

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 healing power of the ocean

*"The ocean heals
our souls."*



SUP YOGA

Reconnect with nature during a SUP yoga session. Feel the sun on your skin and breathe in the fresh air of the ocean. Your instructor will safely guide you through your practice as you take your first paddle into SUP yoga, embarking on a new yoga journey. There is nothing as special as floating Yoga to start your day calm and relaxed.

OCEANBREEZE BREATHWORK

Pranayama refers to breathing exercises which clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy. The sustained practice of Pranayama will supercharge your whole body!

FLOATING MEDITATION

Enjoy the beauty of your surroundings, the fresh air in your lungs and notice the gentle movement of the water beneath your board. A guided meditation on the water for mental, emotional and physical healing and stress relief.

MINDFUL SUP TOUR

The beautiful atmosphere on the ocean is welcoming to take time for yourself, setting intention and flowing through a mindful SUP tour. Our eco friendly paddle excursion brings you into nature, where you can gently and respectfully encounter the wildlife.