

# SURF LIKE A GIRL



CAROLINA AMELL

 PRESTEL



























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Munich · London · New York



# Anais Pierquet

## *Passion for surf*

@facingblankpages

We all have our own story, our own path to follow. This path can be bumpy at times and is more peaceful at others. Just like the ocean, life is made of moon tides and waves, storms and quiet flows, silence and noise. Waves of feelings may hit us, waves of joy, waves of sadness, waves of peace. It's a beautiful and breathtaking journey.

I believe in the delicacy of destiny, and I guess what matters is not what's happening in your life, but how you manage to overcome its challenges and find peace within your soul.

My story started with a crash—the kind you least expect and that changes your life forever. I lost my dad twelve years ago, and that was the hardest storm I've ever had to deal with. Losing anyone you deeply love is like tearing apart a beautiful garden, like pulling up every single root of your soul. It has an unforgettable—yet sometimes beautiful—emotional impact that leaves you scared and takes you to some deep, dark, inexplicable places.

But it doesn't end there. We are flowers growing in the sun with the rain, and in any sadness there is a light, a new beginning, a touch of freedom that follows.

I started then to think about my life and how I wanted it to be. I realized that it was too precious and that there was no more time to waste before I began to seek my deeper self. I needed to express myself and find the harmony, the

balance in my heart. Setting up a lifestyle you truly love is so important. It shapes who we are and how we live.

I moved to Bali and started surfing every day. I finally re-connected with nature, with the ocean, with my deep inner self. The human soul is meant to let out what she feels, to let go of emotions, and I finally found my way to feel more at peace with life. Surfing became a real means to express myself, a way to disconnect from what I was "supposed" to be, and simply be.

When I'm out lost in the ocean, my mind and thoughts go away. I could gaze at the landscape for an eternity, watching the birds dance with the waves and staring at the endless depth that the sea so generously offers. My restless soul echoes with the beauty of the sky and finds its kingdom of freedom. I'm grateful to the ocean for giving me the opportunity to heal a little more every day.

No matter what we are going through in life, there will always be a strip of sunshine, a shaft of light, a rainbow, that gives us hope and lets us grow. At the end of the day, I chose to let go and trust life, telling myself that everything would be fine.

Our stories are meant to fill the blank pages of the book of our life. Let them be. Freedom, peace, and love are the only things we should run after. Nothing else truly matters.







*It's all about achieving the right  
balance in your personal life.*

CONCHITA RÖSSLER









*Find your own style!*

MING NOMCHONG





# Easkey Britton

*Surfer, scientist, creative*

@easkeysurf

My name, Easkey, has its origins in the Irish word for "fish." It's also the name of my parents' favorite wave, in County Sligo on the west coast of Ireland.

I've been a surfer for as long as I can remember. I was born into a pioneering surfing family in the northwest of Ireland and was standing on a board from the age of four. In a way, surfing is my creative process. What I keep returning to in my life and work is the power of the ocean to connect. I'm interested in understanding the relationship between people and the environment and facilitating (re)connection with nature, especially water. Something that helps me connect is having an awareness of the cycles of the female body, the moon, and the tides. This helps me reconnect with my body in nature, understand my own inner ebb and flow, the high cost of being always "on" in a society that rewards busyness, and the equally important need for stillness and reflection.

As a woman who surfs, I naturally move with the tides. Cycle awareness has always influenced every aspect of my


life. I was born on a new moon, and being conscious of the lunar cycle and its influence on me and my environment was instilled in me from an early age. My inner cycle is also inextricably linked to the sea and the ebb and flow of the tides. Beginning to chart my menstrual cycle alongside my experiences of surfing this last winter was profoundly powerful—noticing when and how the outer seascape might mirror my inner cycle. The lunar cycle became a vehicle for me to give this experience creative expression, in the form of an abstract short film fusing surfing, dance, and poetry. Making the film allowed me to explore what it would be like to let the energy of the different phases of my cycle express itself through how I surf.

A lot of my work is cross-cultural and I have found cycles to be a unifying experience shared by all women; it can create a sense of sisterhood, and yet our experiences of them vary wildly and are greatly influenced by societal and cultural rules and norms, and social justice issues. When I think of what it is that connects all women across borders, beliefs, time, and space, it is the wisdom of our bodies.







A dramatic seascape with dark, jagged rocks in the foreground and a cloudy sky at dusk or dawn. The water is dark and turbulent, with white foam from the waves crashing against the rocks. The sky is filled with heavy, grey clouds, with a hint of light breaking through near the horizon. The overall mood is somber and contemplative.

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EASKEY BRITTON







## Stéphanie Goldie

*Mom and surfer*

@goldie\_blondie  
@ellesurf

I live in Hossegor in the southwest of France, but I was born in the countryside near Paris, far from the ocean and waves that I couldn't do without today.

I created my blog, Goldie Blondie, in March 2015, around the time my first son, Nathan, was born. The idea was to share my lifestyle as a surfer and active mom—but also and especially to show that life doesn't stop at the birth of a child.

I'm now a mother of two boys: Anton, my second child, was born in August 2018. I continued surfing until I was eight and a half months pregnant with him, which was a wonderful experience. I even paddle surfed on a lake the day before delivery. I never imagined being able to surf while pregnant, but it happened naturally. I was in good company since my midwife was also a surfer; she warned me of the risks and made clear to me what I could and could not do. We surfed together often. I don't want to push anyone to reproduce my path—I just think that anything is possible when we listen to ourselves rather than to the rules of society. Pregnant surfing is viewed like breaking the law: it's considered exceptional and abnormal in the eyes of most people. But I'll never forget that special sensation and the incredible moments of shared experience.

In 2017 I created the Elles Surf association with four girlfriends. Our goal is to create social bonds between women who share the same passion. Today we have more than four hundred members who come together to surf and for many other activities and trips.





## Nicole Gormley

*Filmmaker and ocean lover*

@gromlet

I'm interested in telling stories that inspire people to care about and protect the outdoor world. I've always loved the mountains but have a special place in my heart for the ocean; of every place in the world it's the one where I continually feel a sense of belonging, fulfillment, and gratitude, even in the smallest of doses.

I have a degree in marine biology from the University of California, and I currently work as a freelance filmmaker and television producer, and at times as a photographer. But no matter the outlet I believe that powerful images along with a well-told story can leverage change and inspire action.

Growing up in California, I fell in love with the outdoors through snowboarding, surfing, and fishing. In the process of these activities I realized I was learning lessons that went well beyond my time spent in nature.

In today's world, the sense of connectedness and intimacy that comes from going out and catching your own food, surfing with your friends, or climbing in the mountains is more important than ever, and I hope to be able to share that feeling through my work. My mission is simple: to leave the world a better place and motivate people to protect our natural environment.

