



Special Summer Surf Offerings

“Surf Safari Adventure”

Beginners:

Have you always had a dream to surf in a place with warm, clear water? Welcome to wave heaven! Summer is the time to make it happen and Troncones and Saladita have some of the most renowned surf spots for surfers of all levels. Work with our resident yogi surfer Natalie Ritenour to take your yoga practice to the water. Natalie will guide you through specialized yoga, qi gong, meditation and pranayama to give you the skills you need to take it to the waves. Explore how an integration of these ancient practices can enhance your surfing at any level. As a beginner, you can be certain that this step by step approach on the land and in the water will give you the balance, strength and confidence you need to surf. The Surf Safari Adventure is a really fun way to get in shape, enjoy the ocean water and learn more about the joys of surfing.

Day Rate (plus 19% tax):

\$75 – This 5 hour excursion includes yoga/qigong class, surf guide, surf board, transportation and a stop at a local coconut stand.

\$55 (without board rental) – This Surf Safari can be selected as your adventure activity included in the Present Moment R&R package.

“Summer Surf Package”

Intermediate or Advanced Surfers:

This new Present Moment package is specifically designed to meet the needs of surfers. Take advantage of our surf guidance to provide you with daily surf reports, safety precautions and transportation to the best rides in the area. Based on the daily conditions and your skill level, we will offer suggestions from the popular left break at Saladita to a variety of secret surf havens. This is a great opportunity to meet other surfers and explore some of the most renowned surf spots in the world.

Includes:

- 5 nights single occupancy stay in beautiful ocean front bungalow with private bath and queen size bed (ask about double occupancy rates).
- Daily surf trips with transportation to and from surf spots.
- Gourmet lunch made to order – served at Present Moment until 3:00pm.
- Afternoon yoga class – great for all levels
- 90 minute Thai massage incorporating deep tissue and pressure point therapy specifically for surfers.
- 2 for 1 cocktails daily from 5:00-7:00pm

Sample Schedule:

7:30 – Transportation to surf spot
8:00 – 12:00 Surf Surf Surf!
2:00 – Present Moment Lunch
4:00 – Restorative Yoga for Surfers
6:00 – Massage or Happy Hour
8:30 – Surf Videos

Rates (plus 19% tax):

\$795 for 5 night stay – choose from any days of the week (\$895 with board rental).

Book now to reserve your spot!