

# GENTLE SHINTAIDO in Stroud

*Energy*

*Well Being*

*Inner Peace and Connection*



## **What is it?**

Simple joyful dynamic movement, practised alone and with others, bringing renewed spirit, flexibility and ease. Shintaido means new Body Way and is a movement art from Japan with martial, dance, traditional medical and meditative roots.

## **Who is it for?**

These movements are suitable for everyone, including older people, those who rarely do exercise of any kind, or those needing to practise on a chair. The movements can also be practised at home, once learnt.

## **When?**

Thursdays 10.30–11.30 am, weekly from September 13th to December 6th, 2018.  
Half term TBC.

## **Where?**

The Endowed School Upper Hall (next to Rodborough Parish Church),  
Walkley Hill, Rodborough, Stroud GL5 3TX.

## **Cost**

£6 per lesson. £30 per group of 6 lessons

## **Contact**

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[www.shintaido.co.uk](http://www.shintaido.co.uk)