

# Capoeira

with Mass Capoeira

**MARCH 19, 2024**

**6 PM**

at the **Blackstone Library**

**Martial arts teaches respect, humility, honor, integrity, courage, discipline, and compassion.**



Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics, music and spirituality. You will be introduced to Capoeira as a culture and martial art, learn about the instruments, music, and traditional songs, and learn basic Capoeira movements. Instructors will also perform a demonstration.

**Open to students in 5th-12th grade.**

**Registration is required.**

**Call (508)883-1931 to register.**

**This Program is brought to you by funds collected from the Town of Blackstone's Marijuana Impact fees.**