



WOMAN EXPLORE

Retreat Itinerary

SRI LANKA SURF RETREAT

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1: Welcome to Sri Lanka

Your surf retreat begins with a warm welcome on arrival in Sri Lanka. From the moment you land, we've got you covered with a seamless airport transfer to your tropical base at Talalla Retreat. Settle into your private Sea View Villa and take a moment to soak in your peaceful surroundings — palm trees, ocean views and the calming sound of waves.

Spend the afternoon relaxing, exploring the property or enjoying a walk along the beach. As the sun sets, you'll gather with your fellow guests and hosts for a welcome dinner. Get to know your coaches and start connecting with the community of women you'll be sharing the week with — the adventure starts here.

Accommodation: Talalla Retreat

Meals Included

- Welcome dinner (excl drinks)

Included Activities

- Airport transfers
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Day 2: Let the surfing begin

Ease into the day with a gentle morning yoga session to wake up your body and focus your breath. After breakfast, it's time to hit the water for your first coached surf session, with guidance tailored to your level — whether you're catching your very first wave or refining your turns.

After a nourishing lunch, we'll regroup for a video analysis session, reviewing your morning surf footage to highlight progress and offer personalised feedback. There's time to relax before dinner, giving you space to unwind and reflect on the first full day of waves, movement and connection

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Yoga session
- Surf session
- Video analysis session

Day 3: Surf & temple excursion

Start your day with a grounding yoga practice, followed by a delicious breakfast. You'll then head out for another surf session, supported by your coach to build on your progress and deepen your confidence in the water.

After lunch, it's time to explore Sri Lanka's cultural side with a guided visit to a local temple. You'll learn about the history and traditions of the region while soaking in the peaceful, spiritual atmosphere.

Return to the retreat for a relaxed group dinner and stories shared under the stars.

Accommodation: Talalla Retreat

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Yoga session
- Surf session
- Local temple visit

Day 4: Surf, soak and unwind

After your morning yoga and a hearty breakfast, head to the ocean for another guided surf session. With each day, you'll notice your confidence growing — and your technique sharpening.

In the afternoon, we'll visit a local bath house where you'll enjoy time to soak and relax, experiencing a traditional wellness ritual unique to this part of Sri Lanka.

The rest of the day is yours to slow down — read a book, nap in a hammock, or sip a cocktail as the breeze rolls in. Dinner is served on-site, with fresh flavours and great company.

Accommodation: Talalla Retreat

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Yoga session
- Surf session
- Bath house visit

Day 5: Sea turtles and skill-building

Fuel up with breakfast before your surf session — today's focus is on refining technique and enjoying the ride.

After lunch, we'll take a meaningful excursion to a local sea turtle conservation project. Learn about these beautiful creatures and the work being done to protect them.

Back at the retreat, we'll regroup for a second video analysis session where your coaches will review your footage and help you fine-tune your approach.

Dinner is another chance to wind down and share your surf stories with new friends.

Accommodation: Talalla Retreat

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surf session
- Surf turtle visit
- Video analysis session

Days 6 & 7: Flow, explore and celebrate

As your final days in paradise unfold, the focus shifts to flow, reflection and celebration. Each morning begins with a revitalising yoga session to support your body and mindset before heading into the water for surf sessions designed to consolidate everything you've learned. With expert coaching and plenty of time to play, you'll notice just how far you've come since Day 1.

After lunch each day, enjoy some well-earned free time — read a book in a hammock, take a dip in the pool or treat yourself to a massage. On Saturday afternoon, you'll venture out to explore the ancient Mulkirigala Temple, perched high among the rocks with panoramic views and a peaceful spiritual presence.

To close out the retreat, we'll gather for a special farewell dinner followed by a relaxed surf movie night and group debrief — a chance to celebrate your progress, share stories, and reflect on the unforgettable connections and moments that made this retreat your own.

Accommodation: Talalla Retreat

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Yoga sessions
- Surf sessions
- Cultural excursion
- Farewell gathering

Day 8: Breakfast & farewell

Enjoy a final breakfast with your fellow surfers as you reflect on the incredible journey you've had. Take one last look at the stunning ocean views before checking out of your accommodation.

As you depart, you'll carry with you not only improved surf skills but also cherished memories of your time in this amazing part of the world.

Safe travels, and until we meet again!

Meals Included

- Breakfast

Included Activities

- Airport transfers