

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.

- Come the evening before for an introduction to Capoeira by watching a traditional Roda and demonstration by a group of capoeira performers
- Meet with a seasoned instructor the next day to learn the art of capoeira for yourself!
- 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*

Miami, FL

Availability

Year round, Friday performance and Saturday lesson

Duration

2 hours including 1 hour performance on Friday evening and 1 hour private lesson on Saturday

Essential Information

Minimum age is 16 years old; waiver must be completed by all participants (by parent/guardian for those under 18)

Numbers

Private lesson for 2, performance is group environment



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