

Intro to Sea Kayaking: An embodied approach.

Presented by Centered Presence Coaching and Consulting
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Date: Saturday, August 24th or Saturday, August 31st
Time: 7 am-6 pm (Day One)
Location: Lake Waconia (Tentative)
Cost: \$275.00



Course description

“Intro to Sea Kayaking: An Embodied Approach” will be a fun and unique approach to learning the practice and sport of sea kayaking. This course will use the body as the primary domain of learning: the body is able to learn independent of thinking and rational processing. The course design will challenge you to develop a strong awareness of your body. Upon completing this course you will have been presented with the basic skills and resources to enter and enjoy the practice and sport of sea kayaking! Also, it is the intention of this course that you develop a foundation of skill and ability, which allows you to be self-educating each time you go paddling. Please join us as we open a portal of new possibilities!

- Welcome
 - Preparation: Warm-up and stretching
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- Narrative for the day:
 - Forward Energy with efficient paddling
 - Non-resistance
 - Presence in the water
 - Surrender

Basic Skills:

- The [type of] kayak:
 - Rocker
 - Chine (primary vs. secondary stability)
- The paddle: use feathered for racing
- Gear: paddle float, bailers (water pump), sponge, PFD, sun glasses
- Meet your kayak:
 - Lifting (demo)
 - Making it fit
 - Five points of contact: feet, knees, hips (*strength at mid ranges: e.g. calf on foot pedals)
 - Sit vertical
- Getting in and out (Dry):
 - Beach: kayak in the water
 - Practice stroke (dry)
 - Practice spray skirt release (6x)
 - Beach: kayak on land

OPEN PRACTICE SPACE

- Paddling
 - Holding the paddle
 - Basic stroke: feathered (control hand instruction)
 - Push/pull (1/3; 2/3); (Push hand start at eye-level and move down toward centered line)
 - Body twist (90 degrees)
 - Max power when paddle is at knee (mid-point)
 - Pedal push (same side as pull)
 - The complete stroke
- *Guided Body Scan for skills learned*

OPEN PRACTICE SPACE

- Getting out and in (Wet):
 - Wet exit (at shore) (practice 3x)

OPEN PRACTICE SPACE

- Exploring your limits
 - Stability
 - Balance
- Maneuvering
 - Forward sweep
- Bracing
 - Low bracing
- Exploring your limits
 - Knee lift
- *Guided Body Scan for skills learned*

OPEN PRACTICE SPACE

- On your own, but not alone
 - Paddle float re-entry
 - Assisted rescues (demo only)
 - Assisted re-entry (demo only)
 - Both paddles behind cockpit of rescuing kayak. Near-side arm under paddles and hand the cockpit of rescued kayak.

OPEN PRACTICE SPACE

BREAK

Debrief: What are the key takeaways or learning for today?

- Adventure/Skills Paddle!
 - Learning games for kayaking
- What's to come!
 - Advanced course offering
 - Rolling clinic
 - Weekend kayak retreat
- Closing Ceremony
 - Resources for self-practice
 - Daily practices for embodiment
 - Saging
 - Poetry
 - Meditation

Equipment rental

What you will need:

1. Sea kayak (with two hatches)
2. Feathered kayak paddle
3. Paddle float
4. Bilge pump/bailer
5. General purpose sponge X-Large (about 5" x 8")
6. Spray skirt
7. PFD (Personal Floatation Device) (i.e. life vest for kayaking)
8. Bag lunch (Day one only)

Optional:

1. Nose plug
2. Sun glasses and securing strap
3. Sunscreen

Rental stores:

- REI: <http://www.rei.com/stores/15>
- Hoigaard's: <http://hoigaards.com/>

*Liability waiver must be signed before or the morning of the course

Sea Kayaking: an embodied approach

Registration Form

Please complete form below and mail with payment for the course 7 days before event.

Name:

Date:

Cost: \$275.00

Check #

Amount enclosed:

Please remit to Billy Anderson (i.e. make check out Billy Anderson)
2229 Kentucky Ave South, St. Louis Park, MN 55426

Thank you! And looking forward to a fun adventure!

Cheers!
Billy