

Bodywork
Specialist Project:
Part 2!!

「 Essential Hips for Daily Life and Sports 」

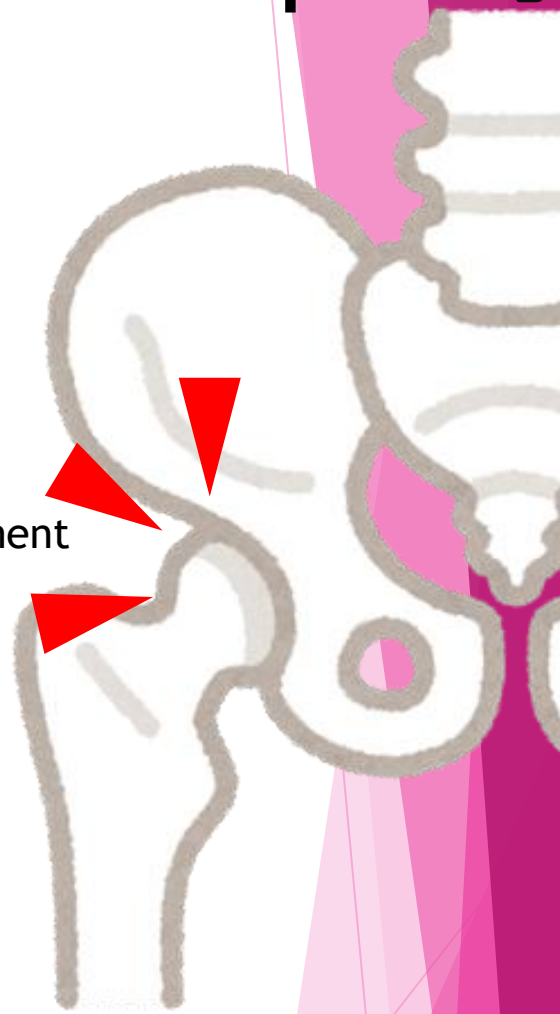
**Wednesday, September 24,
1:30 PM - 3:00 PM
Held in person + via Teams**

Location: Active Learning
Attire: Comfortable clothing for movement
What to Bring: Water, towel

Advance reservation
recommended

Walk-ins welcome on the day
First 30 participants

Click here to apply→



Guest Lecturer

Research Fellow, Center for Regional Collaboration,
Kyoto Women's University
Professor Emeritus, Saga University
Professor Nanako Harada

She first encountered Sotai-ho while seeking ways to heal her own herniated disc, and this experience inspired her to dedicate herself to its study. Over the years, she has taught Sotai-ho in the United States and Taiwan, while also exploring a wide range of bodywork practices both in Japan and abroad. In January of this year, she earned certification as a Somatic Movement Educator (SME) in Body-Mind Centering (BMC), often referred to as "Experiential Anatomy," becoming only the third person in Japan to achieve this qualification. She is also the author of *Bodywork for Working Women*.



Instructor

Professor, Faculty of
Education,
Gifu University Certified
TriYoga Level 1 Teacher
Professor Kayo Kumagai



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