

FOR AUDIENCES

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Wednesday, October 2, 2019

FREE Introduction to the game of Capoeira (All levels)

Company: Dendê Arts
Venue: LaGuardia Community College
Location: Queens, NY

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Capoeira is a martial art that combines dance, acrobatics, partner work, and self-defense. The game of Capoeira uses cartwheels, kicks, and ground movements to create a dialogue between two partners. All levels are welcome to this intro class meant to dip your toes into the game of Capoeira.

The game of Capoeira will focus on:

- Movement puzzles
- Movement challenges
- Exercises to train improvisation and creativity in your movement vocabulary
- Using kicks and simple acrobatics to build a dialogue with partners

For more information please email info@lpac.nyc

Dendê Arts
31-10 Thomson Avenue C Building – Room #401 (4th floor)
Queens, NY, 11101
<https://lpac.nyc/workshops/capoeira>

Schedule
October 2, 2019: 6:30pm

[< back](#)[previous listing](#) • [next listing](#)