

# GENTLE SHINTAIDO

**With Nagako Cooper**

*The flow of ki (energy)*

*Health*

*Meditation*



This class is especially designed for people 40+, seniors, or in fact, anyone who would like to take up a regular gentle exercise program.

Through gentle exercises, soft yet energizing movements and meditation, we can activate the flow of ki (energy) within our bodies promoting health and inner peace.

**Dates:** Monday from October 25th to December 6th 2021  
(7 sessions)

**Time:** From 7:30 PM to 8:30 PM

**Venue:** Glencairn Memorial Institute Upper Hall, 3 Chapel Street,  
Moniaive

**Cost:** £5 per session or block of 7 sessions: £30

**Contact:** Nagako Cooper,  
tel. 01848 200 081, mobile. 07906 586 674  
email. nagako22@startmail.com  
web. www.shintaido.co.uk  
Facebook. Shintaido in Moniaive