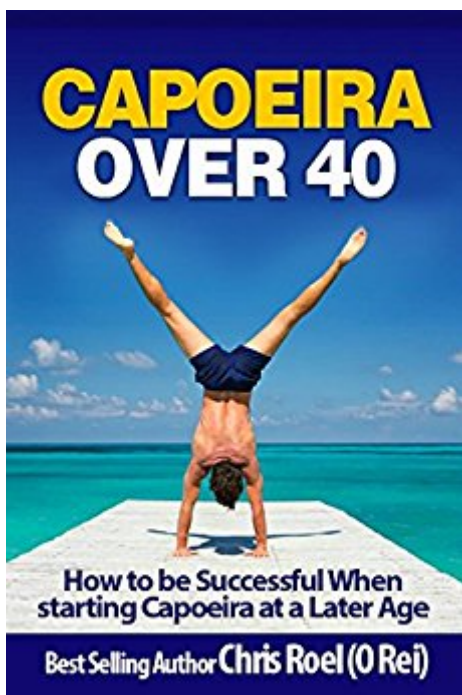


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Synopsis

You are never too old for Capoeira! Best Selling Author, Chris Roel, gives you the best tips to begin and stay training longer in Brazilian Capoeira. Included are free video trainings, modifications, style, diet, Yoga, and other tips to have you having a blast in the roda. Even if you're not 40 yet, this is a great read if you feel you're too out of shape for this amazing and beautiful art form. Click buy now! You won't regret.

Book Information

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