

# SURF ESSENTIAL

7 DAYS OF CONNECTION, PROGRESSION, AND BALANCE.

*/ surf retreat /*



## 15 TO 21 SET

A carefully structured program to help you focus  
on what really matters: **surfing with more  
confidence, awareness, and enjoyment.**

*Santa Cruz* | Movement & Nature House



# SURF ESSENTIAL

**Surf Essentials is an immersive retreat designed for intermediate surfers seeking more than just catching waves — they aim to evolve consciously, technically, and holistically.**

Over six nights and seven days, we provide an environment where surfing is integrated with physical preparation, body awareness, and in-depth ocean knowledge.

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# SURF ESSENTIAL

## / THE PROGRAM /

**Each day combines practice, recovery, and integration.**

We begin with a nutritious breakfast and move into practical surf sessions, always adapted to the best conditions and the group's level, with ongoing technical support.

In the afternoon, we dive into essential areas related to performance, physical preparation, and ocean safety.

## / WHAT YOU WILL EXPERIENCE /

### / **5 PRACTICAL SURF SESSIONS**

with in-water analysis and feedback

### / **1 SURF SKATE SESSION**

to improve technique and flow on land

### / **2 YOGA SESSIONS**

focused on mobility, breathing, and active recovery

### / **1 APNEA SESSION**

to build confidence and control during hold-down situations

### / **1 FUNCTIONAL TRAINING SESSION**

designed to establish a surf-specific physical routine

### / **1 SLACKLINE SESSION**

to develop balance, focus, and coordination applicable to surfing

### / **1 PADDLING TECHNIQUE SESSION**

to improve efficiency and energy management in the line-up

### / **1 WAVE READING AND ASSESSMENT SESSION**

focusing on decision-making in varying ocean conditions

### / **1 SURF AND RESCUE SESSION**

based on the latest water safety principles, teaching how to respond to unexpected situations

# SURF ESSENTIAL

/ INCLUDED IN THE EXPERIENCE /

/ **2 PHYSICAL ASSESSMENTS**

at the beginning and end of the week, with a personalized feedback plan

/ **11 MEALS**

balanced and thoughtfully prepared

/ **TRANSPORTATION TO OFF-SITE ACTIVITIES**

/ **PREMIUM ACCOMMODATION**

with suite, single, or double room options

/ **AN EXCLUSIVE AND INTIMATE ENVIRONMENT**

with a maximum of six active participants

/ **1 'ESSENTIAL' MASSAGE**

at Ocyan Spa



/ PLUS ONE / BRING A COMPANION /

If you choose to share your room with someone who won't be actively participating in the retreat, they can still enjoy full board and take part in the hotel's daily activities such as nordic walking, pickleball, yoga, archery, lake paddleboarding, and more.

**A retreat experience for you, a relaxing holiday for both.**

# EARLY BIRD

**DISCOUNT ON BOOKINGS**

made before July 20

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# SURF ESSENTIAL

/ PRICE LIST /

REGISTRATION  
*1 participant*

SUITE ROOM  
*/ 1 person*

2.200,00€

SINGLE ROOM  
*/ 1 person*

1.700,00€

DOUBLE ROOM  
*/ 1 person*

2.000,00€

REGISTRATION  
*2 participants*

DOUBLE ROOM  
*/ 2 persons*

3.300,00€

REGISTRATION  
*1 participant +*  
1 COMPANION

DOUBLE ROOM  
*/ 2 persons with  
full board*

2.800,00€





*Santa Cruz*

Movement & Nature House

/ E-MAIL /

[info@santacruznaturehouse.com](mailto:info@santacruznaturehouse.com)

/ TELEPHONE /

+351 261 095 900

/ WHATSAPP /

+351 924 177 172

Estrada da Praia Azul, N. 14  
Silveira, Torres Vedras

PORTUGAL



[www.santacruznaturehouse.com](http://www.santacruznaturehouse.com)