



WOMAN EXPLORE

Retreat Itinerary

SURF RETREAT, SERENA ADAMS, SEMINYAK, BALI

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 Bali

Guests arrive at their leisure throughout the day, with airport transfers provided to ensure a smooth journey to the resort. Check-in is available from 3:00pm, but if you arrive earlier, feel free to leave your bags at the hotel and take some time to explore the vibrant local area of Seminyak.

At 6:30pm, gather in the hotel lobby to meet your fellow guests, your Woman Explore guide, and our experienced Surf Coach, Serena Adams. We'll begin with a retreat briefing, followed by a welcome dinner.

This is your chance to connect with the other women on your retreat, discuss the exciting week ahead, and set your personal surfing goals.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Welcome dinner (excl drinks)

Included Activities

- Airport transfers

Day 2: Let the surfing begin

Rise and shine for an energising breakfast at the hotel to fuel up for your day on the waves. If the surf conditions call for an early start, the hotel will provide breakfast packs, ensuring you're ready to go.

While you enjoy your meal, know that Serena has already been up, collaborating with our local crew to assess the conditions, guaranteeing the best possible surf experience.

Start your surf session with a dynamic stretching routine, preparing your body for the adventures ahead. Beginners can rest easy knowing they'll start in calm, flat waters, mastering the basics before tackling the swell.

After a thrilling morning in the water, take a break to enjoy a delicious lunch, savoring the moment amidst the excitement of the day.

As evening falls, the night is yours to discover the vibrant charm of Canggu, or dive into the lively nightlife of Seminyak and Legian. Alternatively, embrace the tranquility of your beautiful room, unwinding and reflecting on the day's surfing successes.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch (excl drinks)

Included Activities

- Surf stretching session
- Surfing session
- Transfers

Day 3: Surf & unwind

Kick off your day with a revitalising breakfast, setting the tone for another thrilling surf adventure with Serena and the group.

Prepare your body for the waves with a focused surf stretch session, then immerse yourself in the stunning views of Bali's coastline as you carve through the water. After your surf session, refuel with a leisurely lunch, followed by an early afternoon yoga class set amidst Bali's lush, tropical surroundings.

As evening approaches, the time is yours to unwind in whichever way you choose. Indulge in a soothing in-room massage, take a stroll through the local area, or gather with your fellow surfers for an evening of dinner and drinks. Enjoy the warmth of shared stories and the bond that comes from a shared love of surfing.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch as part of surfing experience (excl drinks)

Included Activities

- Surf stretching session
- Surfing session
- Yoga session
- Transfers

Day 4: Island adventure

Begin your day with a delightful breakfast at the hotel, fueling up for an exciting surf adventure beyond Seminyak. Join Serena and the group as you venture to the other side of the island, discovering new surf spots and soaking in the unique beauty of Bali's diverse coastline. This day is all about exploration, excitement, and the thrill of riding waves in a fresh setting.

Enjoy a packed lunch surrounded by stunning scenery, where you can share stories and deepen connections with your fellow surf sisters. As the sun sets, return to the hotel feeling invigorated and joyful from the day's adventures.

In the evening, gather with the crew for a mid-week group dinner. This is your chance to celebrate your progress, recount the highlights of the day's journey, and reflect on the experiences that have brought the group closer together.

After dinner, the evening is yours to enjoy as you wish—whether continuing the celebration or opting for a more relaxed night. Unwind in the tranquility of your villa or explore the vibrant nightlife; day four offers the perfect blend of surf exploration and shared joy.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch (excl drinks)
- Dinner (excl drinks)

Included Activities

- Surf stretching session
- Surfing session + transfers

Day 5 & 6: Eat, sleep, surf....repeat!

Over these two days, you'll have plenty of opportunities to apply everything you're learning in the surf. Each morning, Serena will team up with our local crew to assess the conditions, ensuring you get the best possible experience on the waves.

After your surf sessions, rejuvenate your body, mind, and spirit with a restorative yoga session.

The rest of your afternoons and evenings are yours to explore the charms of Seminyak, indulge in a relaxing spa treatment, or simply unwind in the peaceful comfort of your room.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch (excl drinks)

Included Activities

- Surf stretching session
- Surfing session
- Yoga session
- Transfers

Day 7: Farewell celebration

Rise with the sun, fuel up with a hearty breakfast, and get ready to hit the beach. Today marks your final surf session with Serena and your crew, giving you the perfect opportunity to put all you've learned this week into practice and showcase your progress.

This evening, you'll gather for a sunset farewell dinner, where you can reflect on your journey—from those early tumbles in the whitewash to catching your first (or best) wave.

Accommodation: Hotel Indigo, Seminyak Beach

Meals Included

- Breakfast
- Lunch (excl drinks)
- Farewell Dinner (excl drinks)

Included Activities

- Surf session
- Transfers

Day 8: Breakfast & farewell

Savour your final day in the tranquil sanctuary of your room, lay by the pool or take a walk on Seminyak Beach. Begin with an early morning beach visit, a refreshing swim, or a relaxing sleep-in, followed by a leisurely breakfast at the hotel.

As the day unfolds, it's time to say goodbye to new friends and return to reality, feeling completely relaxed, recharged and rejuvenated.

Meals Included

- Breakfast

Included Activities

- Airport transfers