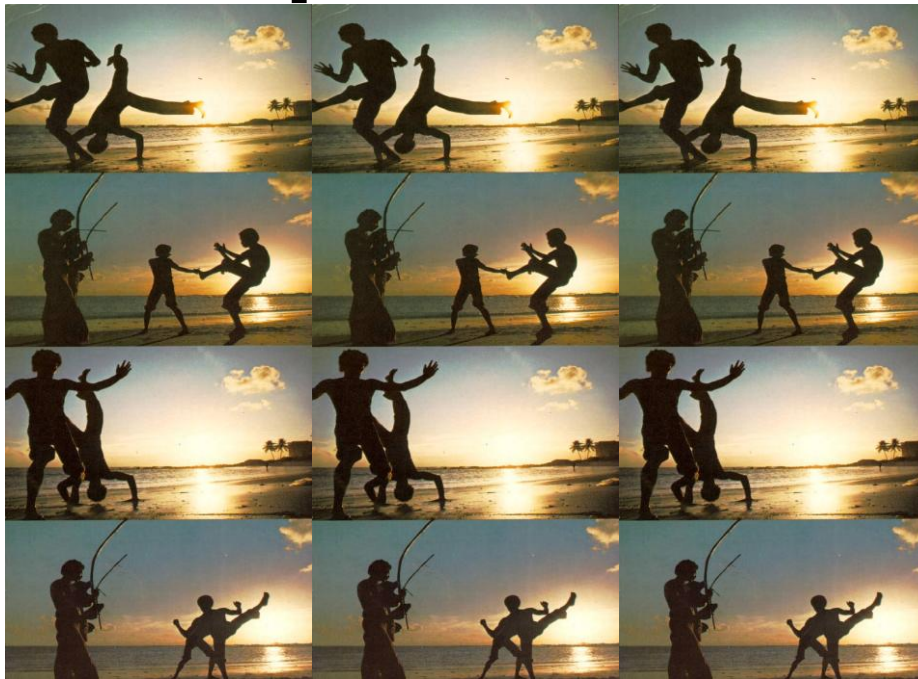


Capoeira



Kingston Capoeira present a series of 5 Capoeira workshops (funded by Hull City Arts) taught by the brilliant teacher, Mestre Valdir da Silva (of Capoeira Conviver, Santos, Brazil).

Capoeira is an exciting mix of African-Brazilian movement and non-contact martial arts. Combining graceful movement and music, these fun sessions are also a great workout, which will leave you feeling uplifted and energised. Suitable for everyone, at any level, and definitely not to be missed! Please wear loose comfortable clothing.

Sundays 4 - 6pm
29 June, 13 July, 27 July, 10 August, 31 August
Spring Bank Community Centre
West Parade (parking available)
£4 per person

For more information; 07766 198139

