

## What is Capoeira?

Afro Brazilian art of self defense hidden in dance created by African people who were enslaved in Brazil.

- Capoeira is now practiced worldwide
- Designated by United Nations UNESCO as a world cultural heritage of humanity
- Loved by students of all backgrounds and abilities



## How is it Mindful?

Our approach to teaching and practicing capoeira that cultivates:

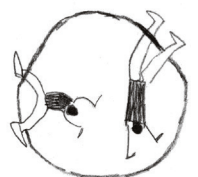
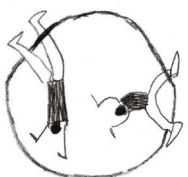
- Zero accidents, zero injuries, zero upsets
- Cooperation over competition
- Appreciation of our shared histories and capoeira's African and Afro Brazilian origins
- Wisdom through experience based learning
- Inclusive and accessible for people of all ages and abilities
- Lifelong practice



## A Mindful Capoeira Academy

A space dedicated to:

- Our core values of FDR: Focus, Discipline and Respect
- Guidelines for safety, and creating a supportive and inclusive community
- Practice towards mastery
- Fostering development in English/Language arts, social studies, physical education, and social-emotional learning





# CORE VALUES: F.D.R.

## FOCUS with eyes, ears, mind and body on:

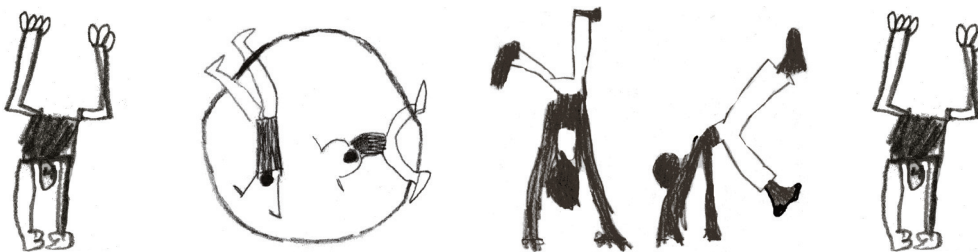
- Your teacher
- The lesson
- Improving oneself
- Being a good example for others

## Discipline to:

- Stay focused
- Do the lesson with our best effort
- Practice safely at home

## Respect for:

- Ourselves: We can do this!
- Our teacher: Responsible to teach everyone in our class!
- Our classmates: They too want to learn and improve!
- Capoeira: Born in the struggle for freedom, a path of lifelong mastery





# Afro Brazil Arts Story

In 1988, following a year living and practicing capoeira in Bahia, Brazil, I was contracted as a Board of Education (now DOE) licensed teacher to teach capoeira full time at University Heights and Bronx Regional, two public high schools in the South Bronx.

Together with June Mapp, a dancer and educator, Afro Brazil Arts was founded in 1991 as a nonprofit organization to bring Mindful Capoeira and related African and Afro Brazilian culture, dance, and music to youth with a focus on providing performances and classes in under served schools and communities.

Afro Brazil Arts has since introduced generations of youths to Mindful Capoeira. Our team of performing and teaching artists have pioneered capoeira school programs serving grades K-12, special needs populations, children's hospitals and in centers for incarcerated youth. Afro Brazil Arts Mindful Capoeira Academy in a School Program is a culmination of over 30 years teaching capoeira in schools and in our academy, the New York Mindful Capoeira Center.

## **Our commitment is to go beyond arts exposure and partner with schools for a multi-year program**

- Based in arts mastery
- Integrated into school curriculum
- Engaging the entire school community, including families
- Connecting to the International Capoeira Arts Community



*Michael Adstein*  
MESTRE OMBRINTO





# Program Fees

## PERFORMANCES

\$2450 - 2 performances back to back  
\$1825 - 1 performance  
4 performing artists  
50 minutes  
Up to 300 students

## CLASSES

- \$225 - 1 class, minimum of 3 classes back to back
- Includes additional teaching & performing artists

## ACADEMY VISIT

- \$650 - single class, up to 30 students



### TO BOOK A PROGRAM:

Call (646) 573-0087 / Email [michael@afrobrazilarts.org](mailto:michael@afrobrazilarts.org)



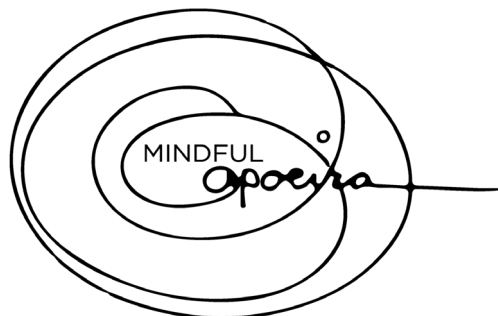
### TO LEARN MORE:

Visit [afrobrazilarts.org](http://afrobrazilarts.org)



**NYC DOE VENDOR # AFR040000**

**NYC DOE CONTRACT # Q1129AJ**



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