

## CAPOEIRA FOR KIDS



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.

- Meet with a seasoned instructor to learn the art of capoeira.
- 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”
- During your lessons’ week, have the opportunity to watch a traditional Roda and demonstration by a group of capoeira performers
- Great for people of all shapes, sizes and disabilities

### Your Gift Locations\*

Miami, FL

### Availability

Year round, Monday, Wednesday and Saturday

### Duration

3 one hour sessions

### Essential Information

Minimum age is 4 years old; parent/guardian must sign waiver

### Numbers

Experience for 1 child in group of up to 15



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-09-252-A