



# AU SCHOOL OF CAPOEIRA



# WHAT IS CAPOEIRA?

Capoeira is a unique Afro-Brazilian cultural tradition that dates back to sixteenth-century Brazil, a unique blend of martial arts, dance and music. It is an experience that can be enjoyed by **all age groups**, and you're never too young or too old to pick up capoeira and enjoy its many benefits. Learn exciting moves and techniques that will **improve** your body's **strength, flexibility** and **balance**, giving you a fitter and healthier body while having fun at the same time. You'll also get the chance to explore Brazilian music, culture, history and possibly even pick up a new language!



**AU Capoeira** is a premier transdisciplinary capoeira school founded in 1977 in Florianopolis, Brazil, with presence in Australia, New Zealand and Malaysia.

**Venue** ROCKSTEADY FITNESS  
A-3A-9 Pantai Business Centre  
Jalan Pantai Baharu  
Bangsar

**Contact** Instructor Saracura  
+6012 378 5964  
aucapoeira.malaysia@gmail.com

**Classes for Adults**  
Tuesdays 8:45pm -10:30pm  
Thursdays 8:45pm -10:30pm

**Classes for Adults & Kids (10 yrs & above)**  
Saturdays 3:00pm - 5:00pm

Find us on   @aucapoeiramys

