

Wednesday, October 16, 2024 - Wednesday, January 1, 2025

## In Person Capoeira Angola Classes on Wednesdays in Manhattan

Company: Capoeira Angola Center of Mestre Joao Grande  
Venue: Playwrights Downtown  
Location: New York, NY

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Capoeira Angola Center of Mestre João Grande

Capoeira Angola Classes in downtown Manhattan area, on Wednesdays with Mestre Bujão!

? Wednesdays

? Time: 6:30 PM - 8:30 PM

In Person Classes • price: \$20US

? Location: 440 Lafayette, suite 4D, New York, NY 10003.

All Levels Welcomed.

What to Bring:

Indoor shoes

Long pants

Shirts with sleeves

Your axé (energy and good spirit)

Engage in Authentic Practice: This open class and rodinha (small circle) will connect you with the essence of Capoeira Angola. Feel the pulse of traditional instruments, engage in dynamic play, and experience the art's profound blend of martial prowess and playful spirit.

For All Levels: Whether you're a seasoned capoeirista or new to the art, this session welcomes everyone.

Discover a Rich Tradition: Capoeira Angola is not just a martial art; it's a historical movement of freedom and cultural pride. Originating in Africa and brought to Brazil, it was a hidden weapon against enslavement. Experience firsthand how its fluid, dance-like movements and powerful techniques were crafted as a symbol of resistance.

Connect with Community: Join a vibrant community of capoeira enthusiasts and experience the communal spirit that is at the heart of this art form.

Capoeira Angola Center of Mestre Joao Grande  
440 Lafayette, suite 4D, New York, NY 10003  
New York, NY, 10003

### Schedule

October 16, 2024: 6:30pm

October 23, 2024: 6:30pm

October 30, 2024: 6:30pm

November 6, 2024: 6:30pm

November 13, 2024: 6:30pm

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