



# GENTLE SHINTAIDO

**With Nagako Cooper**

*The flow of ki (energy)*

**Health**

**Meditation**

## **Shintaido Taster Session**

**27th January, 2024 10:30 - 11:30 am**

**At Glencairn Memorial Hall, Moniaive**

Shintaido is a joyful health exercise which is accessible to all. The movements are gentle yet energising which refreshes our body, mind and spirit.

You'll be warmly welcome to come and try out this Taster Session!

*"Shintaido provides a unique and lovely way to connect to yourself and to others you may be practising with. There are both meditative and active bodily movements – sometimes calm and sometimes energetic but always with some deeper feeling mixed with meaning that is not easy to define. I always feel better afterwards, more energised and balanced, even if not feeling well at the start.*

*Give it a go, you may be surprised by what it offers and how it makes you feel!"*

For further details and to book your place, please call Nagako at 01848 200081, send a text at 07906 586674, or email at [nagako22@startmail.com](mailto:nagako22@startmail.com)