

The Ocean has its silent caves,

Deep, quiet, and alone;

*Though there be fury on the
waves,*

Beneath them there is none.

THE OCEAN
BY NATHANIEL HAWTHORNE



Reach Out

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Ocean Healing

THE HEALING POWER
OF THE OCEAN



Vitamin Sea

Grounding yourself at the ocean

Spending time on the water alleviates mental health issues and generally invokes a calm, positive mental state.

Given its relaxing benefits, it's no wonder people are turning to the sea as a form of therapy. The high mineral content of the sea is thought to be good for the skin and body and the positive effect of the ocean is a benefit for our psychological state.

*"The ocean stirs the heart,
inspires imagination and
brings eternal joy to the
soul."*

*"The ocean heals
our souls."*



The Program

FLOATING MEDITATION

Enjoy the beauty of your surroundings, feel the sunshine on your skin, the fresh air in your lungs and notice the gentle movement of the water beneath you and your board.

SOUND HEALING

During the sound healing session on the water you'll lie down on your SUP Board and simply listen up as a practitioner plays a variety of instruments. Sound healing balances and clears the mind, and leads to a renewed sense of purpose, well-being, calm, and happiness.

SUP YOGA

Bring your yoga practice out of the studio and reconnect with nature with a SUP yoga session.. Your instructor will safely guide you through your practice as you take your first paddle into SUP yoga, embarking on a new yoga journey.

