Yoga | Surf | Surfskate

13th - 20th May 2023 | Cascais, Portugal

Our Retreat

Welcome to our Wave Warriors Retreat in Cascais, Portugal! We offer the perfect balance of adventure and relaxation, combining daily surf & surfskate sessions and yoga practices in a stunning coastal setting.

Our certified coaches will guide you through a variety of yoga styles and techniques, and will help you improve your surfing and surf skating skills, whether you are a beginner or more experienced.

Come relax, rejuvenate, and ride the waves with us in Cascais.

Date: 13th till 20th May 2023

Who should join our retreat

The Wave Warrior Retreat in Cascais, is suitable for individuals of all ages, fitness levels, and backgrounds who are seeking a unique and memorable vacation that combines adventure, relaxation, and personal growth. Whether you are a beginner or experienced surfer, yogi, or surfskater, our certified instructors will tailor their teachings to meet your needs and goals, ensuring that you have a safe, enjoyable, and fulfilling experience.

We welcome anyone who is seeking a fun and challenging vacation that will help you reconnect with nature, challenge yourself, and find balance and peace of mind.

" The ocean stirs the heart, inspires the imagination, and brings eternal joy to the soul "
WYLAND

Your yoga journey

During our Wave Warriors Retreat, you will have the opportunity to embark on your own personal yoga journey. Our certified yoga techer Janina will guide you through a variety of yoga styles and techniques, and will tailor her teachings to meet your needs and goals, whether you are a beginner or experienced yogi. You will have the opportunity to practice yoga in a beautiful, peaceful setting, surrounded by the breathtaking landscapes of the Atlantic coastline.

Our retreat is designed to provide a supportive and nurturing environment for you to explore and deepen your yoga practice, and to help you relax, rejuvenate, and find balance and peace of mind. We hope that you will come away from our retreat feeling refreshed, inspired, and ready to continue your yoga journey.

Meet your hosts

About Janina:

Her love for the waves made Janina move from Germany to Portugal, where she is living her life under the sun full of yoga, surfing, and skating. Janina is your Yoga Teacher and host during the Wave Warrior Retreat. Her joyful and mindful yoga teaching will leave you in a peaceful state of happiness, freedom, and ease.

Training:

60h Yin Yoga & TCM (Mona Abter, Tarifa/Spain)
200h Liquid Flow Yoga (Simon Park, Sinah Diepold, Sophia Thora, Kale & Cake Munich/Germany)
110h Psychological Yoga-Therapy (Katharina Middendorf, nivata Yoga Berlin/Germany)

Meet your hosts

About Vasco:

Vasco is a Portuguese native who grew up near the sea. He is an experienced surf coach who has worked with many notable surfers, including the Portuguese longboard champion Kat Barrigão and João Dantas a WSL Longboard Tour competitor. He is also the head coach of Concrete Surfers, an official Smoothstar surfskate school. Vasco is dedicated to helping his students improve their skills and achieve their goals.

Training:

Certified Surf Coach Level I - FPS
Surfskate Coach Level II - FPP
Bachelor Sports Science
Strength & Conditioning Coach

Surfing experience

You will have the opportunity to learn how to surf or improve your surfing skills with the guidance of our experienced and professional coaches, providing personalized instruction and support to help you progress at your own pace, surrounded by the breathtaking landscapes of the Atlantic coastline.

What´s included

- 5x surf session
- Wetsuit & Board
- Activity insurance
- Transportation
- Photos from your surfing experience (complementary)

Surf skate challenge

You need to challenge yourself to grow. This is your opportunity to practice surf skate skills and techniques, if you are a beginner or an experienced surf skater, we will cater to your needs and goals.

Surf Skate is a great way to have fun, improve your skills, and connect with other participants at the retreat, making it a memorable and rewarding experience.

What´s included

- Smoothstar surf trainer (boards)
- Protective Gear (Helmet and pads)
- Transportation
- Photos from your skating experience (complementary)

Accomodation

The Wave Warrior Retreat offers luxurious accommodations in single or double rooms. Our rooms are spacious, comfortable, and tastefully decorated, featuring a swimming pool and ample resting areas where you can relax and unwind after a full day of activities.
We hope that you will feel at home and well cared for during your time with us.

General Amenities

- Swimming pool with sun beds
- Wi-fi
- Parking
- Well-equiped kitchen & BBQ

Price & services

EUR 1190 - Double room

EUR 1290 - Single room

What´s included

- 7 nights
- Daily breakfast
- 5x yoga class
- 5x surf class
- 5x surf skate class
- 2x dinners
- Transportation to & from activities
- Equipment during activities

Terms & Conditions

PAYMENT OPTIONS

After your registration, 50% is due to secure your spot. The balance is due 30 days before the start of the retreat.

FLIGHTS

Flights and airport transfers are not included in the retreat price. Liability and insurance in case of rebooking or cancellation are the responsibility of the participant in all cases. We exclude any liability for flights. Please check with the airline for change and cancellation policies.

Terms & Conditions

TRAVEL DOCUMENTATION

You must bring a valid passport for entry and exit to Portugal, valid for at least 6 months beyond the return date. Portugal does not require a visa from most countries, but please check with the Portuguese Embassy in your country for details.

CANCELLATION POLICY

If you cancel up to 31 days before the start of the retreat, you can either transfer 100% of your already paid amount to another of our retreats OR else you will receive a full refund minus a 3.5% processing fee. Cancellation 15 - 30 days before the start of the retreat: a cancellation fee of 50% of the total retreat package price will apply. Cancellation 14 days or less before the start of the retreat: a cancellation fee of 100% of the total retreat package price will apply. There are no refunds for late arrivals or early departures. If we, as the organizer, have to cancel the retreat due to unforeseen events, you will receive a full refund of the amount already paid.

Terms & Conditions

EXCEPTIONS

There are no exceptions regarding our cancellation policy, including weather, personal emergencies, flight cancellations or delays. We strongly recommend that you purchase travel protection insurance.

COVID

If the Portuguese government decides to enact COVID regulations that make the retreat impossible (e.g. lockdown, limited number of people, closed beaches), you will receive a 100% refund of the retreat package price paid. In the event that you are unable to arrive due to a COVID illness, regulations of your country, or non-compliance with Portugal's entry requirements, we cannot accept liability and our standard cancellation policy will apply.

Terms & Conditions

DISCLAIMER FORM

Once you have reserved your retreat spot, we will send you an illness/accident disclaimer form with your welcome packet, as surfing and skating are high-risk sports. The form must be duly completed and signed no later than your arrival. Participants who do not hand in the duly completed and signed disclaimer form will not be allowed to participate in the retreat. In this case, the above cancellation policy will apply.

RETREAT-INFORMATION

Once you have reserved your place, you will receive a welcome E-Mail with all the information about the retreat, including a packing list and other useful information.