

The Seitai Method: A Holistic Approach To Staying Healthy Through Stretching And Body Alignment: A Self-Treatment Guide By Kuniaki Imoto

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Kuniaki imoto (author of the seitai method)

Kuniaki Imoto is the author of The Seitai Method (2.00 avg rating, 1 rating, 0 reviews, published 2005)

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Seitai Hip Clearance. The Seitai Hip Clearance is a method of realignment of the pelvis where the distortion has been caused by a misalignment of the sacroiliac joint.

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The Seitai Method, a therapeutic bodywork developed in Japan, is a Holistic approach to staying healthy through body alignment and stretching exercises.

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