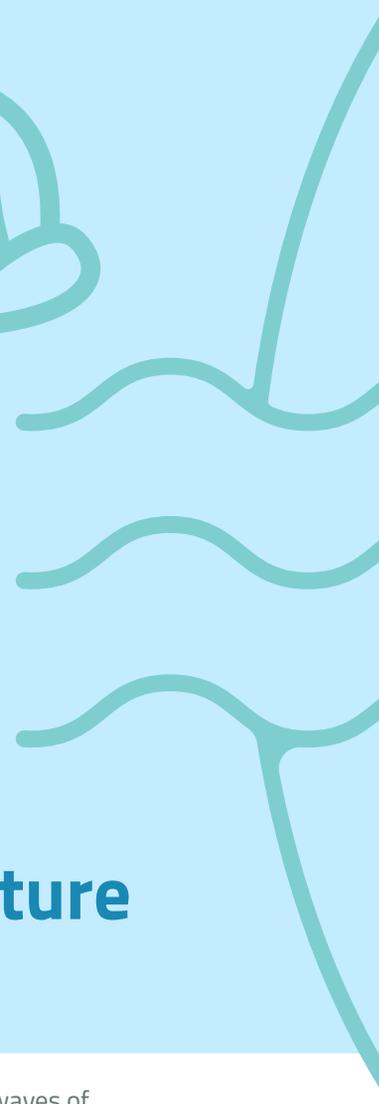


ARE YOU READY FOR THIS?

www.amarelodge.com

SURF & YOGA RETREAT



- Yoga classes
- Surf classes
- 5 nights accommodation

CONTACT OUR TEAM FOR INFO!

6 Days Yoga and Surf Retreat
Relax and Stay in Excellent Health

Wellness and adventure Holiday

Practice yoga, surf the idyllic waves of Portugal coastlines and relax in the harmonious environment of the Lodge. You can expect high-quality surf coaching in small groups. And through a tailored coaching program that includes surf theory, you're guaranteed to improve your surf and learn the skills to continue after the trip. Your healthy dose of surf-inspired yoga, is designed to stretch, relax and restore so you feel energized each day.





Buy Your Trip! See you soon!

Price per person
From 595 €



www.amarelodge.com



2023 Available Trips

- | | |
|----------------|-------------------|
| 11 - 16 June | 13 - 18 August |
| 18 - 23 June | 20 - 25 August |
| 25 - 30 June | 27 - 01 August |
| 02 - 07 July | 03 - 08 September |
| 09 - 14 July | 10 - 15 September |
| 16 - 21 July | 17 - 22 September |
| 23 - 25 July | 24 - 29 September |
| 30 - 04 August | 01 - 06 October |
| 06 - 11 August | 08 - 13 October |

TAILOR TRIPS ARE AVAILABLE!

**GROUPS UP to
22 persons**

This yoga and surf holiday takes place
at Furadouro, Aveiro - Portugal

For complete privacy or a retreat with friends! Bedrooms with two beds with a shared bathroom. Sun deck, organic locally sourced bathroom amenities, shower, luxury bedding, hot water and tea, indoor seating area. Each room sleeps 2 persons in single bed.

Ovar, Aveiro - Portugal
Phone:
+351 917 058 002
E-mail:
info@amarelodge.com

Follow us



Food

During this retreat, you will be served with season food.

Highlights

Yoga classes / Surf classes
6 nights accommodation
Healthy breakfasts

Skill level

Beginner / Intermediate / Advanced

Extras

Canoeing / Paddle Surf / Kitesurf
Surfskate / Bike Rides / Others

PROMO CODE