

# Wellness Wave Surfing

[Kennishbank](#) > [WellnessWave Knowledge Hub: Your Guide to Health and Wellness](#) > [Riding the Mind: How Surfing, Meditation, and Herbal Teas Shape a Calmer Life](#)

## Riding the Mind: How Surfing, Meditation, and Herbal Teas Shape a Calmer Life

Jane Doe - 2026-06-30 - [Reacties \(0\)](#) - [WellnessWave Knowledge Hub: Your Guide to Health and Wellness](#)



There's a moment every surfer knows well. You're sitting on your board, legs dangling in cool water, watching the next set roll in. Time slows. Your breath settles. The world shrinks to wind, water, and anticipation. It feels a lot like meditation because, in many ways, it is.

Surfing, meditation, and herbal teas might seem like separate worlds, but they share a common thread: each one teaches you to tune into your body, pay attention to your environment, and move through the day with a little more ease. Put together, they create a rhythm that's surprisingly powerful.

### Surfing as a Moving Meditation

Even on chaotic days, the ocean demands presence. The second your mind drifts, you miss a wave or get knocked clean off your board. That forced focus becomes a kind of moving meditation.

You line up with the horizon. You watch the swell. You paddle at the right moment. You pop up, balance, adjust, breathe. It's a full-body reminder of how attention shapes experience.

Surfers often describe this as a reset button. After a session, stress feels diluted, as if saltwater has rinsed it out. The brain gets a workout in patience, trust, and surrender — all things that formal meditation also trains.

### Meditation That Supports the Surf

Meditation builds the mental muscles you rely on in the water. Regular practice helps calm the nervous system and improves breath control, which makes wipeouts less rattling and long paddles more manageable.

A short session before hitting the beach can make a surprising difference. Ten minutes of mindful breathing helps you meet the ocean with a clearer head and looser body. Even visualisation works: picturing yourself catching a wave primes your mind for the real thing.

## Herbal Teas: The Unsung Companion

Where surfing charges you up and meditation smooths you out, herbal teas play quiet support. They can warm you after an early swell session, soothe sore muscles, or create a gentle ritual that nudges your mind into rest mode.

A few blends pair especially well with a surf-and-meditate routine:

Ginger and turmeric for recovery and warmth after cold water.

Peppermint for post-session clarity and easy digestion.

Chamomile or lemon balm for unwinding after a high-energy morning on the waves.

Holy basil (tulsi) for a calm, grounded state before meditation.

Herbal tea is simple, but that's the point. You slow down while the kettle boils. You breathe in the steam. You take the first sip. It's a tiny ritual that tethers you to the present just as much as sitting on the board waiting for a wave.

### The Three Together

When you look at them side by side, the connection becomes obvious:

Surfing strengthens your body and sharpens your senses.

Meditation steadies your mind and expands your patience.

Herbal teas support both, offering warmth, comfort, and grounding.

Together, they create a lifestyle that's both energetic and calm. You push yourself, then you recover. You test your limits, then you ease back in. It's a cycle that feels natural, sustainable, and surprisingly nourishing.

## Default

### A Simple Routine to Try

If you want to blend these practices into your week:

#### Before surfing

Sit for five minutes of breathing. Sip a warm cup of tulsi or ginger tea. Let your body wake up without rushing.

#### During your surf session

Treat it as meditation in motion. Notice your balance, breath, the taste of salt on the air.

#### Afterward

Stretch, drink peppermint or turmeric tea, and give yourself a moment to appreciate the session — even if it wasn't your best.

It's not about perfection. It's about creating small habits that help you meet the day with steadier energy and a clearer mind.

## [2 - Top Tips for Reducing Stress and Enhancing Relaxation](#)

### Bijlagen

- [About the API.pdf \(342.72 KB\)](#)