



SHINTAIDO in Bath

Weekly Classes

Wednesday
Evenings

Neston

Memorial Hall

Pool Green,

Neston, SN13 9SN.



Email: Bath.Shintaido@gmail.com

新
体
道

Shintaido means "new body way."

Shintaido is a unique combination of martial arts and body movements that cultivates the spirit along with the mind and body.

Shintaido includes a range of movements, from faster, energetic forms to slower, meditative ones.

Shintaido is open to everyone.