



# Descobrimo a Essência do Surfe (Portuguese Edition)

*Bruno Ferreira Alves Castello da Costa*

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"**A APRENDIZAGEM DO SURFE** está diretamente ligada à **SINTONIA** com a **ENERGIA DO MAR**"  
(Prof. Bruno F. A. Castello da Costa).

O **Prof. Bruno Castello da Costa** apresenta, de forma leve e amigável, um pouco da filosofia por trás do seu método de ensino do Surfe. Além de liderar o desenvolvimento, implantação e promoção de uma metodologia que leva em conta a necessidade do fenômeno da domesticação ambiental ao longo do processo de familiarização com a zona da arrebentação e as ondas, o Prof. Bruno busca conscientizar as pessoas sobre o aspecto orgânico do Surfe, lembrando que o seu aprendizado precisa contemplar essa dimensão 'viva' do ambiente onde ele acontece.

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