

# Laura López Coto

(Madrid, 1965) is a writer and journalist specialized in Seitai culture and practices since 2003. She worked in different media such as Antena 3 TV and the Mediaset group in Spain. She is a certified Instructor of Seitai and Katsugen Undo. Her center is part of the Seitai Foundation. Laura organizes lectures and workshops throughout Spain and abroad.

[bioseitai.com](http://bioseitai.com)



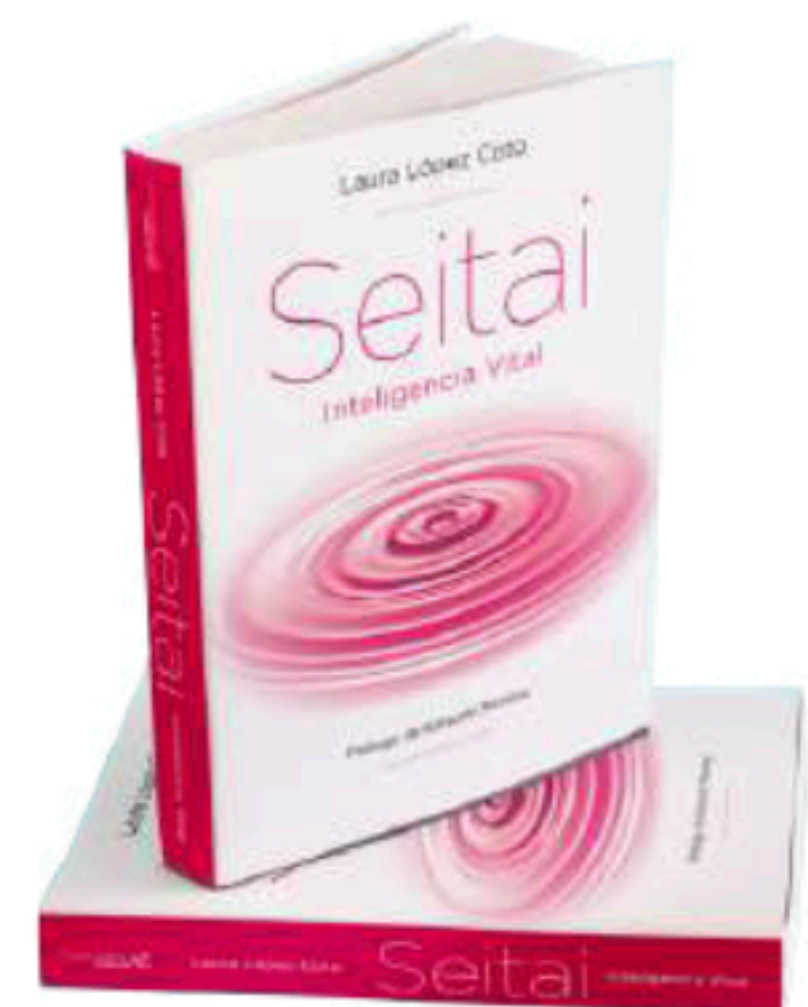
## SEITAI: THE JAPANESE SECRET TO CONNECT WITH YOUR VITAL INTELLIGENCE AND IMPROVE YOUR LIFE AND HEALTH

Seitai is the great work of observation and discovery made by the sage: Haruchika Noguchi, (1911-1976). He revealed something totally innovative and essential to human existence. Surprisingly, up until now, most people did not know that this discovery even exists.

Seitai is an unprecedented discovery of how life is organized through the Vital Movement. Something that is directly related to our health and the state of our mind. Being alive means that in the Being there is some kind of living motion and that movement does not happen accidentally.

The Movement is the tool that uses life to create us, keep us alive, balance us and offer a precise response to each situation that presents itself. It is a Living Movement that acts with intelligence and precision.

Since we were born, we are oriented to learn how to live in this society. Each era responds to values and rules. But there is something that is within all living beings, that existed before our cultural background and learned experience. It is about Spontaneous Life. This book will serve as a catalyst to spread the extraordinary culture of Life and Health so that it can finally become known and take its much-deserved place in the world.



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SEITAI INTELIGENCIA VITAL

Original language:  
SPANISH

92,000 words

Non-Fiction  
Eastern Philosophy Health

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Full manuscript available (Spanish  
and English)

1

Seitai is not therapy. It is Culture and it is recognized by the Ministry of Education and Science of Japan.

2

The prologue is written by KATSUMI MAMINE MIWA, Sensei of Seitai Culture since 1954.

3

The Spanish edition has sold over 2,000 copies among the attendees of of Laura's workshops and seminars.