











Capoeira Classes



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-171514-z>

Capoeira Classes in Chelmsford. Every Tuesday 7.30pm -8.30pm at Fitness 364. Globe .House, New Street, Chelmsford, Essex CM1 1TA Capoeira is an Afro-Brazilian art form that combines elements of martial arts, music, dance and gymnastics. It was created in Brazil by slaves brought from Africa, especially from present day Angola some time after the 16th century Classes: We offer various classes in South East London and Essex (Chelmsford, Romford) Capoeira for adults: beginners and advanced students Capoeira for kids Parents & Children classes Portuguese lessons Community Projects The Maculelã Capoeira charity is a non-profit organisation which objective is to promote and to use Capoeira and Afro-Brazilian Arts to improve the life of the members of the community. The following projects are supported in 2014: Children's Project Parent & Children Project Young people's Project (11 to 17 year olds) Special Needs Children's Project Vulnerable Adults Integration Project . Train With Us: Get Healthier Keep Fit Improve Your Body Coordination And Rhythm Learn To Play New Instruments Learn Portuguese Language Meet New People And Make New Friends Have

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