



A Shintaido Workshop

led by Master Minagawa

Sunday March 11th 2018

10 a.m. – 6 p.m.

Union Chapel, Compton Terrace,
Islington, London, N1 2UN.



Theme: Mugen

Shintaido, or New Body Way, has its roots in ancient Japanese traditions of martial arts and Zen and esoteric Buddhism, but has been influenced by dance, jazz and western culture.

Developed in Japan in the 1960s, Shintaido aims to enable everyone to enjoy and expand the capacity for movement and freedom. In so doing we can experience ourselves in a new way. We are also invited to explore our relationship to others and to Heaven and earth.

Mugen (無限) comprises two words: Mu (無), emptiness, nothingness; and Gen (限), limit, restriction. Applied to this workshop Mugen might be 'moving or being in the space between', or 'infinite possibilities.'

Master Minagawa sensei (Masashi), one of the founders of Shintaido, has studied martial arts for 50 years and is one of only four doshus (keepers of the way) in the world. To his profound understanding and embodiment of the principles of Shintaido, Master Minagawa also brings playfulness and warmth.

The cost of the day will be £65 and
£58 early bird before January 15th 2018.

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