



vinçasa**Brasil**TM

capoeira on the mat

About Us

Created by international fitness expert and Hoebel™ Fitness founder **Brett Hoebel, vinyasaBrasil™** is a cutting-edge fusion class that combines an athletic form of yoga with the fluid movements of the Afro-Brazilian martial art, capoeira. Developed from Brett's experience in training in different yoga and capoeira styles, the class starts with traditional yoga asanas and sun salutations while blending in fundamental capoeira movements. The vinyasa is built gradually in parts - each part introduces new offensive and defensive capoeira movements and yoga poses. Toward the end of the class, the full series is run from start to finish as one seamless, flowing and powerful vinyasa. The class ends with a well-deserved stretch and relaxation. Not an easy workout, but the energized capoeira and samba tunes mixed with hip hop and house music make it feel more like play than exercise. This dynamic class is part of Hoebel Fitness' new **vinyasaBrasil™** workout series - a new exercise program that combines capoeira with yoga, kickboxing, conditioning and more!

"Certain movements in capoeira and yoga echo each other, which makes sense as many Afro-Brazilian and East Indian arts have their roots in dance. Capoeira is fluid, powerful and playful. Yoga is too, but adds a grounded feeling, focus and has a restorative element. The integration of these two arts just feels right...there is a real yin & yang energy that always leaves me feeling physically and mentally stronger".

– Brett Hoebel

VinyasaBrasil!



Hoebel™ Fitness

Brett Hoebel is the creator of *reVamp for Grooms* and founder of **Hoebel™ Fitness**, a leading-edge lifestyle-fitness company that focuses on **physical well-being**, **mental clarity** and **self empowerment** and is dedicated to inspiring people with mindful, healthy living. As an international fitness expert and one of the most sought-after weight-loss, nutrition & lifestyle coaches in New York, Brett has worked with different celebrities including Victoria's Secret supermodels Doutzen Kroes and Karolina Kurkova, supermodel and television host Veronica Webb and actresses Emmy Rossum and America Ferrera. Brett was also the co-host of *Fit Family*, a reality-fitness show on *Discovery Channel* and has appeared on *The View*, *Good Morning America* and *Fox News*. He is a recurring fitness expert on *The WB-Morning Show* and has been featured in various publications including *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Allure*, *Shape* and *Self Magazine*. For the second time, *New York Magazine* awarded Brett and some of his exercise programs 'Best of New York'.



Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He holds certifications in Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Personal Training, Hatha Yoga and Pre-Natal/Post-Partum Conditioning. Brett also has an extensive background in biomedical research and martial arts including Afro-Brazilian capoeira and Muay Thai kickboxing.

Brett's passion, knowledge and creativity can be seen in the lifestyle-fitness programs he has developed; **REV ABS™** is a cutting-edge, ab-defining and body-toning program, *reVamp®* is a highly acclaimed personal training and nutrition program and **fitnessBrasil™** is a group exercise program that combines capoeira with yoga, kickboxing and conditioning. When not in New York, Brett travels to Los Angeles and Rio De Janeiro Brazil to teach his different classes, work with certain clients, study capoeira and meet with different health and fitness professionals.

Vinnyasa
Brasil!





taught capoeira workout for Discovery's 'I Lost It!'



taught capoeira workout to the anchors on the morning show



vinayasaBrasil™ fusion yoga class featured as new trend



vinayasaBrasil™ featured as new fusion yoga class



vinayasaBrasil™ new fusion yoga class at celebrity gym

Vinayasa Brasil



Contact Us

For press inquiries, please contact Siren PR

212.625.3500 • Carolyn.C@SirenPR.com or Lindsay.Weiss@SirenPR.com

www.SirenPR.com

...fitness from within

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