

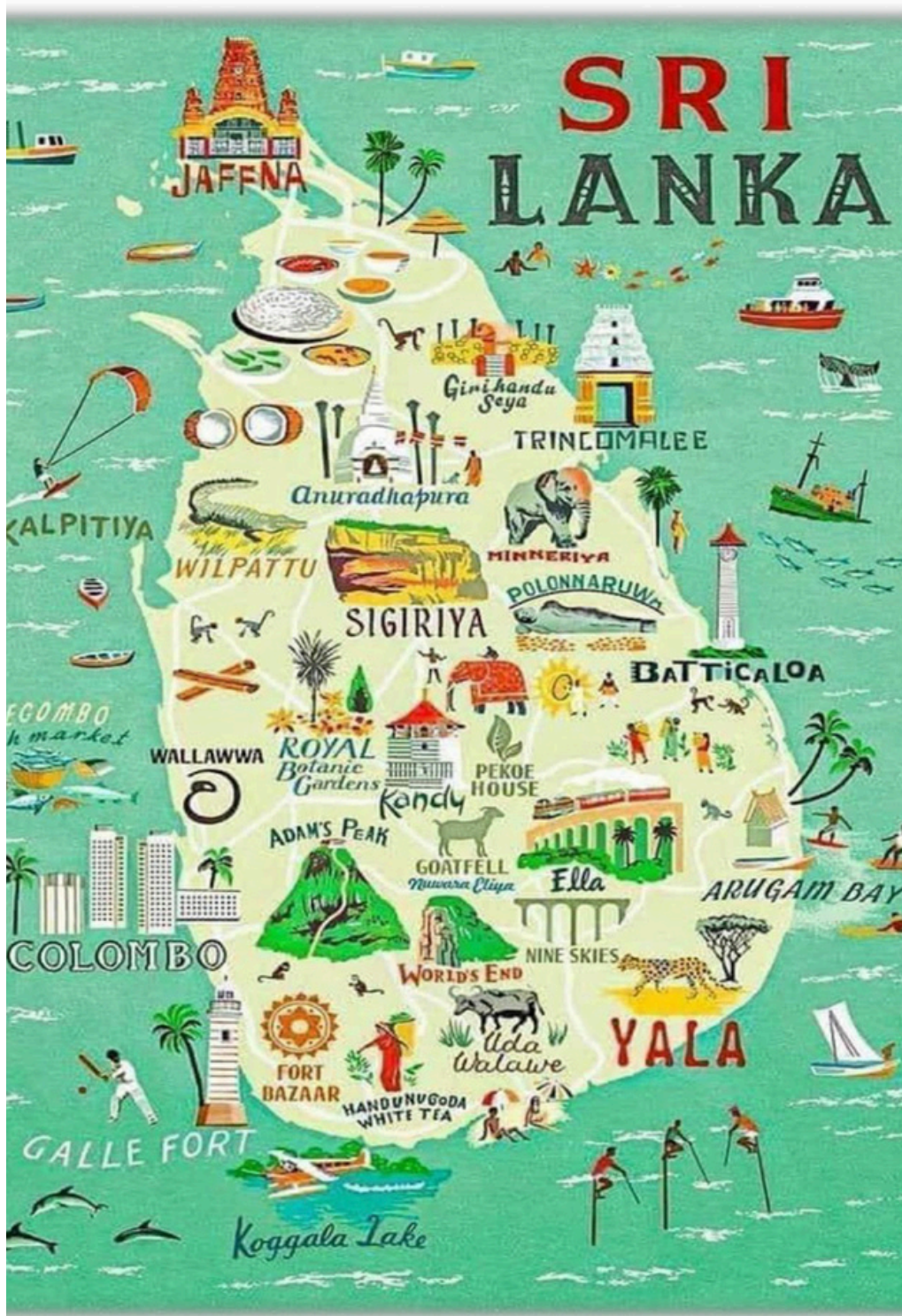
SRI LANKA

SITES AND SURF

9 DAY RETREAT

APRIL 10TH – 18TH 2025





9 Days/ 8 Nights

3 nights Sites

5 nights Surf

Sri Lanka has so much to offer. From its clean natural beauties, rich cultural heritage, pristine surf beaches, delicious food, wildlife, relaxation, exploration and the most welcoming locals who are so proud of their country.

Come dive into a culturally enlightened Sri Lankan experience with the sisterhood of surf family in April 2025.

A 9 day Sites & Surf retreat. We are taking 10 women on this adventure with us. Come as a solo traveler or with friends.

SOS encourages women to step out of their comfort zone whilst feeling safe to do so.

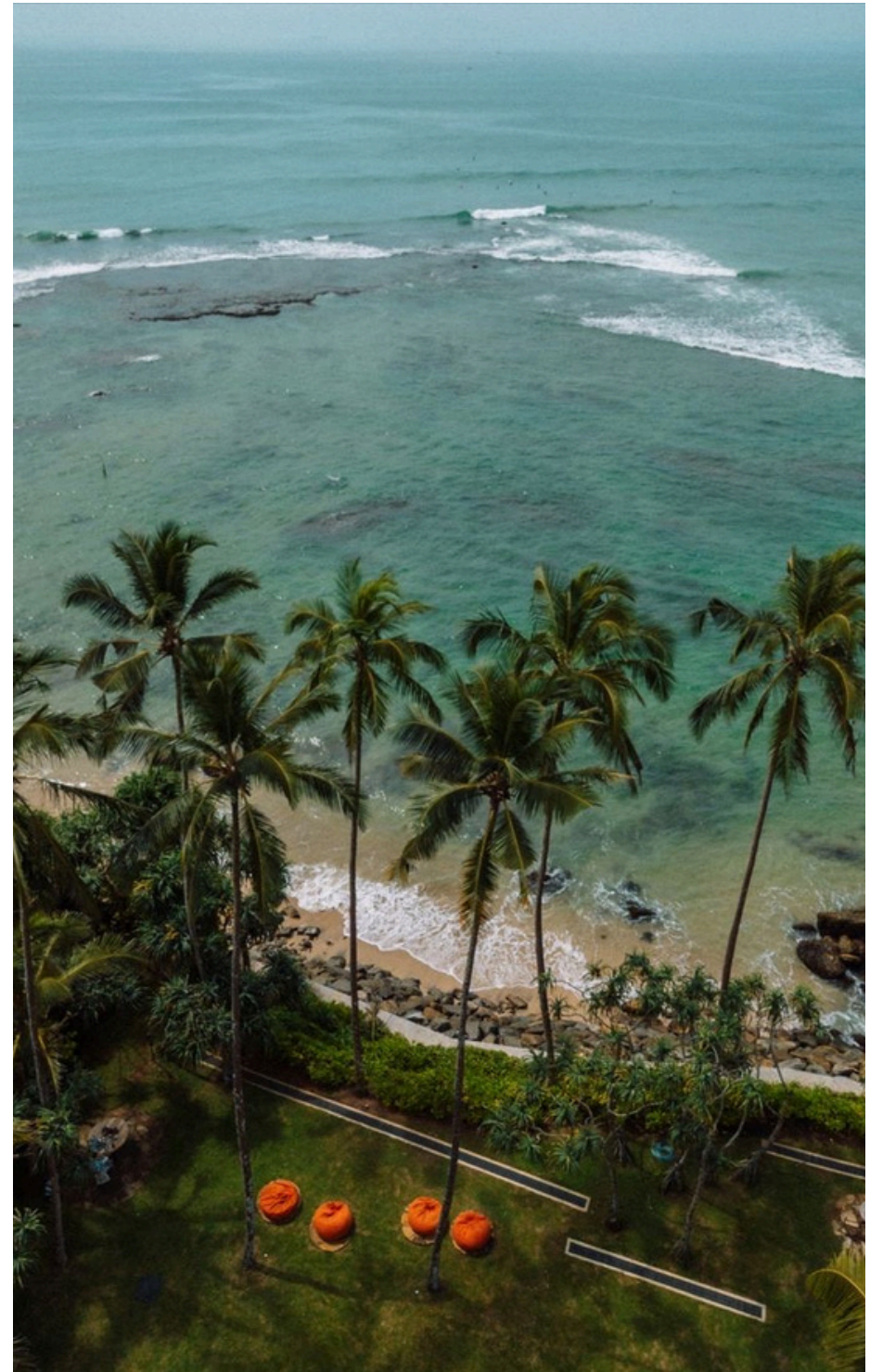
Surf Retreat for Beginner & Lower Entry Intermediate levels

A retreat where will be able to cater to those who are just starting their surfing journey to those who are riding the green waves.

We are staying at Ahangama. One of the best surf towns I have come across in my travels.

It has something to offer for Beginners – Advanced Surfers. Beach Breaks, Reef Breaks and point breaks.

The best thing about the South Coast of Sri Lanka is it has the best waves along a 15km coast line. We have also partnered with the best surf school in Sri Lanka to work on your goals.





LET'S EXPLORE !

You can't go all the way to Sri Lanka and not see it. It is one of the most beautiful places I have visited. We have carefully curated our top must see and do in 3 Days with a private driver / tour guide in a comfortable mini bus. If you have more time up your sleeve after the retreat finishes, we can connect you with our professional tour guide to explore a few more places that we recommend. Chat with us.

Day 1 – Check in by 2pm at the Granbell Hotel Colombo.

2:30pm Sisters Connection workshop, stretch and meditation.

4:30pm Food and City Tour by Tuk Tuk. See the colours and taste the flavours of Sri Lanka.

Day 2 –Morning Walk, Breakfast. Leave at 8:30am and head to Sigiriya. Learn how locals live at the Sigiriya Village & join them in a fun and delicious cooking Lesson. Check in at Sigiriya Wewa Addars Hotel, chill out and then get ready for a sunset Hike at the iconic Lions Rock.



Day 3 – Breakfast followed by a fun and educational morning Cycle Tour around Polonnaruwa Ancient City.

Lunchtime Down Time to rest by the pool or in nature at the hotel, Afternoon Elephant 3 hour Safari Tour. Get up and close with Elephants in their natural habitat at the national park. Dinner followed by evening Restorative Stretch and Meditation

Day 4 – Leave Sigiriya at 8am and head to the Dambulla Royal Golden Cave Temple. Where you will learn about this Heritage Temple, Buddhism and have the chance to make an offering and do a prayer. We will then drive through more parts of Sri Lanka making our way to Ahangama. Stopping at lunch time to break up our trip and see a new location.





Let the Sun, Beach and Surf holiday begin! 5 Nights in Ahangama by the Sea.
After lunch we will make our way to Ahangama and check in to DreamSea.

Check in later afternoon and relax by the beach or pool, go for a surf with the surf beach at your doorstep, check out the local shops or simply rest, Evening Welcome Dinner and night time Yoga.

What the following mean in the days ahead.

Down Time = YOU CHOOSE What You NEED.

Go for an extra surf. Relax by the pool or beach with it at your doorstep. Journal, sleep, book in a massage or explore sites around Ahangama such as neighbor beaches – Galle Fort, rock pools, fisherman on sticks, shops, markets and more. Sri Lanka is easy and safe to get around by Tuk Tuk.

Surf lessons – Lessons in the water go for 2 hours. Extra Surfs with a guide can be organised (extra cost) or you can hire a board and paddle out solo or with other sisters in front of the hotel,

Surf Fitness = Surf Movement, Mobility, Stretch, Meditation, Surf Apnea training, prompted journaling





Learn or Improve your surfing over the next 5 days. Have fun, gain ocean knowledge, self confidence and so much more. The next 5 days will challenge you in the most uplifting and empowering way and just remember everything on this schedule is optional.

Day 5 – Surf Fitness, Breakfast, Meet Sri Lanka Surf Club and do lesson.

Lunch time 1 hour massage. Afternoon Downtime, Dinner in town

Day 6 – Breakfast, Surf Lesson. Down Time, Afternoon Level Up Workshop with Angie & Tahnee, Sunset Yoga, Dinner

Day 7 – Surf Apnea, Breakfast, Surf Lesson Filmed, Video Analysis with coach, Surf Skate and Coconuts. Traditional Sri Lanka cuisine at Marmoris.

Day 8 – Surf Fitness, Surf Lesson. Down Time, Evening Exit Workshop, Family Dinner

Day 9 – Sunrise Surf, Stretch, Breakfast and check out by 11am



Package Includes

8 Nights of Accommodation

Colombo, Sigiriya, Ahangama

Private Driver, Mini Bus & Travel Guide for 4 Days

All Tours Mentioned including entrance fee at each site

(Colombo Food & City Tour, Sigiriya Village, Lions Rock, Elephant Jeep Safari,

Polonnaruwa Ancient City Cycle Tour, Dambulla Royal Temple)

Surf Package including 2 hr lessons, all equipment, transport & professional coaches

Video Analysis to watch yourself surf and improve your surfing

Surf Fitness – Daily Movement to help surfing and restore muscles

Surf Skate & Coconut Workshop

Mindset Coaching – Surf Apnea Workshop, Level Up Workshop and Daily Prompting

1 hour Massage

Professional Videos & Photos from Day 7 to take home

All Breakfast, All Dinners and 4 Lunches

Transport from airport to Colombo

Goodies

Sisterhood Community – Private WhatsApp Group, Discounts from our friends Online Fitness

A Womens Health Coach & Host with you the entire time

Not Included

Flights

Alcohol


Food not listed in inclusions

Extra Transport not listed

Insurance

Return Transport to airport as we have girls who stay longer or come from all locations, we don't want to charge this just in case it's not needed. We can help organise this for you which will be no more than \$50AUD





About the Accommodation

We have chosen the best accommodation, in the best spots, with best service and facilities. All DreamSea rooms look over the ocean

We are staying at

Granbell Colombo

Sigiriya

DreamSea Ahangama

OTHER INFORMATION – Sri Lanka peacefully located in the Indian Ocean in South Asia has a history dating back to the birth of time. It is the place where the original soul of Buddhism still flourishes and where nature's beauty remains abundant and unspoilt.

Stunning landscapes, pristine beaches, captivating cultural heritage and unique experiences with in such a completed location.

Within a mere area of 65,610 kilometers UNESCO World Heritage sites, 1,330 kilometers of coastline along with pristine beaches, 15 national parks showcasing an abundance of wildlife nearly 500,000 acres of lush tea estates, 250 acres of Botanical Gardens 350 waterfalls 25,000 water bodies to a Nation that extends back to over 2,500 years. This an island of magical proportions once known as Serendib, Tabrobance the pearl of the Indian ocean, and Ceylon.

. There are 12 months periods in Sri Lanka can be categorized into 4 climate seasons as follows.

First Inter monsoon Season – March to April Southern west Monsoon Season – May to September Second Inter Monsoon Season – October to November North east Monsoon Season – December to February ce

Other information Sri Lanka have a tourist visa. All visas must be applied online. Visit www.eta.gov.lk

Master Card/Visa Card –hotels and shops accept visa card hence, it is better to carry some cash for shopping in the smaller towns and Tuk Tuks



Happy to Share

**8 Nights Accommodation
in your own bed / shared
room**

+ All Package Inclusions

\$3399 AUD pp

Room for Self

**8 Nights Accommodation
in own Room**

+ All Package Inclusions

\$3599 AUD pp





**PAY A DEPOSIT AND PAY
YOUR TRIP OFF**

**PAY A \$399 DEPOSIT AND EITHER
PAY THE REMAINING AMOUNT IN
FULL AFTER THE COOLING OFF
PERIOD OR PAY IT OFF MONTHLY UP
TO 40 DAYS PRIOR TO YOUR TRIP.**

SEE T&CS

SECURE YOUR SPOT NOW