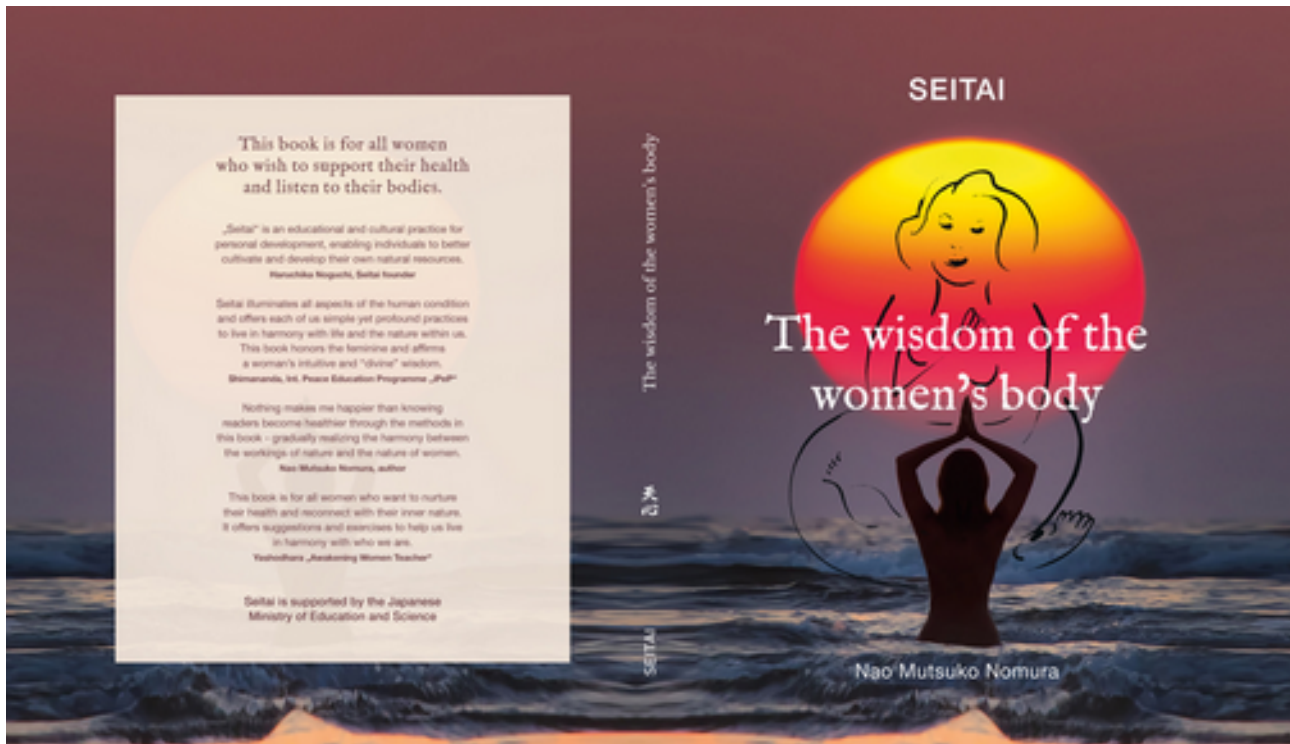
1. **Spreading apart the space between the toes**
2. **Foot Bath** - after spreading the space between the toes is a very effective final step.
3. **Ankle Rotations** - To improve the body's constitution, do ankle rotations which helps to order the pelvis. Before & after menstruation menstruation
4. **Breathing method of heaven and earth**

From sunrise to sunset, the movement of the sun marks the passing of a day. In the past, the phases of the moon marked the passing of a “month“ from full moon to waning moon. Spring, summer, autumn, winter come around and form one year. In this circulating rhythm, the *ki* of nature changes in each season.

## 5. Gassho - breathing method

Lightly bring the palms together, place your heart in your palms and breathe. As you do this, the mind and body will become one. Remaining centered at the lower abdomen, feel the energy moving powerfully through the spine, hips and lower back and entire body. The circulation of *ki* inside the body will become active. Further, emotional stability will arise.

*Excerpts of the book: „Seitai – wisdom of the women’s body“ 4 Seasons*



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## Seitai Workshop in „The Harmonious Body“ „divine seitai movement - Katsugen-Undo“

**3.&4. october in Copenhagen 2025**

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

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Friday 2.10. 18-21h + Sa 3.10. 10-16h  
in Copenhagen [centrum „Den Gronne Dal“](#)  
bidrag: DKK 970/ [1.305](#) afhængigt af aktiver  
„Seitai-autumn“ - Sunday, 5.10. 12-17h DKK 560/[700](#)

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Tilmelding til [Hannah](#) på: +45 60 63 36 99 \* e-mail: [dengroennedal@gmail.com](mailto:dengroennedal@gmail.com)  
individual support: [Shimananda](#) \* [shima@seitai.de](mailto:shima@seitai.de) \* +49 157 870 66 882 \*