

SHINTAIDO

Weekly Classes at
Bath University STV
Tuesday Evenings

with

Master
Minagawa
Sensei



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新
体
道

Shintaido means “new body way.”

Shintaido is a unique combination of martial arts and body movements that cultivates the spirit along with the mind and body.

Shintaido includes a range of movements, from faster, energetic forms to slower, meditative ones.

Shintaido is open to everyone.