

# SŌTAI SUMMIT II

September 8, 9 and 10 - 2018

LEARN SOTAI MOVEMENT THERAPY FROM AMERICA'S  
LEADERS PRACTITIONERS AND KYOTO'S  
INTERNATIONAL EXPERT HIROAKI KOMATSU



Sotai Movement Therapy was developed by Dr. Hashimoto Keizo in the early 20th century as an structural and energetic adjunct therapy for acupuncturists and traditional therapists. This simple, elegant and effective system is designed for structural alignment, Qi enhancement, improved range of motion, and efficient new movement patterns.

This seminar will cover fundamentals of Classic Sotai and New Japanese Sotai approaches. It is a perfect complement for any bodywork, acupuncture or physical therapy practice.

For information email: [SotaiUSA@gmail.com](mailto:SotaiUSA@gmail.com)  
[Register via PayPal link at Sotai.US](https://www.sotai.us)

**Tuition:**

\$350.00 - 2 Days (Fundamentals of Classical Sotai)

\$500.00 - 3 Days (Fundamentals of Classical Sotai + New Japanese Sotai with Hiroaki Komatsu)

**Refund in full before August 1st and 50% until August 31st.**

**No refund after September 1st.**

**[Click here to register via PayPal link at www.Sotai.US](http://www.Sotai.US)**

**Location:**

Southwest Acupuncture College  
6620 Gunpark Dr. Boulder, CO 80301



**Peter Guy Thompson, L.Ac.** is a graduate of Meiji College of Oriental Medicine, and has been sharing the secrets of the Orient in the U.S. since 1979. While interning in Medical School, Peter studied Sotai Ho from the originator, Dr. Hashimoto of Sendai, Japan.

Sotai ho is the most effective physical therapy (bodywork) in the world. With its gentle movements in harmony with breath, Peter and the patient adjust the whole bone and muscle system. This allows the energy and blood to flow more smoothly through the body. Totally supporting the beautiful human design to heal itself and doing so in an elevated and speedy fashion. The therapy is like a tune-up and oil change for the human. The therapy is fun, comfortable and the effects are profound and long lasting.

**Akiko Thompson** studied with Peter and Dr. Hashimoto who developed Sotai Ho. She has been working alongside Peter for many years at their Acupuncture clinic in Connecticut. Raising a family in the country and far away from medical care, it was necessary to find ways to keep everyone healthy. Dr. Hashimoto advocated self-care exercises for the family. Akiko has developed an easy Sotai routine that is done in the morning before getting out of bed. It gently moves all the joints in the body, involving the breath, waking up body functions. It is also good for the thyroid and boosts the immune system.

**Bob Quinn** is a full-time Associate Professor in The School of Classical Chinese Medicine at the National University of Natural Medicine (formerly NCM, now NUNM) in Portland, OR. He has been in practice since 1998, always with a focus on the combination of gentle manual therapies and subtle Japanese acupuncture styles. He started his study of Sotai with Stephen Brown in 1999 and has gone on to study extensively with Jeffrey Dann and Peter Thompson. His approach to Sotai is influenced by the brilliant insights of Milton Trager, MD, Moshe Feldenkrais, Ph.D., F.M. Alexander, Buckminster Fuller, and Zhang Jia Hua. The question of moving Sotai in an ever-gentler direction is what motivates his continuing research and investigations.



**Stephen Brown, L. Ac.** was born and raised in Japan and is at ease with its language and culture. He returned to Japan in 1979 to study shiatsu, acupuncture and moxibustion. He graduated from Japan Central Acupuncture College in Tokyo in 1983, and learned about Sōtai soon after and translated the text **Sōtai: Balance and Health Through Natural Movement**. Living in the Seattle area since 1986, and has been teaching and practicing shiatsu and acupuncture ever since. Stephen is currently a core faculty member of Seattle Institute of Oriental Medicine, where he teaches and supervises in clinics for shiatsu, Sōtai, Japanese styles of acupuncture and moxibustion. Stephen is a practitioner and teacher of traditional exercises for health including yoga, taichi, and qigong. Stephen encourages all his students and patients to practice some form of qi exercises because he believes methods of qi cultivation are as important as any healing touch, acupuncture, herbs or other medical intervention.

**Rande Lucas, BSN, L.Ac.** was first introduced to Sotai in 2000, and has been studying extensively since. The benefits of self-care exercises has become a main passion in my personal and professional life allowing this form of exercise to be exposed to the world and promote health and longevity. Rande has been in private practice for 17 years in Anchorage, Alaska. She specializes in Japanese Acupuncture with emphasis on Shakuju therapy, meridian therapy, moxibustion and Kampo herbal medicine. Rande works with Sotai.US to spread Sotai. Having advanced training in Pediatric Acupuncture, she has developed a specialty treating children to grow up healthier and happier.

**Jeffrey Dann** started his career as a medical anthropologist from the University of Washington, Seattle doing doctoral fieldwork in Japan 1972-1975 studying Mind-Body training in the martial art of Kendo at the famous Mito Toubukan. After apprenticing with various teachers of SeiTai, shiatsu, and sotai he studied acupuncture with Rhada Thamburajah of Sri Lanka, Gary Butt of Hong, and Dr. Wang Ju-Yi of the Beijing Municipal Hospital of TCM. Working with Chieko Maekawa he founded the Traditional Acupuncture Foundation of Hawaii and studied Sotai and SeiTai Shimpo with Sorimachi Dai-Itchi and for 15 years brought master teachers to Hawaii including Shudo Denmei, Masakazu Ikeda, Kiiko Matsumoto Junji Mizutani and others. Jeffrey has taught at the Beijing University of Chinese Medicine, the Turkish Istanbul Medical Acupuncture society, as well as numerous national academic and continuing education venues. He is on the doctoral faculty of the Tri-State Acupuncture College of New York's Japanese acupuncture program. Jeffrey explores the fusion of Osteopathic Visceral Manipulation with Japanese palpation and needle techniques. He is a teaching assistant for core courses of the Barral Institute's Visceral Manipulation program.

## Outline for Hiroaki Komatsu Sotai Seminar – Sept 10, 2018

### **An introduction to Hiro sensei by Jeffrey Dann.**

As a long time follower and practitioner of Sotai, I first learned from Peter and Akiko Thompson in 1978 and then later from Sorimachi Dai-itchi on many of his teaching visits to the Big Island of Hawaii in the 1980's and 90's as well as instruction from Stephen Brown. This mutual love of Sotai practitioners spread to include Rande Lucas, Ehrland Truitt, and philosopher-clinician Bob Quinn spurring a revival of Sotai interest that culminated in the Sotai Summit of 2015. Quinn really raised the bar when he made it clear that the key to Sotai was not in knowing all the moves, but rather the key was learning how to think in Sotai.

I met Hiro Komatsu in November 2017. I had heard of Hiro first though our Indonesian colleague Reza Gunawan, a profound practitioner of Japanese acupuncture and healing arts. Given a positive by Reza, I was determined to meet with Hiro after the conclusion of our Japan 8 international acupuncture seminar. I contacted Hiro and we arranged to have 2 sessions, one for me to receive, and one for me to observe while he worked on my associate Graziela Cooper with a planned lunch to be able to relaxedly talk about Sotai and our treatments.

Hiro was gracious in interaction and light and clear in movements with quite good English. He demonstrated his techniques both with "classical Hashimoto Sotai" as well as several contemporary approaches to Sotai. The techniques were super skillful in the classical movements and the contemporary techniques were even lighter with less efforting than the traditional Sotai moves. It seemed to me that Hiro might be the Sotai spark we of the Sotai Summit were looking for as other than Ehrland, the others are closer to their 60's and 70's. So it is our pleasure, those of us core instructors of the Sotai Summit to welcome Hiro sensei to join with us and open new paths for Sotai.

This is truly a unique opportunity for anyone interested in Sotai – come and study with the foremost group of American Sotai practitioners and then experience the contemporary sotai of Hiro Komatsu.

**Hiroaki Komatsu** lives and practices in Kyoto. He was born in Tokyo 1983. . He studied Sotai with Maruzumi Kazuo, a disciple of Hashimoto Keizo, among others. He opened his Sotai therapy center, Akatoki-An, in 2010. With a deep interest in martial arts and spiritual disciplines, he has taught collaborative seminars blending Sotai with Qigong, meditation, as well as aspects of traditional kobudo martial arts. He calls this blended new approach Sotai Intuitivo and taught it in Italy in 2017. He is looking forward to the completion of his DVD blending Sotai and Japanese martial arts (kobudo) which will be released by Chiro Basic Co. later in 2018.



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