

A photograph of two young women sitting on a wooden structure, possibly a boat or a dock, laughing joyfully. The woman on the left has long blonde hair and is wearing a leopard print top and denim overalls. The woman on the right has long brown hair and is wearing a grey tank top. The background is a warm, golden-brown wooden structure. The text 'SURF + COACHING EXPERIENCE' is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

**SURF + COACHING  
EXPERIENCE**

THAT INSPIRES GROWTH

Christa Russo  
Life Coach

# SURF + COACHING EXPERIENCE

Together we will pick a time based on your availability, surf level and tide/conditions (be it early morning, mid day or sunset), meet on the beach and hop in the water!

We will begin our journey on the beach exploring your intentions for our experience along with what your heart and soul are calling for most + what you need for nourishing your mind, body & soul at that moment in time. To prepare for our time in the water, we will dive into coaching, movement, breathwork, meditation & journaling. Our sessions will meet you exactly where you are, with exactly the medicine you need.

In the water we will paddle, soak in the magic, have a guided meditation, talk about life, play & hopefully catch a few waves!

The ocean is incredibly healing, inspiring and uplifting. She knows what you need and how to bring you there. She is my favorite way to pray, play, grow, learn, cry, explore, be challenged, meditate and learn about life. She is the best teacher, healer, therapist & sanctuary.

**This experience is focused on building a deeper relationship with mother nature and within yourself.**



# SESSIONS

**Our sessions will approach surf from a mind, body, soul experience. We focus on technique interwoven with building a relationship with the ocean and within yourselves.**

## **Sessions Include:**

- 2 or 4 hour sessions (based on package) combine coaching on the beach + ocean surf experience.
- Yoga.
- Meditation & visualization.
- Journaling.
- Breathwork.
- Surf focused strength & balance flow.
- Surf/life coaching + mindset practices.
- Surf technique.
- Ocean knowledge - tide, conditions, water safety, reading waves, timing, positioning & surf etiquette.
- Surf photos.
- Opening & closing circle.
- Wetsuit and Surfboard.





# INVESTMENT

## Investment:

### Single Session:

2 hours - \$350

4 hours - \$500

### Four Sessions:

Four 2-hour Sessions: \$1,260

Four 4-hour Sessions: \$1,800

### Eight Sessions:

Eight 2-hour Sessions: \$2,380

Eight 4-hour Sessions: \$3,400

### Three Month Experience: \$2,167

Meet 2 x per month for (1) 4-hour session + (1) 2-hour session.

*\*Payment plans available. Payment can be made either via venmo, check, or credit card.*

***I see entering into this sacred experience as a privilege, honor and partnership. Save my number in your contacts. You have access to phone and email support for the duration of our work together.***

***Christa - 908.447.9408 / hello@christarusso.com***



ODYSEA  
SURFBOARDS

ODYSEA  
SURFBOARDS

ODYSSEY





**CHEERS TO CREATING BIG MAGIC ALONGSIDE  
MOTHER OCEAN!**



**I LOOK FORWARD TO GETTING SALTY WITH YOU! :)**

**CHRISTA**

**HELLO@CHRISTARUSSO.COM / 908.447.9408 / CHRISTARUSSO.COM**