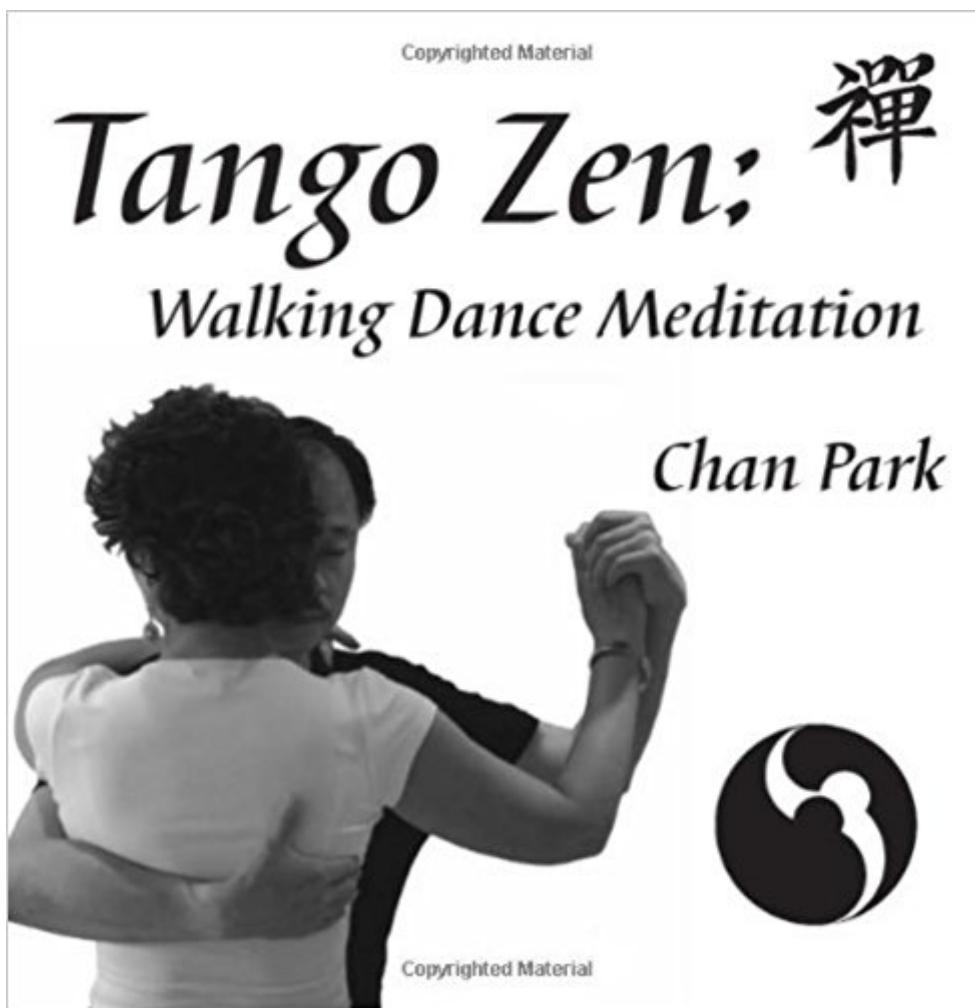


The book was found

Tango Zen: Walking Dance Meditation



Synopsis

Book by Park, Chan

Book Information

Paperback: 87 pages

Publisher: Tango Zen House (January 30, 2005)

Language: English

ISBN-10: 0975963007

ISBN-13: 978-0975963005

Product Dimensions: 0.2 x 5 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,057,275 in Books (See Top 100 in Books) #28 in Books > Arts & Photography > Performing Arts > Dance > Tango #1501 in Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Witchcraft #5191 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Book by Park, Chan

This little booklet is made up of quotes and pictures only; still, it DOES manage to convey the message that Tango isn't just "another" Dance. As should be expected, the pictures, talk louder than the words!

This is just a pdf document that can't be read because the font is too small.

great!

For the cost of this book plus shipping, I didn't feel I got value. Also, some of his instruction for the particulars of tango is very different than instruction I've received from many teachers from Bueno Aires where Argentine Tango originated.

Chan Park is one of the finest teachers of tango. He is at the very peak of this art. He teaches like no other tango-teacher. How many tango teachers can say that? Unlike the run-of-the-mill (though very

good) dancers, who take to teaching, Chan is an exception. He dances wonderfully and he teaches sensitively. Few others combine this so well. Teaching is an art and few possess the ability; fewer still are also great dancers. Chan is both! The majority of travelling tango teachers perform fancy tricks that have been well-practiced & overly-choreographed beforehand, that are designed to impress students. That's fair but few of them can teach well. Every once in a while comes a teacher who can leave you feeling like everything that came before was somehow lesser; and everything that comes after Chan Park is better. This is the reaction to Chan Park's teaching, from all of my friends, who have studied with him, in Germany, in Italy, in America and in Argentina, where he lives, in Buenos Aires. Chan Park has taught in over 20 countries and is probably one of the best known of the best known Argentine Tango dancers alive today; for Chan Park is one of the few: Naveira, Salas, Veron, Arce, Rodriguez, Frumboli . . . Chan Park. Chan Park is, in my opinion, a quiet genius because he has developed a unique approach to teaching tango; an approach that really benefits the student be he or she a beginner or advanced. He really is value for money and this book, little though it may be, contains an awesome amount of tango teaching 'gems'. If you have not been lucky enough to be taught by Chan Park (and very often his workshops are over-subscribed and booked-full way in advance) then you must at least read this excellent book. If you are lucky enough to get a place on one of his TangoZen courses you will not be disappointed. I see that in 2012 he is due to spend a weekend teaching at the "Tango : Triora" event in Triora, in northern Italy, so make sure you get along there, from 25-28 May 2012. See: [...] italiandream.info for more on that rare event. ZEN? Do not be put off by the Zen element. Chan teaches pure tango, and he brings it from Buenos Aires. Chan is an excellent example of a Porteno traditional tango dancer. He will teach you a way to dance traditional tango that you never knew was possible. Zen is a label he uses because he has found that a higher state of consciousness can be reached when dancing tango well. He is not wrong about that! This book is also available in Espanol and in Italiano. French and German copies next ... I look forward to seeing so many of his pearls of wisdom appearing in these languages too, as those poor souls are missing out at this moment. Chan Park is also a tango film-maker and his film "Tango Your Life" will be out in 2012. Well worth waiting for! As for this book ... 10/10! Top value for money, especially from the Marketplace sellers above. For the reviews on this page that award 2 stars because the book is small, well, I know of lots of big fat books that have nothing to say; that are worthless in fact. Just look at the 9/11 Commission Report, for starters (even the authors now admit it, so don't blame me for saying this!). Size is not important. The value of the quality if this gem is way beyond its very fair price. This is a 5-star little book!

Tango is hot! If there aren't tango dances or classes taking place in your town now, get ready: they will be there soon! The tango is on MTV, in new movies, and young people worldwide are discovering that it is the best way to have fun, meet people, and be incredibly beautiful and sexy all at once! So who knew that you could combine the tango with meditation? It seems that not only can you do so, but even Buddha himself practiced meditation while walking. Zen meditation can be practiced in more active ways than the sitting posture. Chan Park says "One can meditate while dancing Tango, experiencing deeper appreciation of physical, emotional, and even spiritual aspects of inner-self." You know those books that offer a new idea whose time has come? This may well be one of them. Tango zen is such a beautiful concept that it is bound to catch on. This book includes a bit on Zen philosophy as well as well-illustrated exercises which should help any beginner to get started. It is a small book, but it contains all you need to learn this fascinating new meditation/dance technique - and the book can be easily held in the hand while learning to do the exercises. It does not attempt to give extensive instruction on all tango moves. Anyone can benefit from this technique, and Chan Park's book is highly recommended. Personally, I would be very happy to see our parks full of people doing tango meditation together! What a civilized sight that would be!

"Tango Zen is an innovative yet natural way of meditating while dancing Tango..." Chan Park, p 9. I mistakenly thought the book was about Tango. - I had hoped it might give me some insight or means to finding that elusive communication between dancers. I should have read the fine print before buying: 87 pages, 5" X 5". What you get is an attractive small book, very nicely laid out, with 17 B&W full page head-shots of couples with eyes closed in embrace and 24 pages of quotes on Zen, Dance and other topics (the kind of quotes that make nice signature tag-lines). Tango Zen Exercises begin on page 69. The exercise are comprised of instruction and photos: 1 paragraph on Warm Up, 2 pages on Individual Standing, 3 pages on Stretching, 3 pages on Individual Walking, 2 pages on Couple Standing and 2 pages on Couple Walking. That's it. My advice is to take one of Mr. Park's live workshops on Tango Zen - the book might have more value for you then, it has little value to me now. But then it was only \$10.

I bought the small booklet Tango Zen which handles tango as moving meditation. In pair dance one's attention is in feelings and sensations bought by music, dance movement, sociality and sexuality - in the here and now that is! Where in sitting meditation the body is still and the mind gets used to being still and alone, the motion of dance, its naturally flowing action and sociality - why not sexuality too - is a suitable next step to conceiving the whole spectrum of life in a meditative way:

flowing, participating in life, enjoying life without grasping anything too much. A very nice idea - I do not know how much new there is in the book if you know lots about Zen, but the book is quite cheap/small and easy to read: a suitable reminder of a nice way to meditate in motion!

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

Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) ZEN: Everything You Need to Know About Forming Zen Habits Aœ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Tango Zen: Walking Dance Meditation Zen: Zen For Beginners Aœ The Ultimate Guide To Incorporating Zen Into Your Life Aœ A Zen Buddhism Approach To Happiness And Inner Peace 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) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Why Tango: Essays on learning, dancing and living tango argentino (Tango Essays Book 1) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Tango: Argentine tango music, dance and history Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃfÃ -LamaAœ (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃfÃ Lama, Zen. Book 1) Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Let's Dance: Learn to Swing, Foxtrot, Rumba, Tango, Line Dance, Lambada, Cha-Cha, Waltz, Two-Step, Jitterbug and Salsa With Style, Elegance and Ease Tango Lessons: The Music and the Dance (Bucharest Social Dance) (Volume 2)

[Contact Us](#)

DMCA

Privacy

FAQ & Help