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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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'mindfulness amp surfing wild and well

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'

'the soul amp surf book club what we re reading

May 25th, 2020 - mindfulness amp surfing reflections for saltwater souls sam bleakley pro longboarder film maker and surf writer sam is a close friend of ours and we ve been lucky enough to have him join us a number of times for residencies here at soul and surf'

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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'

'the conscious interview sam bleakley the conscious

May 18th, 2020 - it s time for july s conscious interview this month features sam bleakley sam is an international longboard surfing champion travel writer and 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'

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