

SHINTAIDO WORKSHOP

With Master Instructor H. F. Ito



**Shintaido is such a beautiful practice: rich, transformative, creative, healing.
Once again, those of us in the Northeast,
have a wonderful opportunity to
come together and open our hearts through movement!**

When: Saturday, May 28th
Keiko I - 11:00 am to 1:00 pm
Potluck – 2:00 to 3:30
Keiko II – 4:00 to 6:00 pm
(Please come early so that we can start on time!)

Where: The Shintaido Farm in Deerfield - if the grass comes in! Or,
Smith College Athletic Fields.

In case of rain: Isshinryu Karate Dojo, 150 Pleasant St (2nd fl), Easthampton
(Directions at www.sne.shintaido.org - classes, Northampton)

Instructor: **H. F. Ito.** Master Instructor Ito has been teaching and developing Shintaido as a practice for the past 40 years. He brings an unimaginable wealth and depth of teaching and life experience. This will be another fabulous opportunity to practice under his gorei.

Cost: \$80.00 (Checks payable to SNE)

Register! We need to know you are coming so that we can contact you:

- **If location changes are necessary**
- **To give you directions**
- **Potluck Coordination**

Contact Bela Breslau: belabreslau@comcast.net or 413.773.1926