

# **Jacksonville Florida Southern Sailing Academy Private Sailing Lessons Implement Revolutionary Brain Changing Research Unlocking A Child's And Adult's Full Potential ? Customized Lessons Make The Difference**

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Jacksonville, FL based Southern Sailing Academy is illustriously famous for helping grateful adult and children students apply the enjoyable results of new research that conclusively shows a link between healthy on-the-water activities and the transformation to a positive mind. While boaters have long known that their lifestyle cultivates a host of physical, psychological and emotional benefits, the scientific world has finally uncovered the details behind this link. Those interested in the Academy?s private customized designed-to-be fun sailing lessons offerings can get started here: <https://www.southernsailing.com/>.

The research in question took a deeper look at the impact that sailing had on a sailor?s mind and body, comparing measured readings that were taken both before and after they set out for a sun-filled voyage on the water. The difference between land and marine environments, the study?s authors say, produce a distinct and measurable effect on a person, so much so that they can confirm that being on or in water can have a variety of positive effects.

Dr. Wallace J. Nichols, a marine biologist who authored Blue Mind (the bestselling book on the scientific connection between on-the-water sport and happiness) is widely recognized as one of the leading researchers in this field, and he has spent a great deal of time investigating the wellness benefits associated with boating. He has stated, in fact, that boating is one of the best ways to reap the benefits offered by the water, especially considering that the sight and sound of water alone can lower cortisol (commonly known as the stress hormone), increase serotonin and relax the body overall.

Dr. Nichols describes two states of mind in his work, known as the Red Mind and the Blue Mind. A person with Red Mind, he says, will display certain negative emotions, namely stress, anxiety and fear. Many will already be aware that financial issues, personal conflicts, the academic pressure to be getting good grades, and so on can cause stress, but it may not be as apparent that their increasingly urban environment is also having an unwanted effect on their state of mind. In other words, it offers little in the way of a relaxed space to truly rest and recover from the stressors of the modern world.

However, the converse of this is the Blue Mind, a state of relaxation and near-meditation that essentially allows the mind to rest and reset. This state of mind is brought about by exposure to water, and many are discovering for the first time that boating is a great way to make the most of its potential benefits. See more here: <https://www.southernsailing.com/about/>.

An experience out on a boat can make a person significantly happier and healthier, promoting both mental and physical wellness and better grades in school for young people. Boating requires a certain level of awareness, but it is straightforward enough that boaters can enjoy their environment during a journey (or while the vessel is at rest). This combination is potent, especially given the general sense of awe most people feel when they are out on a vast stretch of water often encountering family's of dolphins playing in the boat's wake.

Sailing has been featured in magnificently inspired scenes in Hollywood movies, and with expert instruction most anyone can learn to sail with hands-on on-the-water patient instruction that emphasizes fun and safety and skill building.

“Escaping the Red Mind,” states Southern Sailing Academy, “can be as easy as getting lessons in sailing and working your way towards complete freedom out on the water. If you have never experienced this for yourself, we urge you to take private personalized lessons on-the-water to learn sailing. Once you achieve a state of Blue Mind, you will never want to go back to your previous “landlubber” life.”

The Academy, notably, has designed their fully customized courses to meet the needs of each individual student's unique learning curves. Those who already have some boating experience will be able to take full advantage of their existing skills and progress to the more skilled stages fairly quickly. Similarly, anyone who finds themselves exploring the water for the first time will be given all the attention and kind patience they need to build a solid and comprehensive foundation of boating knowledge. In the Academy's hands, they will learn all they need to know about boating enjoyably. See more here: <https://www.southernsailing.com/faq/>.

Those who wish to learn more about enjoying sailing or achieving the Blue Mind may contact Southern

Sailing Academy via phone or email. The Academy welcomes and supports students of all experience levels.

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For more information about Southern Sailing Academy, contact the company here: Southern Sailing Academy K. Brown 904-728-2161 SOUTHERNSAILING11@GMAIL.COM Mandarin, Jacksonville, FL

## **Southern Sailing Academy**

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