

Rachael Mary Lewsley

Instructor Rachael

Instrutora Rachael was born in England on 5th of May.

She began studying Capoeira in 1996 and qualified as instructor in 2010 at the Arts Depot Theatre, London, at the 14th London School of Capoeira Grading Ceremony - Batizado.

Capoeira Experience:

19 years of regular training - movement and music.

10 years as a teacher at the London School of Capoeira

10 years of performance experience with the London school of Capoeira

Capoeira qualification:

Awarded the Instructor belt in October 2010 at the Arts Depot Theatre.

Academic qualification:

BA & MA English Literature and Theatre

Why did I choose Capoeira and the London School of Capoeira:

I love Capoeira. The music moves me, I love the excitement and release of playing the game, and enjoy the physical training. I love it that Capoeira is a one-off. It is unique in the way it has, and continues to evolve, bringing together in one art form dance, music, movement, acrobatics, self-expression, song writing/composition, history, and language. The game is fun & free, it is also subtle, complicated and disciplined. This combination means Capoeira feeds the body, mind and soul, making it an activity which really engages and speaks to people in very different ways, whether individuals study for just a short time, or a lifetime. In my teaching and training I see this all the time and I really enjoy the capacity of Capoeira to inspire and move people to do things they had never previously thought of.

The art form has the same elements everywhere; this does not change. The experience of learning Capoeira, however, can be very different from place to place as so much depends on the approach of the teacher, and the feeling of the school. This I have also seen many times in my 20 year journey with this art form. A really good understanding of the art form and its potential depends on regular tuition from skilful masters. Capoeira requires continuity and retains a 'hand-made' quality, passed on from Master to student, by regular practice in the traditional way.

This is what the London School of Capoeira offers students, and is a large part of why I have chosen to train with Masters Silvia and Marcos. LSC Masters have the highest level skills within the art form, and many years of experience passing these skills on to students. The school has a positive and enthusiastic approach to training for all levels, where the contribution of every person is valued and given a place. Students are encouraged to push their own limits, without losing a sense of fun in the games and training, and without losing the moving soul of the roda. My Masters and Capoeira have give me so much. I hope I can pass on a fraction of this to other people through my teaching and contribution to Capoeira. Axe Mestre Silvia, Mestre Marcos; Viva Capoeira.