

# COSTA RICA / ITINERARY

Most days will start with yoga followed by coffee, tea, and fruit before heading out for 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 or exploring Nosara on a river SUP tour or other activity. A light healthy lunch in the afternoon is followed by free time to relax or explore before surf video analysis and a sunset free surf session. Head back to the villa to relax before dinner and a nighttime beach bonfire. The vibrant and colorful Costa Rican landscape inspires every meal - modern twists on local Latin food with global cues fusing health and indulgence.

## A TYPICAL DAY

6:00am: Sunrise yoga  
7:00am: Pre-surf coffee, tea, or smoothie  
7:30am: Surf lesson  
10:00am: A hearty, healthy group breakfast  
12pm: River SUP tour, horseback riding, swim or chill  
2:00pm: A light, healthy lunch  
3:00pm: Yoga, massage, swim or chill  
4:00pm: Video surf analysis  
5:00pm: Sunset free surf session  
7:30pm: Dinner  
8:30pm: Beach bonfire

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 Costa Rica 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.

//

