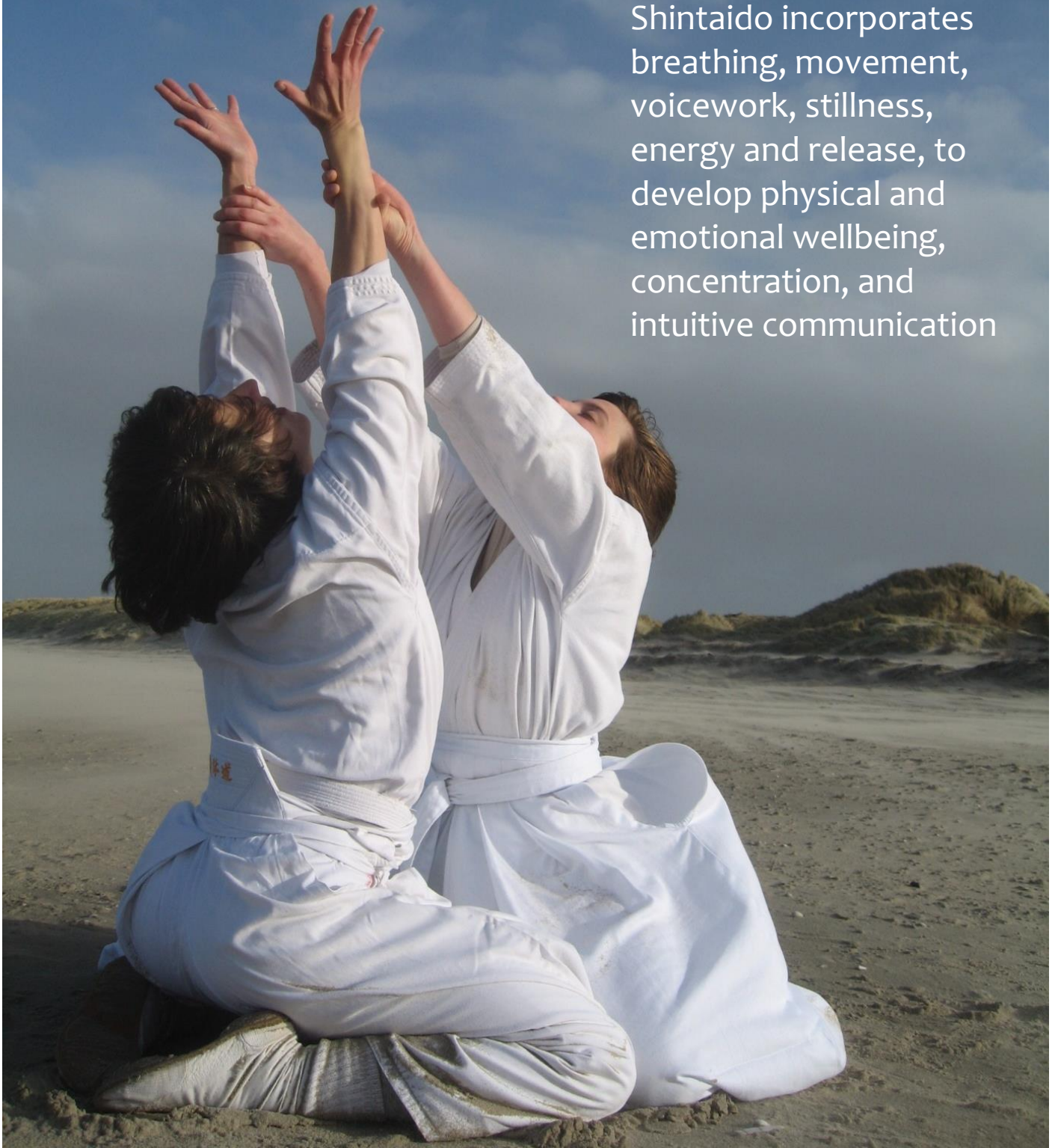




Shintaido

Spirit of the Sword

Shintaido incorporates breathing, movement, voicework, stillness, energy and release, to develop physical and emotional wellbeing, concentration, and intuitive communication



Lansdown Hall, Stroud ~ Fridays, 2–3:30pm starts Sept 15th

Co-operative, non-violent, non-competitive, martial arts-based class, open to all abilities

Contact: Peter Furtado ~ 07967 396 984 ~ pfurtado1543@gmail.com