

Woodstock Recreation Presents.....

# Shintaido Bohjutsu

For Adults

**\$65.00 pp for 8 classes**

(Includes Boh -6 ft. wooden staff)



**When: March 8, 22, 29, April 4, 12, 26 & May 3, 10**

**Time: 6:30 p.m. to 8:00 p.m.**

**Location: Woodstock Middle School Gymnasium**

**What is Shintaido?** Shintaido is a system of body movement that lets individuals learn about themselves, other students, and how we interact with each other and the world around us. Bohjutsu is the study of techniques using a 6-foot wooden staff, called a *boh*. It is a practice that can be studied for its traditional martial aspects, or it can be applied as a form of expansive meditation.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Disclaimer:** I understand there are certain risks of injury while participating in the Shintaido Program and I agree that I will not hold the Town of Woodstock, Woodstock Recreation Commission including its representatives liable for any injury sustained by me while participating.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Make check payable to "WRC" and submit with registration form to WRC, 415 Route 169, Woodstock, CT 06281 no later than March 1, 2011. For space availability please contact Karen Fitzpatrick at 860-315-5175 or email to [recreationdirector@woodstockct.gov](mailto:recreationdirector@woodstockct.gov) as space is very limited. Please be advised that each participant will be required to fill out additional information and disclaimer with the S.O.A. (Shintaido of America Organization).