

# TROPICAL SURF ESCAPE – Itinerary

Here's our planned itinerary for the week. It's a guide and subject to change depending on the surf conditions and how the group are feeling. We can mix it up depending on how everyone's going.

## **Day 1 – Sunday (09<sup>th</sup> June): Greetings**

Our private driver will greet you at the airport or your hotel and take you to our accommodation for check in. Our greetings with welcome drink, goodie bag and sunset surf check will happen at 6 pm at the hotel. That's an opportunity for the group to get to know each other and have discussions about goal settings with Learn to Surf hosts and talk about the plan for the week.

## **Day 2 – Monday (10<sup>th</sup> June): Surf Adventure**

After breakfast we will have our first surf lesson including private transport and surf gear (you are welcome to bring your own board if you prefer). We'll decide on the day the best spot considering the conditions and surf level. In the afternoon you are free to relax at the hotel by the pool or join our hosts in a free unsupervised surf session. Meet at 6pm at the hotel for a quick chat about the lesson, tips and feedback.

## **Day 3 – Tuesday (11<sup>th</sup> June): Yoga and Surf Adventure**

In the morning you will have the choice to participate in a Yoga session – set of skills to improve balance, strength, stability, and flexibility, great to apply onto your surfing journey. After that we will explore more of Bali's best surf breaks with our private surf guide. Afternoon is free for your own leisure. Or if you feel up to it, you can join our hosts in another free surf session.

## **Day 4 – Wednesday (12<sup>th</sup> June): Surf Adventure / Video Analysis**

In the morning we'll have another surfing session and this evening we'll meet up at the hotel for a video analysis, focusing in stance and tips how to improve overall surfing technique. Note that each day there will be a photographer (as well as Aaron filming) on the beach and by the end of the retreat you will have the opportunity to purchase high quality surf photos and videos.

## **Day 5 – Thursday (13<sup>th</sup> June): Temple Day Tour**

Today you have the choice of a day away from the surf and to experience nature as its finest in the lush forests and rice fields of Central Bali as well and immerse in the cultural and Balinese way by visiting a local temple and historical sites. This is a full day tour, we'll come

back in the evening. Alternatively, you can choose to free surf today and visit the famous Uluwatu Temple in the evening for an amazing Kecak Fire Dance.

### **Day 6 – Friday (14<sup>th</sup> June): Breathwork and Surf Adventure**

The morning we will have a Breathwork session, a skill set that can help overcome heavy wipeouts and offers many other benefits. After that we'll head to our surf lesson, this time perhaps in another location provided the conditions are favourable. Afternoon is free for your own leisure or you can join our hosts again for another free unsupervised surf sesh.

### **Day 7 – Saturday (15<sup>th</sup> June): Surf Adventure / Farewell Beach BBQ**

Last day of our surf retreat! After breakfast, we will do our last surf lesson and in the evening celebrate life at our farewell seafood BBQ at the beach!

### **Day 8 – Sunday (16<sup>th</sup> June): Good Bye Bali**

Breakfast, maybe a quick surf and check out at 12pm.