
Mindfulness And Surfing Reflections For Saltwater Souls By Sam Bleakley

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May 23rd, 2020 - the international longboard champion sam bleakley also extols the meditative benefits of surfing in his new book mindfulness and surfing reflections for saltwater souls he writes poetically surfing immediately facilitates immersion in the present when i take off on a wave poised on a sliver of surfboard i am both fish and bird'

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May 15th, 2020 - sam bleakley is a presenter writer and former multiple european longboard champion from cornwall sam will be talking about his book mindfulness amp surfing reflections for saltwater souls and also about his film work with emerging surf cultures in west africa south east asia and the caribbean he will also discuss his surfing explorations of haiti for his recently pleted phd'

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'sam bleakley

May 26th, 2020 - sam bleakley is a british surfer travel writer filmmaker presenter and longboard contest mentator his published books include mindfulness and surfing reflections for saltwater souls 2016 the longboard travel guide a guide to the world s best longboarding waves 2015 surfing tropical beats 2011 and surfing brilliant corners 2010 he has been a multiple british and european'

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geographer he is a specialist on emerging surf cultures in africa asia and the caribbean with particular interest in a new wave of asian surfers who advocate the ancient practices of mindfulness in buddhism and taoism'

'sam bleakley workshops surf amp yoga retreat soul amp surf

May 23rd, 2020 - his recently published books include mindfulness amp surfing reflections for saltwater souls and the longboard travel guide a guide to the world s best longboard waves sam is very interested in the relationship between surfing and dance something he explores in his new series of brilliant corners films in sierra leone oman ghana the philippines and mauritania'

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