



Sri Lanka Surf Trek – 25th March – 1st April 2017



The **Expedition Club** and **Boardriders Society** are super excited to invite you to join us for an amazing week of surf and yoga at the incredible Soul & Surf camp in beautiful Sri Lanka!

- *Never surfed before?*
- *Never done yoga before?*

No problem! Most people who attend Soul & Surf camps have never surfed / done any yoga before, so it's perfectly set up for beginners.

However, the surf is awesome and the yoga teacher is amazing, so if you're a hardcore surfer / yogi, there will be plenty to challenge you.

Please check out their Tripadvisor reviews, they're seriously impressive (5 out of 5)!

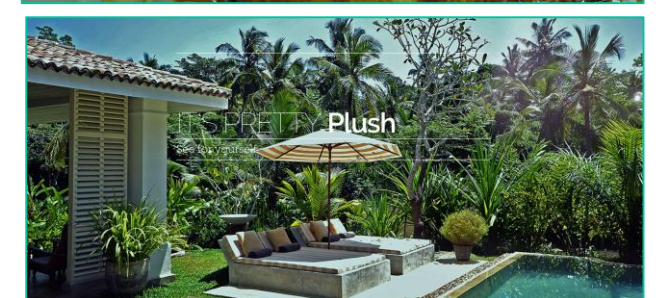
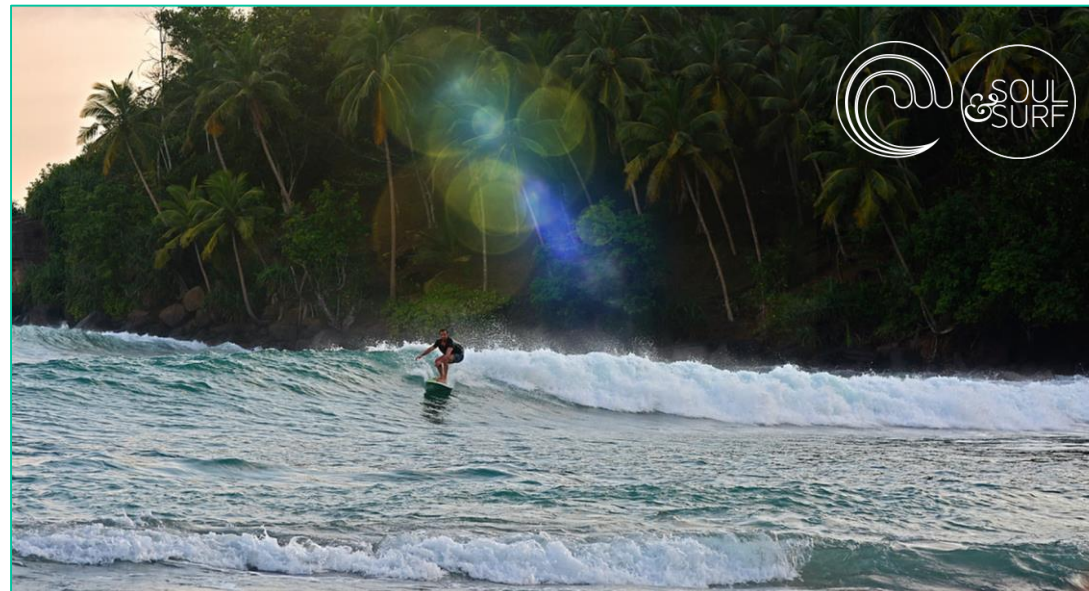
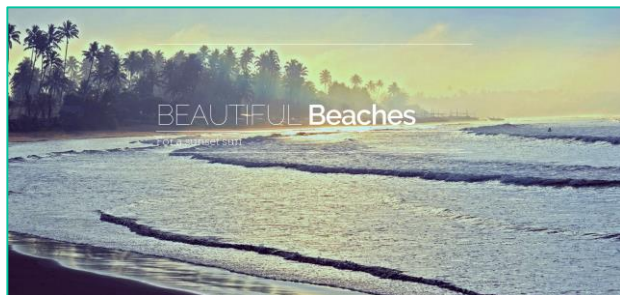
www.soulandsurf.com/retreats/sri-lanka/

Your typical day will look like this:

6.15am
6.30am
9.00am
10am-1pm
1.00pm
2-3pm
3.00pm
4.30pm
6.00pm
7.30pm

Sunrise breakfast snack overlooking the jungle river
Head out for first surf coaching / guiding session
Healthy big breakfast
Chill out time
Delicious lunch
Chill out time
Yoga
Head to sunset surf session
Drinks on the beach, watching the last of the sunset
2-course dinner

But this is **your** holiday and there's no pressure to do everything – you can pick and choose to do as much or as little as you like.





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What's included? (loads!)

- 7 nights accommodation (it's pretty lush!)
- Airport pick-up/drop-off
- Breakfast, lunch and dinner, every day
- Unlimited drinking water
- Snacks & water during surf sessions
- 5 morning's of 2hr surf coaching or guiding*
- 1 video feedback session
- 1 surf theory lesson
- 7 day surfboard hire
- Complimentary Soul & Surf rashvest
- 5 afternoon yoga sessions *
- 2 morning yoga classes (if you choose not to surf)
- 1 pranayama session
- 1 guided meditation
- Your best photo of the week
- 1 guided SUP (StandUp Paddle-boarding) or Canoe Ride through the jungle (Wed AM)

*Sun to Fri, excl Wed – day off

What's not included?

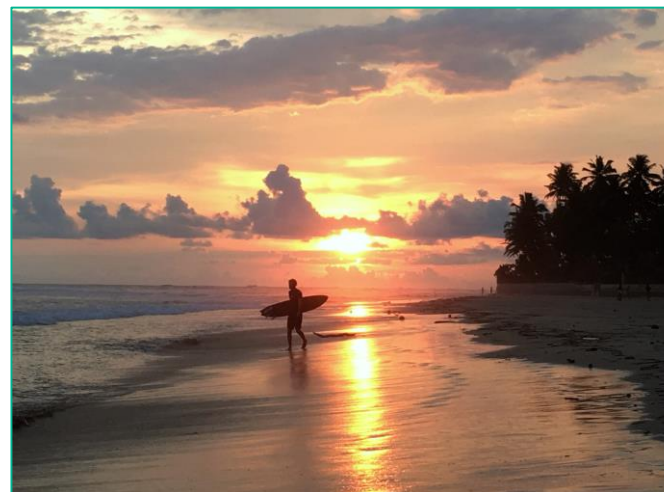
- Flights
- Excursions on our day off (Wednesday) – options include:
 - waking up early and heading on a jungle safari,
 - whale watching / catamaran cruise
 - day trip to Galle, a UNESCO heritage city on the coast
- A Sri Lankan cooking class
- Massages / spa treatments
- Full photo / video package (available)
- One-to-one yoga sessions (available)

Cost:

1 week (all-inclusive) at the Soul & Surf camp

£810pp

(Air fares are c.£420 for London – Colombo)





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And if you're still not convinced, a few more photos to tempt you.....

