

## Frequently Asked Questions (FAQ's)

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### ***“What are past participants saying about the 12-week program?”***

We're pretty proud of the fact that our graduates feel like this program has changed their lives for the better. In fact, they frequently tell us. For some participants, the WSF community fills the need for strong connections with like-minded people. For other participants, they have said that surfing, wellness, and yoga have made them “feel alive” again and that the program “saved their life.” If you stay committed with us for the duration of the 12 weeks, just think about what it might do for you!

### ***“What do I need for my orientation day? How about for the rest of the program?”***

You will receive information from the Director of Surf Operations / the Wellness Director prior to your orientation day to let you know what you need to bring. For the rest of the program, you just need an open mind and a willingness to learn and be challenged - we'll provide everything else!

### ***“What do I have to do to graduate from the 12-week program?”***

In order to be eligible for graduation, program participants are expected to attend at least 10 surf sessions, 8 wellness sessions, and 1 one on one yoga session over the course of 12 weeks. Your Surf Instructor, Wellness Coach, and Yoga Instructor will be assigned to you on day 1. Ideally, you're completing one surf and one wellness session each week. Our weekly yoga class, workshops, and other yoga opportunities are all optional (and highly encouraged).

### ***“Do I have to participate in surfing, wellness, and yoga to be eligible to graduate?”***

Yes, per the requirements above.

### ***“Why do I have to do wellness? It sounds like therapy and I don't want/need that.”***

Wellness helps you transfer the adaptive skills you learn in the water to events where stress relief and resilience is needed to navigate real-life situations. It is not therapy, nor is it meant to take the place of therapy or any kind of mental health treatment. Wellness is meant to be purely educational and enriching. We are not trying to make you do something for the sake of doing it. We know how beneficial wellness sessions can be and want you to gain everything good that you can.

### ***“Can I schedule my surf and wellness sessions back to back?”***

Absolutely! This is a common format that many participants find beneficial, especially if they do not live close to Folly Beach. We will continue to offer a virtual option for wellness sessions in the aftermath of COVID-19 as well.

***“Can my wellness coach and surf instructor be the same person?”***

The program is structured so participants meet with 1 person to surf and 1 person for wellness. These instructors are not the same people because we want you to be exposed to different people throughout your time in the program to help you build relationships.

***“What if my wellness coach or surf instructor and I don’t really connect? What options do I have?”***

For surf, you can simply try to schedule with a different surf instructor. For wellness, please reach out to the Wellness Director (Jordan Watkins, [jordan@warriorsurf.org](mailto:jordan@warriorsurf.org)) or the Assistant Wellness Director (Brian Ronnenberg, [brian@warriorsurf.org](mailto:brian@warriorsurf.org)) for a different assignment. We want you to “vibe” with your coach and feel comfortable. The sooner we know about the disconnect, the better we can get you paired up with the right coach.

***“Something has come up and I can’t make my scheduled surf, wellness, or yoga session. What do I do?”***

We ask that you try to give your instructor at least 24 hours notice either via e-mail, in a WhatsApp DM, or by cancelling your appointment in Calendly if you have to cancel your appointment. Sometimes that is not possible, so it’s up to you to let them know what is going on as soon as you can.

***“I had a rough/busy couple of weeks and did not schedule any wellness or surf sessions. Can I still graduate?”***

As long as you complete at least 10 surf sessions, 8 wellness sessions, and your yoga 1:1 session, you will graduate! If your cohort’s graduation day arrives and you still have sessions to complete, then we will work with you to wrap things up. We know life gets in the way sometimes, and we want to help you reach your goals even if it takes a little longer than originally planned.

***“I want to grow my yoga practice outside of the WSF classes. How do I do that?”***

There are a lot of great resources and tools outside our scheduled yoga class for you to cultivate/deepen your yoga practice. And, after your one on one yoga session, you’ll understand what those resources and tools are (and will probably want to utilize them!)

## Graduation Requirements & Ceremony Information

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Graduation is exciting! And, it doesn't have to end there. Your graduation date is listed on the "Stay Connected" sheet included in this welcome packet. We hope that you stay involved with the WSF Community long after your graduation date!

Below are some frequently asked questions (FAQ's) that you might have specifically about graduation. If you're still confused or want a little more information, feel free to reach out to any of the WSF staff.

### ***"Why did WSF start doing a graduation ceremony?"***

In our 12-week program, you're learning a lot of new things about yourself, how to read the ocean and when to respond by popping up on your surfboard, and you're learning lots about your new WSF Community. We feel that your commitment to learning these new things should be honored because it is a lot of time and energy that we ask of you. And, graduation also gives our instructors and alumni the chance to celebrate the work you have put in and share their pride in welcoming you into our community as an alum.

To put it more simply, rituals like graduations bring people together to honor achievement and commitment, and that's important to us at WSF.

### ***"Once I've graduated, does that mean that my time with WSF is over?"***

We hope you don't want it to be over! Graduation may mark the end of your 12-week period as a participant, but it marks the beginning of your status as a WSF alumni. You can still come surf, hang out, attend yoga classes, attend events and get together, and volunteer with us. We hope you make great connections within the WSF Community and will always be with us!

If you want to continue with individual wellness sessions past graduation, please reach out to Jordan Watkins or Brian Ronnenberg to discuss this. Our ability to offer extra sessions depends on coach availability, but we will brainstorm with you to help you feel supported!

### ***"Do I get a diploma or something?"***

No, we'll do better than that. Each graduate who completes the program receives a bag of goodies, a certificate, and a personalized letter with comments from wellness, surf, and yoga staff.

### ***"What does the graduation ceremony involve?"***

It's a short acknowledgement ceremony that will take place on a Saturday morning at 3<sup>rd</sup>

Street W on Folly Beach. We will invite the WSF community to come out and support you as you transition from participant to alumni status, you will receive your certificate and goodie bag, and then we will all surf as a group to make your graduation official!

***“What do I have to do to graduate?”***

In order to graduate, you must complete 8 wellness sessions, 10 surf sessions, and 1 one on one yoga session over the course of your 12 weeks in our program. It doesn't matter how you complete these sessions. For example, you could schedule 2 wellness sessions in one week and then take a week off if that works for you. Session availability is subject to your coach's schedule.

***“What if I have to take a break from the program? Can I still graduate?”***

Of course! Hopefully, you're communicating with us about what your needs are so that we can help you get to the finish line. Life happens and, if you need to take a break, you can always pick back up where you left off.

The Director of Surf Operations and the Wellness Director will also check in with you roughly every 3 weeks to see how you're progressing and if there is anything you need to get to the finish line.

# **Warrior Surf Foundation**

## **Surf Clinic Participant Agreement**

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Please read and initial the following statements to indicate your understanding and agreement. This document is designed to communicate the expectations that we (WSF) and you have for one another - supportive relationships between you and your surf instructor, wellness coach, yoga teachers, and wider WSF community!

\_\_\_ I understand that I am expected to complete 10 surf sessions, 8 wellness sessions, and my one on one yoga session in order to graduate WSF's program. If I am finding this hard to accomplish, I will let my instructors know so that alternative options can be explored.

\_\_\_ I will honor the appointments I schedule with my surf instructor, wellness coach, and yoga instructor and give them at least 24 hours notice if I need to cancel and we will reschedule. I also understand that there may be times when my instructors need to re-schedule an appointment due to inclement weather, personal emergencies, illness, etc.

\_\_\_ I understand that, by enrolling in this 12-week program, I'm making a commitment to my instructors and coaches, which means I need to communicate with them about my experience. Communication about my experience may include how I'm doing, if I'm finding the program to be helpful, and what I'm missing (if I'm not finding the program to be as helpful as I would like it to be).

\_\_\_ I understand that my instructors and coaches may ask me to practice certain things outside of our sessions. I understand that I'm not being forced to do anything, but that these things are being recommended to help me get the most out of the program.

\_\_\_ I understand that my surf instructor, wellness coach, and/or yoga instructors may share what I discuss during our sessions with each other. I understand that this sharing is not done because my instructors are gossiping, but because they want to help me make as much progress as possible without having to repeat myself.

\_\_\_ I understand that I can stop my participation in this program at any time, for any reason, but I agree to let someone from WSF know if this is something I wish to do.

\_\_\_ I understand this program is offered to me at no cost.

\_\_\_\_ I understand that my surf instruction, wellness sessions, and/or yoga sessions will take place on James Island/Folly Beach. If I want to schedule a virtual wellness or yoga session, I agree to discuss this with my coach or instructor well in advance.

\_\_\_\_ I understand that WSF wants the best for me and I will do everything I can to help them help me have a safe and life-changing experience!

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Participant Signature

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Date



Welcome Veterans and Family Members!

The Warrior Surf Foundation is committed to bringing Warriors (and their families) together to promote mental and physical well-being by exposing them to the unique and life-changing experience of surfing.

You will be participating in a 12-week surf and wellness program. The Foundation has been executing this program since 2015 and, we're looking forward to 2020 because we have made some exciting and meaningful changes! Surfing is an absolute challenge to learn, and we have a lot of fun while learning — and just hanging out on the beach and in the water. A diverse crew of Veterans and their families have come together through our program and today we consider ourselves a growing surf family.

Over the coming weeks, you will have access to an instructor in a private/semi private two-hour lesson twice per week, a few “open surfs” per month with other Veterans and their family members, flat-water paddle boarding in the creeks near Folly Beach, and optional yoga classes and one on one sessions. You are encouraged to bring out immediate family members and/or significant others/spouses to all WSF events because we appreciate their sacrifices as well. Again, our goal is to create a family. All we ask is for you to come to us with an open mind and give 100% because we promise to do the same.

Surfing is just one avenue for us to come together again. We are all from different military backgrounds and it is amazing to be introduced to fellow Veterans from recent conflicts, peacetime, and some of the “old school” Veterans — some of whom started serving or surfing in the 1960s.

In January 2018, over 26 members of the Warrior Surf family went on a surf retreat/service project to a small fishing village in Southwest Guatemala. And, we've been back every year since. A few days into the trip in 2018, we decided to surf a river mouth in the middle of nowhere on a very big swell. One of our Veterans turned to me and said, “Hey, I can't believe that I am about to turn 68 years old and I'm surfing a river mouth in Guatemala!” That pretty much sums up our Foundation. We help each other, push each other, we go farther, and we continue to do good things in the world. Most importantly, we get to do it with our families alongside us. We're excited to have you “on board.”

Sincerely,

Andy Manzi  
Co-Founder, Warrior Surf Foundation



Welcome Veterans and Family Members!

Our team is looking forward to spending time with you on the water over these next 12-weeks. Throughout your time as a Warrior Surf participant, please feel free to reach with questions on anything Warrior Surf related. Myself and the WSF staff will do our very best to answer your questions, or help find the resources you need to get your answer.

Our intention is that you get the most out of your time on the water for each lesson. Warrior Surf Foundation's instructors have your safety as their top priority and will ensure to push you outside your comfort zone without putting you at undue risk.

To assist everyone in ensuring that we are fulfilling these mandates, please communicate with your instructor about any physical limitations and any challenges, injuries, and frustrations you experience throughout your lessons. You can expect your surf instructors to be aware of your progression from your previous lessons, your goals for the upcoming lesson, and the progress you're making in the program as a whole.

This level of continuity is the core of the Warrior Surf experience. You'll find that we are a team of Veterans, family members, and advocates here to help you put together the lessons learned in and out of the water to foster overall wellness and improved quality of life. We look forward to seeing you out on the water!

Sincerely,

Chris Campbell & Aaron Grandle  
Director of Surf Operations & Chief Surf Instructor  
Warrior Surf Foundation





Welcome Veterans and Family Members!

My name is Jesse Miller, and I am the Director of Programming for The Warrior Surf Foundation. Over the next 12 weeks, you will experience some personal breakthroughs, high moments, and maybe some challenging ones as well. As a former participant of this program, I encourage you to take advantage of every aspect of what we offer, and come with 100% effort. The hardest part is always showing up but, I can tell you from experience, your effort will greatly affect the outcome that you will have with us during your surf camp.

As I said, I was first introduced to the Foundation, as a participant, back in the Spring of 2016. In those days, we did a 6 week camp that met every Saturday. Needless to say, We've come a long way. As we have evolved, we have doubled our camp time to 12 weeks, as well as added Yoga and Wellness to our program. You will find as you navigate your journey with us, each of the now 3 parts of our program will integrate and build off of each other. You will find common threads that run in and out of each area and hopefully, will be able carry what you experience out to your everyday lives. I know it has worked for me and many others as well, and I am extremely excited to have You on board and ready to get everyone to the beach and in the water!

Lastly, 12 weeks will come and go very quickly. Please remember this; The end of your 12 weeks is **by no means** the end of your time with The Warrior Surf Foundation. We always need volunteers for our events, we have community events we get groups together for, our group and community yoga classes, and this year, we are hoping to really launch our Community Ambassador program. We all know someone, or know someone who knows someone, that needs our program, that may need the community we are building and some of the breakthroughs we can provide. You as participants, and future graduates of this program are our greatest advertising strength. Please spread the word!

Again, welcome to the Family. I am looking forward to meeting each of you and working with all of you in one way or another. Can't wait to see you all on day 1!

Respectfully,

Jesse D. Miller

WSF Director of Programming



Welcome Veterans and Family Members!

I'm Jordan, the Warrior Surf Foundation's Wellness Director. I could not be more excited to welcome you to this community this year! Be prepared to learn, to push yourself in new ways, and to grow as a result of what you give.

We will get to know each other better over the next 12 weeks, but I'll share a little bit about me here. I am the proud spouse of a combat Veteran and come from a family full of pride and gratitude for the military. For the last 6 years, I've been involved in the Veteran community in Charleston either through work or volunteer experiences. This is how I was introduced to Warrior Surf Foundation in 2015. I quickly realized after meeting Andy Manzi and his dedicated crew that I wanted to be a part of their vision because they were on to something really special. I'm confident that this program will become special to you in your own way.

The wellness component of this program will shape your understanding of holistic health to incorporate mind, body, and spirit. Over the next 12 weeks, you will work one-on-one with your Wellness Coach in the water in addition to working one-on-one with me out of the water. You and I will make the transition from "mind full" to "mindful" through our 12 weeks of wellness sessions, which will allow you to regain control over your mental, physical, and emotional state instead of relinquishing that control to them. Through the practice of mindfulness and finding peace wherever you are, you will improve your quality of life both in and out of the water. The combination of wellness coaching with yoga, surfing, and being part of an understanding and compassionate family has changed the lives of many people before you, and we are so glad you are committed to joining them.

You've already done the hardest thing by coming forward, so let us go the rest of the way with you. Trust the process-and trust that you can do this.

Can't wait to meet you,

Jordan Watkins  
Wellness Director  
Warrior Surf Foundation



Welcome Veterans and Family Members!

I'm Sarah, Yoga Coordinator here at Warrior Surf and I'm super stoked for what 2021 has in store for our growing community! We're heading into our third year with yoga as a part of the program and have added a lot of exciting opportunities for 2021. Much like everything else that takes effort and is always worth it, you get out what you put in.

The Veterans and Veteran family members who've put in the effort on their yoga mats have made huge transformations in their lives and continue to practice regularly. These men and women are experiencing the numerous physical, mental, emotional, and spiritual benefits that a regular yoga practice provides. The similarities and benefits of surfing and yoga are many - especially when used together. Any of our alumni will tell you, there's nothing like being immersed in the present moment with just you and your board. Same goes for yoga, all you need is your mat and an open mind.

As of right now, WSF offers 1 weekly class every Saturday morning. This class is a mix of breathwork, stretching, and movement that connects with breath - the perfect place to start (or deepen) your yoga practice! The locations for class tends to change (depending on space availability) so please stay connected in our Whats App Group for all updates.

A little bit about me: I have been practicing yoga since my college days in 2006. Back then, my boyfriend at the time was deployed in Iraq and times were tough. Several years later, even though our relationship ended, my strong ties to our US Military and Veterans did not. With the intention of someday working with Veterans, I completed my yoga teacher training in 2016. Since then I have received training in vinyasa yoga, yin yoga, trauma sensitive yoga, creative sequencing, and reiki.

As I tell all my students, whether you're looking to get your mind right, a workout in, or completely relax, all three will happen during our time together. Now, all you have to do is show up (that's the hardest part!) and your teachers will handle the rest.

Things will shift. It will take time, it will take practice, and it will be worth it - I promise.

Namaste,  
Sarah Jones  
Director of Yoga



Welcome, Veterans and Family Members!

Warrior Surf foundation's vision is to bring hope to Veterans and their families' lives- one wave at a time. We help you do this by enhancing your physical and mental wellbeing through the communal act of surfing, wellness, and yoga.

For some, surfing comes naturally, and they shy away from wellness and yoga, while others naturally gravitate towards yoga and wellness and struggle to find their balance on a surfboard. These first experiences might lead you to lean into one portion of the program more than others. I know from personal experience how easy it is to focus on where I'm most successful. But, right now, at this moment, I'm going to ask that you lean into the parts of the program you're most unsure of. We've worked diligently for six years to craft a program that brings about the most beneficial outcomes, and each piece of this program works in tandem with the others to your benefit. If you're nervous, afraid, or uncomfortable, marshal that fear and use it to overcome it- here at Warrior Surf, we're in the business of overcoming.

As you work your way through this program, my greatest hope is you remember the pride, and confidence you held in your heart the day you stood in front of our flag and spoke the words that cemented your choice to serve our country. From the first moment you lay on a surfboard, you will find that the amount of work you're willing to put into this program will directly impact your success. You will feel uncomfortable at times, lost, and frustrated. All we ask is that when you think that way, take a moment to allow yourself to be present in the moment, own those emotions, and then right yourself to try again. In truth, we would like you to remember you're no stranger to being uncomfortable, and in the depths of that discomfort, you have immense strength to draw on.

To that end, think of our staff and community of fellow Veterans as a lighthouse. On this journey, you are the captain of your ship. Our team will be there to guide you, to remind you that all waves eventually crash on the shore, but you must be the one to be at the helm and bring the boat ashore. When you complete the program, you, too, will have the opportunity to be a lighthouse and become a part of this vibrant community that changes the lives of all who participate.

When you graduate from our 12-week program, you will not hear a goodbye from us. Instead, you'll be greeted with a hearty cheer and a welcoming into the fold of the Alumni. As you'll soon find out, the Alumni are a group of Veterans and their families, many of whom have been here from the start and continue to surf and serve alongside one another. This organization and its mission are driven by Veterans and their families, just like you, who've helped establish a sustainable and supportive community of growth and wellbeing.

See you in the Surf!

Sincerely,  
[Stephanie Dasher](#)  
Executive Director, Warrior Surf Foundation

## PARKING

There are **2 parking options** near where our programming takes place:

### Option 1: Paid Parking

There is a lot located at **303 W Ashley Ave, Folly Beach, SC 29439** with restrooms, showers and picnic tables, and where we commune as a group:

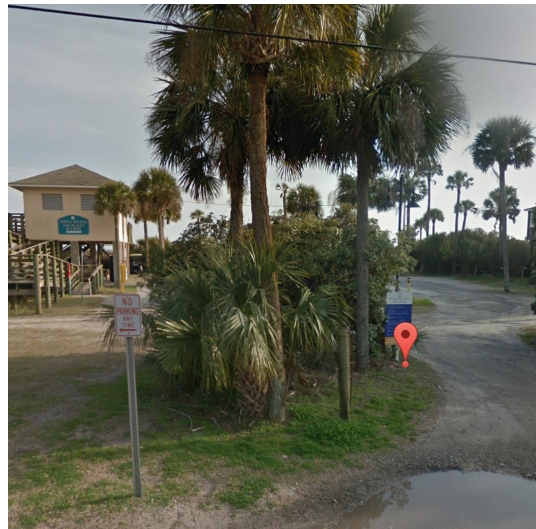
\*Fee is **\$15** on Fri, Sat, Sun and **\$10** M-Thur.

\*The pay station takes **EXACT BILLS only** and does not dispense change.

\*The paystation will issue **a receipt to put on your dash.**

You can pay by credit card by downloading the PASSPORT PARKING App or at the paystation in the lot. ***\*you will need the zone number listed on the sign above the machine if using the app\****

Lot attendants have an app on their phone to show you paid. You will not need a receipt, other than the one on your dash. Photo for reference below.



### Option 2: Free Parking!

You can park for free (early bird gets the worm) along West Ashley, 3rd Street and Cooper St close by our operational area! Just follow these rules to avoid a ticket:

- \*No parking on roadway. **All 4 tires must be off the road.** If white lines are painted, tires must be outside the white line.
- No parking on sidewalks.
- No blocking public or private driveways.
- No parking within 15 feet of a fire hydrant.

- No parking in a crosswalk.
- No stopping, standing, or parking in a roadway.
- No diagonal parking unless posted. All parking must be parallel to the roadway.
- No parking on dunes or revetments.
- No parking against traffic. All vehicles must park with the flow of traffic.
- No parking in handicapped spaces unless visible handicapped license tag or visible permit on vehicle.
- No parking within 20 feet of an intersection.
- No parking on yellow curbs or within areas marked by yellow street lines.
- \*The parking lot at 3rd is ADA accessible. If you have an ADA tag or placard, you do not have to pay.

## STAY CONNECTED

**Wellness Coach**

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**Surf Instructor**

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**Yoga Instructor**

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**Graduation Date**

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**Director of Wellness:** Jordan Watkins

Phone: 843-619-8611

**Director of Surf Operations:** Chris Campbell

Phone: 678-778-6337

**Chief Surf Instructor/Surf Equipment Manager:** Aaron Grandle

Phone: 843-212-6232

**Director of Yoga:** Sarah Jones

Phone: 843-410-9575

**Volunteer Coordinator:** Amy Semken

Email: [volunteer@warriorsurf.org](mailto:volunteer@warriorsurf.org)

**[DOWNLOAD WHATSAPP](#)** - WhatsApp is the best way to ensure everyone is receiving all pertinent, time-sensitive, and community/culture-related communications from the WSF Team. Please join the following groups:

**[WSF OFFICIAL](#)** - All schedule changes, important announcements and updates

**[WSF SURF](#)** - Surf reports and all other updates regarding the surf portion of the program

**[WSF WELLNESS](#)** - Important announcements regarding the wellness program

**[WSF YOGA](#)** - Schedule/location changes and yoga community announcements

**[WSF SOCIAL](#)** - Dawn patrols, Shenanigans, and all kinds of opportunities to connect with WSF Community members

If you have urgent, pressing, or private matters, please direct them to the appropriate staff member or email us at [info@warriorsurf.org](mailto:info@warriorsurf.org).

**[Follow us on Instagram @warriorsurf](#)**: Instagram is a place to share our story and culture. We post a lot of great content here and are happy to share whatever it is you're up to as well! Be sure to tune in to our live IGTV Wellness Chats every Wednesday, follow along with posts/stories, and don't forget to tag us @warriorsurf!

**[Like our WSF Facebook Page](#)** Facebook is the place for connecting with and supporting WSF's community, culture, and share-worthy content. Tune in and help us share posts and upcoming events with friends and family- the more the merrier!

### **Local Surfing Resources**

**Ocean Surf Shop** is our go-to local surf shop on Folly Beach. They post a thorough daily surf report on their Facebook page. It's a great shop for outfitting yourself for surfing or just hanging out because they are super cool, they know their stuff, and best of all, they love and support us! Be sure to mention you are a Warrior Surf member when you visit, you'll receive a 15% discount! Check them out on [their website](#): or visit them at **31 Center St. Folly Beach, SC 29439**

**Isla Surf School** is our go-to local surf school on Folly Beach, should you wish to delve deeper into surfing. Peter and his crew are avid surfers and knowledgeable instructors. [Check their website](#) for more information and pricing.

### **Yoga**

**WSF has one yoga class every week on Saturday morning** as well as lots of opportunities to practice in the yoga community - both local and virtual. If you have any questions about what's available to you, talk with Sarah, our Director of Yoga, and she will make sure you're all set!



## **Wellness Program Information**

This document will provide a quick overview of the wellness program to help you understand the benefits of committing to the completion of the 8 modules.

### ***“What is wellness and why is it part of the WSF program?”***

Wellness is meant to help you, our program participant, learn skills that will enhance your experience in and out of the water. We may not always be able to make it to the water to surf, so it's important to learn how to apply the lessons that the ocean teaches us to situations that occur in our every-day lives.

For example, you and your wellness coach will meet once per week to talk about different concepts such as mindfulness. When you're surfing, you have to stay focused on the waves so you can catch them. When you're out of the water, staying focused on the present moment can help to decrease feelings of anxiety that pop up when you think too much about the past or future. When we're mindful, we can focus on what we need in the moment to improve our current situation.

### ***“Wellness sounds like therapy. Is that what this is?”***

Not at all. Wellness is not meant to take the place of mental health treatment. While the benefits you may experience from participating in wellness can be therapeutic, the wellness program is not the same as therapy. In fact, most of our wellness coaches are not trained from a mental health perspective. They are instead trained to teach you about the important concepts in the wellness program, so our focus is educational.

### ***“What are my options for participating in wellness?”***

When you join the 12-week program, the Wellness Director will match you with a wellness coach. This person will be your main contact for the wellness content each week and will meet you at Folly Beach. It is up to you and your wellness coach to schedule your weekly meeting.

### ***“How will I know who my coach is?”***

The Wellness Director will meet with each participant individually to get to know you and make the best match possible with your coach. Once this meeting has happened, your wellness coach will be assigned and they will reach out to you to schedule your first session.

## YOGA FAQs

### ***“What is yoga and what’s all the hype?”***

Yoga means “union”. Union of the body with the mind and, union of the mind with the present moment. How do we link all this together? The breath. Not only is the breath the tool that binds body and mind, it’s the foundation of our yoga practice and where we’ll always begin.

While there’s a lot of stigma and misconceptions around yoga, we’ve learned first hand that there are countless benefits to practicing yoga. And, as you’ll learn, the physical practice of yoga is just a very small part of what it’s all about! At the end of the day, all present-moment-focused activities like yoga, meditation, and surfing are drastically changing the world of mental health and wellness. While prescriptive ways of thinking and medications are helpful in many instances, yoga, meditation, and surfing are so therapeutic and so beneficial to the mind and body, they can’t be ignored.

### ***“What is mindfulness?”***

Mindfulness is all about being mindful of the present moment. In these mindful moments, we’re aware of and able to focus on our physical and mental wellbeing.

### ***“Why should I meditate?”***

To put it simply, meditation is mind blowing. And like yoga, the benefits are far too great to ignore. While the process of quieting the mind can be quite difficult, there are many different ways to meditate with guidance, helpful apps to download, and simple ways to start.

### ***“When are the WSF classes held?”***

Every Saturday morning! For now, yoga is at 7:15am downtown at Union Station (652 King Street next to The Daily). Once we have our own space, yoga will be a little bit later and closer to the beach. Either way, it’s always a GREAT start to the morning and we usually grab coffee/breakfast afterwards and then head out to the beach to surf! Please stay in the loop via WhatsApp - all updates will be shared [here](#).

### ***“I can’t always make the WSF Yoga class times - what else can I do?”***

Step 1 - reach out to our Director of Yoga - [sarah@warriorsurf.org](mailto:sarah@warriorsurf.org) and she will connect you with some local and online resources.

### ***“What should I bring with me to yoga?”***

All that’s needed is an open mind... and maybe some water. Mats and everything else will be provided for you. Wear something comfortable that you would normally work out in. No yoga experience is necessary!