

## 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 movements and kicks of capoeira
- Great for people of all shapes, sizes and disabilities, no experience necessary
- After private lesson, stay and watch a traditional Roda performance and even participate if you choose!

### Your Gift Locations\*

Houston, TX

### Availability

Year round, Friday evening

### Duration

2.5 to 3 hours

### Essential Information

Minimum age is 16 years old; participants must complete a waiver (by parent/guardian for minors)

### Numbers

Private experience for 2



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-12-983-A