PUBLICATIONS

Soto has published articles and books over the years that explain his practice and viewpoints, crossing pathways of experiential knowledge of somatics, gestalt, martial arts and movement practices, between spiritual and secular.

You can download them by clicking the buttons on the right.

Here is the list of publications:

- Why not to be inclusive?

- What is Somatics... Really?

- My life in Movement

- Molayo... Korean for I don't know!

- Gestalt Somatics and Movement

- Spiritual and Secular