

# 指圧 SHIATSU YASURAGI 操作

## Sotai Japanese Postural Alignment

Sotai: - Postural Alignment or Reeducation - is a natural treatment that originated in Japan and is based on Traditional Chinese and Japanese Medicine, as well as on the knowledge gained from research into muscular and articular synchronisation carried out in the context of Western Medicine.

Its aim is to restore the natural balance of the body in a way that doesn't harm the body and does not produce any pain.  
THERE ARE NO SIDE EFFECTS.

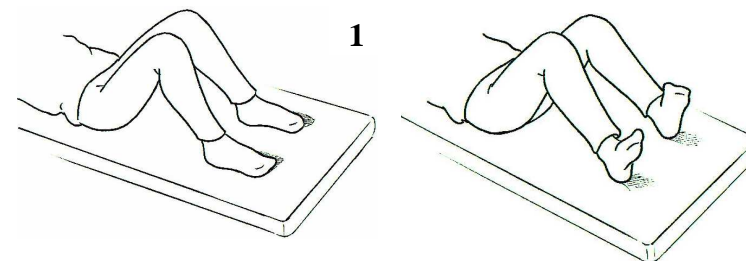
👉 Basic Sequence of Movements in Sotai:

1. Try the movement to one side (e.g. the left) and to the other to check which side feels more comfortable, it's easier to do or doesn't hurt.
2. Once you have decided, you should do the exercise to that side (i.e. the most comfortable).
3. The movement must reach its limit (furthest range of motion) but without bouncing and without feeling any pain.
4. You must stay in that position for three seconds.
5. You should relax suddenly but smoothly without returning to the original position, letting the body go limp, as a puppet when its strings are cut suddenly.
6. You should rest for 15 or 20 seconds.
7. The same movement must be repeated three times.
8. You may now check whether the movement which at the beginning felt more uncomfortable, feels better now and it's easier to do.  
This should be done only once. In case this is not so, just try the next exercise.

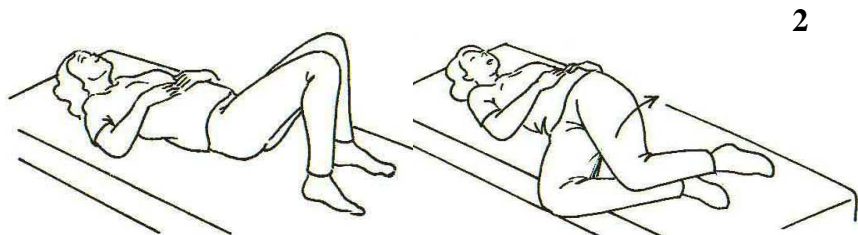
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In the morning, before the start of the day, we recommend the following exercises

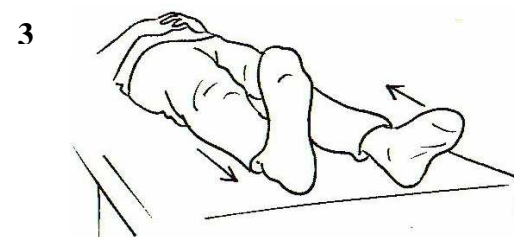
1. On your back, bend your knees with both feet flat on the mattress, pull the forefeet and toes towards you as much as possible without raising the heels off the mattress. For this exercise you should only follow steps 1, 2 and 8 of the Basic Sequence of Movements.



2. On your back, knees bent, feet flat on the mattress, lower the knees and twist your trunk to the right and to the left. Decide which side feels more comfortable and do the exercise to that side following the Basic Sequence.

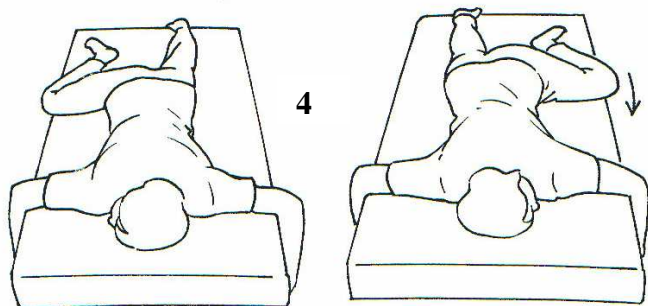


3. On your back with both legs flat on the mattress, push the heel of one of the legs away from you, stretching the leg as much as possible. Try it with the other leg. You should perform the movement with the leg that felt more comfortable, and, at the same time, do the opposite movement with the other leg, i.e. pull it towards you. Follow the Basic Sequence.



4. On your stomach with the head turned to one side, bend and move up the leg on this side and try to reach the elbow with your knee. Extend the leg, turn the head to the other side and try the same movement on this side. After deciding which of the two legs moved further up (the nearest to the elbow), do the exercise following the steps of the Basic Sequence.

☞ It is very important to bend the leg on the same side we turn our head to.



5. Sitted with only your buttocks on the bed or on a chair, with a straight back, put your hands behind the neck with fingers interlocked. Turn your trunk to the right first and then to the left, to check to which side it is easier to do the movement and follow the Basic Sequence.

☞ It is very important that when you relax, you do it with the body turned, without going back too quickly to the original position (figure a), we must rest then for one second before going back to the original position (figure b). When done in this way, you should feel your lungs filling up with air.

