

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 (8th June): Greetings and Breathwork

Our private driver will greet you at the airport or your hotel and take you to our accommodation for check in. We'll meet up at 2pm for a welcoming and we will start with a Breathwork session in the pool, a skill set that can help overcome heavy wipeouts and offers many other benefits to keep calm in the Bali waves.

We will then meet at 6pm for a welcome drink, goodie bag and sunset surf check. That's an opportunity for the group to get to know each other and have discussions about goal setting with Learn to Surf hosts and talk about the plan for the week.

Day 2 – Monday (9th 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 (10th June): Surf Adventure and evening Sound Healing Journey

Another morning surf lesson exploring 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. In the evening, we will have a Sound Healing and Chakra Balancing session to relax, unwind and really immerse ourselves in the Bali wellbeing culture.

Day 4 – Wednesday (11th 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 on 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 (12th June): Surf Adventure and Temple Tour with Fire Dance.

Another morning surf lesson exploring 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. In the evening, we will visit the famous Uluwatu Temple for an amazing Kecak Fire Dance.

Day 6 – Friday (13th June): Surf Adventure

Another morning surf lesson exploring more of Bali's best surf breaks with our private surf guide. Afternoon is free for your own leisure or you can join our hosts again for another free unsupervised surf sesh.

Day 7 – Saturday (14th 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 (15th June): Good Bye Bali

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