

Retreat ITINERARY

DAY 1

- Arrival at Surfing Australia High Performance Centre, Casuarina Beach
- Casuarina Beach Family Walk
- Intro to Surfing (Outdoor Pool) & Mindfulness
- Dinner
- Introduction to Nutrition
- Evening Movie

DAY 2

- Yoga & Stretching
- Breakfast for the Surfers
- Surfing
- Breakfast (for all other than surfers)
- Pool Swimming
- Spin Class
- Boxing
- Mindfulness
- Lunch
- Nutrition Continued
- Kingscliff Walk
- Dinner

DAY 3

- Yoga & Stretching
- Breakfast
- Pool Swimming
- Pilates
- Mindfulness
- Surfing
- Lunch
- SUP, Ocean Swim, Lay on Beach
- Dinner
- Speaker – Simon Black

DAY 4

- Yoga & Stretching
- Breakfast
- Pool Swimming
- Spin Class
- Boxing
- Mindfulness
- Early Lunch
- Springbrook Walking Circuit (6-7km and 16km Option)
- Seafood Beach Dinner (weather dependent)

DAY 5

- Yoga and Gratitude Meditation
- Breakfast
- Departure