



“Noguchi Seitai Therapy”, a traditional Japanese art of healing with Kensuke Shimizu



Based on a traditional Japanese art of healing called “Noguchi Seitai”, which works on and balances the internal energy, “ki”, of the clients by touching softly and applying “ki” with palms or fingers. It can work on diverse health problems, by making the “ki”-flow smoothly and actively throughout the body.

“Noguchi Seitai” is not known to the world yet, but the number of members who have joined the Seitai Association so far accumulates up to 270,000, and it has been supported by millions of patients with physical and mental health problems for almost 100 years.

Some of the techniques in “Seitai” are said to date back hundreds of years to the samurai period, when battle was frequent and the art of healing was in desperate need. (It is not unusual that many of Japanese martial arts have been passing down not only the art of fighting but also the art of healing.)

Kensuke’s therapy focuses on ; 1. enforcing and reactivating organs by applying “ki” on them, or by touching certain spots on the body. 2. releasing “ki” stagnation around the spine. 3. touching cranial and sacral into the right alignment/motion. From his experience, most health problems can be healed by doing so.

Apart from the therapy, he teaches meditation and Tai-chi, (he has been practicing Vipassana Meditation for more than 15 years, and he has been trained in Martial Arts since he was a teenager), both of which can improve mental and physical wellness and strength.

He specializes in effective treatment for:

- **Pain and Numbness (Back, Neck, Shoulders, Arms, Hips, etc)**
- **Fatigue, Tiredness, Exhaustion**
- **Digestive Disorders, Decreased Appetite**
- **Menstruation problems**
- **Cold feet**
- **Migraines**
- **Relax, Revitalize and Rejuvenate the Body, Mind and Spirit**
- **Release of deep Muscular Tension**
- **Stress**
- **Immune Health; Colds and Flu**
- **Insomnia and Sleep disorders**
- **Chronic illness**

About Kensuke

Kensuke has over fifteen years of experience in the healing arts along with thousands of hours of training. As a Seitai Practitioner, Acupuncturist, and Osteopath, he is able to integrate a unique combination of therapeutic approaches into each restorative session. Pulling from his extensive professional experience and time spent living and learning internationally, he skillfully encourages healing and wholeness by helping unite each person’s individual physical, mental, emotional, energetic, and spiritual selves.