

# Capoeira Angola Beginners Classes!

Starts Thursday 2<sup>nd</sup> February at Airdrie Leisure Centre  
6 week course.

£5/class or £25/course

## Capoeira Angola Scotland



Dance Fight play music stretch training sing play fun

Dance Fight play music stretch training sing play fun



Regular sessions throughout Scotland  
[www.maonochao.org](http://www.maonochao.org)

### Getting fit and flexible in 2012!

Are you interested in learning something new and different? Capoeira is a Brazilian dance/martial art that helps improve your flexibility, core strength, rhythm and is great for general fitness. What's more, it's fun

### What is Capoeira Angola?

It is a martial art and acrobatic dance that originated in Brazil amongst African Slaves and is played to the rhythm of Afro-Brazilian music.

Today Capoeira is played and enjoyed by many people all over the world.

Come along to the beginners class at Airdrie Leisure Centre, Motherwell Street, Airdrie ML6 7HU.

For more information contact Katie on 07830102039

Or visit our website [www.maonochao.org](http://www.maonochao.org)