



The Dharma of Surfing: Wisdom from the Water for Life

Sally Anne MacKinnon

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"Surfing is more than standing up on a surfboard. It is, I believe, the language of 'Oceanspeak'; of feet on waves, of heart in sky, of breath and body in synch with Mother Nature.

Perhaps if we surf with a spirit of sharing, connection, love, mindfulness, gratitude, humility, joyfulness, awareness, playfulness and curiosity, then we might also take those qualities further into our lives as a right way of living."

"the dharma of surfing" is a coffee table book collection of 52 wisdoms and photographs for surfing and for life. They have emerged from the water-based experiences of surf, yoga and fitness instructor Sally MacKinnon, sailor and surfer Scott Johnson and educator Huon MacKinnon-Farnworth.

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