

# Shintaido

*A community Shintaido class,  
taught by Charles Burns, at  
the Quaker Hall, Reading*

*Shintaido* is a modern movement system based on traditional Japanese martial arts with the emphasis on self development and artistic expression rather than self defence. It offers direct training in non-verbal communication, help with physical coordination and can lead to a number of positive life changes over time:

- An increase in self confidence
- Improved posture and physical well being
- Finding a new vehicle for self expression
- All the benefits associated with regular exercise

*Shintaido* includes a wide range of movement - including group and partner work - some of which is soft and meditative while some is noisy and energetic. It can be practiced by a wide range of people, in a variety of physical conditions.



*Charles Burns*

*Charles Burns* is a successful freelance artist who has been practicing Shintaido for over 30 years. He became a Shintaido graduate in 1994 and a qualified instructor in 2003. He also holds the rank of third dan in Shintaido bojutsu (the Shintaido brand of quarterstaff practice).

## **Wednesday evenings:**

**7.30pm - 9pm**

*(please check beforehand and arrive 10 minutes early)*

The Friends Meeting House  
2 Church St, Reading, RG1 2SB  
*(Meet in the large hall)*

*Cost: £5 per session (first lesson is free)*

## **BOOK A TRIAL SESSION TODAY**

To book a free trial session call or text Charles on 07803 085637, or email [charles@shintaido.co.uk](mailto:charles@shintaido.co.uk)

For more information about Shintaido visit: [www.shintaido.co.uk](http://www.shintaido.co.uk) or follow Charles' twitter [@tenshingoso](https://twitter.com/tenshingoso)

## **TRY IT FOR FREE!**

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