

Welcome



WOMEN'S WELLNESS WEEKEND SCHEDULE

FRIDAY

- 1PM: CHECK IN OPENS
Make yourself at home, check out the beach and the property.
- 7PM: OFFICIAL WELCOME
Beer/ wine, or non-alcoholic drinks & cheese platter time!
- 8PM: LEISURE TIME
Hang out with the crew, eat & drink - don't worry if you are late!

SATURDAY

- 8am: YOGA
Join a slow - moderate Hatha Flow class, with instructor Francesca.
- 9am: HEALTHY BREAKFAST
Choose from granola, yogurt, toast, fresh fruit, tea & coffee & more.
- 11am: 2 HR SURF LESSON
Meet at the Aotearoa Surf Shop for your debrief at 10.30am.
- 1.30pm: LUNCH
Rinse off after your surf and then join us for a healthy lunch.
- 2pm: PHOTO ANALYSIS
Meet for an analysis of your waves from the day.
- 3pm: FREE TIME
Relax on site, or explore an off site activity such as a coastal walk.
- 6pm: DINNER
Pre-organised, off-site dinner at local eatery (optional).

SUNDAY

- 7.30am: YOGA
Join a slow - moderate Hatha Flow class, with instructor Francesca.
- 9am: HEALTHY BREAKFAST
Choose from granola, yogurt, fresh fruit & more.
- 11am: SURF LESSON
Meet at the beach at 11am, then off to fine-tune your skills!
- 1.30pm: CHECK OUT
You can leave your gear on site/ shower on site after checkout.
- 1.30pm onwards: LEISURE TIME
Spend the rest of your day exploring the area.

Any questions please do not hesitate to ask us!

Please note: Itinerary may be modified based on the tides and conditions