



Join Us for Free Capoeira Classes



Capoeira is Afro-Brazilian martial art, dance, and music.

Join our community!

Children in the 7th Ward, Treme, and Mid-City are invited to free classes, workshops, and performances, including drumming and dance styles.

Classes are on Saturdays at 1:30 PM, 1016 N. Broad Street.

Please note: a parent or guardian must be present at first participation in order to register and complete waiver.

Capoeira New Orleans / 1016 N. Broad Street, New Orleans, LA 70119

www.capoeiraneworleans.com / (504) 383-3577

capoeiraneworleans@gmail.com



The benefits of capoeira include:

- Self-discipline
- Increased physical fitness
- Stress relief
- Increased stamina, endurance, and flexibility
- Exposure to native instruments, language, and song
- Self-defense
- Becoming a part of a community
- Self-expression

Capoeira is for ALL genders, body types, and ages!

Community Capoeira is made possible

by generous support from:



And the Staff & Volunteers of
The Capoeira & Brazilian
Cultural Arts Center