

WHERE DO YOUR NICKELS GO?



ABADÁ-Capoeira Marin's mission is to enrich students' lives through culture & diversity.

The program is based on encouragement, truth, trust, active listening, & personal effort. Classes, programs, and Summer camps are available at their new San Anselmo location for ages 3 - Adults

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics, music, and spirituality. Through capoeira, students develop skills in self-defense, acrobatics, instrument playing, rhythm, singing, language skills, goal-setting, team-work, leadership, cultural and social cooperation, respect and tradition, as well as personal confidence.

Social responsibility is one of the central components of ABADÁ-Capoeira's philosophy.

Over the years, ABADÁ has initiated many social and educational campaigns in an effort to raise consciousness for important issues such as charity, respect for others, health, peace and environmental conservation.

In 2014 Capoeira was recognized by UNESCO as an "intangible cultural heritage of humanity".

SAVE THE DATE!
BRAZILIAN PASTRIES BAKE SALE - APRIL 29 AND 30
FROM 10PM - 2PM AT OUR SAN ANSELMO STORE
LEARN MORE AT ABADAMARIN.ORG

EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!

United
Healthy Choices. Honest Value.