PROGRAM SUMMARY

BUILDING A HEALTHY LIFESTYLE

ONE RETREAT

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.

TWO PRACTICES

THREE ACTIVITIES

FOUR REQUISITES

FIVE MODULES

SIX INTENSITIES

Capoeira movement is foundational here. Train as often as you can. Have fun. Maintain that attitude and know that those that complete the **five learning modules** are able 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.

A capstone meditation retreat in Thailand is optional but encouraged.



^{*} Yogi is the Indian/Buddhist word for meditator.

SIX TRAINING INTENSITY LEVELS

CHOOSE A LEVEL OF INTENSITY THAT YOU CAN COMMIT TO

The more you train, the greater the benefit.*

INTENSITY LEVEL	TOTAL TRAINING HOURS PER WEEK	CLASSES PER WEEK
ULTIMATE	12	6
STRENUOUS	10	5
RIGOROUS	8	4
CHALLENGING	6	3
BASIC	4	2
LEISURELY	2	1

^{*} Be careful not to overcommit as that may lead to disappointment or injury.



FIVE LEARNING MODULES

TRAINING CAPOEIRA FUNDAMENTALS

GINGA VARIAÇÕES

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

ESQUIVAS

The program is therefore designed around the fundamental movements of Capoeira. These movements are called ginga variações, esquivas, golpes, aus, bananeiras in Portuguese.

AUS

GOLPES

Translations are fundamental posture variations, escapes, attacks, acrobatics, and handstands.

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

JOGOS



^{*} Brazilians speak Portugues and Capoeira is from Brazil.

FOUR REQUIRED MATERIALS

BEFORE YOU START

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.

INSTRUMENTS

KNOWLEDGE





THREE ACTIVITIES

MOVEMENT, MUSIC, AND MEDITATION

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.

The class ends with mindfulness of breathing (Ānāpānasati).

MEDITATION

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.

TWO PRACTICES

SERENITY RITUALS

Although Capoeira and Ānāpānasati are secular activities, we observe many rituals in practicing them to raise our levels of physical fitness and mental wellbeing. For example, in Capoeira, participants wear white clothing and play theatrical games under the onlooking community of musician and singers.

We may observe these rituals without Afro-Brazilian or Buddhist religious inclinations.



^{*} Why? Because we are trying to observe both Capoeira and Buddhist traditions.

ONE RETREAT

TAKING SERENITY TO THE NEXT LEVEL

Concluding the six month experience with an Ānāpānasati retreat at a forest monastery in Thailand under a venerable Burmese meditation master is strongly recommended.

The choice is yours.

Room and board, the airfare to Thailand, and related retreat expenses* are not included in pricing.

^{*} Contact Contramestre Zumbi for the latest estimates, but budget ~\$2,000 USD for the retreat.



