

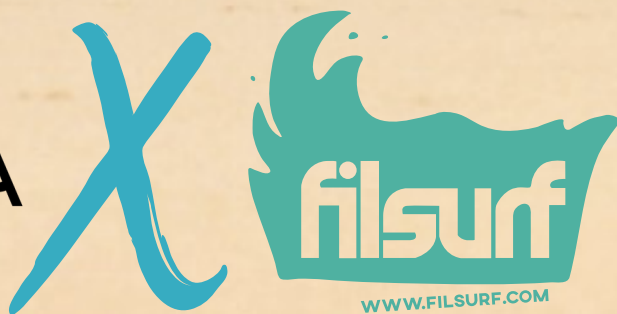
SURF & YOGA

RETREAT

23 SEPT – 30 SEPT 23



VIDA BOA
Lodge



ALL YOU NEED TO KNOW>>>

The combination of yoga and surfing might otherwise be known as the ultimate balance.

This retreat will bring you pure happiness and is the best way to improve your surfing, move your body and have fun. With a full week of surfing, you are bound to see progress in your surfing ability, with yoga helping your body and mind prepare for the surf and also recover/reset.

Not only this, but you'll have plenty of time to taste local cuisine, chill by the pool, explore the area and hang out with great people!

Believe us when we say you'll walk away feeling more confident to continue surfing and feel more grounded!



ITINERARY (subject to change)

Remember this is your trip, and you are free to do as much or as little as you want to!

** not included

SATURDAY

Afternoon arrivals

Beach Yoga

Welcome Dinner at Vida Boa

MONDAY

Morning Meditation

Breakfast

Surf Session

Pool / Free Time

Afternoon Yoga

Cliff Hike

In-house Dinner at Vida Boa

SUNDAY

Breakfast

Surf Session

Pool / Free Time

Evening Yoga

Meal out at Beach Bar **

TUESDAY

Morning Meditation

Breakfast

Surf Session

Pool / Free Time

SUP Yoga

In-house Dinner at Vida Boa

ITINERARY (subject to change)

Remember this is your trip, and you are free to do as much or as little as you want to!

** not included

WEDNESDAY

Breakfast
Poolside Yoga
Pool / Free Time
Coastal Hike

THURSDAY

Morning Meditation
Breakfast
Surf Session
Pool / Free Time
SUP yoga
Team Dinner at Vida Boa

FRIDAY

Morning Meditation
Breakfast
Surf Session
Pool / Free Time
Sunset

Group Dinner out / Free Time**

SATURDAY

Beach Yoga
Breakfast
Check Out

This retreat is for you if you...

- Are a beginner or first-timer wanting to give surfing a go
- Already know how to surf & want to take it to the next level
- Give your body / mind a deeper yoga practice
- Want to meet great people & make friends for life
- Want to see progress in your surfing and feel more confident
- Want to take time out for yourself to learn a new hobby, eat delicious food, and have some downtime, all whilst having so much fun with new buddies!



What's included...

- 7 nights' accommodation at Vida Boa Lodge (in your chosen room category)
 - Daily breakfast
 - 5 Homemade beach lunches
 - 4 Delicious in-house dinners
 - 5 surf lessons with our amazing instructors
 - Surf equipment, inc. wetsuit, leash & board
 - Transport to surf spots & scheduled activities
 - 2 Guided coastal hikes
 - 4 Meditation Sessions
 - 8 Yoga Classes (incl. Beach Yoga & SUP yoga)
 - 1 In-house Massage
 - Enjoy the beautiful beaches of the Algarve
 - Free wifi at the camp & The Lodge
 - Vida Boa Lodge hosts services
 - Access to the Vida Boa Lodge pool & facilities during your free time
 - Opportunity for free time to have some down time & to explore the area
 - Welcome pack, including merch to remind you of the trip of a lifetime!!
 - Much more...
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- A person in a wetsuit is surfing on a wave, riding a white surfboard. The water is a vibrant blue-green color, and there is a splash of white water behind the surfer. The background is a clear blue sky.

PRICE LIST

VIDA BÔA
Lodge

TWIN / PRIVATE

€1030

P.P

€1280

SOLO

SHARED DORM

€950

TRIPLE

€1000

