

Makko Ho

Japanese stretching art For flexibility & healing

Introductory class

Saturday, December 12, 2009

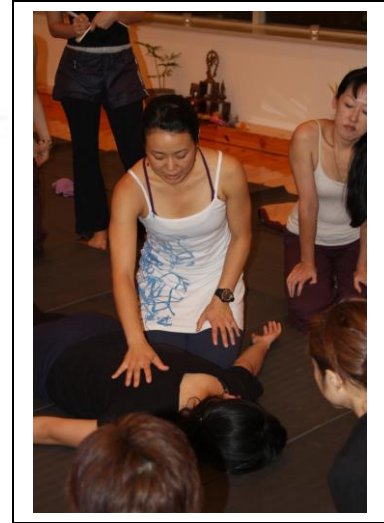
11-12:30pm

Wesley Hall

Mercer & 4th Avenue

Spring Lake, NJ

Cost: \$20.00 at the door



Makko Ho literally means, “to look straight forward,” facing one’s fears. At the age of 42, Wataru Nagai suffered a stroke that paralyzed the entire left side of his body. Told by doctors he would never lead a ‘normal’ life again, Nagai almost inadvertently discovered Makko Ho while seeking salvation in the teachings of Buddhism. The bowing movements of seated and standing postures became the basis of the Makko Ho system of rejuvenation. Within three years, Nagai had regained the entire use of his body and set out to teach his system. Today, tens of thousands of people throughout Japan and around the world enjoy the Makko Ho system’s simple movements for improved health and vitality.

On Saturday, December 12, Tomoko Horikawa will lead a morning session of Makko Ho, focusing on "Hara Kokyuhō," abdominal breathing, and "Hodo Taiso," supplemental massage techniques that use the body’s weight and rhythmic movement to improve the circulation and well being of another.

Makko Ho has four poses and concentrates on core strength of the *Kosshi* (lower back), and *Hara* (abdomen) through breathing and bowing movements. Makko Ho has several basic effects:

1. Rejuvenation and strengthening of the legs
2. Correcting of the hip zone
3. Correcting the alignment of the spinal column
4. Stimulating a constant flow of fresh blood
5. Sensitizing the nervous system
6. Relieving body stiffness
7. Improving the mental state for greater peace of mind

Tomoko is one of only two licensed Makko Ho instructors in the United States, a Shiatsu massage practitioner of ten years, a student of martial arts for several years, as well as an Anusara-inspired Yoga instructor. She has taught in London, New York, Chicago, and throughout Japan.

For questions please contact: james@sgtidojo.com

