

Graduado Paraná - Monterssori Capoeira Luanda Program

Capoeira is a unique AfroBrazilian art that combines martial arts, dance, music and acrobatics practiced in more than 150 countries.

Capoeira helps us develop physically, emotionally, and mentally through training its challenging movements, learning to play traditional musical instruments, and singing in Portuguese.

We apply what we learn playing an exciting improvised "game" that makes us stronger, agile, creative, courageous and expressive day by day.

\$25 - Single Class

\$90 - Per Month - (1 CLASSES PER WEEK)

**ONE TIME REGISTRATION FEE \$100 "for new students"
INCLUDES 1 CLASS UNIFORM (T-SHIRT, PANTS AND CORDA)**

*** To sign up go to - www.tonyparana.com/capoeira-classes**

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