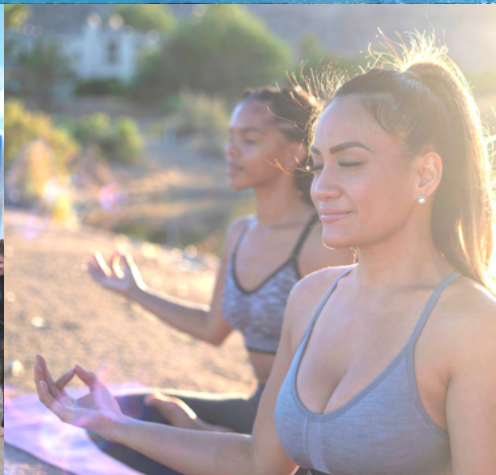




Surf, Sup & Yoga Retreat

Tutukaka Coast, Northland, NZ



All Inclusive: Surf or SUP | Yoga | Lodge | Healthy Food

JOIN OUR WOMENS ONLY RETREATS

Choose a Surf & Yoga retreat or SUP & Yoga retreat

Perfect for beginner and intermediate surfers and paddle-boarders. Never surfed or paddle-boarded before? You'll be in great company, many of our guests step onto the board for their first time!

You'll receive fantastic coaching from our experienced instructors who'll help you to improve your skill set through a series of fun, technique-focused lessons.

Bring a friend, partner, group, or yourself to have a guaranteed great time!

**DREAMING OF AN INCREDIBLE LONG WEEKEND OF
ADVENTURE, FUN AND NORTHLAND MAGIC?**

027 734 4877

surf@nzsurfacademy.co.nz



LOCATION OVERVIEW

Rated as one of the top coastal destinations on the planet by 'National Geographic'

Our lodge is located overlooking the stunning village of Ngunguru, with expansive ocean views over the sandspit and estuary. Our private property boasts 5 bedrooms, sleeping 12 comfortably with 4.5 bathrooms. There are a number of large outside areas to relax, unwind and have a table tennis game or two.



Enjoy Fresh Sea Air, Adventure, Epic Beaches and Yoga



WHAT IS INCLUDED?

FRIDAY - ARRIVE 11AM - THE RETREAT BEGINS!

Find your own way to the Tutukaka Coast, an easy 3h drive from Auckland. You will be briefed over the exciting plans for the few days to come. After settling in and enjoying lunch we'll head off for our first surf or SUP lesson on one of the many beaches/waterways. We'll then head back to the lodge for a night of socialising and a healthy, delicious dinner.

SATURDAY - FUN-FILLED DAY

After a good breakfast we'll head to the coast for the day. You'll enjoy a morning stretch and a surf or SUP lesson, followed by a picnic lunch. In the afternoon you'll have the option to surf or SUP, relax or go for a walk. Back at the lodge for a Yoga session with Jo. After dinner you can watch a surf movie, play some games or just chill.

SUNDAY - SURF OR SUP, YOGA, EXPLORE

Another great day ahead, repeating yesterday's excellent experiences. With surf or SUP lesson, optional activity, yoga, dinner and sleep.

MONDAY - YOGA & SURF

We'll start the day with some yoga to clear the mind and recenter, before hitting the beach and testing out your new love of surfing or paddle-boarding. After a picnic lunch begin your journey home with some amazing new memories, experiences and skills!



ALL INCLUSIVE WOMEN'S SURF & SUP RETREATS

Cost includes:

- 3 nights accommodation with fully catered vegetarian meals (breakfast, lunch & dinner).
- 4 surf or paddle-boarding lessons
- 3 yoga sessions.

Queen/en-suite - 1 person \$1,995 / 2 people \$1,295 each

Queen - 1 person \$1,795 / 2 people \$1,195

Twin - \$1,395 per person

Bunk-room (sleeps 4) - \$1,195 per person

Not Included:

Flights, Airport Pickup (can be arranged) excess baggage, travel insurance, optional extra activities, alcoholic beverages - BYO ok.

Booking:

A 20% deposit is required to secure your place. Balance due 20 days prior to Retreat.

BOOK NOW:

SURF@NZSURFACADEMY.CO.NZ

Dates Available:

- 2-5 December 2022 (Surf & Yoga)
- 24-27 February 2023 (Surf & Yoga)
- 10-13 March 2023 (SUP & Yoga)
- 17-20 March 2023 (Surf & Yoga)
- 28 April-1 May 2023 (SUP & Yoga)
- 19-22 May 2023 (Surf & Yoga)

**CUSTOM RETREATS CAN BE ORGANISED, PLEASE GET IN CONTACT
WE CAN'T WAIT TO SEE YOU!**

