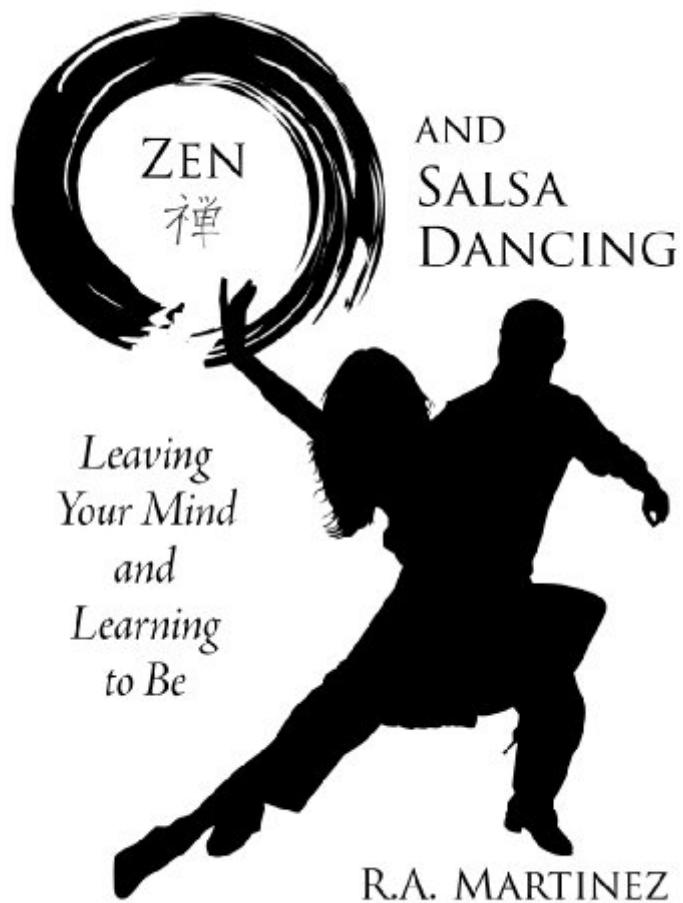


The book was found

# 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, 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!

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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) Salsal: ...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 Audi 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

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