

7 Days Marvelous Yoga and Surf Camp in Lisbon, Portugal

Nourishing Surf Camp in Portugal

Revitalise and nourish your soul but release your inner athlete out with Duckdive Nature Sports. Awaken your senses and relax your body with an amazing week of adventure and relaxation.

In a paradise, just outside of Lisbon, empower yourself and find a profound connection to nature. Begin your day by inviting the solar positivity with sunrise yoga. Then kickstart your heart rate with an exciting morning surf, followed by a delicious Portuguese lunch at the beach, to get yourself energized for your second surfing lesson. Ensure a relaxed and relieved physical and inner being by joining the sunset yoga and meditation class.

HIGHLIGHTS

- Daily yoga classes
- Exciting daily surfing sessions
- Meditation and Pranayama practices
- 3 Healthy and delicious meals
- Professional instructors
- 6 nights' lodging

SKILL LEVEL

- Beginner
- Intermediate

5 days with instruction in English

Spoken languages: English, French, Portuguese, German

The maximum participants in the group is 8

Airport transfer included: Lisbon Portela Airport



Accommodation

- Gym
- Golf course
- Swimming pool (outdoor)
- Table tennis
- Barbeque facilities
- Dining area
- Environmentally friendly
- Fireplace
- Garden
- Honesty bar
- Kitchen
- Lobby
- Lounge
- Meditation garden
- Multilingual staff
- Picnic area
- Terrace
- Bicycle rental
- Board rental
- Car rental
- Convenience / grocery store
- Free bicycle
- Free parking
- Free Wi-Fi
- Internet access
- Ironing / ironing board
- Library
- Wireless internet
- Outdoor shower.

During this surf camp, you will have a six-night stay at the accommodation provided by Duckdive Nature Sports.

Program

- 07:00 Start with the sunrise
- 07:15 Meet for fruit and coffee
- 08:00 Daily yoga class
- 09:30 Surf class
- 12:00 Lunch time
- 13:00 Relax, free time
- 15:00 Surf class
- 19:00 Sunset yoga
- 20:30 Dinner time



Location

This surf and yoga camp will take place in Castelo Beach Setúbal, Lisbon, Portugal. Surrounded by endless forests and breath-taking beaches, this will be your amazing home for a week,.

NEARBY PLACES

- Lisbon Airport (LIS) - 25 minutes by car
- Main bus stop - 100 meters walk distance
- Supermarket - 50 meters walk distance
- The golf course - 4.7 kilometers
- The sea (beach), between the forest and the village Charneca de Caparica - 2.3 kilometers

Features

ACTIVITIES

- Surfing

GENERAL

- Beach

Food

Enjoy complete fresh and healthy meals during this camp.

THE FOLLOWING MEALS ARE INCLUDED:

- Breakfast
- Lunch
- Dinner

THE FOLLOWING DIETARY REQUIREMENT(S) ARE SERVED AND/OR CATERED FOR:

- Regular (typically includes meat and fish)
 - If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation

What's included

- Surfing sessions
- Daily yoga classes
- Meditation and pranayama practices
- Fresh and delicious meals (breakfasts, lunches, and dinners)
- 6 nights' accommodation

Cancellation Policy

- A non-refundable 50% deposit is required upon booking
- Full payment required upon arrival by cash or by PayPal