



**Ocean  
Awakening**  
YOGA & SURF RETREATS

## SURF YOGA RETREAT – October 2022

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	8:00 Yoga	8:00 Yoga	8:00 Yoga	8:00 Yoga	8:00 Pick up to the beach	8:30 Yoga
	9:30 Breakfast	9:30 Breakfast	9:30 Breakfast	9:30 Breakfast	8:45 Surf course	10:00 Breakfast
	11:30 Pick up to the beach	11:30 Pick up to the beach	11:00 Pick up to LaLaLand	11:30 Pick up to the beach	10:15 Breakfast at the beach	11:00 Goodbye circle
Welcome at SOUL FARM!	12:15 Surf course	12:15 Surf course	12:00 Introduction to permaculture	12:15 Surf course	12:15 Beach yoga	11:30 Check out
Enjoy the flow :)	13:45 Lunch break	13:45 Lunch break	13:45 Lunch break	13:45 Lunch break	14:00 Lunch break	See you again! :)
16:30 Pick up from Aljezur bus station	15:00 Free surf & chillout	15:00 Free surf & chillout	15:00 Workshop on planting trees	14:30 Free surf & chillout	15:30 Free surf & chillout	
17:00 Check in	16:30 Pick up from the beach to SF	16:30 Pick up from the beach to SF	16:30 Pick up from LaLaLand to SF	16:00 Pick up from the beach to SF	17:00 Pick up from the beach to SF	
18:30 Welcome meeting in the circle	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	
19:30 Welcome dinner & intentions	18:00 Walk to the surf, skate & music social club	19:00 Sunset silent walk along the cliffs & meditation	Free evening: time to explore the area by your own	17:30 Vegan culinary workshop & dinner & music	18:30 Cacao ceremony & ecstatic dance	

\* 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 & relax :)