

Surfers Breathwork Training

Optimize your breathing to boost your
surfing performance



Workshop Host:

Peter Drage

Founder of the Creators Lodge
Consultant, Coach, Athlete
Restorative Breathing® Trainer

Breath training is an essential part of surfing, not only to be prepared for wipeouts
If you love surfing and want to improve, proper breathing will get you to the next level!

Workshop contents:

- The physiological basics of breathing and how to use this knowledge
- Exercises to increase your vital lung capacity
- Techniques for proper breathing while surfing and during regeneration – this is not a pure breathholding training ;-)
- Enjoy the wipeout – I'll give you the right toolset
- A lot of practice, in and outside of the water

Date & Location:

- 16th of September 2022, 15:00 till 20:00
- Private House with pool in Baleia / Ericeira – details will be communicated after registration

Please bring along:

- Comfortable clothes
- Wetsuit
- Yogamat and yogablock

Cost:

120€ for participation at the workshop, incl. workbook, snacks and drinks

Registration via peter@creators-lodge.com or +43 664 8842 1434

