



# SOTAI

## JAPANESE RELAXATION EXERCISE TEACHING

**AVAILABLE DURING JAPAN VISITS**  
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### History

Doctor Keizo Hashimoto (1897 – 1993) was the founder of Sotai. He was a Japanese medical doctor (M.D.) mostly known for his natural healing techniques consisting of exercise and structural adjustments of the body. His Sotai techniques were developed over a 50-year period. There are only a few direct descendent practitioners of Doctor Hashimoto's Sotai in Japan.

Doctor Hashimoto believed that “body misalignment is the cause of all diseases, thus all diseases can be cured if the body regains its natural alignment”.

### What is Sotai?

Sotai is a gentle and effective series of body alignment exercises that helps the body restore its natural body alignment. The exercises can relieve stress and are extremely effective for improving and/or correcting the following conditions:

- Acute or chronic back, neck or shoulder pain and/or stiffness
- Sciatica, arthritis, neuralgia and/or general joint pain, stiffness or numbness
- Migraine headaches
- Physical and emotional imbalances
- Sport injuries and/or rehabilitation
- Sports performance enhancements
- Injuries caused by accidents (broken backs, arms, legs, etc.)
- Body realignment for humpback, scoliosis, bowlegged and knock need conditions
- Relaxation and overall health maintenance
- Preventative medicine through self-Sotai treatments

### Where?



**Riuji Kuriyama** is the founder of the Nara Sotai Institute of Japan. He holds a chiropractic license from the Japan Ministry of Health and Welfare and has learned and practiced Sotai exercises since 1996.

Participants can choose from 30, 40, 60 or 90-minute private or group sessions. The Nara Sotai Institute currently has its office in Osaka, Japan. Contact [taegar@tabitours.com](mailto:taegar@tabitours.com)

### Current Teaching Session Fees

Minutes	US Dollars	Japanese Yen
30*	\$40.00	4000
45	\$60.00	6000
60	\$80.00	8000

\*The 30 minute session is recommended for beginners