



MEXICO RETREAT

7 Nights. 8 Days

EXPLORE



SISTERHOOD



COACHING

COME TO MEXICO WITH US

Let us introduce your hosts...

Angie — Seasoned retreat host, surfer girl, surf coach, personal trainer, women's health coach, and your all-round WOOHOO hype girl.

Lahnee — Surfer girl, counsellor, female empowerment coach, and a true Señorita at heart. Her family is from Mexico, so she brings the culture, the authenticity, and the local love to this retreat.

Together, we're weaving surf, connection, adventure, empowerment, and Mexican magic into one unforgettable experience.

We've both taken our time because we want your first time experiencing Mexico with SOS to be perfect
— the right town, the right waves, and the right energy.

We've landed on Sayulita... and she is exactly what we were looking for.

Sayulita is a colourful, coastal surf town known for its warm water, fun longboarding waves, lively markets, and incredible food scene. It's safe, vibrant, and welcoming — a place where days are filled with surf, sunshine, culture, and the kind of energy that makes you feel instantly at home.

Truly, the dream setting for a Sisterhood of Surf retreat.

The cost of Mexico is a little different from our usual destinations, because it's not a low-cost country. However, what it does deliver on is vibe, experience, quality; and we've found a location that is next-level. In true SOS style, we're aiming to book accommodation that is exclusively ours... and this place ticks every box.

We've created two retreat experiences as this will be a collaboration between
The Get Loved Club and Sisterhood of Surf:

The Señorita Travel Experience

For women who want a balance — a few surf sessions throughout the week, plus more cultural and travel adventures.

The Surfer Surfista Experience

For the girls who want more waves with some travel sprinkled in — a little more surf progression, a little less itinerary.

You'll get inclusions from both The Get Loved Club and SOS...

Location: Sayulita, Mexico

Dates: 22nd - 29th November 2026

Length: 8 days

YOUR HOLIDAY HERE AWAITS



THE SEÑORITA EXPERIENCE



8-Day Mexico Retreat

Surf, Soul, Sisterhood & Self-Love

If you've been craving sunshine, ocean energy, a little adventure, and a whole lot of YOU-time, the Señorita Experience is absolutely going to be your vibe.

This is our "non-surfers welcome" Mexico package designed for women who want connection, confidence, play, and unforgettable moments (with the signature Get Loved Club x Sisterhood of Surf sparkle).

The Señorita Experience Is For You If...

You want adventure and softness. Connection and freedom. Laughter, sunshine, experience, play, and a week that feels like one big exhale.

**The kind where you whisper:
"Holy shit... I needed this."**

GUIDED SCHEDULE

Day 1 — Arrival & Soft Landing

Meet your retreat sisters in Los Angeles, where we'll board the plane to beautiful Mexico together. Prefer to arrive earlier? No stress, simply meet us at our dreamy Sayulita accommodation on Day 1.

Afternoon: Check-In & Mexican Welcome Cultural Activity

Think fiesta energy, colourful skirts, and live dance/music that gets you out of your head and into your body. Shake off the travel fatigue and drop straight into fun, colour and connection.

Dinner at Nomada

Our first night together = fresh flavours, coastal breeze, private-chef vibes, cocktails, and new friendships. Nomada is home for the week, and this welcome dinner sets the tone beautifully.

Day 2 — Ground, Surf & Explore

Morning: Yoga + Meditation

A grounding coastal practice to wake up your body and welcome the day.

Morning Surf Session

No experience? No problem. Just bring your smile and an open mind. You'll catch your first waves, laugh a LOT, and realise you're more capable than you think. The sisterhood energy in the water? Next level.

Afternoon: Golf Cart Tour of Sayulita

Cruise the colourful streets, stop for boutique treasures, meet locals, and finish right on the beach for sunset, cocktails and a shared meal under a glowing sky.

Day 3 — Nature Meets Adventure

Morning: Yoga + Meditation

Slow, mindful, nurturing — the perfect nervous system reset.

Full-Day Tour: Mirador del Toro Hike + Playa del Barro (Clay Beach)

Start with a scenic, steady hike to a jaw-dropping coastal lookout. Then we head to the iconic natural clay beach where you literally paint yourself head-to-toe, dry in the sun, rinse in the sea and feel incredible. Fun, messy, earthy goddess energy activated.

Dinner: Mexican Street Food Tour

Tacos. Churros. Agua frescas. The real deal. A guided local food adventure through Sayulita's best-hidden gems.

Day 4 — Self-Love, Rest & Sunset Magic

Morning: Yoga, Meditation + Self-Love Workshop

A gentle, soul-nourishing session to reconnect with your body, soften your inner critic, and tune into what you truly need.

Late Morning: Free Time - Poolside siestas, massages, exploring Sayulita, or simply doing absolutely nothing (guilt-free). VIP guests will also have their 1:1 sessions this day.

Sunset Surf Therapy Session – Punta de Mita or La Lancha

This one is different — deeper, reflective, and symbolic. A beautiful dusk session exploring fear, flow, balance, surrender... all the metaphors the ocean loves to teach. Expect giggles, breakthroughs, and the sweetest ocean rinse.

Dinner - A slow, nourishing meal to reconnect and integrate post surf at Punta de Mita

Day 5 — Adventure, Connection & Flavour

Sunrise Horse Ride

Golden light. Soft hooves on sand. Ocean breeze. A movie moment. It's grounding, magical and full "main character" energy — with a little Equine Therapy woven in. Think Surf Cowgirls...

Late Morning: Free Time - Massages, markets, surf, reading, exploring — your choice.

Afternoon: Mexican Cooking Class + Night Markets

Cook authentic dishes with a local chef, then wander through vibrant evening markets filled with handmade art, textiles and treasures.

Day 6 — Island Bliss Day

A full-day island escape including snorkelling, waterfall dips, jungle adventures, a beach BBQ and postcard-perfect scenery. This is your "I can't believe this is real life" day.

Day 7 — Celebration & Integration

Morning: Fun Dress-Up Surf Session

our F*ck-Yeah Body Love moment. Grab a playful accessory you've found during the week and let's hit the waves for one last salty, sparkly, joy-filled session.

Mini fashion show + Mexican dance-off included.

Afternoon: Break-Up Party Tour

Not a sad breakup — a celebration of what you're LETTING GO OF before heading home. Music, dancing, connection and full-body joy.

Day 8 — San Pancho Holistic Experience

San Pancho Town Visit

A gentle close to an incredible week. Think slow cafés, artsy boutiques, intentional spaces and rituals that help integrate everything you've experienced.

THE SURFISTA EXPERIENCE



8-Day Mexico Retreat

Surf, Soul, Sisterhood & Self-Love

If you've been craving sunshine, surf & ocean energy,
a little adventure, and a whole lot of YOU-time,
the Surfista Experience is absolutely going to be your vibe.

Designed for women who want more waves and surf progression, with increased coaching, ocean time and surf education — while still soaking up the magic of Mexico.

Both experiences include the same beautiful accommodation, group meals, daily movement, coaching support, curated experiences, and Sisterhood of Surf energy. The difference is simply how much you want to surf.

The Surfista Experience

The kind where you shout:

“Holy shit... I’m actually doing it. I’m surfing in Mexico.”

GUIDED SCHEDULE - SURFISTA

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Afternoon: Check-In & Mexican Welcome Cultural Activity

Think fiesta energy, colourful skirts, and live dance/music that gets you out of your head and into your body. Shake off the travel fatigue and drop straight into fun, colour and connection.

Dinner at Nomada

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Morning Surf Session

No experience? No problem. Just bring your smile and an open mind. You'll catch your first waves, laugh a LOT, and realise you're more capable than you think. The sisterhood energy in the water? Next level.

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Day 3 — Nature Meets Adventure

Morning: Yoga + Meditation

Slow, mindful, nurturing — the perfect nervous system reset.

Morning Surf Session followed by Video Analysis & Onland & In Pool Coaching Workshop

Afternoon downtime to relax, explore or surf more

Dinner: Mexican Street Food Tour

Tacos. Churros. Agua frescas. The real deal. A guided local food adventure through Sayulita's best-hidden gems.

Day 4 — Self-Love, Rest & Sunset Magic

Morning: Sunrise Beach Yoga & Surf Session

Late Morning: Free Time - Poolside siestas, massages, exploring Sayulita, or simply doing absolutely nothing (guilt-free). VIP guests will also have their 1:1 sessions this day.

Sunset Surf Therapy Session – Punta de Mita or La Lancha

This one is different — deeper, reflective, and symbolic. A beautiful dusk session exploring fear, flow, balance, surrender... all the metaphors the ocean loves to teach. Expect giggles, breakthroughs, and the sweetest ocean rinse.

Dinner - A slow, nourishing meal to reconnect and integrate post surf at Punta de Mita

Day 5 — Adventure, Connection & Flavour

Sunrise Horse Ride - OPTIONAL ACTIVITY FOR SURFISTA SISTERS

Golden light. Soft hooves on sand. Ocean breeze. A movie moment. It's grounding, magical and full "main character" energy — with a little Equine Therapy woven in. Think Surf Cowgirls...

Daily Surf Session

Afternoon: Mexican Cooking Class + Night Markets

Cook authentic dishes with a local chef, then wander through vibrant evening markets filled with handmade art, textiles and treasures.

Day 6 — Island Bliss Day (NO SURF DAY)

A full-day island escape including snorkelling, waterfall dips, jungle adventures, a beach BBQ and postcard-perfect scenery. This is your "I can't believe this is real life" day.

Day 7 — Celebration & Integration

Morning: Fun Dress-Up Surf Session

our F*ck-Yeah Body Love moment. Grab a playful accessory you've found during the week and let's hit the waves for one last salty, sparkly, joy-filled session.

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San Pancho Town Visit

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THE SEÑORITA EXPERIENCE

+

THE SURFISTA EXPERIENCE



MAKE THIS TRIP HAPPEN

BOTH RETREAT PACKAGES ARE THE SAME PRICE.
THE ONLY CHOICE YOU NEED TO MAKE IS WHICH ROOM YOU'D LIKE TO STAY IN.

EVERYTHING ELSE — THE SURF, COACHING, EXPERIENCES, SISTERHOOD AND MEMORIES
IS ALREADY INCLUDED.

💳 PAY IT OFF, YOUR WAY
WE KNOW COMMITTING TO A RETREAT CAN FEEL BIG
SO WE'VE MADE IT SIMPLE.

SECURE YOUR SPOT WITH A \$699 AUD DEPOSIT

PAY THE REMAINING BALANCE IN FLEXIBLE INSTALMENTS
FINAL PAYMENT DUE 40 DAYS BEFORE TRAVEL
NO RUSH. NO PRESSURE. JUST A CLEAR, ACHIEVABLE PLAN TO GET YOU THERE.

INCLUSIONS IN BOTH EXPERIENCES

(Señorita + Surfista)

Accommodation & Transport

- 7 nights luxury accommodation at Nomada Sayulita
- Group airport transfers from Puerto Vallarta → Nomada
- All retreat-related transport during scheduled activities

Core Movement, Wellness & Support

- Daily yoga, meditation, movement & breathwork
- Surf mobility & confidence preparation (before + during retreat)
- Coaching, guidance & support from Angie & Lahnee throughout the week
- WhatsApp retreat group
- SOS x Get Loved Club goodie bag
- Professional surf photos & videos
- \$50 community give-back contribution
- Surprise elements throughout the week

Food & Connection

- Daily breakfast
- Welcome dinner with private chef (Day 1)
- 3 additional group dinners
- 2 free evenings for dinner to explore Sayulita

Memories & Extras

- Professional surf photos & videos
- SOS x Get Loved Club goodie bag



THE SEÑORITA EXPERIENCE INCLUDES

Surf

- 3 days of surf coaching
- All surf equipment included
- Sunset surf session at an alternate location

Culture, Travel & Adventure

- Full-Day Mirador del Toro hike + Playa del Barro (Clay Beach)
- Beach horse riding adventure
- Afternoon golf cart tour around Sayulita
- Mexican street food tour
- Mexican cooking class with a local chef
- Full-day island adventure (snorkeling, waterfalls & beach BBQ)
- San Pancho holistic town visit

“Designed for women who want a balanced blend of surf, culture, adventure and rest”

NOT INCLUDED (BOTH EXPERIENCES)

- Flights to/from Mexico
- Travel insurance (required)
- 2 dinners (free evenings to explore Sayulita)
- Lunches (except on hiking & island tour days)
- Optional extras, spa treatments, shopping & personal splurges



THE SURFISTA EXPERIENCE INCLUDES

Surf & Coaching

- 6 days of surf coaching
- On-land surf coaching workshops
- Video analysis sessions
- Extra board hire for unguided surf sessions
- Sunset surf sessions at alternate locations
- All surf equipment included

Travel & Experiences

- Afternoon golf cart tour around Sayulita
- Mexican street food tour
- Mexican cooking class with a local chef
- Full-day island adventure (snorkeling, waterfalls & beach BBQ)
- San Pancho holistic town visit

Surfista sisters do not include the Mirador del Toro hike or horse riding experience. If space allows, these may be added as optional extras.

“Designed for women craving more ocean time, surf progression and coaching”

NOT INCLUDED (BOTH EXPERIENCES)

- Flights to/from Mexico
- Travel insurance (required)
- 2 dinners (free evenings to explore Sayulita)
- Lunches (except on hiking & island tour days)
- Optional extras, spa treatments, shopping & personal splurges



PACKAGES

La Casa Crew (Bunk Room | 4 Sisters, own bed) + Retreat Inclusions

Community, laughter, bed-time chats. For the sisters who come for connection, shared moments and full retreat magic — without needing a private room.

Early Bird Special \$4000 AUD (ONLY 2 spots left)

Las Hermanas Twin (2 Sisters, own beds) + Retreat Inclusions

Balanced, social, spacious - A perfect middle ground for sisters who love connection with a little more breathing room.

Early Bird Special \$4200 AUD (ONLY 1 spot left)

La Reina Retreat (Private Queen Bed) + Retreat Inclusions

Comfort, softness, queen energy - Designed for the sister who values space, comfort and a touch of luxury while still being fully immersed in the experience.

Early Bird Special \$4700 AUD (ONLY 1 spot left)

La Vida Elevada (Luxury Private Bedroom) + Retreat Inclusions

Heaven in a room.

Early Bird Special \$5000 AUD (ONLY 3 spots left)

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SO WE'VE MADE IT SIMPLE. SECURE YOUR SPOT WITH A \$699 AUD DEPOSIT
PAY THE REMAINING BALANCE IN FLEXIBLE INSTALMENTS
FINAL PAYMENT DUE 40 DAYS BEFORE TRAVEL
NO RUSH. NO PRESSURE. JUST A CLEAR, ACHIEVABLE PLAN TO GET YOU THERE.

READY TO SAY YES?
EMAIL US ASAP WITH:
THE PACKAGE YOU'D LIKE TO BOOK
YOUR ROOM PREFERENCE
✉️ SISTERHOODOFSURF@OUTLOOK.COM

AVAILABILITY CANNOT BE GUARANTEED UNTIL YOU HAVE BOOKED

IF THIS FEELS LIKE YOUR SIGN — IT PROBABLY IS.
REPLY NOW TO SECURE YOUR SPOT BEFORE WE OPEN THIS TO THE WIDER COMMUNITY

