


Seeking ways to connect

Multiple studies show that people have a fundamental need to connect.



- each other
- the material/content
- their purpose

The Context/Our World

- We seek ways to connect while our world feels very divisive
- it feels tense
- so how are we to respond to that? 

The Art of Capoeira

Developed by Africans in Brazil
Served to speak to spirit of downtrodden people
It connected Africans from different cultures
Today it offers us tools to deal with isolation, anxiety, depression, instability
capoeira as a METAPHOR



The Roda--The Roles



There are several roles

- Musicians
- The people forming the roda
- Players

The Roda--Dynamics



What's Happening in the Roda

- You may not know the person
- You MAY know the person
- The conditions may vary
- You or your opponent/partner may have limitations

The Handshake

How do you enter?



Varying Conditions and Partners



Capoeira Enhances



- Our ability to breathe
- Move or shift or go with the flow
- Our Awareness

The How

- Community
- Music
- Physicality



LET'S SING!!!!

Marinheiro So



The Physicality



Conclusion

We Know What Works

- Being In Community
 - Breathing
 - Flexibility
 - Movement
 - Music