



# MERMAID TRIP

## INTERMEDIATE SURF COACHING WEEK

MARCH 18-25 2023

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AN **ALL-INCLUSIVE SURF AND YOGA RETREAT** FOR **ADVENTUROUS SALTY WOMEN**  
SEEKING FOR PLAYFUL WAVES.

WARM TURQUOISE WATER AND ENDLESS SWELL :  
THE MALDIVES ARE TRULY A SURFER'S DREAM COME TRUE.

**OUR 8 DAYS / 7 NIGHTS ITINERARY** HAS BEEN DESIGNED TO LET YOU EXPLORE THE  
MOST FAMOUS SURF BREAKS ALL OVER **THE NORTH AND SOUTH OF MALE ATOLLS.**

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OUR RETREAT COMBINES **SURF AND YOGA** FOR MULTIPLE REASONS. THEY ARE THE PERFECT COMBINATION TO CONNECT YOUR **BODY, MIND AND SALTY SPIRIT**.

THE MOVEMENTS, STRETCHES AND BREATHING TECHNIQUES OF YOGA ARE BENEFICIAL TO **IMPROVING YOUR SURF SKILLS** AND TO PREVENT SURFING INJURIES.

OUR CERTIFIED YOGA TEACHER TAILOR EACH CLASS TO THE SURFER'S NEEDS TO ENCOURAGE RELAXATION, RELEASE AND VITALITY.

## GET READY TO

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- IMPROVE EFFECTIVELY YOUR SURFING THANKS TO SURF LESSONS, PROFESSIONAL TIPS AND VIDEO ANALYSIS
- ENJOY UNCROWDED AND PLAYFUL WAVES
- CONNECT WITH SURFERS FROM ALL OVER THE WORLD
- GET VIDEO ANALYSIS OF YOUR SURFING

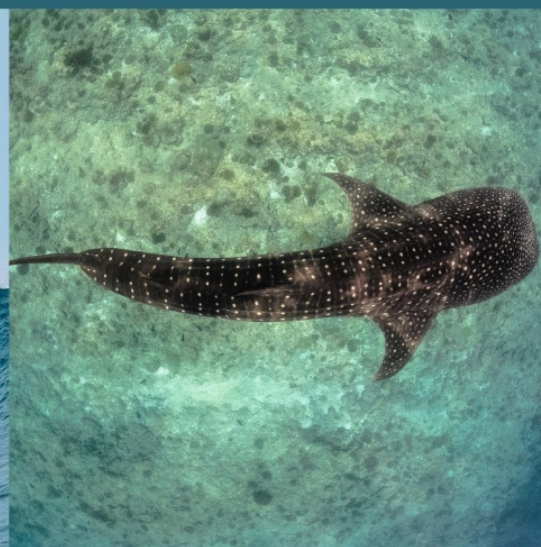
PLAN YOUR ARRIVAL AT MALE. AFTER THAT, WE WILL TAKE GOOD CARE OF YOU !

-1136 \$ PER PERSON

## INCLUDED

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- PICK UP / DROP OFF TO MALE AIRPORT
- FRESH AND HEALTHY FOOD TO EAT LIKE A QUEEN
- ACCOMMODATION
- BOARD RENTAL
- SURF COACHING
- PROFESSIONAL PICTURES
- DAILY YOGA CLASSES
- GREEN TAX AND SERVICE CHARGE



Take your surfing to the next level with us.  
Contact [hello@surfnyogamaldives.com](mailto:hello@surfnyogamaldives.com) for more information.