

# SRI LANKA / ITINERARY

Most days will start with coffee, tea, and fruit – and for early risers a breathtaking sunrise – followed by your morning surf lesson. Following surf we have a hearty breakfast, honestly one of the best parts of the day. Late-morning/early-afternoons are usually spent relaxing by the pool, surf theory or video analysis, and perhaps a massage. A light healthy lunch in the afternoon is followed by yoga, then a quick snack and an afternoon free surf session. Afternoon surf ends in time to catch the sunset and relax before dinner. The vibrant and colorful Sri Lankan landscape inspires every meal - modern twists on local Sri Lankan food with global cues fusing health and indulgence.

## A TYPICAL DAY

7:00am: Pre-surf coffee, tea, and fruit

7:30am: Leave for surf lesson or free surf

10:00am: A hearty, healthy group breakfast

12pm: Surf theory, massage, swim, chat, or nap

2:00pm: A light, healthy lunch

3:00pm: Yoga, massage, swim, chat, or nap

4:30pm: Sunset free surf session

7:30pm: Meet for dinner

Each day will look a little different depending on surf conditions and day of the week. The itinerary is thoughtfully designed for you to actively enjoy Sri Lanka to the fullest, but everything is optional. If you want to spend a day sipping cocktails by the pool, explore some nearby towns, or spend 8 hours surfing, you're more than welcome.

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	SUNDAY	MON-TUES	WEDNESDAY	THURS-FRI	SATURDAY	SUNDAY	MON-TUES	WEDNESDAY	THURS-FRI	SATURDAY
7:00		COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	SUNRISE SUP	COFFEE	YOGA
7:30		SURF	YOGA	SURF		SURF	SURF		SURF	
8:00					YOGA					
8:30			BREAKFAST							
10:00		BREAKFAST		BREAKFAST		BREAKFAST	BREAKFAST		BREAKFAST	
11:00					BRUNCH OUT					CHECKOUT
12:00		SURF THEORY		SURF THEORY			SURF THEORY		SURF THEORY	
13:00	LUNCH	YOGA	LUNCH	YOGA		YOGA	YOGA	LUNCH	YOGA	
14:00		LUNCH		LUNCH	LUNCH	LUNCH	LUNCH		LUNCH	
16:30	YOGA	FREE SURF		FREE SURF		FREE SURF			FREE SURF	
17:00					SUNSET SUP					
18:00	HAPPY HOUR / MEET & GREET		SUNSET HAPPY HOUR			COOKING CLASS				
19:00									DINNER OUT	
19:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	

