

CORDAO DE OURO LONDON PRESENTS



CAPOEIRA

THE BRAZILIAN MARTIAL ART COMBINING
MUSIC, DANCE, COMBAT AND CULTURE



“Capoeira is a martial art combining dance, music, and philosophy. Originating in Brazil it is a discipline that exercises mind and body. Through this art you can develop your musicality, physical fitness and improve your confidence.” **Mestre Poncianinho**

CLASSES HELD AT:

Masonic Hall, Wallingford

Monday 7:00 - 8:30pm

The Regal Centre, Wallingford

Wednesday 7:00 - 8:30pm

**CLASS SUPERVISOR AS
SEEN ON THE BBC**

For more information contact:

David Nunan

07974 697746

ninja@nunan79.wanadoo.co.uk

