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Discovering the Essence of Surfing

Bruno Ferreira Alves Castello da Costa

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Discovering the Essence of Surfing Bruno Ferreira Alves Castello da Costa
"The **LEARNING OF SURFING** starts from the ability to **HARMONIZE** with the **SEA ENERGY"** (Prof. Bruno Castello da Costa).

Prof. Bruno Castello da Costa presents, in a mild writing style, the philosophy behind his surfing method. Besides leading the development, establishment and promotion of a methodology that takes into account the need for the phenomenon of environmental taming throughout the familiarization process with the surf, Prof. Bruno seeks to trigger awareness about the organic aspect of surfing, keeping in mind that the learning must contemplate that 'live' dimension of its environment.

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