

Blue Health.

The 7 Principals



How to incorporate Blue Health into surfing?

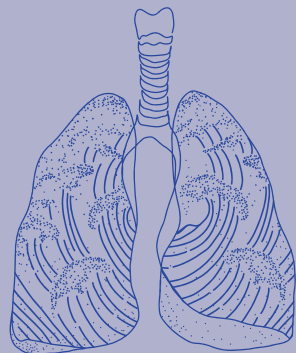
As surfers we are well aware of our intrinsic connection to the ocean; it is how we feel stoked! It is both our playground and our sanctuary; and the healthier the ocean, the healthier we are. Whilst this is a new area of scientific research with many branches of inquiry unfolding; at Soul & Surf we mean “Blue Health” in this sense:

“An understanding or awareness of the (positive) effects of Blue (Ocean) and Surfing (Wave) spaces have on our physical, emotional and mental health and well being.”

Here’s seven ways to incorporate “Blue Health” practices and techniques; what we call the “7 Principles of Preparation” which are a fundamental part of the Soul of Surfing syllabus.

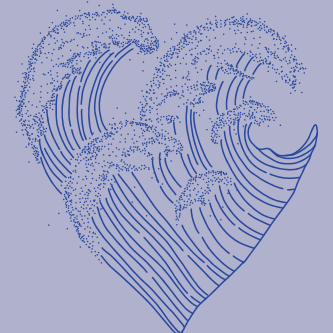
1 Breath

Breathwork is beginning to gain more traction and harnessing the power of the breath has been advocated as the key to health and longevity by yogis for thousands of years. Pranayama (breath control) is the fourth limb in yoga and allows practitioners to go deeper into the subtle aspects of the energy body. On a physiological and neurological level when we breathe in we regulate our sympathetic nervous system and when we breathe out we regulate the parasympathetic.



5 Nowness

The pursuit of now is really what we are doing when we suit up and head out to the waves: being in “that moment”; with no chance to think or be anywhere else. Being aware of the present moment is a direct benefit of surfing, and something we can continue to practice when back on land.



2 Mind

Mindfulness meditation allows us time to build awareness of our inner world by observing internal thoughts, emotions and triggers. Through awareness we have a chance to respond to life, rather than just reacting to it. Mindfulness is a practice that takes time to develop, but if we put in the time and energy, it can turn into a highly positive habit.



6 Full Body Warm Up

We know by now that exercise makes us feel good, and however we might be feeling, going in the sea ALWAYS makes us feel better. It's really important to pay attention and nourish our bodies before, during and after surfing. Yoga, stretching and therapies are perfect for this, and they also give us space and time to observe what is going on inside. Our bodies aren't machines, like any living entity they thrive when we give them love.



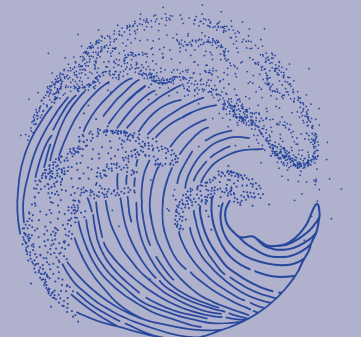
3 Focus

Concentration is a requirement of surfing and “they” say surfing is 90% mental. We’re not quite sure who “they” are, but we agree that our surfing definitely improves when we concentrate fully. “Flow State” is when we have successfully entered the zone where we meet challenge with confidence and focus.



7 Ocean Connection

Is it silly to reiterate that surfing takes place in the ocean? We can do all the things on land to help improve our surfing - but until we actually get in the sea, it's all just theory! Spending more time in the ocean means being able to assess things from a vantage point experience. Correct assessment of conditions means we can decipher input vs. output. And by putting surf expectations in check, we can be ready for the unpredictable, unknown and the magic to happen. And enjoy it a whole lot more!



4 Intention

This means leading from our heart, rather than our head. The mind has been trained to solve problems under pressure but when we surf, we are actually just playing! Sometimes this can be frustrating because we don't see immediate results but by releasing expectations, inviting joy and being open to possibilities, the creative and playful parts of ourselves get to take over and have fun!



Blue Health is just one of the four pillars in our “The Soul of Surfing” syllabus. As a surf retreat dedicated to our core values (Soul, Balance, Risk, and Now) along with an extensive sustainability strategy working towards SDGs 3, 12, 13, and 14; we are at the forefront of a surfing revolution. The Soul of Surfing syllabus is how we are equipping our guests and surf students with learning tools and techniques to become happier, healthier and more ocean literate surfers.

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