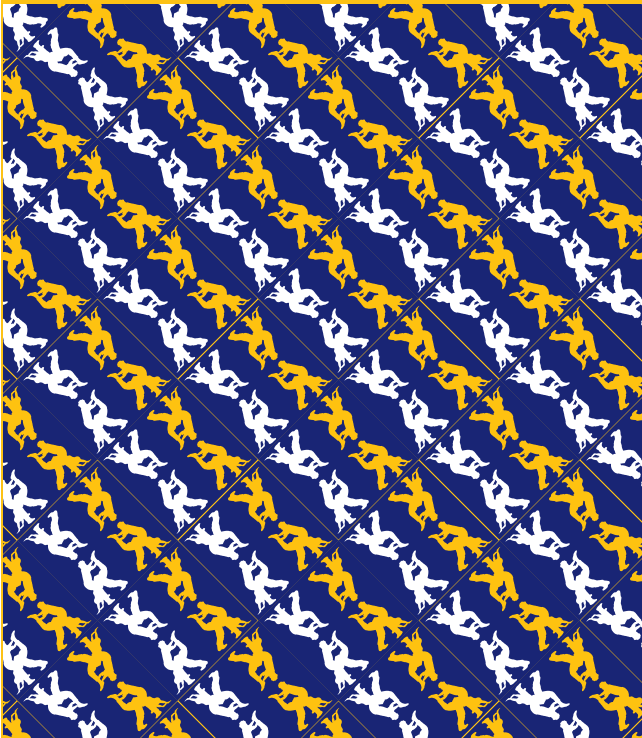


“Sementes de Mestre Pastinhã”



SPONSORED BY:



## WEDNESDAY 4/23

8:00 - 9:00 AM VINYASA YOGA / ROOM A  
8:30 - 9:30 AM BREAKFAST / ROOM B

### ROOM A / MAIN

10 AM MOVEMENT WORKSHOP TRACK 1  
11:30 AM MUSIC WORKSHOP TRACK 1

### ROOM B / DANCE STUDIO

10 AM MOVEMENT WORKSHOP TRACK 2  
11:30 AM MUSIC WORKSHOP TRACK 2  
1:00 PM LUNCH

### ROOM A

2:30 - 4 PM MACULELE

### ROOM B

2:30 - 4 PM CHILDREN'S CLASS & SUPERVISED PLAY

### ROOM A

4:15 PM - 6 PM ADVANCED CAPOEIRA ANGOLA  
FOR STUDENTS AND TEACHERS WITH 5 OR MORE YEARS IN  
CAPOEIRA ANGOLA

### ROOM B

4:15 PM - 6 PM  
BEGINNERS CAPOEIRA ANGOLA FOR STUDENTS  
WITH LESS THAN 5 YEARS OF ANGOLA  
6PM: BREAK, DINNER ON YOUR OWN

### ROOM A

7 - 9:30 PM RODA

### ROOM B / DANCE STUDIO

7 - 9:00 PM CHILDREN'S SUPERVISED VIDEO

## THURSDAY 4/24

8:00 - 9:00 AM YOGA / ROOM A  
8:30 - 9:30 AM BREAKFAST / ROOM B

### ROOM A / MAIN

10 AM MOVEMENT WORKSHOP TRACK 1  
11:30 AM MUSIC WORKSHOP TRACK

### ROOM B / DANCE STUDIO

10 AM MOVEMENT WORKSHOP TRACK 2  
11:30 AM MUSIC WORKSHOP TRACK 2  
1:00 PM LUNCH / ROOM B

### ROOM A / MAIN

2:30-4PM FILM AND DISCUSSION  
"LEOPOLDINA: A FINA FLOR DA MALANDRAGEM",  
BY ROSE LA CRETA

### ROOM B-DANCE STUDIO

2:30-4PM CHILDREN'S CLASS & SUPERVISED PLAY

### ROOM A

4:15PM-6PM ADVANCED CAPOEIRA ANGOLA FOR STUDENTS  
AND TEACHERS WITH 5 OR MORE YEARS IN  
CAPOEIRA ANGOLA

### ROOM B

4:15PM-6PM BEGINNERS CAPOEIRA ANGOLA FOR STUDENTS  
WITH LESS THAN 5 YEARS OF ANGOLA  
6PM: BREAK, DINNER ON YOUR OWN

### ROOM A

7-9:00PM CHILDREN'S SUPERVISED VIDEO

### ROOM B-DANCE STUDIO

7-9:00PM AFRICAN BRAZILIAN DANCE

## FRIDAY 4/25

8:00 - 9:00 AM YOGA / ROOM A  
8:30 - 9:30 AM BREAKFAST / ROOM B

### ROOM A / MAIN

10 AM MOVEMENT WORKSHOP TRACK 1  
11:30 AM MUSIC WORKSHOP TRACK 1

### ROOM B / DANCE STUDIO

10 AM MOVEMENT WORKSHOP TRACK 2  
11:30 AM MUSIC WORKSHOP TRACK 2  
1:00 PM LUNCH

### ROOM A / MAIN

2:30 - 4 PM INTERACTIVE PRESENTATION:  
HOLISTIC HEALTH & HEALING IN CPOEIRA ANGOLA

### ROOM B / DANCE STUDIO

2:30 - 4 PM CHILDREN'S CLASS & SUPERVISED PLAY

### ROOM A

4:15 PM - 6 PM MESTRE'S FREE STYLE

### ROOM B

CHILDREN & BEGINNERS CAPOEIRA ANGOLA  
6PM: BREAK, DINNER ON YOUR OWN

### ROOM A

7 - 9:30 PM RODA

### ROOM B / DANCE STUDIO

7 - 9:00 PM CHILDREN'S SUPERVISED VIDEO

## SATURDAY 4/26

8:30 - 9:30 AM BREAKFAST / ROOM B

### ROOM A / MAIN

10 AM MOVEMENT WORKSHOP TRACK 1, ROOM A  
11:30 AM MUSIC WORKSHOP TRACK 1, ROOM A

### ROOM B / DANCE STUDIO

10 AM MOVEMENT WORKSHOP TRACK 2, ROOM B  
11:30 AM MUSIC WORKSHOP TRACK 2, ROOM B  
1:00 PM LUNCH - ROOM B

### ROOM A / MAIN

2:30 - 4 PM INTERACTIVE PRESENTATION:  
THE HISTORICAL LEGACY OF CAPOEIRA ANGOLA

### ROOM B-DANCE STUDIO

2:30 - 4 PM CHILDREN'S CLASS & SUPERVISED PLAY

### ROOM A

4:15 PM - 6 PM MESTRE'S CAPOEIRA WORKSHOP

### ROOM B

4:00 PM - 6 PM CHILDREN & BEGINNERS CAPOEIRA ANGOLA  
6PM: CELEBRATION, FAMILY STYLE  
9:00 PM RODA

AFTERPARTY AT SOB'S

## SUNDAY 4/27

### ROOM 1

9:30 AM CAPOEIRA WORKSHOP MJG

### ROOM 2

9:30 AM CHILDREN'S CLASS

### ROOM 1

12 - 1 PM LUNCH Q&A WITH MESTRE JOAO GRANDE

### ROOM 2

1-2PM FILM "BESOURO PRETO (BLACK BEETLE)"  
BY SALIM ROLLINS

### ROOM 1

2:30 - 8 PM RODA  
8 - 10 PM SAMBA DE RODA

## SPECIAL THANKS AND INSTRUCTORS

STUDENTS ASSISTING MESTRE JOAO GRANDE WITH CAPOEIRA CLASSES:  
CABELLO / CHICAGO / JAMEL / MARIO / SALIM / TREVOR / XARI

YOUTH CAPOEIRA CLASSES:  
DON / TAMMY / TISZA / PACIENCIA / PENNY

AFRO-BRAZILIAN DANCE: RITA / MARIO

MACULELE: TISZA / CABELLO

HISTORICAL PRESENTATION:  
C. DANIEL DAWSON / T.J. DESCH-OBI

HOLISTIC HEALTH IN CAPOEIRA:  
CHAPEU VERMELHO / MESTRE THEMBA

YOGA: SALIM / GYA

CATERING SERVICES PROVIDED BY MIRA SWABY

GRAPHICS AND PRINTING BY TANAPAN & FEIJAO

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FOR THEIR EFFORTS IN PLANNING THE CONFERENCE

\* THE CAPOEIRA ANGOLA CENTER AND MESTRE JOAO GRANDE THANK ALL  
OF THE STUDENTS WHO HAVE CONTRIBUTED TO THE PLANNING OF THE CONFERENCE  
AND ASSIST MESTRE ON A REGULAR BASIS.