

Sotai:

The Art of Painless Pain Relief

June 8, 2008

9:00 a.m. – 5:00 p.m.

NCNM Pettygrove Clinic (Second floor Qigong room)

2232 NW Pettygrove (use back stairway)

(This is privately sponsored and not an NCNM event)

- \$85 – Professionals / \$55 Students (Masters or Doctoral)

About Sotai

Sotai is “a comfortable medicine” to use the words of Dr. Keizo Hashimoto, MD, its originator. This simple system of healing uses regulated breathing and gentle movements performed against light resistance to release areas of pain and constriction. It is an almost-homeopathic bodywork and movement reeducation.

Dr. Hashimoto was able to achieve often miraculous results with these simple tools. Dr. Hashimoto believed true health had four pillars: proper diet, proper breathing, proper thinking, and proper movement. A Sotai treatment utilizes three of these pillars: breath, mind, and movement. Through Sotai movements we relearn how to move painlessly and with ease.

A body in pain and stress is a body open to disease. Always in Sotai we move in the direction of ease, away from pain. This contrasts with many other systems where a hard, and often uncomfortable, approach is taken to treat painful muscles and joints. In Sotai we are training the body and mind how to work together harmoniously. The effect of a Sotai treatment is deeply nourishing and relaxing and simply has to be experienced to be appreciated.

About the workshop

In this workshop we will learn the basic principles of Sotai and a simple whole body routine. Every participant will receive a whole body treatment as well as give one. Demonstrations will also touch on how to best combine Sotai and acupuncture treatments. The bulk of the workshop time will be spent on actual practical skill development with minimal time spent on lecture.

About the Instructor:

Bob Quinn, DAOM, LAc practices Sotai, acupuncture, Thai massage, and herbal medicine at the Hai Shan Clinic in Corbett, OR. He has studied with the main Sotai teachers in North America, Steven Brown, Peter Thompson, and Jeffrey Dann. He has been diligently refining his Sotai skills since 1999.