

# Lightwave Shintaido in Eastington

Healthy Body

Clear Mind

Bright Spirit

Are you looking for a regular exercise programme in a warm and friendly atmosphere?

Based upon simple but profound forms, Shintaido provides joyful and dynamic movements which are accessible to everyone, yet have deep effects on body, mind and spirit.

Through individual and shared exercises, students can explore and deepen their communication and understanding skills as well as enhance their daily and artistic expression.

- Dates:** *Block 1 (6 sessions):* Friday, 22nd April to 27th May 2016  
*Block 2 (4 sessions):* Friday, 17th June to 8th July 2016
- Time:** *Session A:* 1:45–2:45pm. Warm up & Basic practice (Beginners welcome!)  
*Session B:* 2:50–3:45pm. Application & further practice
- Cost:** *Block of 6 sessions:* *Session A:* £36 or £30 for BS members  
*Sessions A & B:* £66 or £60 for BS members  
*Block of 4 sessions:* *Session A:* £24 or £20 for BS members  
*Sessions A & B:* £44 or £40 for BS members  
*Single drop-in Session A:* £7, *sessions A & B:* £13
- Venue:** Eastington Community Centre,  
Snakey Lane, Eastington, Glos. GL10 3AQ.  
(Close to the M5 Junction 13, exit to Stroud.)  
[www.ohmg.org.uk](http://www.ohmg.org.uk) for more information
- Instructors:** Nagako Cooper with monthly visit by  
Master Instructor Minagawa Sensei.
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