



SHINTAIDO

A way to inner peace through energy movement with voice

Shintaido is a joyful health exercise originating in traditional Japanese martial arts. It is designed to be accessible to all. Shintaido movements can activate the flow of ki (energy) within our bodies promoting healthy body, mind and spirit. The benefits can include: reducing stress, enhancing creativity, and increasing concentration.

New weekly class in
Moniaive !

Starting on Friday
6th September

Every Friday from
10:30 am to 11:30 am
at Memorial Institute

£5 per session or £20
for 5 sessions

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Nagako Cooper
British Shintaido Instructor
Over 20 years of experiences

www.shintaido.co.uk