

# British Shintaido Online Daienshu

June 7<sup>th</sup>-June 21<sup>st</sup> 2020



With Gianni Rossi and Masashi Minagawa



British Shintaido invites you to the first online daienshu. Traditionally, we gather for a residential event in the summer to enjoy being together in nature and explore simple Shintaido keiko.

Covid-19 means we cannot meet in person, but we still wish to bring you the same atmosphere: meeting friends old and new; refreshing our understanding of Shintaido forms; and taking time to really explore the depth of the practice. We are delighted that Master Minagawa Sensei from British Shintaido and General Instructor Giovanni Rossi Sensei from Shintaido Italia will be leading this event. We will use the free platform Zoom, and will share course materials by email and Facebook.

Our theme for 2020 is Kagayaki 輝. The word has many meanings related to light, and for this event we are focusing on the meaning “spark”. At a time when life is uncertain and we live apart from each other, each day brings both restrictions and opportunities. We now hope that even though we are separated, this event will spark in us a sense of aliveness, well-being and excitement for Shintaido and ignite a renewed joy of life that will radiate out to our circle of family and friends.

The event is suitable for people of all levels of experience. Beginners are very welcome to join.

The unique structure of the event allows participants to join keiko online with our invited instructors on three separate weekends. If they are able or choose to do so, they can also meet in short, instructor led smaller groups to practice together during the intervening weeks. Individual practice is also encouraged during the time of the “gasshuku”. This structure allows people to be flexible according to their circumstances.

See the next page for the schedule, and the separate registration form. You can also register [online](#).

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## SCHEDULE

<b>Sunday June 7</b>	2-3 pm: Opening meeting/introduction/orientation 3-4 pm: Optional tea corner/chat 4-5 pm: Keiko 1, led by Gianni Rossi/Masashi Minagawa
<b>Monday 8 to Saturday 13</b>	Small groups, each led by an instructor, exploring forms connected with the theme. Meet during the week (suggested 1-2 times); times to be agreed with group leader.  Each morning: Personal Taimyo kata
<b>Sunday June 14</b>	2-3 pm: Keiko 2, led by Gianni Rossi/Masashi Minagawa 3-4 pm: Optional tea corner/chat 4-5 pm: Conversation with Gianni Rossi and Masashi Minagawa
<b>Monday 15 to Saturday 20</b>	Small groups meet, once or twice, times to be agreed.  Each morning 7.30-8 am: Taimyo kata
<b>Sunday June 21</b>	2-3 pm: Keiko 3, led by Gianni Rossi/Masashi Minagawa 3-4 pm: Optional tea corner/chat 4-5 pm: Closing meeting.

We will use Zoom and email. Zoom uses 1GB data per hour, so you will probably need to use wifi. We therefore expect you may need to practice indoors, or if outside then very close to your house.

You will need to download Zoom. Your device will do this when you first click on the link. There is no cost.

Places are limited due to the demand of the technology, so don't delay to [register your interest](#)!