

# Shintaido

Simple joyful  
dynamic movement  
bringing renewed  
spirit, flexibility and ease.

Shintaido means New Body Way and is a movement art from Japan. Practised alone and with others, these movements can be done by anyone of whatever age and condition, seated or standing.

They are based on traditional oriental perceptions of health, expanding and relaxing the body and mind, and can be meditative or vigorous depending on one's mood and state. People feel energised and calm, and often experience a sense of joy and well-being during the class.

The movements are not difficult to learn. Some are done with sound, giving the opportunity to express ourselves with voice, and all can easily be practised at home.

A series of five classes, Wednesdays 7pm till 8 30pm:  
February 19th , 26th; March 5th, 12th and 19th.

**Cost:** £10 per class or £40 per block of five.

**Location:** Derry Hill and Studley Village Hall  
(Lansdowne Hall)

**Please contact Susan:** 07590 368998,  
slacroix@btinternet.com

