



SURF GODDESS RETREATS ITINERARY

A yoga and surf holiday unlike any other! We offer the chance to spark your spirit of adventure, get inspired, deepen or develop your personal yoga practice and enjoy a fantastic surfing vacation in one of the world's most famous surfing havens.

Bali is popular destination, beloved by international travellers from all over the globe. It's renowned for its consistent surf, friendly locals, exotic culture, amazing shopping and spas, plus great nightlife and world class dining.

You will have fun meeting new friends, being pampered, learning to surf and practicing yoga every day; plus we'll nourish your body with delicious organic meals made fresh daily by our resident chef.

You'll also have plenty of time for reflection with sun-drenched dips in our emerald pool, reading in a quiet pavilion over looking lush tropical gardens or head out to explore the exotic sights and sounds of Asian life just outside your door.

There's always plenty to do –shop at the local artisan markets filled with colorful stalls that sell everything from handicrafts and clothing at amazingly affordable prices; sample the many cafes and restaurants, catering to all tastes and budgets and indulge your inner goddess with daily spa therapies on offer at your villa.

Day 1 – ARRIVAL DAY

On the first day you can arrive at the retreat anytime after 12 noon and before 4 pm. We invite you to use this time to become familiar with the surroundings and to unwind from the modern world as you enter the peaceful Goddess Sanctuary that will be your home for the retreat. Relax and take a swim in the villa's shimmering pool or loosen up with an in-house massage.

At 4 o'clock the retreat officially begins. You'll start with a warm up yoga class set in our open yoga pavilion that overlooks our frangipani garden as the sun setting paints the sky.



Yoga is followed by our Welcome Orientation where you will learn all the details about your retreat experience for the week ahead and get helpful tips to familiarize yourself with the island way of life, plus introduce our Goddess Team who will be taking care of you throughout your stay.

Our delicious Welcome Dinner begins at 7 pm with the first of your exotic gourmet dinners made with love by our own retreat Chef.

These special evenings are a fun time when we come together to share stories and thoughts with new friends from around the globe, learn more about the ancient practice of yoga and Balinese traditions through conversations with your expert retreat guides.

Day 2 – 7

Each morning wake up to a healthy gourmet breakfast, with a delicious selection of changing specialties that provide wholesome satisfaction for the active day ahead.

Surf Lesson

Surf Goddess Retreats is the perfect place for women who want to learn how to surf. With water temperatures averaging 28C/ 84F and consistent surf all year round, Bali is truly a surfer's paradise. Our lessons are especially designed for the Surf Goddesses, so you are sure to be standing up on the board by the end of your first lesson! Yoga and surfing are naturally connected.

Like yoga, surfing is a life-changing experience, and anyone can learn to surf! If you are already an experienced surfer, we provide surf guiding to Bali's best breaks for your level along with coaching on areas you wish to improve.

Our modular style surf curriculum allows us to respond to your individual needs and allows you to progress at your own pace throughout the week, and we are there to support you every step of the way. Whatever your level, our surf instructors' attention and detail of instruction will leave you feeling supported and empowered.



Yoga

In both the early mornings before breakfast or late afternoons, our 1.5 hour yoga sessions are there to build core strength, tone muscles and melt any stress rooted in the body and organs. Each lesson throughout the week builds upon the next to allow each guest to continually deepen her practice and experience growth in her personal yoga journey.

Yoga sessions are tailored to match the level of each guest and include a blend of rejuvenating styles (Hatha & Vinyasa Flow). Yoga sessions typically begin with loose relaxed stretching to warm up, then progress through more challenging yoga postures and are completed with deeper stretches and a short, relaxing meditation.

Pampering

Our retreat is dedicated to embracing the best things in life, and what better way than to pamper yourself daily than with a selection of treatments to sooth and revive you so you have a Goddess glow from top to toe!

Bliss Day Activities

On one (1) day of your retreat you are invited to customise your holiday experience by selecting from our well being and cultural activities. Enjoy your retreat just the way you like it!

EXTRA Surf Lesson

This is the ideal way to get some extra time with the wave! This dynamic and physically challenging sport is a great tonic for the soul as you embrace the energy of the waves. Spend the day continuing your surf journey with expert surf instruction from our surf coaches while soaking up the rays by the sea. Enjoy expert surf instruction from professional coaches who will have you up and riding waves like a pro before you know it!



Stand Up Paddle Boarding

Stand-Up Paddle lessons are a great way to have fun and get fit at the same time! For your SUP adventure we will take you to the clear calm waters of Sanur Lagoon, a safe and protected place to learn and build your confidence before advancing to the ocean. Be warned—once you try it you will be hooked!

Jungle River White Water Rafting

Enjoy a visually spectacular rafting trip down the Ayung River as you travel to the jungle interior of Bali. This adventure is a wonderful mix of excitement, breathtaking views and well-guided, informative sightseeing.

As you carve through some of Bali's most appealing landscape, the Ayung River provides a thrill that begins the moment you push off from the riverbanks. As you switch between Class I and II rapids, you will wind through deep valleys with cascading waterfalls and towering cliffs of prehistoric significance.

On the more leisurely stretches through tropical forests you will see Hindu shrines that are brightly decorated on ceremonial days of prayer. Just as you think it is all coming to an end, the unpredictable Ayung River propels your raft into yet another rapid! This wonderful morning is followed by a deliciously prepared local lunch in Bali's mountain area.

Tropical Reef Snorkeling Adventure

This full day trip will take you to the beautiful east coast of Bali to a small bay to the right of Padangbai called Blue Lagoon. You will snorkel right off the boat where you'll discover an entrancing variety of marine life: a collection of resident Blue-Spotted Rays, a large Napoleon Wrasse swimming through to nudibranchs of all shapes, sizes and colors, and surprising discoveries of scorpion fish, lionfish and moray eels. Visibility is usually pretty good between 15 to 20 meters and there are rarely currents in the area.



Ubud and Countryside Bicycle tour

Spend the day on our most popular day adventure as you escape to the cooler climates of Bali's Mountain region. Start the day with brunch served up beside an ancient volcanic lake high in the mountains, then using mountain bikes and safety equipment, wind your way down the trail from Mount Batur through sleepy villages along little-used roads and tracks. All of the guides come from the surrounding regions and are trained to entertain and educate by sharing a broad depth of knowledge in Balinese culture and lifestyle.

Frequent stops are made along the way, giving you the opportunity to view aged temple compounds and shady plantations that grow a bounty of crops. This is people watching at its best!

This wonderful morning is followed by a deliciously prepared local lunch in Bali's village of Ubud (the village made famous by Elizabeth Gilbert's book 'Eat, Pray, Love'). An air-conditioned escort vehicle is on standby at the end of your trip to take you to a replenishing buffet luncheon before returning to your hotel.

This journey offers an insight into a Bali that is not commonly seen, and allows you to experience the charming culture of rural Bali. A fantastic day out packed with education and fun!

Private Beach Lagoon Getaway

If you want to relax like a celebrity on your Bliss Day this is the option for you! You will be whisked away to a breathtaking private beach club where you can chill out with your toes in the white sand and swim in the crystal blue waters of a private lagoon while being served fresh juices (or cocktails) and a lunch of the catch of the day at this club's eco-chic palm frond restaurant. Kayaks and snorkeling are also available (subject to tides).



Sacred Batik Printing in Ubud

Like meditation in action, the art of Batik centers the mind and liberates the heart through creativity. Explore the simple and exciting process of Batik painting and create a rewarding piece of art to bring home from your travels in Bali.

In this unique workshop your teacher, Ketut Sujana, will help you use this ancient art form to create contemporary designs. Ketut's gentle and patient instruction helps the student discover in physical form the images that all of us carry in our hearts.

Gourmet Indonesian Cooking Classes

Our cooking class is a unique lifestyle experience seeped in hundreds of years of traditions. Experience the beautiful humbleness of Indonesian dining and cooking culture so you can recreate this exotic richness back home. Classes are held by Iboe Soelastri, an Indonesian chef who learned to cook from her grandmother when she was just four years old. Spend a wonderful afternoon preparing dishes that are part of ritual and everyday life on the magical island of Bali. Finish with a true Waroeng lunch experience as you dine surrounded by oil lamps, stone grinders and traditional steamers on wood-fire terracotta stoves in the open kitchen accompanied by soothing, intimate Javanese music.

Tanah Lot Tour & Guided Meditation

Visit one of Bali's most sacred sea temples, Tanah Lot, and take part in a traditional offering to the gods. Tanah Lot has been part of Balinese mythology for centuries and is dedicated to the guardian spirits of the sea. During this Bliss Day activity you will also learn about the Hindu culture, meditate on the beach with our Balinese spiritual guide, Pak Made Wisma, and visit a holy spring (depending on the tide).



Balinese Market Tour

Enjoy a guided tour of select local, traditional and central markets where you will get to experience (and perfect!) the art of bargaining. You will also see that for the local Balinese community a market place is not just for shopping but a meeting, eating and socializing venue. On this tour you will also visit a heritage area in the island's capital of Denpasar where you will visit one of the oldest coffee shops in town and then be treated to a traditional Indonesian lunch with your experienced guide.

Personal Time

Outside of the retreat's scheduled activities, you have the option to enjoy your time as you like. Take a stroll to the beach for some fun in the waves, read a book in our open air pavilions surrounded by tropical gardens, soak up the sun by the pool, shop for exotic handicrafts or indulge in the variety of spa treatments that are offered in your retreat package.

Day 7 – DEPARTURE DAY

After a morning yoga session and another run out in the surf, we share a delicious breakfast together and enjoy some time to catch up on last minute shopping, treatments, relaxing by the pool or at the beach, and socializing with new friends before we say farewell in the afternoon.

Many of our guests leave feeling transformed and motivated to bring the joy and well-being experienced on our retreat back home and incorporate this into their daily lives, so we hope that you will come awaken the Goddess in you!

Important Itinerary Notes

Please note: The itinerary is correct at time of printing, although occasionally our itineraries are updated to incorporate improvements stemming from guest feedback and our own research.