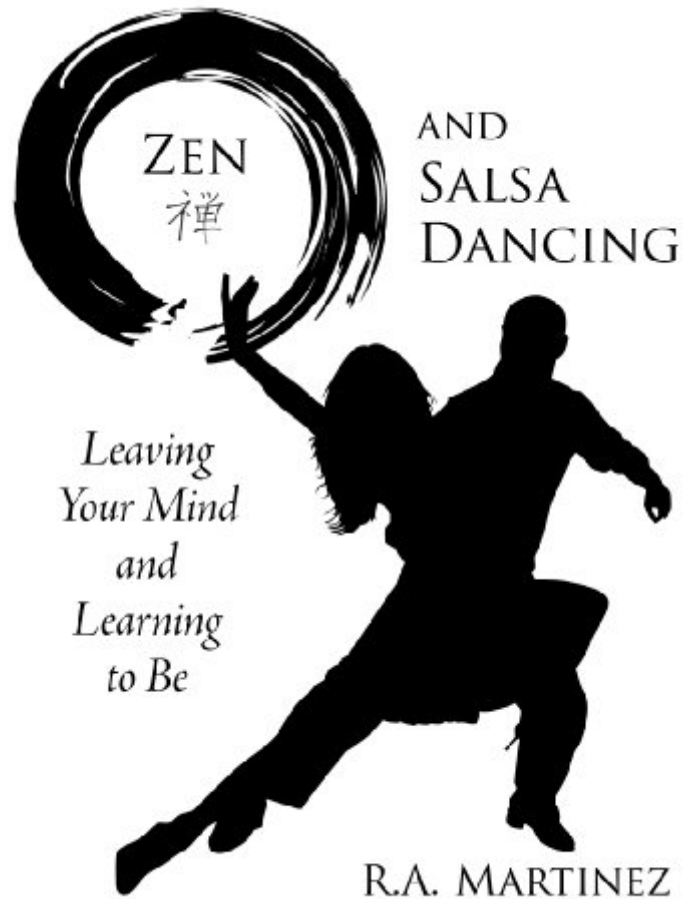


The book was found

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

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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!

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