

# 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 movements and meditation, we can activate the flow of ki (energy) within our bodies promoting health and inner peace.

The class will begin with gentle warm-up and massage to release tension and soften our muscles.

**Dates:** **Block 1** (6 sessions): **Thursday** from **April 21st** to **May 26th**, 2016.

**Block 2** (5 sessions): **Thursday** from **June 9th** to **July 7th**, 2016.

**Time:** From 10:30 AM – 11:30 AM.

**Venue:** The Endowed School Upper Hall  
(next to Rodborough Parish Church),  
Walkley Hill, Rodborough, Stroud GL5 3TX.

**Cost:** Block of the 6 sessions: £30, block of the 5 sessions: £25.  
Single drop-in: £6 per session.

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