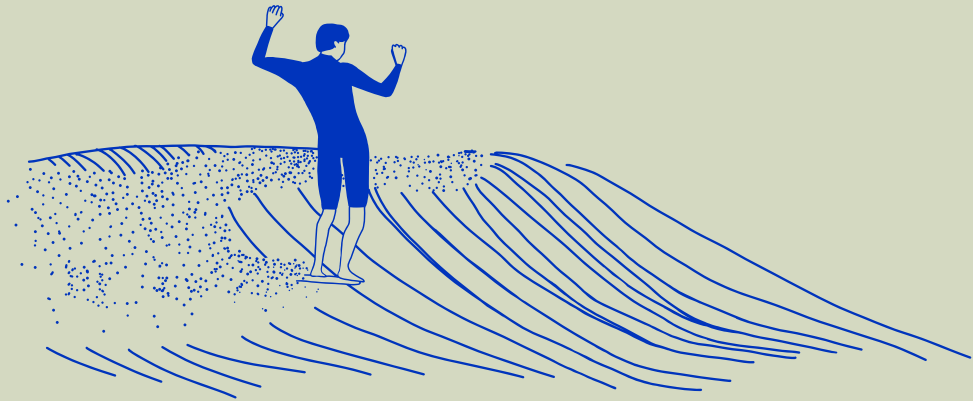


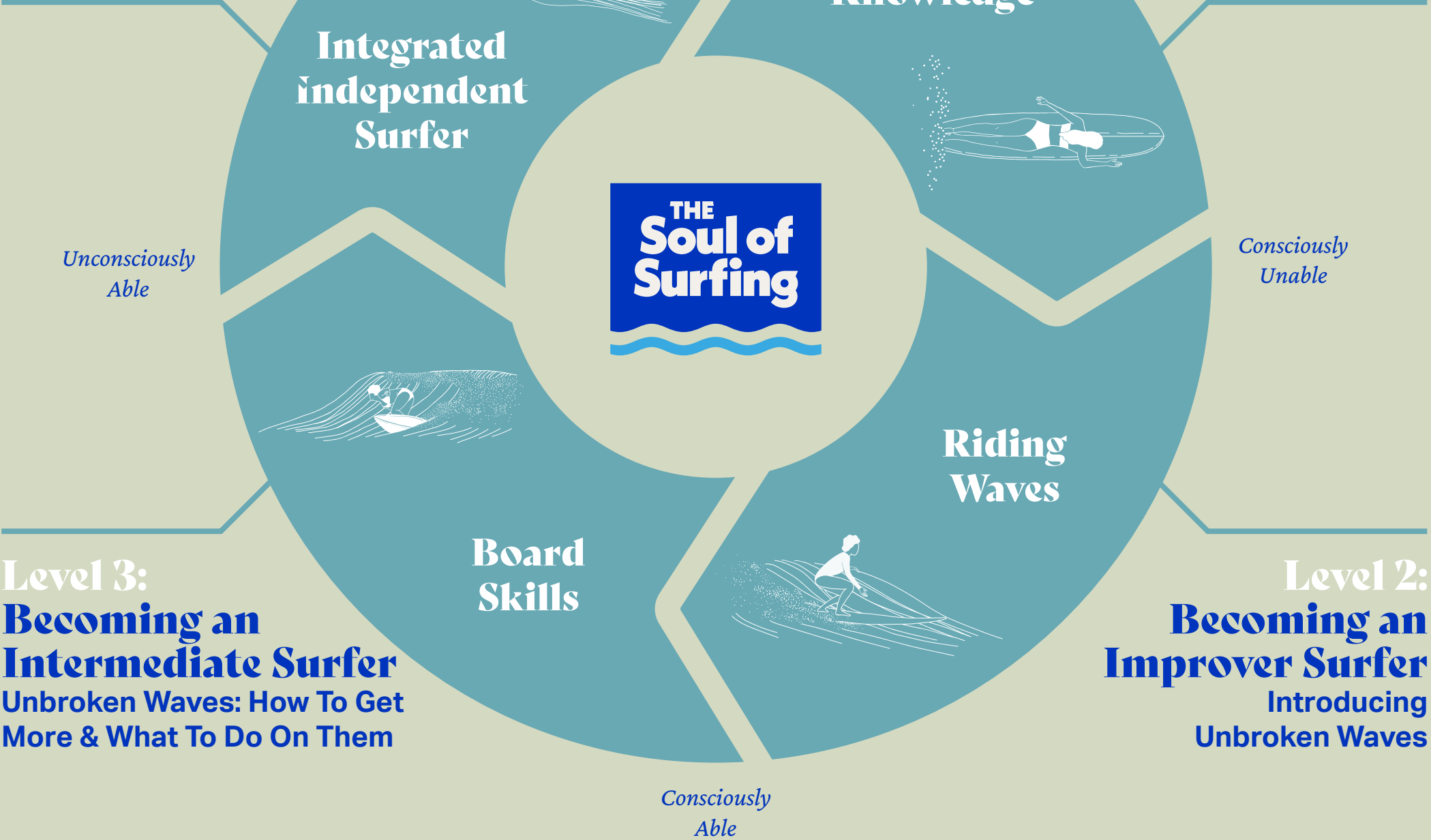
# Wave Riding The Soul Surfer Journey

The Soul of Surfing programme delivers skills and techniques with our experienced coaches to set you up as an unconsciously able surfer across 4 different levels, i.e. you can surf without thinking about it. Once you become an “integrated surfer”, and by integrated we mean understanding more than just standing on a board, it’s time to move onto the next level. *Learning to surf is not linear. It’s a cyclical process.*



**Level 4:**  
**Becoming an Advanced Surfer**  
Maximising Wave Usage, Craft & Surfer Potential

**Level 1:**  
**Becoming a Beginner Surfer**  
Learning To Master The Whitewater

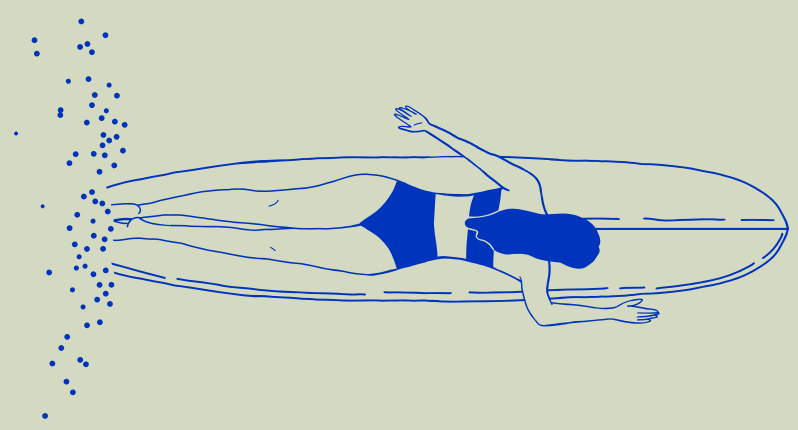


Each session includes  
**Our 7 Blue Health Principles**

1. Breath
2. Mind
3. Focus
4. Intention
5. Nowness
6. Full Body Warm Up
7. Ocean Connection

# Level 1: Becoming a Beginner Surfer

## Learning to Master the Whitewater



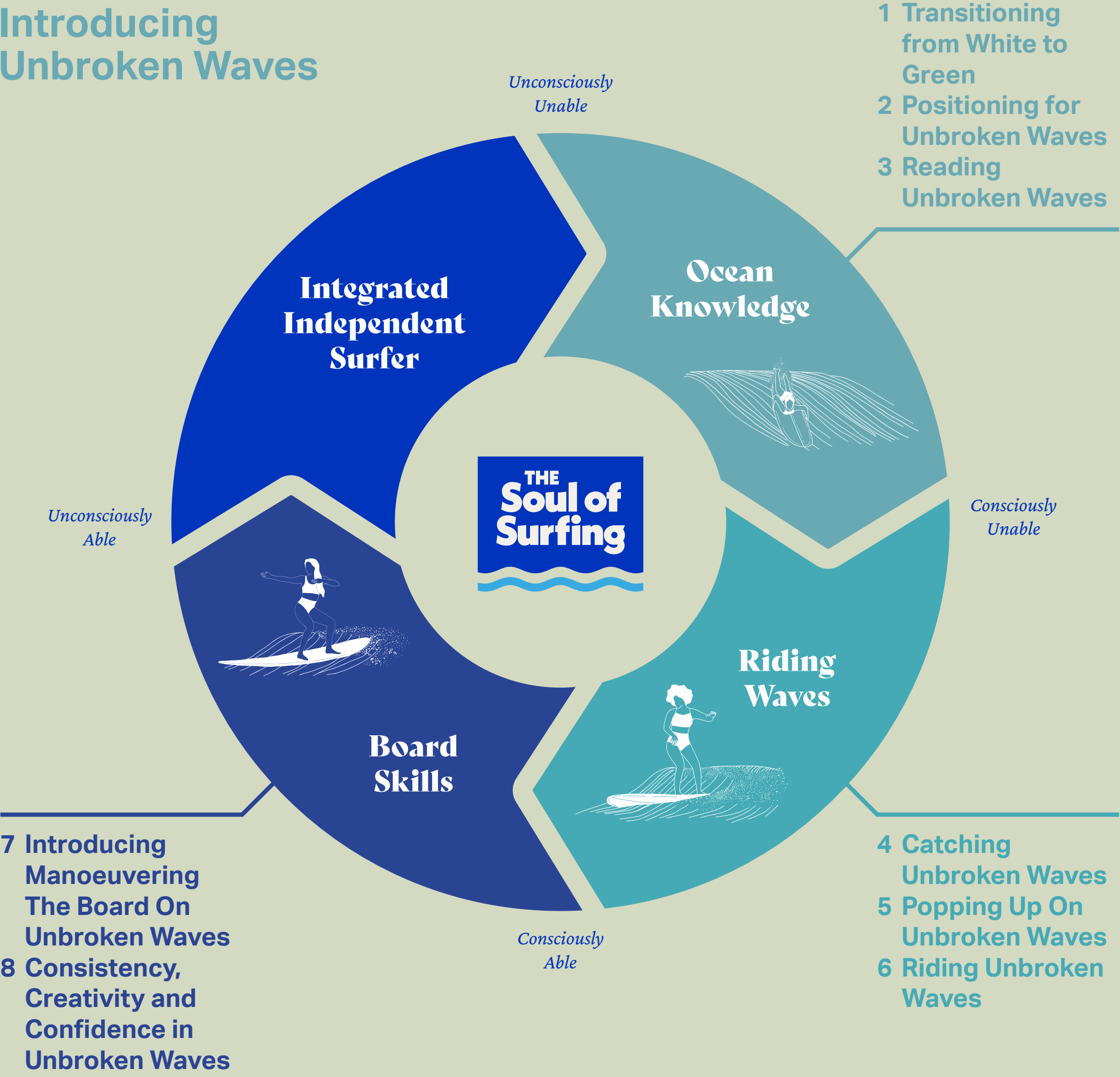
### Each session includes Our 7 Blue Health Principles

1. Breath
2. Mind
3. Focus
4. Intention
5. Nowness
6. Full Body Warm Up
7. Ocean Connection

# Level 2: Becoming an Improver Surfer



## Introducing Unbroken Waves



## Each session includes Our 7 Blue Health Principles

1. Breath
2. Mind
3. Focus
4. Intention
5. Nowness
6. Full Body Warm Up
7. Ocean Connection

# Level 3: Becoming an Intermediate Surfer



## Unbroken Waves: How To Get More & What To Do On Them



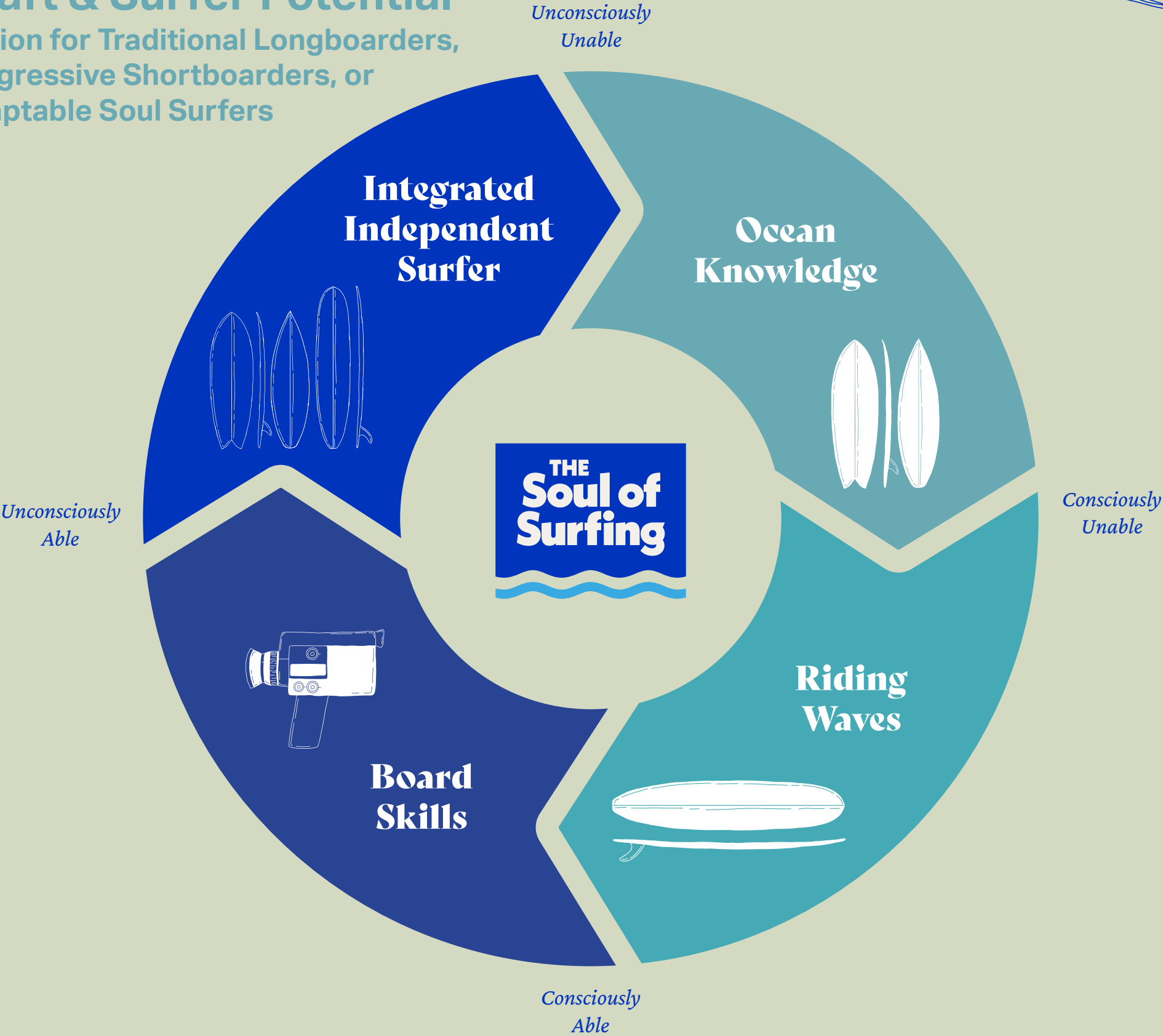
### Each session includes Our 7 Blue Health Principles

1. Breath
2. Mind
3. Focus
4. Intention
5. Nowness
6. Full Body Warm Up
7. Ocean Connection

# Level 4: Becoming an Advanced Surfer

## Maximising Wave Usage, Craft & Surfer Potential

Tuition for Traditional Longboarders,  
Progressive Shortboarders, or  
Adaptable Soul Surfers



The journey to Conscious Awareness of the advanced surfer uses advanced coaching methods (video analysis) with the individual surfer to provide a bespoke programme regarding developing their chosen discipline (longboarding or shortboarding) OR adapting to different waves and equipment (soul surfers).

### Each session includes Our 7 Blue Health Principles

- 1. Breath
- 2. Mind
- 3. Focus
- 4. Intention
- 5. Nowness
- 6. Full Body Warm Up
- 7. Ocean Connection

