

capoeira workshop sun 29 aug

captivate your senses
fusion
dance & lifestyle
studios

music, dance, acrobatics &
personal defence!!

this workshop will cover the
background of capoeira & the

benefits for health. you will learn the "ginga" (swing) principal
capoeira movements along with beginner level attack,
defence & acrobatics!!

capoeira was created by the african slaves in brazil around
the 16th century as a way to resist oppression and fight for
freedom. capoeira is a jogo (game). where partners exchange
movements of defence & attack in a continuous flow utilising
the rhythm of music. capoeira develops concentration, self
control, endurance balance, flexibility co-ordination, rhythm &
self confidence.

the instructor hugo is from salvador, bahia, brazil -

the place where capoeira martial arts was developed

cost: \$35pp before 20 aug / \$40 from 21 aug - 29 aug

time: 3.00pm - 5.00pm

location: fusion dance & lifestyle studios



melbourne's
freshest funky
dance studio!!

registration only accepted with payment. persons
participating in any fusion dance & lifestyle studios
classes/ courses do so at their own risk.

fusion dance & lifestyle studios p/l
takes no responsibility for
injury or loss of participants.



name

fusion member

contact no

email

signature

amount paid

fusion the place to dance & be seen

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