

Kenko Taiso or Healthy Exercise:

For Energy, Inspiration
and Relaxation.

- Vigorous enlivening movement
- Meditative movement
- Alone, with partner or group
- Standing or seated

Come and enjoy a new experience, learning simple movement practices accessible to all, whatever age and physical condition. They can easily be practised at home, once learnt.

Kenko Taiso is a distillation of the essence of Shintaido (New Body Way), a Japanese movement and martial art.

Classes are held weekly on Thursdays at 10.30am in The Endowed School Upper Hall (next to Rodborough Parish Church), Walkley Hill, Rodborough, Stroud GL5 3TX.

Cost: £7 per class.

Susan is a qualified Shintaido kenjutsu and bohjutsu teacher, as well as an anma shiatsu practitioner and qualified counsellor.

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



www.shintaido.co.uk