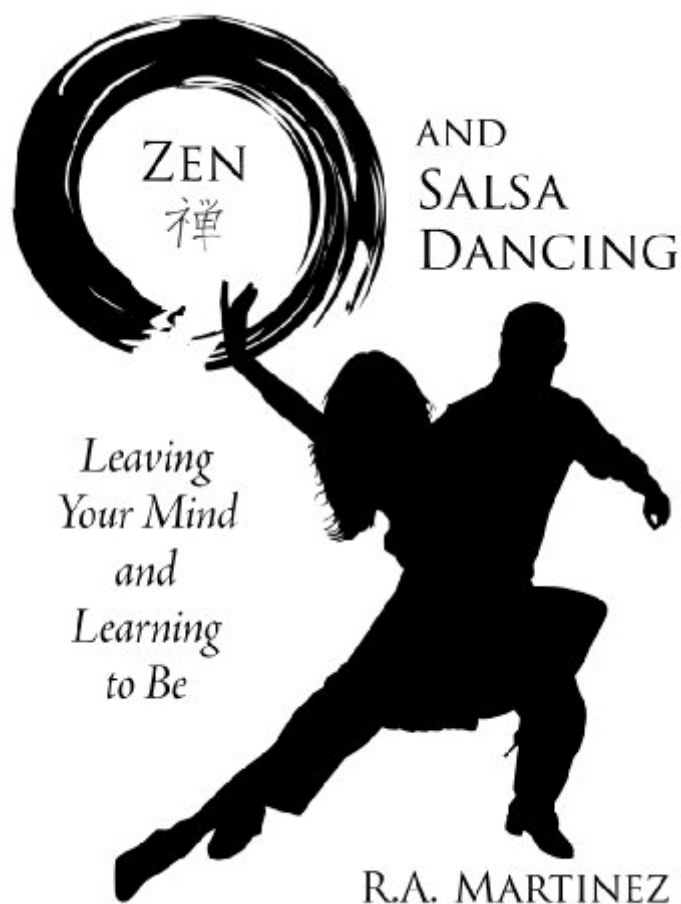


The book was found

# 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: 524 KB

Print Length: 27 pages

Publisher: Smithcraft Press (May 5, 2014)

Publication Date: May 5, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00K5D6X1W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,026,425 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

inÂ Kindle Store > Kindle eBooks > Arts & Photography > Dance > Popular #116 inÂ Books > Arts & Photography > Performing Arts > Dance > Popular #321 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Zen Philosophy

## Customer Reviews

As a student of martial arts, Iâ™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 âenlightenment.â™ It doesnâ™t matter which dance you chooseâ | just keep dancing!

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

Zen and Salsa Dancing: Leaving Your Mind and Learning to Be Zen Doodle Drawing BOX SET  
5-in-1: Zen Cats, Zen Dogs, Zen Horses, Zen Underwater Life, Zen Girls Salsa!...or "Everything Your  
Mother Never Told You About Salsa Dancing!" (The Little Book of Dancing) (Volume 1) Salsa!: ...or  
"Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1) Zen  
Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen Flesh, Zen Bones: A Collection of  
Zen and Pre-Zen Writings (Unabridged Selections) Tarot Osho Zen/ Osho Zen Tarot: El juego  
trascendental del Zen/ The Transcendental Game of Zen (Spanish Edition) 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 I CAN CAN RELISHES, Salsa, Sauces & Chutney!!: How to make  
relishes, salsa, sauces, and chutney with quick, easy heirloom recipes from around the ... (I CAN  
CAN Frugal Living Series) (Volume 3) Salsa Teachers Guide Book (Salsa Instruction 1) Swing  
Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing ZEN  
DOODLE: The Art of Zen Doodle. Drawing Guide with Step by Step Instructions. Book one. (Zen  
Doodle Art 1) Salsa Crossings: Dancing Latinidad in Los Angeles (Latin America Otherwise) The  
Robert Audy Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in  
shape and learning some disco dancing at the same time! Z.B.A.: Zen of Business Administration -  
How Zen Practice Can Transform Your Work And Your Life Zen Mind, Beginner's Mind Zen Mind,  
Beginner's Mind (Shambhala Library) Zen: How to Practice Zen Everywhere in Your Daily Life  
Leaving ADDIE for SAM: An Agile Model for Developing the Best Learning Experiences

[Dmca](#)