

Do-In



Cost: £3

Time: 7pm-7.30pm

Dates: Second Wednesday evening of every month

Venue: Woodland Herbs, 100 Woodlands Rd, G3 6HB. Tel: 0141 564 3184

This class is open to anyone looking for a simple exercise regime that will help them maintain their health and improve their general well-being.

Do-in is a series of exercises shown to Shiatsu practitioners to help develop awareness and balance of Ki. The exercises are a combination of self Shiatsu, stretches and movements designed to increase relaxation, flexibility, flow of Ki (energy) and Hara (centring/grounding).

You don't need to book this class just come along. Wear loose or stretchy clothing like leisure wear.

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