



New Year 2020

Starting on Friday
the 10th January

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

£5 per session

Tel: 01848 200081
Mobile: 07906586674

SHINTAIDO

**A way to inner peace through
energy movement**

Shintaido is a joyful health exercise which 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.

“Love is the heart of Shintaido. You who practice Shintaido are friends.
Confide in each other”



Nagako Cooper
British Shintaido Instructor
Over 20 years of experiences

www.shintaido.co.uk