

BLUE DISCOVERY WORKSHOPS

Workshop Instructor Information

Name	Paola Espitia
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Bio	Paola Espitia, M.Sc. has been studying and working in the field of Marine Biology since 1997. She is currently a Communications Expert utilizing experiential learning + photography + design to (re)connect people to water and bridge the gap between science and society. She is also a Blue Mind Ambassador.
Workshop Options	Water Wellness :: Water World :: Water Window

Workshop Information Overview :: WATER WELLNESS

Length	3 hours 35 min (morning session)
Workshop Description	The main goal of this workshop is to understand the benefits of spending time in, on, under, and near water. We will explore the cognitive, emotional, psychological, social and spiritual benefits of healthy oceans and waterways. We will then practice Blue Mindfulness through Surfing or Standup Paddleboarding. This workshop requires some basic swimming skills. Surf or SUP instruction will be provided.
Handouts, Materials, Supplies	Participants will need a notebook, pen or pencil, and come prepared for a morning at the beach (water bottle, bathing suit, towel, sunglasses, hat, etc.).

Detailed Workshop Plan :: WATER WELLNESS

Schedule

Part I: Understanding Blue Mindfulness

5 min :: Introductions
5 min :: Reflections of first water experience
10 min :: Group share
25 min :: Blue Mind introduction & discussion

Part II: Beach Walk & Cleanup

15 min :: Opening of senses & showing our respect for the ocean with a beach cleanup

Part III: Blue Minded Meditation

5 min :: Discussion on why mindfulness works
10 min :: Guided meditation incorporating various breathing and visualization exercises

Part IV: Journaling & Intention Setting

5 min :: Discussion on flow state
20 min :: Guided journaling exercise
5 min :: Setting and releasing of intentions

Part V: Surf or SUP Instruction & Practice

10 min :: Yoga stretches
15 min :: Surf or SUP instruction & ocean safety
10 min :: Bottom check, aka, jump into ocean!
60 min :: Grab gear and practice surfing or SUPing
15 min :: Wrap up, shared reflection, bracelet ceremony

Evaluation Form

Blue Mind Impact Survey

Suggested Registration Fee

10 people = \$150 per person
20 people = \$100 per person

Workshop Information Overview :: WATER WORLD

Length	3 hours 30 min (morning or afternoon session)
Workshop Description	The main goal of this workshop is to understand the significance of water in history, religion, life, and the environment. We will explore water issues on a global and local scale and discuss ways we can live an ocean-friendly lifestyle. We will then (re)connect to water by exploring the St. Sebastian River by kayak. Kayak instruction will be provided.
Handouts, Materials, Supplies	Participants will need a notebook, pen or pencil, and come prepared for a few hours of kayaking (water bottle, bathing suit, towel, sunglasses, hat, etc.).

Detailed Workshop Plan :: WATER WORLD

Schedule	<p>Part I: Importance of Water 10 min :: Introductions 30 min :: Discussion of water relevance in history, religion, and life</p> <p>Part II: Water is Life 30 min :: Discussion of global and local issues affecting our waterways</p> <p>Break :: 15 min</p> <p>Part III: How you can affect change 20 min :: Discussion of ocean-friendly lifestyle 10 min :: Group brainstorm of additional ocean-friendly lifestyle options 20 min :: Group and social share of 30-day action item commitment (i.e. Over the next 30 days, I'm committed to saying no to straws)</p> <p>Part IV: Explore local waterways 90 min :: Guided kayak eco tour</p>
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Evaluation Form	Survey Provided
Suggested Registration Fee	10 people = \$150 per person 20 people = \$100 per person

Workshop Information Overview :: WATER WINDOW	
Length	3 hours and 20 minutes (morning or afternoon session)
Workshop Description	The main goal of this workshop is to learn to observe the world without judgement and to document our natural surroundings from this fresh new perspective. We will explore storytelling, Sensory vs. Conceptual sight, and methods of practicing Contemplative Photography. We will then put this practice into play by documenting the local natural surroundings and creating a photo story of our walkabout.
Handouts, Materials, Supplies	Participants will need a notebook, pen or pencil, camera or phone with a camera option, personal laptop computer, and come prepared for a few hours outside (water bottle, sunglasses, hat, etc.).

Detailed Workshop Plan :: WATER WINDOW

Schedule	<p>Part I: Understanding Storytelling 10 min :: Introductions 15 min :: Importance of storytelling in history 15 min :: Storytelling and visual communications 20 min :: Group storytelling practice</p> <p>Part II: Contemplative Photography 20 min :: Introduction 20 min :: 3 steps to contemplative photography</p> <p>Part III: Contemplative Photography Practice 5 min :: Guidelines for practice 35 min :: Photography field trip to the beach or retreat grounds</p> <p>Part IV: Creating Your Story 15 min :: Discussion on embracing your unique perspective 45 min :: Solo work to curate photos into a personal water-themed visual story using Adobe Spark 20 min :: Group share of water story 10 min :: Reflection and social share of water story</p>
Evaluation Form	Survey Provided
Estimated Materials + Personnel Costs	Book :: The Practice of Contemplative Photography: Seeing the World with Fresh Eyes = \$30 per person
Suggested Registration Fee	10 people = \$150 per person 20 people = \$100 per person