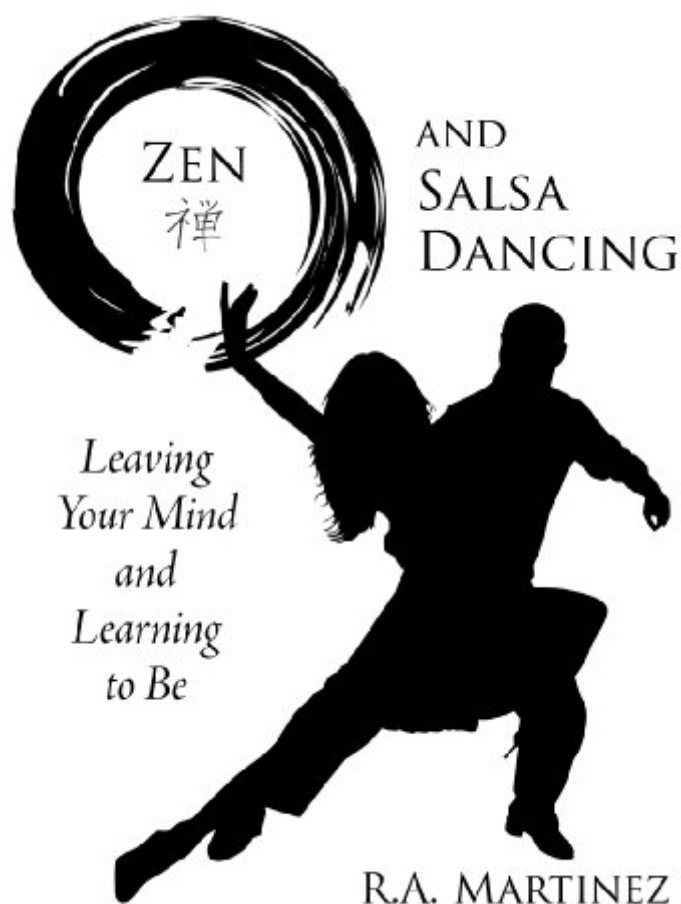


The book was found

# Zen And Salsa Dancing: Leaving Your Mind And Learning To Be



## Synopsis

Zen and Salsa Dancing is a wonderful guide for anyone interested in learning dance, or any physical discipline, whether or not they have any interest in Zen. In clear and concise terms, Martinez takes us, in steps, through how to choose a school, select a teacher, begin our learning, letting go to the process and even how to keep our learning fresh when we feel like giving up. What Martinez has given us is a book that is short but invaluable, and eminently useful. Raymond Martinez is as at home on the mat of his dojo as he is on the dance floor, and that comfort, familiarity, and knowledge shows clearly in his writing.

## Book Information

File Size: 544 KB

Print Length: 27 pages

Publisher: Smithcraft Press (May 5, 2014)

Publication Date: May 5, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00K5D6X1W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #948,788 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle eBooks > Arts & Photography > Dance > Popular #91 in Books > Arts & Photography > Performing Arts > Dance > Popular #342 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Zen Philosophy

## Customer Reviews

As a student of martial arts, I've read many books on Zen. Clear, concise and humorous, the author convinces me of the connection between the two worlds. He takes us through a blueprint to learn and dance salsa whilst giving us a glimpse into his own journey into this spirited culture. A martial artist himself, he reminds me that there are many ways to achieve our enlightenment. It doesn't matter which dance you choose|just keep dancing!

[Download to continue reading...](#)

Zen and Salsa Dancing: Leaving Your Mind and Learning to Be ZEN: Everything You Need to Know About Forming Zen Habits – A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Salsa!: ...or "Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1) Salsa!...or "Everything Your Mother Never Told You About Salsa Dancing!" (The Little Book of Dancing) (Volume 1) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen: Zen For Beginners – The Ultimate Guide To Incorporating Zen Into Your Life – A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) How to Salsa Dance: A Beginner's Guide to Learning How to Salsa Dance Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library) Salsa Lovers Cookbook: More Than 180 Sensational Salsa Recipes for Appetizers, Salads, Main Dishes and Desserts Dance Secrets Presents Salsa Bootcamp - Insider Secrets to Salsa Dance Salsa Teachers Guide Book (Salsa Instruction 1) Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Leaving the Fold: A Guide for Former Fundamentalists and Others Leaving Their Religion Leaving Paradise 10th Anniversary Edition (A Leaving Paradise Novel) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)