



Costa Rica Surf & Yoga Retreat

with Surf Expedition



Puntarenas Province, Pavones, Costa Rica

View booking and trip details **here**

Trip Overview



Your host

Surf Expedition ✓

 Available all year round

 Group size: 4-12

 Puntarenas Province, Pavones, Costa Rica



About this trip

Our location

Your retreat unfolds in a slice of paradise – a stunning 20 000m2 beachfront property nestled along the Golfo Dulce, on the southern stretch of the pacific coast of Costa Rica.

Our unique location allows us to adjust to swell intensity, allowing us to easily move to more sheltered or exposed beaches in the area. This way, we can surf at the best spot that complements your abilities.

Our week's schedule is optimized to surf at ideal tides, ensuring that we hit the water at optimal times.

View booking and trip details [here](#)



Itinerary

Learn and improve 🏄♂️ Our Surfing Packages

Our « *learn to surf* » package is aimed at beginner and intermediate surfers, so whether you're fresh to the surf scene or looking to level up, our goal is to help you get to that next level.

Our "Free Surf" package is aimed at advanced surfers who do not wish to have surf lesson, or non-surfing partner who is travelling with you. Surf lessons and equipment are not included in this package.

The different packages are ideal for couples or friends where one is advanced (or not surfing) and the other is a beginner. Each can surf their chosen surf spot, reuniting at the shuttle of camp for meals, yoga and relaxation.



Beginner surfers Theory, video review and 25h of surf coaching

Our approach tailors to each rider, guiding you to ride the wave that's just right for you.

Safety-wise, our coaches are your constant companions, guiding you through every wave. They position you perfectly, ensuring your safety and progression.

This way, you score personal insights from your coach. For this reason, we have a maximum ratio of 4 students per coach in the water.

Our mission? By the end of the week, you'll be an independent and knowledgeable surfer.



View booking and trip details **here**



Itinerary

Intermediate surfers Improve your surfing on the longest point breaks of Central America

Our focus with intermediate surfers is all about precision.

With the help of technical video analysis and in-water feedback, we'll help you pinpoint areas for growth, concentrating on key aspects and quick-wins to refine your technique.

Whether you're just starting to ride green waves, working on linking turns, initiating cutbacks, generating speed, improving your wave reading abilities to optimize your wave count, starting cross-stepping, passing whitewash sections with floaters or improving your style in general, we've got you covered!

Our main focus is to have you out on the waves as much as possible, typically 2 sessions a day, of 2h-2h30 each.



Advanced surfers and Non-Surfing Companions

For accomplished surfers or those not seeking to ride the waves, we offer a « *free surf* » package.

This package includes food, lodging, yoga sessions and the boat trip activity, but does not include the surf coaching and surf equipment.

Should you desire to rent instead of bringing your own board, notifying us a few weeks beforehand ensures we have you covered with what's available in our area. Surf Rental is not included in this package but can be arranged for an extra \$100.



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Itinerary

There is a nice long point break located just a short stroll away that is more suited to experienced surfers.

You can choose to join the group transportation to be with your partner at the beginner spot or tackle this nearby point break, a few minutes walk away from the retreat.

And then you have Pavones, the famous 2nd longest left-hand wave in the world, a mere 10-minute drive away.

While we may be able to arrange a few transportation to Pavones during the week depending on logistics with the beginner and intermediate surf lessons and how many advanced surfers we have, if you are looking to surf Pavones twice a day, you should plan on coming with your own rental vehicle.

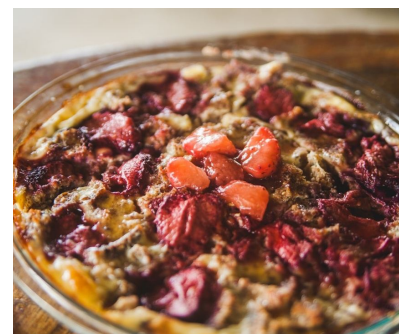
Culinary Adventure Beyond the waves

Prepare your taste buds for a feast.

Dive into three wholesome meals each day, meticulously crafted by our co-founder and culinary virtuoso who had a very successful restaurant in Cape Town, South Africa.

To get a taste of the anticipated pleasures, explore the glowing reviews shared by our previous guests on our Trip Advisor page:

[Check Out TripAdvisor](#)



View booking and trip details [here](#)



Itinerary

Yoga On our ocean front shala

Our daily schedule incorporates rejuvenating yoga and stretching sessions tailored to enhance your surfing experience.

We'll schedule 5 x 90 minutes sessions during the week at times when tides are not optimal for surfing.

These practices aid in maintaining your body's flexibility, promoting post-surf recovery, and preventing injuries.



Boat Trip Exploring the Golfo Dulce and the Osa Peninsula

As the week wraps up, it's time for a thrill! Join us on a day of adventure with a boat trip across the Golfo Dulce to the Osa Peninsula.

There, you'll catch some beautiful turquoise waves, spot monkeys and parrots, hike to a waterfall, and maybe even catch some fish on the way back.

If luck is on our side, we sometimes spot whales and dolphins. The Osa Peninsula is a hotspot of biodiversity, according to National Geographic.

The boat adventure is all about fun and learning. It's a chance to put your newfound surf skills to the test in a different setting.

This experience boosts your confidence, helping you get ready to surf more independently after the retreat.



View booking and trip details [here](#)



Trip Overview

Additional Activities (Optional)

Horseback riding (\$70)

Saddle up for a 2-hour escapade guided by a seasonal local with over 20 years of experience. Explore the coastline and venture into the hills of an indigenous reserve, unveiling panoramic viewpoints and often encountering tropical birds, monkeys and sloths.

Chocolate-making workshop (\$20)

Dive into a cultural experience as you discover the traditional art of crafting your very own chocolate bar from roasted cacao seeds. Guided by a local artisan, this workshop offers insight into an ancient practice.

Massages (\$45/30min, \$70-\$80/hour depending on massotherapist)

Treat your body to well-deserved relaxation through a soothing massage. After a few days of spirited surfing, indulge in the rejuvenating touch of experts therapists. Choose between a 30-minute session or a full hour of blissful pampering.

Photo pack (\$200 before the trip, \$250 on location)

Keep the memories of your most incredible waves, group and lifestyle snapshots from the week by revisiting your surf videos back home.

It's an excellent way to re-immersede yourself in the lessons learned from your coach. Our photo package is the key to preserving the excitement and growth. 📷 🌊

View booking and trip details [here](#)



Trip Overview

Flexible Payments

We offer payment in 4 instalments if you book more than 5 months in advance. Flexible payments available up to 90 days before departure.

Your Arrival to Costa Rica ✈️

Need help with your Costa Rica arrival plans?

Transfers from Golfito Airport and Paso Canoas bus terminal in the southern zone are included at specific times in all our packages.

Check out this handy guide to help you plan your trip: [Travel Prep Guide](#)

Any queries? Drop us a line

If you have any questions about our retreats or need assistance with trip arrangements, don't hesitate to reach out by emailing us or selecting a time for a call on this [calendar](#).

We're looking forward to sharing our passion for surfing with you.

View booking and trip details [here](#)



Trip Overview

What's included

✓ Surf lessons	Learn to Surf Package
✓ 5 surf theory classes	Learn to Surf Package
✓ 25h of surf coaching	Learn to Surf Package
✓ Board Rental	Learn to Surf Package
✓ Video Analysis	Learn to Surf Package
✓ Beach Front lodging	Shared accommodation up to 3 people per room. Private Rooms available (\$)
✓ All Meals	Special diet requests available (\$)
✓ Transfers	At specific time (Read pre-trip Travel Guide)
✓ Yoga	6 classes x 90 minutes
✓ Boat Trip to Osa	Surf, picnic, fishing, waterfall hike, dolphin spotting
✗ Flights	
✗ Travel Insurance	
✗ Optional Activities	
✗ Alcohol	
✗ Board Rental	Included in Learn to surf Package, if "Free Surf Package", add \$100

View booking and trip details [here](#)



Packages & Options

Available packages

Learn to surf

(For beginner and intermediate surfers)

\$2400

Deposit: \$500

Surf

5 surf theory classes

1:1 video review of your surfing with your coach every night

10 x 2.5h practical surf classes

Small group ratio of max. 4 students per coach

Surf board rental, leash and wax with the possibility of changing board during the week.

Yoga

5 x 90min yoga / stretching session on beach front yoga shala

Transport

Golfito Airport / Paso Canoas bus terminal pick up and drop off at specific times

Transport to surf spot

Food

All meals from your arrival to your departure (early morning snack, after-surf breakfast, lunch and dinner).

A mix of vegan, vegetarian and home-style international classic dishes with meat – let us know your preference at the moment of booking. Special diet requirements are possible.

Accommodation

7 days / 6 nights of shared accommodation of max 3 people is included.

For private options see Room's upgrades.

Activities included

Boat trip to explore remote waves and picnic on the beach, possibly see dolphins and whales on the way. Waterfall swimming (subject to water level)

View booking and trip details [here](#)



Packages & Options

Free Surf

(For advanced surfers or non-surfing partner)

\$1750

Deposit: \$500

Surf

One of our surf guide will explain the particularity of each surf spot before you get in the water.

Yoga

5 x 90min yoga / stretching session on beach front yoga shala

Transport

Golfito Airport / Paso Canoas bus terminal pick up and drop off at specific times

Transport to surf spot where surf lessons are given. Short walk to intermediate point break.

Food

All meals from your arrival to your departure (early morning snack, after-surf breakfast, lunch and dinner).

A mix of vegan, vegetarian and home-style international classic dishes with meat – let us know your preference at the moment of booking. Special diet requirements are possible.

Activities included

Boat trip to explore remote waves and picnic on the beach, possibly see dolphins and whales on the way. Waterfall swimming (subject to water level)

****Not included****

Practical surf lessons are not included, please select the *Learn to surf* package if you are a beginner or intermediate surfer. Surf board can be rented for an extra \$100/week. Please let us know the desired board specs 30 days in advance to make sure we can accommodate your request. Video analysis can be added by purchasing the photo pack in advance for \$200.

View booking and trip details [here](#)



Packages & Options

Accommodation

7 days / 6 nights of shared accommodation of max 3 people is included.

For private room options see "Available Options".

Available options

Small private room w/ exterior bathroom	\$200
Large private room w/ private bathroom	\$400
new private ensuite with a view	\$500
private bungalow	\$500
Vegan diet	\$250
Gluten-Free diet	\$250
Dairy-Free diet	\$250
Photo Pack	\$200

View booking and trip details [here](#)



Your organizer



Surf Expedition

Surf Expedition was created in 2013 to share our passion for surf and travelling to off the beaten path locations in Central America. It has since evolved into surf coaching and yoga retreats with a focus on quality, personalized surf coaching and homemade, gourmet comfort food.

Bocas del Toro, Bocas del 
Toro, Panama

 <https://surfexpedition.com/>

View booking and trip details **here**

