



SURF & YOGA RETREAT - PROGRAM

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
WELCOME TO PORTUGAL!	11:30 Pick up to the beach	11:30 Pick up to the beach	10:30 Pick up to La La Land	11:30 Pick up to the beach	10:15 Breakfast at the beach	11:30 Check out
ENJOY EVERY MOMENT :)	12:15 Surf course	12:15 Surf course	11:00 Introduction to permaculture	12:15 Surf course	12:15 Beach Yoga	See you later! :)
	13:45 Lunch break	13:45 Lunch break	13:30 Lunch break	13:45 Lunch break	14:00 Lunch break	
16:30 Pick up from Aljezur bus station	15:00 Free surf & chillout	15:00 Free surf & chillout	14:30 Introduction to herbal medicine	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	17:00 Pick up from La La Land to SF	16:30 Pick up from the beach to SF	16:30 Pick up from the beach to SF	
18:00 Welcome meeting	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	Free time: shower & relax	
19:30 Welcome dinner for the group and crew	18:00 Walk to the skate & music social club	19:00 Sunset silent walk & meditation	Free evening: time to explore the area by your own	17:30 Vegan culinary workshop & dinner with crew	18:30 Cacao ceremony & ecstatic dance	

***Notice that our schedule may change due to the surf forecast and weather condition or other issues. Let go and follow the flow – it's Portugal! :)**