

British Shintaido

Kangeiko 2018

6th & 7th
January 2018

led by

Master Masashi Minagawa &
General Instructor Ula Chambers



息吹



Ibuki

Enjoying the breath of life

We see our breath suspended in the frosty morning: our nostrils fill with cold air and we fill our lungs. Usually, we may pay little attention to this automatic cycle which sustains us, and yet it is the breath of life. At Kangeiko time we become one with its rhythm, mindful of exhaling the old breath, inhaling a new breath, a new spirit, breathing new life into our bodies with each moment of movement or stillness. Breathing as one we renew ourselves.

Ula Chambers, General Instructor

The Kangeiko will start Saturday 6th of January at 12.45 pm with a light “bring and share” lunch and will finish Sunday 7th January after lunch at around 3 pm.

Location: White Cottages, Douai Abbey, Upper Woolhampton, Berks, RG7 8TQ

Price: £120 including Keikos, lodging and food.
£100 if booked before **30th November 2017**

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