

The Schedule

AUGUST/SEPTEMBER IN
SANTA TERESA, COSTA RICA

DAY 1

- 3PM:** Welcome to the Jungle!
- 4PM:** Quiver & Quad: Explore our curated collection of surfboards, suited for every level and wave type, and get your board & ATV ready for the surf trip!
- 5PM:** Opening Circle & Sauna Ceremony
- 7PM** Dinner at the Nest

DAY 2

- 5:30AM:** Early Bird coffee & fruits
- 6AM:** SURF!
- 11AM:** Brunch at the Lodge
- 1:30PM:** Surf Theory & Training: Wave anatomy and types, positioning, forecasting, & equipment breakdown. PLUS a surf specific work out.
- 4PM:** SUNSET CHILL SURF
- 7PM:** Dinner on the beach at Tropico Latino

DAY 3

- 5:30AM:** Early Bird coffee & fruits
- 6AM:** SURF!
- 11AM:** Brunch at the local Soda Tiquicia
- 2PM:** Surf Theory & Training: Surf skate sesh, & chats about maneuver techniques & timing.
- 4PM:** SUNSET CHILL SURF
- 7PM:** Tapas & Tubes: Savor delicious tapas while watching the pros master the best tubes on our outdoor cinema projector! Open to community.

DAY 4

- 5:30AM:** Early Bird coffee & fruits
- 6AM:** SURF!
- 11AM:** Brunch at the Lodge
- 2PM:** Surf Theory & Training: Video analysis, technical skill enhancement, surf apnea, & paddle training
- 4PM:** SUNSET CHILL SURF
- 7PM:** Dinner at the Lodge & Video Analysis
- 8PM:** Candlelight Yin Yoga

DAY 5

- 5:30AM:** Early Bird coffee & fruits
- 6AM:** SURF!
- 11AM:** Brunch at the Lodge
- 2PM:** Surf Theory & Training: Hot yoga & cold-plunge breath work
- 4PM:** SUNSET CHILL SURF
- 7PM:** Dinner at the Lodge & Video Analysis
- 8PM:** Ocean Sound Healing under the stars

DAY 6

- 5:30AM:** Early Bird coffee & fruits
- 6AM:** SURF COMPETITION
- 10:30AM** Brunch at the beach
- 1:30PM:** Beach Horse Ride back to the Lodge
- 5PM:** Competition results, awards, & closing circle
- 7PM:** Magic dinner at the Lodge

DAY 7

- 5:30AM:** SEA you soon Breakfast
- 6AM:** Check Out & Hugs

