



SHAPE YOUR BOARD SURF YOGA RETREAT – May 2023

Day 1	Day 2-5	Day 6-7	Day 8	Day 9	Day 10	Day 11
	8:00 Yoga	8:00 Yoga	8:00 Yoga	8:00 Yoga	8:00 Morning surf	8:30 Yoga
	9:30 Breakfast	9:30 Breakfast	9:30 Breakfast	9:30 Breakfast	11:00 Beach brunch	10:00 Breakfast
	11:00 Shaping workshop with Ze	Ze laminating time / free time: surf, relax	11:00 Introduction to permaculture	Ze laminating time / free time: surf, relax	13:00 surf surf surf new board!	11:30 Goodbye circle
<i>Aloha! Enjoy every moment :)</i>	14:00 Lunch break	14:00 Lunch break or lunch box to go	14:00 Lunch break	14:00 Lunch break or lunch box to go	15:00 Beach relaxing yoga	12:00 Check out
16:00 Check in & tour at Soul Farm	15:30 Shaping workshop with Ze	Optional: Surf guide tour with Salva 50€	15:00 Workshop on planting trees			<i>Goodbye & see you in the water! :)</i>
18:30 Welcome meeting in the circle with meditation	19:00 Free time: relax, surf, enjoy the local food & spots	Optional: trip to St. Vicente in Sagres with dinner 50€	(All day: Ze laminating time)	17:00 Boards presentation after lamination period	19:00 Cacao ceremony & dance	
19:30 Welcome dinner	Optional: movie night (free)	Optional: skate & music jam at Boa Vida Social Club 5€	Optional: vegan culinary workshop with dinner 25€	19:00 Sunset surf	21:00 Dinner & party	

* During the lamination period on days from 6 to 9 guests do not need to participate in the workshops.

**Notice that our schedule may change due to the weather condition, surf forecast or other issues. Let go and follow the flow – it is Portugal, keep calm, enjoy every moment & relax :)