

The Kankeigo will start Saturday 6th of January at 12.45 pm with a light “bring and share” lunch and will finish Sunday 7th January after lunch at around 3 pm.

Location: White Cottages, Douai Abbey,
Upper Woolhampton, Berks, RG7 8TQ

Price: £120 including Keikos, lodging and food.
£100 if booked before **30th November 2017**

Contact: Pam Minagawa or Laurent Lacroix
email: BSKangeiko@gmail.com

Registration: You can view all the details on the BS website www.shintaido.co.uk in the section dedicated to this event on the events page.

There you will find links that will enable you to book online or download registration forms.

If you prefer, we could send you a registration form either by post or email. Please contact us by email at

BSKangeiko@gmail.com.

電話: 01235 830066 又は 01235 830074



Announcing 2018 BS Kangeiko

6th–7th January 2018

led by Masashi Minagawa,
& Ula Chambers

White Cottages,
Douai Abbey
Near Reading



Ibuki *Enjoying the breath of life*

BS Kangeiko 6th—7th January 2018



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We see our breath suspended in the frosty morning: our nostrils fill with cold air and we fill our lungs. Usually, we may pay little attention to this automatic cycle which sustains us, and yet it is the breath of life. At Kangeiko time we become one with its rhythm, mindful of exhaling the old breath, inhaling a new breath, a new spirit, breathing new life into our bodies with each moment of movement or stillness. Breathing as one we renew ourselves.

Ula Chambers



Ibuki *Enjoying the breath of life*