

INTRO TO CAPOEIRA FOR TWO



Practice capoeira! Discover capoeira, the Afro-Brazilian art form that combines dance, martial arts, and acrobatics. Get an introduction to its rich history, the musical instruments, and its basic movements including ginga (swing) and esquivá (duck). Learn how you can develop agility, increase flexibility, and heighten your awareness through this 400-year-old practice.

- Start with a short introduction and demonstration by a seasoned capoeira instructor
- Explore the music, history, and self-defense benefits of this ancient dance
- Stretch, warm-up and practice the basic swings, sweeps and kicks of capoeira
- Take home a commemorative t-shirt and a new appreciation for the “art of survival”
- Great for people of all shapes, sizes and disabilities

Your Gift Locations*

Alexandria, VA

Availability

Year round, Monday through Wednesday, Friday and Saturday

Duration

1.5 to 2 hours, includes a 15-minute private overview with instructor

Essential Information

Minimum age is 14 years old; no previous dance experience or special level of fitness is required

Numbers

Experience for 2 in a group up to 20



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