



24-26 NOV  
2016

# BRAZIL EXTREME

AT FITNESS EXPO DUBAI

## CAPOEIRA

WITH

**MESTRE  
TICO**

**THURS, FRI & SAT  
5-7 PM**

Feel the beat of the drums and get ready to learn Capoeira, the only one martial art original from Brazil.



## ACRO YOGA

WITH

**BERNARD  
ABDEL KARIM  
& SALINA  
BAKAOU**

**FRI, 2-4 PM  
SAT, 4-5 PM**

The craze that took over the world. A world where adults can safely practice acrobatics and get in touch with their playful side. Here you will be invited to explore your bodies and accomplish things that you never thought you could... Let's fly.



## HULA HOOP

WITH

**RANA  
HABAYEB**

**THURS, 2-4 PM  
FRI, 11 AM - 2 PM  
SAT, 7-9 PM**

you can't take yourself too seriously when you are trying real hard to not drop a plastic circle... that's the beauty of the hoop. It helps you leave the stress at the door n just play and be silly again. We will show you the basics and give you the tools to keep exploring the magic of the hoop.



## CIRCO

WITH

**JAVIER  
RENDON**

**THURS, FRI & SAT  
5:45 PM**

A show that plays with elements as crystal balls, knives, unicycle of 1.70 meters high, among objects. Transport the audience on a journey through different states pushing their emotions to the limit, from beginning to end.

OFFICIAL SPONSOR



**Fruteiro**  
DO BRASIL