



## Manage Your Health on Your Own:

### YAWARA Pole Walking and Seitai Bodywork Therapy

Lectures with demonstrations and exercises

by Eiichi Watanabe

#### Lectures:

**11/14 (Thu)**

**12:30 pm–1:30 pm**

At Thursday Luncheon

Makiki Christian Church

829 Pensacola St.

(in Japanese only)

**11/15 (Fri)**

**2:00 pm–4:00 pm**

Honolulu Myohoji Mission

2003 Nuuanu Ave.

(Japanese w/English interpretation)

#### Walking Sessions:

**11/16 (Sat) (Japanese only),**

**11/17 (Sun) (With English interpretation)**

9:00 am–10:00 am and

11:00 am–12:00 pm

Kapiolani Park (opposite New Otani Kaimana Beach Hotel)

10 participants per session

No cancellations for light rain.

Change venue in case of heavy rain.

**Prior reservations, please**

Good news for those of you who may feel weak, unstable, or pain when walking! Eiichi Watanabe, a foot specialist and judo sports therapist in Japan will be in town this November to give talks about self-health management to improve your condition.

Since 1982, Watanabe has practiced judo therapy at his Yoda Sekkotsu Clinic in Fujisawa City. After decades of clinical experience, he realized the importance of healthy foot function for overall physical health, and that led him to study podiatry in Australia in 2003.

After returning, he developed a unique clinical method combining techniques of podiatry and judo therapy, incorporating the use of biomechanics and the invention of therapeutic walking poles inspired by judo balancing techniques. Today, Watanabe is regarded as a pioneering foot therapist in Japan, drawing patients from across the Tokyo area and far beyond.

The event will have two lectures (one on November 15 will include English interpretation) and four walking sessions using therapeutic poles. We expect light exercise in all classes, so please dress comfortably. All sessions are free of charge except for the lecture on 11/14.

Per Watanabe-sensei: “It’s important to be able to manage our own health by ourselves, and I will show you some tips.” Let’s take this opportunity to learn ways to be healthier on our own!

Website of Yoda Sekkotsuin Clinic:

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#### **Inquiries, Booking & Individual Consultations:**

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