

Kenko Taiso or Healthy Exercise:

Energy
and
Relaxation!

Kenko taiso is a comprehensive series of movements which can be practised by anyone, of whatever age or level of activity. Done standing or sitting on a chair they are based on traditional oriental perceptions of health, expanding and relaxing the body and mind, and can be meditative or vigorous depending on one's mood and state. People feel energised and calm, and often experience a sense of joy and well being during the class.

The movements are not difficult to learn. Some are done with a partner, some are done with sound, giving the opportunity to express ourselves with voice, and all can easily be practised at home.

These movements come from the Japanese movement art Shintaido, meaning New Body Way. All the main principles and practices of Shintaido have been distilled into kenko taiso.

Classes are weekly on Thursdays at 10 30am in The Endowed School Upper Hall (next to Rodborough Parish Church), Walkley Hill, Rodborough, Stroud GL5 3TX.

Cost: £6 per lesson. £30 per group of 6 lessons.

To know more please contact Susan
on 07590 368998 or email: slacroix@btinternet.com

