

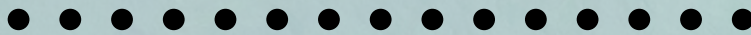


WELLNESS PROGRAM

SAFETY ● EDUCATION ● WELLNESS



MAKING FUN THERAPEUTIC!



"PRESCRIPTION" INCLUDES:

- Three Hour Session*
- All Equipment*
- Professional Coaching*
- Mindfulness Teachings*
- Connection Exercises*
- Goal Setting, Reflections*
- & Intentions*

VCSURFSCHOOL@GMAIL.COM

(805) 543-7873

WWW.VANCURAZASURFSCHOOL.COM





PRESCRIBED SURF

WELLNESS PROGRAM

ABOUT THE *PRESCRIBED SURF* PROGRAM

Prescribed Surf is the ultimate crafted experience for those struggling along their path and exclusively created for wellness centers. Designed by Van Curaza through a lifetime of personal recovery and helping thousands of others, it represents a collection of his knowledge, expertise, and experience. Providing this service for the community is part of continuing his recovery and core value to be of service to others.

Enhance your facility's offerings with Van Curaza's *Prescribed Surf* program, exclusively designed for rehabilitation and wellness centers. *Prescribed Surf* goes beyond a mere surf lesson; it serves as a catalyst for promoting healthy lifestyles within your facility. By offering weekly or bi-weekly access to our program, you can provide your residents with a consistent and enriching experience that enhances their rehabilitation journey.

Through embracing the art of surfing, participants achieve small, attainable goals, building a foundation of self-efficacy and self-worth crucial to their recovery journey. The invigorating experience of surfing provides a much-needed respite for the mind while facilitating holistic progress—mentally, physically, emotionally, and spiritually. *Prescribed Surf* provides all the necessary equipment, including wetsuits and surfboards. With a dedicated 4:1 ratio of instructors to participants, we guarantee personalized and effective instruction. Additionally, our program fosters a supportive community that amplifies the healing power of shared experiences.

Let us support your facility by empowering participants to embrace a healthier path through exercise and the beauty of nature.



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HOW PRESCRIBED SURF WORKS

Van Curaza Surf School works with your company to provide your clients quality service and your team support. The process is steam-lined and efficient for your company.



FIRST STEP: Through a consultation we will create customized package for you that fits your needs.



SECOND STEP: We will set a weekly, by-weekly, or monthly schedule with locations and times.



THIRD STEP: We begin providing sessions and continually evaluate to better serve your company and clients.

EXAMPLE SCHEDULE

8:00am: Issue equipment and change into gear.

8:15am: Circle up on the beach, yoga on surfboards, mindfulness, & dry-land education.

8:30am: Surfing!

10:30am: Out of the water & change.

10:45am: Circle for closing group discussion.

11:00am: Departure

COST OF PROGRAM

1-4 people = \$300 Per Session

5-8 people = \$600 Per Session

8-12 people = \$900 Per Session

ALL PACKAGES ARE CUSTOMIZABLE

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WHO IS BEHIND THE BUSINESS

Van Curaza has over 40 years experience in surf coaching and more than 15 years working in the world of Surf and Ocean Therapy. He has created programs through his nonprofit work that have received awards, participated in multiple surf therapy studies and has been featured in an Emmy nominated Netflix documentary, RESURFACE. His work with the military and other populations of need have led to thousands of lives transformed. He is passionate about sharing his story of over 20 years in recovery and being of service for the next person in need.

STUDIES SHOW*:



- Surfing Increases Self Efficacy
- Surfing Reduces Depression
- Surfing Reduces PTSD Symptoms

BIOMARKER DATA SHOWS*:



- Longer Deep Sleep Periods
- Improved REM Sleep Cycles
- Increase Heart Rate Variability



Van Curaza along with his wife Amanda team are pushing the needle forward in surfing and helping others and look forward to helping you.



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*Studies conducted on Operation Surf by Dr. Russell Crawford and Dr. Jon Ossie