



Inner Peace and Connection

Well Being

Energy

GENTLE SHINTAIDO in Stroud

Simple joyful dynamic movement, practised alone and with others, bringing renewed spirit, flexibility and ease. These movements are suitable for everyone

Thursdays 10.30–11.30am, The Endowed School Upper Hall, Walkley Hill, Rodborough, Stroud GL5 3TX.

Contact Susan Lacroix, tel. 07590 368 998
email. slacroix@btinternet.com