

RESET | RECONNECT | RECALIBRATE

SURF & YOGA RETREAT

FRIDAY

4.00PM: HERBAL TEA
5.00PM: OPENING CIRCLE
6.00PM: FULL MOON CEREMOMY
8.00PM: NOURISHING DINNER

SATURDAY

6.00AM: ROAD TRIP TO THE BEST WAVES
6.30 AM: REVITALICE - YOGA FOR SURFERS
BY THE OCEAN
8.00AM: FRUITS & NUTS
8:30AM: SURF LESSON
10.30 AM: HOLISTIC BRUNCH
4.30 PM: TEA TIME
5.00 PM: RESTORATIVE - YIN YOGA SESSION
7.30PM: NOURISHING DINNER
8.30PM: PEACE & PRESENCE - YOGA NIDRA

SUNDAY

6.00AM: ROAD TRIP TO THE BEST WAVES
6.30 AM: REVITALICE - YOGA FOR SURFERS
BY THE OCEAN
8.00AM: FRUITS & NUTS
8:30AM: SURF LESSON
10.30 AM: HOLISTIC BRUNCH
4.00PM: CLOSING CIRCLE & SHARING



SAMUDRA
RETREATS