

Tentative Schedule

DECEMBER 1-7, 2025
SANTA TERESA, COSTA RICA

DAY 1

- 4PM:** Welcome to the Jungle & Poolside snacks: enjoy fresh bites as you relax after your travels and connect with new friends!
- 4.30PM:** Quiver & Quad: Explore our curated collection of surfboards, and get your ATV ready for the trip!
- 5.30PM:** Opening Circle & Sauna Ceremony
- 7PM** Welcome Dinner: tapas & tubes, at the Nest



DAY 2

- 6AM:** Movement flow, and early bird costa rican brewing coffee / fruits
- 7AM:** SURF IS UP!
- 11 AM:** Tropical Brunch at the Lodge
- 12:30PM:** Surf Theory & Personalized Video Analysis
- 2PM:** Siesta & relax time: Enjoy a soothing massage (adds-on), relax by the pool, or unwind in the comfort of your air-conditioned room!
- 4PM:** Sunset Chill Surf
- 7PM:** Dinner out on the beach



DAY 3

- 6AM:** Cold-plunges, hot coffee & power bites
- 7AM:** SURF IT OUT!
- 11AM:** Brunch at a local restaurant
- 12.30PM:** Surf Theory & Video Analysis
- 2PM:** Surf skate sesh, & chats about maneuver techniques & timing.
- 4PM:** Sunset chill surf
- 7PM:** Dinner at the lodge



DAY 4



- 6AM:** Meditation & smoothie: Wake up to the call of howler monkeys and start your day with a guided meditation, followed by a nourishing smoothie.
- 7AM:** SURF!
- 11AM:** Brunch at the Lodge
- 12.30PM:** Surf Theory & Personalized Video analysis
- 2PM:** Underwave training & breathwork: Learn to master your breath to move with the waves and feel more confident in the water.
- 4PM:** Sunset Chill Surf
- 7PM:** Dinner out

DAY 5



- 6AM:** Early movements, coffee & fruits
- 7AM:** SURF!
- 11AM:** Brunch at the Lodge
- 12.30PM:** Surf Theory & Personalized Video analysis
- 2PM:** Solo time or Free surf
- 5PM:** Sauna herbal ritual: indulge in natural clay masks, salt scrubs, and herbal potions
- 6PM:** Ocean Sound Healing under the stars
- 7PM:** Dinner at the Lodge

DAY 6



- 6AM:** Ashtanga yoga, coffee & fruits
- 7AM:** SURF!
- 11AM:** Pic-nic at the beach
- 2PM:** Beach Horse Ride along the ocean, with the sun setting on the horizon.
- 5PM:** Closing circle & Sunset bonfire
- 7PM:** Special closing dinner at the Lodge

DAY 7

- 7AM:** SEA you soon Breakfast
- 9AM:** Check Out & Hugs