Capoeira

Capoeira is a unique Brazilian art form that infuses dance, music, gymnastics, self-defense and the Portuguese language. Those that practice this art form, appear to defy gravity as they jump, flip, spin and cartwheel through the air.

It embodies a discipline, mind set and gives a rhythm to their lives as a martial art that is clever and deceptive. Often appearing vulnerable, the good Capoeirista knows the right time to strike back with lethal power and grace. Musically, it is enchanting.

Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely charged atmosphere perfect for the game of Capoeira!

Ages:
18 years & up

Course Fee:
Free

Mondays & Wednesdays

6:30pm-8:30pm

Call to verify dates
919-996-4920

Barcode:
193821

RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov

Marsh Creek Community Center
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