

# Freewave Surfing & Yoga Retreat

## Sample Itinerary

### Day 1

- 4pm - 5pm      **Check in**  
Settle in to your accommodation and enjoy the surroundings of the house, beach and garden. Get kitted out with a wetsuit, surfboard, yoga mat and block
- Drinks and healthy snacks are available*
- 5pm - 6pm      **First Yoga Session: New Beginnings**  
Unravel your mind from the pressures of daily life and prepare your body for the days ahead in the beautiful private garden. This is a chance for everyone to become familiar with the surroundings and the teacher
- 6pm              **First Surfing Session: Introduction to Surfing**  
Suit up, grab a board and walk down to the beach to go through the basics of surfing safely and catching waves with your surfing instructor
- 8pm              **Dinner at The Beach House**  
Enjoy a healthy two course vegetarian meal and drinks at your accommodation

### Day 2

*Light breakfast available*

- 7am              **Wakeup Vinyasa Yoga**  
Awaken your mind in the morning sun, surrounded by the sound of breaking waves. Gently get your body ready for the day ahead with some energising breathing and flow
- 830am          **Surfing lesson - Mastering the Basics**  
Build on the surfing basics of catching and riding waves effectively. Benefit from the help and guidance of video feed back from your surfing instructor... in the water!
- 1030am        **Brunch and Feedback**  
Enjoy a healthy prepared brunch with your surfing instructor while chatting over your surfing session. Get tricks and tips to think about ready for your next surf session

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- 12pm **Free Time**  
Coastal walk, swim, surf or read a book... it's your time
- 3pm **Energising Clifftop Yoga**  
Find a quiet spot on the on the cliffs to revitalise your tired surfing arms. Rejuvenate and energise your body with deep and blissful breathing and postures
- Tea, cake and healthy snacks available*
- 5pm **Surf Movie & Chill Time**  
Watch how the pros do it with an in-house surf movie.  
There may be a visit from a local surfboard shaper to talk through board design and how a surfboard is made
- 7pm **Make own dinner plans**  
Make a meal in the well equipped house kitchen or dine out at one of the many amazing restaurants in the bay...it's your choice!

### Day 3

*Light breakfast available*

- 7am **Wakeup Vinyasa Yoga**  
Awaken your mind and body in the morning sun. Deepen those stretches (with emphasis on the shoulders and lower back) in your shoulders and lower back in preparation for your surfing session
- 830am **Surfing lesson - Intermediate stage**  
Take your surfing to the next stage of catching and riding waves. Start turning and trimming along the waves and ending your wave in style!
- 1030am **Brunch and Feedback**  
Enjoy a healthy prepared brunch in the private garden
- 1pm **Free Time**  
Laze in the sun, swim in the sea or catch some Z's... it's your time!

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- 3pm **Revitalise & Rejuvenating Beach Yoga**  
In a sunny spot on the sand relax your tired surfing arms. Restore your energy with deep blissful breathing and release any body tension
- 5pm **Cornish Cream Tea**  
Jam or cream first?
- 7pm **Private Chef Barbecue**  
Local chef [Dave Sargent](#) will be coming along put on an amazing barbecue in the garden. Chat to you new friends and perhaps enjoy a glass of fizz!

### Day 4

*Light breakfast available*

- 7am **Final Yoga Session**  
Unwind your body and reflect on your time away. Enjoy what you have achieved and the salty new people that you have shared the journey with
- 830am **Final Surfing Lesson**  
Enjoy a 'free surf' with your surfing instructor. Catch some waves and perhaps some photos of your new surfing skills ready for Instagram!
- 1030am **Brunch and Departure**  
Enjoy a healthy prepared brunch in the house or garden before starting your next journey

Rooms will need to be vacated by 1200, however bags can be stored until 4pm

**This is a sample itinerary and timings may change due according to weather and tide times. All activities are optional and there is no pressure to take part in all or any of the activities.**