

PROGRAM SUMMARY

FIVE MODULES

BUILDING A HEALTHY LIFESTYLE

ONE RETREAT This program is about forming wholesome habits. The daily

movement, music, and meditation activities develop mental and

TWO TRACKS physical wellbeing over six months.

THREE ACTIVITIES Capoeira movement is fundamental to this practice. At the

completion of the five learning modules, you will be able to

FOUR REQUISITES competently play the game of Capoeira and participate in the

musical ensemble that produce the rhythms and songs that call us to

express ourselves through dance.

A capstone meditation retreat in Thailand is optional but encouraged.

CAPOEIRA WELLNESS