

GENTLE SHINTAIDO

With Nagako Cooper

The flow of ki (energy)

Health

Meditation

This class is especially designed for people 40+, seniors, or in fact, anyone who would like to take up a regular exercise programme.

Through gentle exercises, soft yet energizing movements and meditation, we can activate the flow of ki (energy) within our bodies promoting health and inner peace.

Dates: Monday from September 6th to October 4th 2021 (5 sessions)

Time: From 7:30 PM - 8:30 PM

Venue: Glencairn Memorial Institute Upper Hall, 3 Chapel St, Moniaive

Cost: £5 per Session or Block of 5 sessions: £20

Contact: Nagako Cooper tel. 01848 200081 mobil. 07906 586 674
email. nagako22@startmail.com

website. www.shintaido.co.uk

Facebook. [Shintaido in Moniaive](#)