**Capoeira 101 Pre event Information**

This information is to help you decide if the **Capoeira 101 workshop** is for you.

**About the event**

* This is a beginners workshop to learn the basics in the Afro-Brazillian dance martial art of capoeira.
* The session will be led by Proffessor Japão from Capoeira Nativos London.
* We will begin the workshop with a brief introduction to the history behind capoeira and how it came to be.
* Attendeed will be guided through basic dance and martial arts based movements of capoeira, this will be moderate physical activity.
* Some partner work might be required
* Throughout the capoeira lesson, participants can ask questions.
* For participants who may require a break from the workshop, seating will be provided to rest in the session if needed.
* Refreshments will be available at the workshop but we advise attendees bring a bottle of water.
* We also advise attendees to wear comfortable clothing you can move in.
* We will make reasonable adjustments to the physical activity based on everyone’s physical ability.
* This is a beginner’s class where participants can learn and try free of judgement.

**About Capoeira**

* Capoeira is a martial art-infused dance. Born from the effects of slavery in Brazil, capoeira uses acrobatic and complex maneuvers. Capoeira was banned in 1890, 2 years following abolition of slavery in Brazil as it was a way to maintain spirit and culture but thankfully was passed on and still survives to this day.
* We expect participants to respect the culture of capoeira and Afro-Brazillians.

**Content warnings**

* The history of capoeira will mention the histories of enslavement and colonisation.

**Access Information**

* The event will last **one hour**
* The event is Relaxed this means you can move or make noise if you need to. You can go in and out of the space
* Latecomers will be permitted
* Ear defenders are available to borrow from the box office for anyone who might find these useful
* There is an accessible toilet on every floor of the building
* There is a chill out space outside the performance space that is available anytime the building is open.

**The Space**

* The event will take place in the Rec Room on the first floor, a lift is available
* Layout/ environment- chairs along the side of the room will be mostly empty

**Lighting and Sound**

* There are no flashing lights
* There is no haze
* Medium level of noise
* There will likely be talking over music and other sounds

**Photos/ Videos**

* Photos and videos will be taken by one of our team members for advertising and portfolio means.
* If you do not want to be photographed or filmed please inform a member of staff on the day of the workshop.