

SWELLBEING

SURF, MOVEMENT AND WELLBEING RETREAT

PRESENTED BY **BLAKEY JOHNSTON**

WITH THE TEAM AT **CRONULLA SURFING ACADEMY**

3 days immersed in nature. Surfing, trail runs, breathwork and cold water immersion - focused on wellbeing, stepping outside your comfort zone, and creating real, meaningful connection.

EVERYONE
DESERVES
TO FEEL
AWESOME





The SWELLBEING retreat centers around harnessing the mental benefits of an active lifestyle.

Blake’s holistic approach to wellness empowers young individuals with practical tools that can be seamlessly integrated into their daily lives, enabling them to thrive both mentally and physically.

SWELLBEING operates in collaboration with Surfing Australia’s Safe Surfing program and adheres to the risk assessment guidelines set by the NSW Education Department. We enhance this experience by providing students with a hands-on opportunity to apply and develop their understanding, all under the direct supervision of fully qualified instructors.

Over three days on the south coast with Blake, students will not only boost their confidence in the water but also cultivate essential skills that contribute to their overall well-being and success in life.

Breath work sessions and cold water immersion will help teach students mindfulness, awareness, and concentration practices that are proven to support emotional health and overall wellbeing.

The Details

Location	South Coast NSW
Participates	12 Years and older 12 - 54 pax
Inclusions	Shared cabin accommodation All meals Learn to surf sessions Stand Up Paddle-boarding Trail walks Movement Breath work Cold water immersion Mental Health Workshops



75% of mental health problems emerging before the age of 25.

Our Swellbeing Retreats teach tools that help young people handle adversity and grow into resilient and mentally healthy adults.



Location

Close to the beach, away from the hustle and bustle of the city.

Accommodation

Comfortable shared cabins surrounded by nature.

Meals

Nutritious and balanced meals designed to nourish the body.

Breath Work

Guided breath-work sessions to help participants manage stress, improve focus, and promote relaxation.

In water sessions

Students are taught surfing theory, as well as practical techniques of surf, sup and body-boarding. Our expert coaches tailor our surfing to suit all abilities and surf conditions. All equipment provided including wetsuits, surf boards and Standup Paddle Boards.

Cold Water Immersion

To Improve circulation, reduce inflammation, enhance immune function and alertness, and reduce stress and mood fluctuation.

Gratitude Exercises

Engaging in daily reflections encourage gratitude

Group Discussions

Encouraging participants to share their experiences, challenges and growth.

Outdoor Activities

Participate in nature walks, hiking and team-building exercises to promote physical fitness and bonding among participants.

Technology Detox

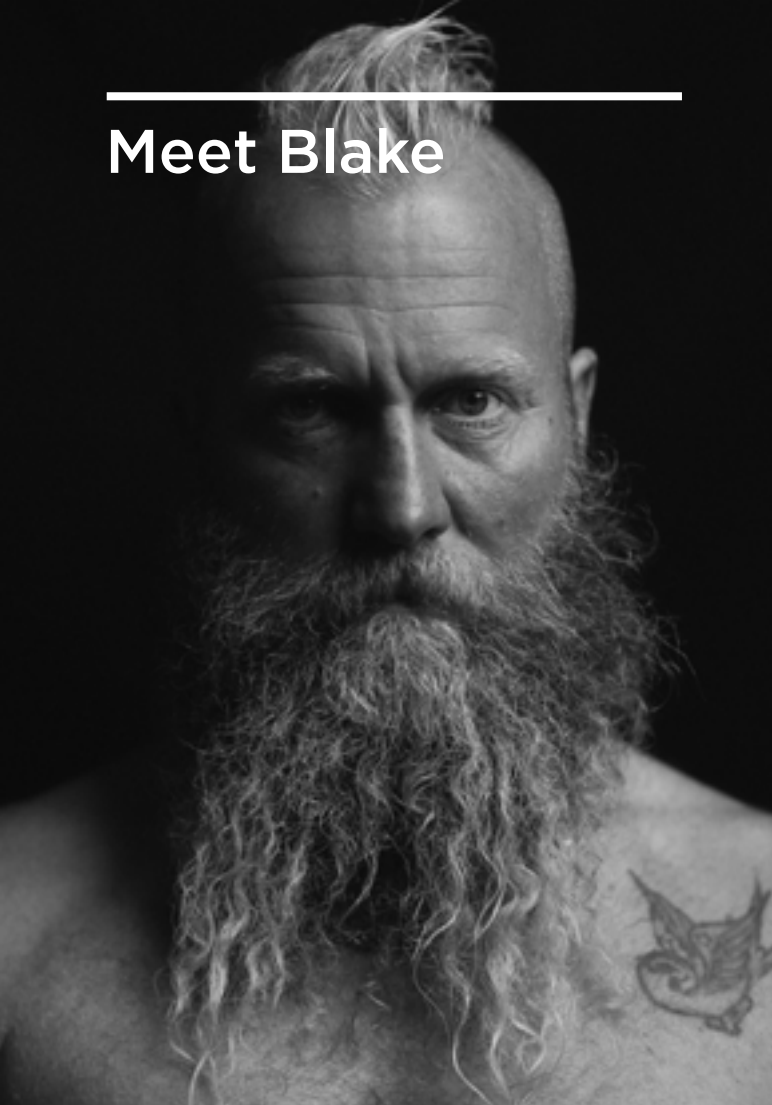
Participants are encouraged to disconnect from their devices during the retreat to fully engage in the experience and foster a deeper connection with nature and themselves.

Community and Connection

Fostering a sense of community among participants, encouraging the sharing of experiences, supporting each other, and creating a positive and inclusive connection.

[WATCH HIGHLIGHTS FROM RECENT CAMP](#)

Meet Blake



Professional surf coach and endurance athlete Blake Johnston brings a powerful, holistic approach to sport and life.

A professional surfer since 16, Blake has dedicated himself to the ocean and high performance for over two decades. With 20 years of elite coaching experience, he has guided some of Australia's top talents — including World Tour competitor Connor O'Leary and Junior World Champion Jarvis Earle — helping them build the foundations of their surfing from a young age.

A three-time world record holder, Blake is best known for his 40-hour continuous surf, riding 707 waves — an extraordinary display of grit, resilience and mental strength. As Head Coach of Cronulla Surfing Academy, he continues to inspire the next generation to unlock their full potential, in the water and in life as he shares the practical tools that have helped him along the way.

Career Highlights

- 3 x World Record Holder
- Cronulla Surfing Academy Director
- Former Pro Junior and WQS competitor
- NSW Coaching Director for 10+ years
- IAS World Junior Head Coach, 2014
- SESA Head Coach
- Cronulla High TSP Head Coach
- Illawarra Sport Coach
- Surfing NSW Coastal LAB Coach
- Apena Survival Instructor
- Author of SWELLBEING

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Client Testimonial



Woolooware High School's Year 10 PASS elective classes have attended the Swellbeing Surf Camp with the legends from CSA for the previous 3 years and we ABSOLUTELY love it!!

We get 3 days of surfing, activities, coaching and FUN! The camp supplements work undertaken by our students at school.

The coaches are brilliant - they surf with us, help the beginners and give tonnes of tips to our more experienced surfers. They are always heaps of fun, getting involved with other activities in the down time.

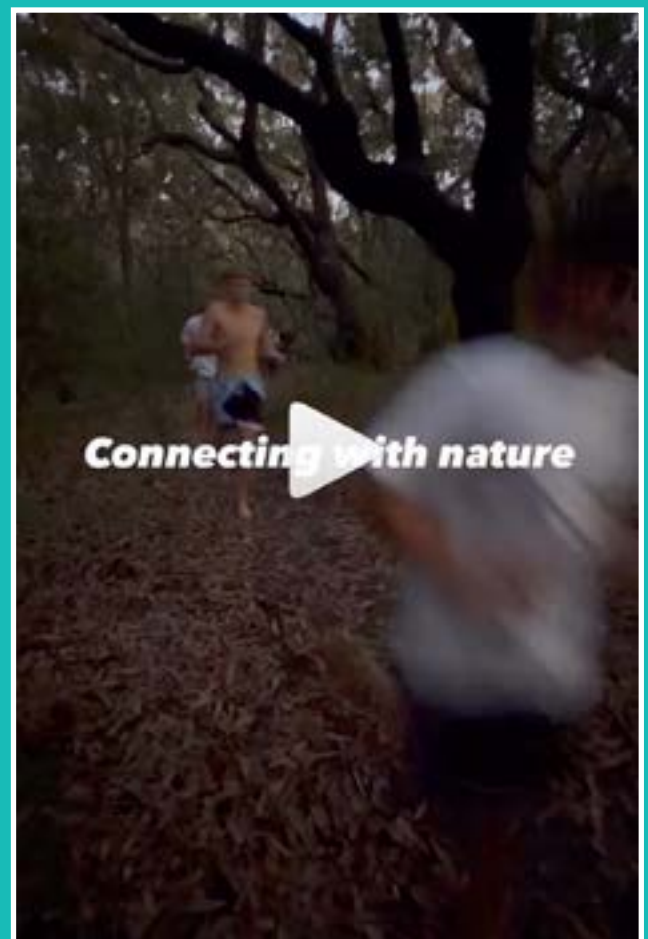
A highlight is Blakey's ice baths! And his breath technique sessions. Another highlight is the EPIC food - we always leave camp talking about how good it is!

CSA are easy to co-ordinate with and flexible with requests. We love attending the surf trip! Highly recommend this to other schools.

Susie Smith
Sport Organiser
Woolooware High School



WATCH HIGHLIGHTS
FROM RECENT
CAMP



THE HEALTH BENEFITS OF SURFING



Spending time in the ocean and riding waves can have a positive impact on your physical, mental, and emotional well-being. The combination of physical activity, fresh air, and the calming effects of water can reduce stress, anxiety, and improve mood.

A recent study conducted by [Deakin University](#) shows that surfing really is good for your mental wellbeing.

The study found those who surf weekly had;

- an increased sense of social connection
- reduced anxiety
- improved self-esteem
- reduced social isolation
- a sense of accomplishment that can transfer to other activities

By the end of the six-week study, those receiving weekly surf sessions had reductions in depression, anxiety, hyperactivity and inattention symptoms, as well as fewer emotional and peer problems. This was compared with those in the control group, who had increases in these symptoms.

Health benefits of surfing

- Cardiovascular fitness – surfing provides an excellent workout, which helps improve heart health, stamina, and overall fitness.
- Muscle strength and endurance: Paddling through waves and getting up requires the use of various muscle groups, such as the arms, shoulders, core, and legs.
- Balance and coordination: Surfing requires maintaining balance on a moving surface while adjusting to the constantly changing conditions of the waves.
- Vitamin D absorption: Being out in the sun while surfing allows your skin to produce vitamin D, which is essential for bone health and immune function.
- Improved flexibility:
- Social interaction: Surfing in groups provides opportunities for social interaction and can lead to a sense of community and belonging.
- Stress relief: Being on, near or around water can have a calming and meditative effect on the body and helps reduce stress and promoting relaxation.
- Enhanced mental focus: Surfing requires focus and concentration, as you need to read the waves, anticipate their movements, and make quick decisions.