



# SHINTAIDO in Bath

## Weekly Classes

Wednesday  
Evenings

Oldfield Park  
Baptist Church,  
Bath, BA2.



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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.