

„Katsugen Yoga“ - „divine Seitai movement“

Starnberg - Mo/Mi 18-20h + Fr. 9-12h 7xZyklus

Registration: shima@seitai.de + 0157-870 66 882



Katsugen Yoga is the most difficult of all yogas, because there is nothing more difficult than being **effortless, natural and spontaneous**.

Katsugen means: let whatever happens happen, do not resist it. Being it means flowing like air and water, not allowing the intellect to get in the way of what is happening.

Mi.2.11. Katsugen-undo "spontaneous regenerative movements" - introduction Seitai cycle

Fr. 4.11. 9-12h Katsugen-undo "spontaneous yoga" - introduction Seitai cycle

Mo. 7.11. Katsugen-undo "spontaneous yoga" - introduction Seitai cycle

Fr. 4.11.-18h Lecture: "**Colds and their benefit**" Understanding Body & Psyche + Katsugen
<https://lovebirth.de/colds-by-haruchika-noguchi>

Fr. 18.11. Katsugen-undo "spontaneous yoga" - introductory evening 18-22h €75

Noguchi-Seitai: "Recognizing body tendencies TAIHEKI + psyche * Katsugen mutuel
„ Gyokki - pranayama" deepen breathing + laying on of hands "Yuki

Fr. 2.12. Lecture: wishing children in a natural way + Seitai training "Natural-Holistic-Guide"
18-22h <https://lovebirth.de/joyful-birth>

Seitai cycle 7x = € 225 single € 45 lecture € 15

It's so simple → "**Katsugen-undo**" by Haruchika Noguchi ("divine Seitai movement")

SIMPLY stand in a relaxed posture and wait for nature to work in you. Then let happen whatever comes out of your bodys need - and just relax: after a few minutes, you will suddenly notice a few twitches in your body. In fact, you are just witnessing it; it is happening. Move with it. The body will take many postures - moving, dancing, swaying, shaking; many things will happen. Allow it; not only allow it, but cooperate. Then you will come to exactly what we call "**katsugen-undo**" (**katsugen yoga**).Katsugen, the divine Seitai movement, is nothing new. It is a new version of spontaneous yoga*. You surrender everything to the Divine. Soon you will see the difference, because you will be just an observer. You will be surprised, because your body will move and you will not move it at all. Nature will start dancing inside you and will take many postures. The needs of the body will be fulfilled, but not only that - something higher than the body, bigger than the body, some deep needs of consciousness, will be fulfilled.

**It's very simple. Allow the energies to come into balance.
Observe and let happen what wants to happen.**

*yoga comes from the Indian Sanskrit, it means "**unity, harmony**". The practice of yoga/katsugen brings about a harmonization of **body, mind, soul**. It leads to an **awareness of the original unity** with the entire cosmos.

Originally yoga also means way or exercise - similar to tantra - simply to be, as you really are - without mask!