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## **Zendurance : a spiritual guide for endurance athletes ...**

Zendurance is a combination of the words “zen” and “endurance”. I coined this word in 2000, as I was writing Zendurance, A Spiritual Fitness Guide for Endurance Athletes . “Zen” is meditation, a challenging practice to develop mindfulness. Zen is complete engagement in the present moment. No judgments or fantasies.

## **Zendurance: Zen Fitness for Body and Mind**

Zendurance: A Spiritual Fitness Guide for Endurance Athletes By Shane Alton Eversfield EBOOK Product Details Sales Rank: #328338 in Books Brand: Brand: Breakaway Books Published on: 2004-04-01...

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Zendurance, A Spiritual Fitness Guide for Endurance Athletes:

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Autographed for You This is my original guide for transforming aerobic fitness into spiritual fitness. It is a guide to transforming endurance athletics - particularly triathlon - into a viable practice for meaningful growth: physically, mentally and spiritually.

## **Zendurance Cycling Products**

Shane is the author of Zendurance: A Spiritual Fitness Guide for Endurance Athletes which teaches how to gain “effortless power” using simple zen techniques. Although a USAT Level 1 coach and Total Immersion Master coach, Shane considers himself more of a counselor for the athletes rather than a coach.

## **YTP #20 ZenMan Shane Eversfield: Ultra Endurance Athlete ...**

Zendurance. Choose you direction Personal Trainer Life Coach. About Me. My name is Naomi: I am proof that change is possible. Life dealt me some hard ships that shaped my life with negative

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## **Zendurance - Choose you direction Personal Trainer Life Coach**

The hallmarks of a genuine spiritual teacher are wisdom, kindness, spiritual power, and humility. Self-styled gurus who toot their own “spiritual enlightenment” horns tend to be misguided and easily lead others astray, whether their intentions are good or not. The journey to spiritual awareness through meditation takes time.

## **What is Spiritual Meditation? - Keys to Success & Benefits**

...

You can experience the effortless power of perfect technique. Shane Eversfield is a Coach for Total Immersion, creator of Zendurance Cycling, author of Zendurance, a Spiritual Fitness Guide for Endurance Athletes (as well as numerous triathlon

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magazine articles), and an avid, passionate tri-athlete.

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### **Download Genetic Analysis An Integrated Approach PDF**

To examine how animal nature plays into endurance, lets briefly consider a major theme from my book “Zendurance, A Spiritual Fitness Guide for Endurance Athletes”: Three Energetic Intelligences I experience the existence of three aspects of intelligence/awareness.

### **You Animal, You!! - Kaizen-durance®**

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I wrote "Zendurance, A Spiritual Fitness Guide for Endurance Athletes"  
(<http://www.totalimmersion.net/store/books/zendurance.html>)

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You can experience the effortless power of perfect technique. Shane Eversfield is a Coach for Total Immersion, creator of Zendurance Cycling, author of "Zendurance, A Spiritual Fitness Guide for Endurance Athletes" (as well as numerous triathlon magazine articles), and an avid, passionate triathlete.



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## **Tai Chi For Athletes | Collage Video**

Shane Eversfield is Head Coach at Lake Placid Total Immersion Swim Studio, is author of "Zendurance, a Spiritual Fitness Guide for Endurance Athletes" (available here on the TI website) and author of over 25 articles published in triathlon magazines.

## **Swimming From Your Core | Total ImmersionTotal Immersion**

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