

New Outdoor Shintaido Class starts in May 17th



Are you interested in taking up a regular gentle exercise in a friendly atmosphere?
We are starting a new weekly outdoor Shintaido class from Monday the 17th May at the far end of the football field in Dunrregan, Moniaive.

The class will begin with warming up exercises to release tensions from our body and mind, including movements which connect with the 4 elements, - Fire, Water, Air & Earth. Then we'll practice various short forms which help to open ourselves to receive Ki/energy from nature and enjoy giving and receiving the Ki through some application practices.

The movements are accessible to all, gentle yet energizing which refreshes our body, mind and spirit. You'll be warmly welcome to come and try it out!

Recently I've received the following testimonial:

“Shintaido provides a unique and lovely way to connect to yourself and to others you may be practising with. There are both meditative and active bodily movements – sometimes calm and quiet, sometimes energetic and loud but always with some deeper

feeling mixed with meaning that is not easy to define. I always feel better afterwards, more energised and balanced, even if not feeling well at the start.

Give it a go, you may be surprised by what it offers and how it makes you feel!"

- Heather S.

Following the government's guidelines, we set the maximum number as 15 (including myself and my husband, David). So please contact me if you'd like to try it out!

Spring/Summer Block:

Date: Monday the 17th, 24th, 31st May
the 7th, 14th, & 21st June, 2021

Time: 10:30am - 11:30am

Place: The far end of the football field in Dunrregan, Moniaive

Price: £5 per session or £25 for a block (6 sessions)
Concession £3 per session

Contact: Nagako Cooper

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I've also been holding a Zoom Shintaido class since the beginning of the lockdown last spring. This has been well attended by people from Moniaive, across the UK and also some European countries. You're warmly welcome to join this, too. Please contact me to get a zoom link.

Zoom Shintaido Class: Every Friday from 10:30am - 11:15am

Facebook: Shintaido in Moniaive

Website: www.shintaido.co.uk