

SURF ORIGINS

Discover the ocean. **Discover yourself.**

/ surf retreat /

30 AUG TO 05 SEP

7 DAYS OF CONNECTION, DISCOVERY, AND CONFIDENCE.

Santa Cruz | Movement & Nature House

SURF ORIGINS

Surf Origins is a transformative retreat crafted for beginners ready to take their first steps into the world of surfing, not just to try, but to truly connect.

Over six nights and seven days, we offer a safe and inspiring environment where you'll learn the fundamentals of surfing, build ocean awareness, and develop the confidence to ride your first waves with presence and joy.

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/ THE PROGRAM /

This is more than a surf course. It's an invitation to slow down, reconnect with your body, and embrace a new lifestyle guided by rhythm, nature, and presence.

You'll build a strong foundation in surfing through personalized instruction, practical surf sessions, and complementary practices such as yoga, breathwork, and surfskate. Safety, joy, and confidence are at the core of everything we do.

With a small group, attentive coaching, and a deep respect for the ocean, you'll progress naturally without pressure and discover the thrill of riding your first waves with awareness and ease.

/ 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

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/ 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 August 15

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SURF ORIGINS

/ 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

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PORTUGAL



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