



Ocean and Wellness Immersion

Rediscover the essence of connection—what it means to reconnect with yourself, your body, and the power of your breath, while learning and experiencing the magic of the ocean. The demands of everyday life can create unhealthy levels of stress for many people. The ocean is one of the most effective ways to reset, recharge, and reconnect with your inner self and the natural world. Time in the ocean calms the nervous system and stimulates the vagus nerve, reducing stress hormones.

The immersive sensory experience naturally grounds us, bringing us into a mindful, calm state, while the negative ions in the water help improve mood and increase oxygen flow to the brain.

Together, these effects make the ocean a powerful way to recharge and support our natural health.

On this one-day immersion, we provide you with specific skills, knowledge, and confidence to explore your internal landscapes as well as the beauty of the ocean. (No previous experience needed.) You will learn skills and tools that benefit your mental, emotional, and physical well-being both in and out of the water.



The Itinerary:

Welcome: Begin with a warm welcome and an introduction to the day.

Ocean Connection and Mindfulness

A brief talk on understanding the nervous system to manage and maintain wellness and performance levels.

Understand Your Nervous System and its link to your health, well-being, and Performance:

Learn practical tools for self-regulation to allow you to remain calm, focused, and resilient under stress, enhancing your emotional well-being, decision-making, and overall quality of life.

The fundamentals of freediving: Learn about the fundamentals of freediving; basic human physiology, mindset, connect back to your body, and your breath, learn how to still the mind and to be present.

Exploring the Magical Kelp Forests.

Next, we will take your adventure to the next level by boat to snorkel the kelp forests made famous by My Octopus Teacher. Setting off from Simons town,

Lunch - A delicious and healthy lunch.

Reflection and Rejuvenation

Sound Bath or Guided Visualisation: Close with a guided sound bath or visualisation to integrate the day's experiences and promote inner peace, reduce stress and anxiety and improve sleep.

End of the Day - Get driven back to Cape Town

Includes all your gear, boat hire, lunch, wellness talks, and freediving lessons.



Your Guide:

Kimberley Houghton - Peak Performance Coach

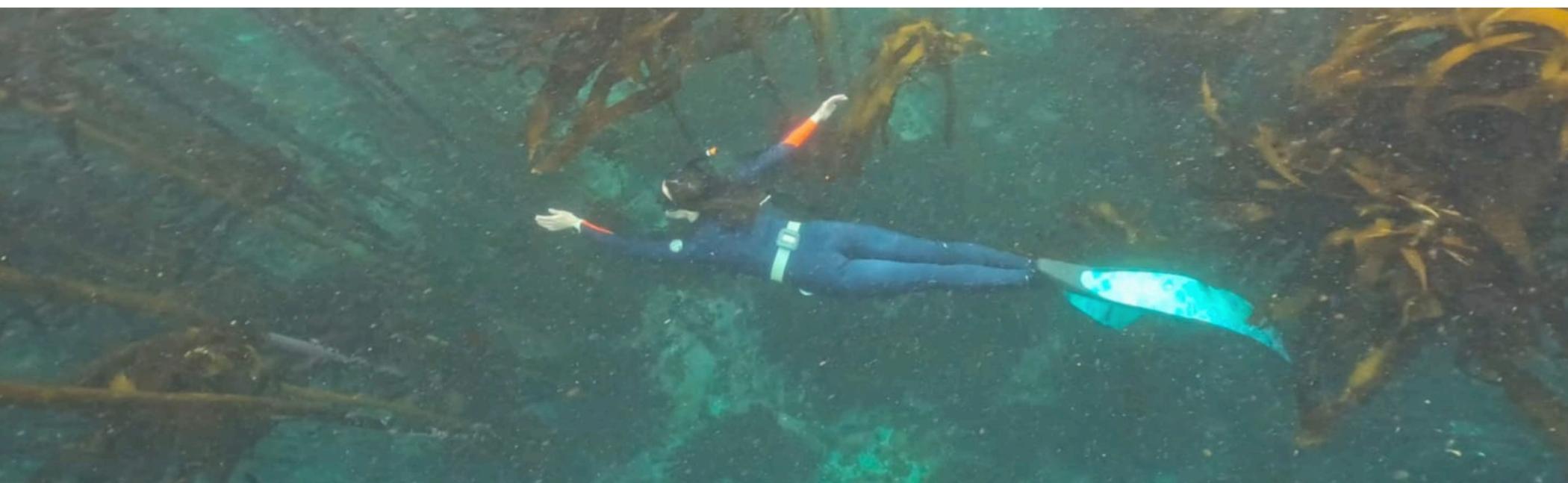


Kimberley has spent the last eight years training with some of the best organisations in the world. As a specialist in human behaviour, her training includes neuroscience, flow states, and mindset. Kimberley works with athletes and leaders, and her specialist training in trauma allows her to work at a much deeper level with her clients.

As an ocean lover and freediver, Kimberley quickly recognised the connection between the mental, emotional, and physical clarity and confidence that time spent in the ocean provides. She is passionate about creating immersive events that help people reconnect with themselves, others, and the beautiful planet we live on.

Logistics:

Bring: Sunscreen, comfortable clothes, sunglasses, a hat, a yoga mat if you have one, a for a short walk, water bottle. All other equipment will be provided.



Booking enquiry details:

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