

6-Week Empowerment Program

Our curriculum blends education, embodiment, and experiential learning. Each session begins on land to build understanding, confidence, and safety, followed by guided movement and surf-based play to integrate lessons through the body. The program is trauma-informed, strengths-based, and designed to meet participants where they are.

Program Outcomes

- Increased confidence and self-trust
- Improved emotional regulation and stress management skills
- Stronger communication, consent, and boundary-setting abilities
- Greater body literacy and self-compassion
- A deeper connection to nature and community
- A sense of joy, belonging, and resilience through movement



Core Topics Covered

Safety & Body Awareness: Learning to recognize internal signals, build trust in the body, and move with confidence and care.

Self-Care & Emotional Regulation: Using breathwork, grounding tools, and surf-based movement to support nervous system regulation.

Consent, Boundaries & Personal Power: Practicing clear communication, choice, and respect for self and others—on land and in the water.

Menstrual & Body Literacy: Understanding body cycles, energy levels, and how to move with self-compassion.

Environmental Connection: Building respect for the ocean and understanding our role as environmental stewards.

Creative Expression & Reflection: Using art and reflection to process experiences and reinforce learning.

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Week 1: Safety Within Yourself

On Land • Establishing group safety, trust, and shared agreements • Understanding body signals, intuition, and self-awareness • Introducing movement as a tool for regulation and confidence	In Water • Play-based movement and surf fundamentals • Emphasis on fun, agency, and choice
Key Outcomes • Participants feel safe, welcomed, and empowered to listen to their bodies • Foundation of trust and joy in movement	

Week 2: Self-Care & Breathwork

On Land • Surf therapy concepts from our workbook • Breathwork for nervous system regulation • Tools for stress management and emotional awareness	In Water • Gentle surf practice focused on breath, flow, and presence
Key Outcomes • Participants gain accessible self-care tools • Increased body awareness and emotional regulation	

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Week 3: Personal Power and Choice

On Land • Understanding consent (verbal, non-verbal, emotional) • Boundary setting and communication skills • Introduction to basic self-defense principles	In Water • Partner-based activities emphasizing trust, voice, and agency
Key Outcomes • Increased confidence in setting and respecting boundaries • Strengthened sense of personal power	

Week 4: Menstrual Health & Body Literacy

On Land • Menstrual cycle education and body literacy • Hormones, energy cycles, and self-compassion • Reducing stigma through open conversation	In Water • Movement adapted to energy levels and choice
Key Outcomes • Improved understanding of menstrual health • Normalization and empowerment around body changes	

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Week 5: Environmental Stewardship

On Land • Local environmental education • Understanding our relationship to nature • Stewardship and impact discussions	In Water • Surf session emphasizing respect for the ocean • Optional beach clean-up or observation activity
Key Outcomes • Stronger connection to nature • Sense of responsibility and belonging	

Week 6: Art Therapy & Integration

On Land • Guided art therapy session • Reflection on personal growth and program learnings • Celebrating strengths and resilience	In Water • Choice-based surf or movement session • Closing circle and group acknowledgment
Key Outcomes • Integration of emotional and physical learning • Increased self-expression and confidence	