

# PROGRAM SUMMARY

## CULTIVATING HEALTHY HABITS

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We are Capoeira yogis\*. We cultivate wholesome habits by combining Capoeira and mindfulness practices. The **movement, music, and meditation** activities develop mental and physical wellbeing.

Capoeira movement is foundational to our practice. Train frequently. Have fun. Patiently maintain that attitude while meditating. Gain the capacity to competently play the game of Capoeira and participate in the musical ensemble that produces the rhythms and songs that call us to express ourselves through dance over time. That's what we do.

A capstone meditation retreat in Thailand is optional but encouraged.

\* Yogi is the Indian/Buddhist word for meditator.

# LEARNING MODULES

## TRAINING CAPOEIRA FUNDAMENTALS

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### GINGA VARIAÇÕES

Playing the various games (or **jogos** in Portuguese\*) of Capoeira is the ultimate goal of the Capoeira practice.

### ESQUIVAS

### GOLPES

### AUS

### BANANEIRAS

### JOGOS

The program is therefore designed around the fundamental movements of Capoeira. These movements are called **ginga variações, esquivas, golpes, aus, bananeiras** in Portuguese. English translations are roughly equivalent to *fundamental posture variations, escapes, attacks, acrobatics, and handstands*.

We will learn to play the jogos of **Angola, Miudinho, and Regional**.

\* Brazilians speak Portuguese and Capoeira is from Brazil.



# REQUIREMENTS

## BEFORE YOU START

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To begin the voyage, there **four prerequisites**:

1. White Training Gear (Shoes/Pants/Shirts).\*
2. Pandeiro, Berimbau, or Atabaque.\*
3. The free Ānāpānasati training guide, or the Mind Illuminated book.
4. Meditation Cushion/Mat/Chair.

Ask for free Pa Auk Tawya meditation guides or musical instrument recommendations.

GEAR

INSTRUMENTS

KNOWLEDGE

\* Why? Because we are trying to observe both Capoeira and Buddhist traditions.



# ACTIVITIES

## MOVEMENT, MUSIC, AND MEDITATION

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### MUSIC

We learn new songs and practice playing the instruments of the **bateria** (or Capoeira music ensemble) at the start of every class.

### MOVEMENT

After completing the music activities, the class transitions to movement activities. This is when aspects of the five learning modules are practiced.

### MEDITATION


The class ends with mindfulness of breathing (**Ānāpānasati**).

Classes are 2 hours long. Typically we spend about 30 minutes on music, 80 minutes on movement, and 10 minutes on Ānāpānasati.\*

\* The duration of activities of class may vary.







THE  
CAPOEIRA  
WELLNESS  
SIX MONTH PROGRAM

IS \$1,500 FOR ONE CLASS WEEKLY