

LENNOX HEAD 4 DAY ESCAPE

THE PERFECT MINI RETREAT

FEB 20TH – 23RD, 2025



**SURF LESSONS, LUXURY BEACHSIDE ACCOMODATION,
CHEF PREPARED MEALS, DAILY MOVEMENT, SUNSET BIKE RIDE
SISTERHOOD , BEGINNER LEVEL SPECIFIC, GOODIES AND MORE**



Beginner Level – Advanced Beginner Specific

This means:

**Little to no experience –You need help catching
and coaching to stand up on a wave.**

**You can stand up on a wave, but you still need
help getting onto the wave.**

**You ride a soft top and want to transition to a
hard top or shorter wave.**

**You ride a hard board and have entered the green
waves but want help with knowing how to drop
into a wave, turn and read when to catch a wave
with confidence.**

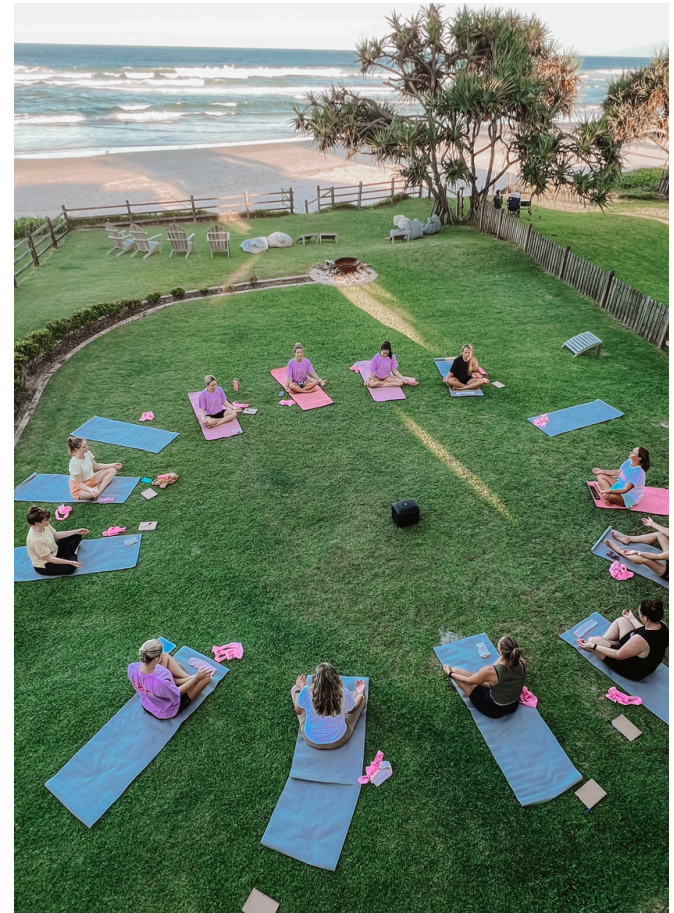


Day 1 – Introductions, Onland surf training, Movement & Mindset, welcome dinner

Day 2 – Surf Movement & Mindset, Surf Lesson, Beach Chills, Afternoon Fun Art Session, Fire Pits, Self Care and dinner

Day 3 – Morning Walk, Surf Lesson, Beach Chills, Video Analysis, Sunset Bike Ride, Dinner in town

Day 4 – Morning Movement & Mindset, Surf Lesson and check outs



Package Includes

3 Nights of Beachside Luxury Accommodation

Daily On land Surf Education with coaches

3 Surf Lessons including all equipment and professional coaches

Video Analysis to watch yourself surf, learn and take home the memories

Daily Movement (Beach walks, Hikes, Surf Sisters Fitness, Stretching and Meditation)

Gifted Journal and Daily Prompting

Sunset Bike Ride

In House Fun Pampering night

4 Days of Healthy and Delicious Meals including snacks

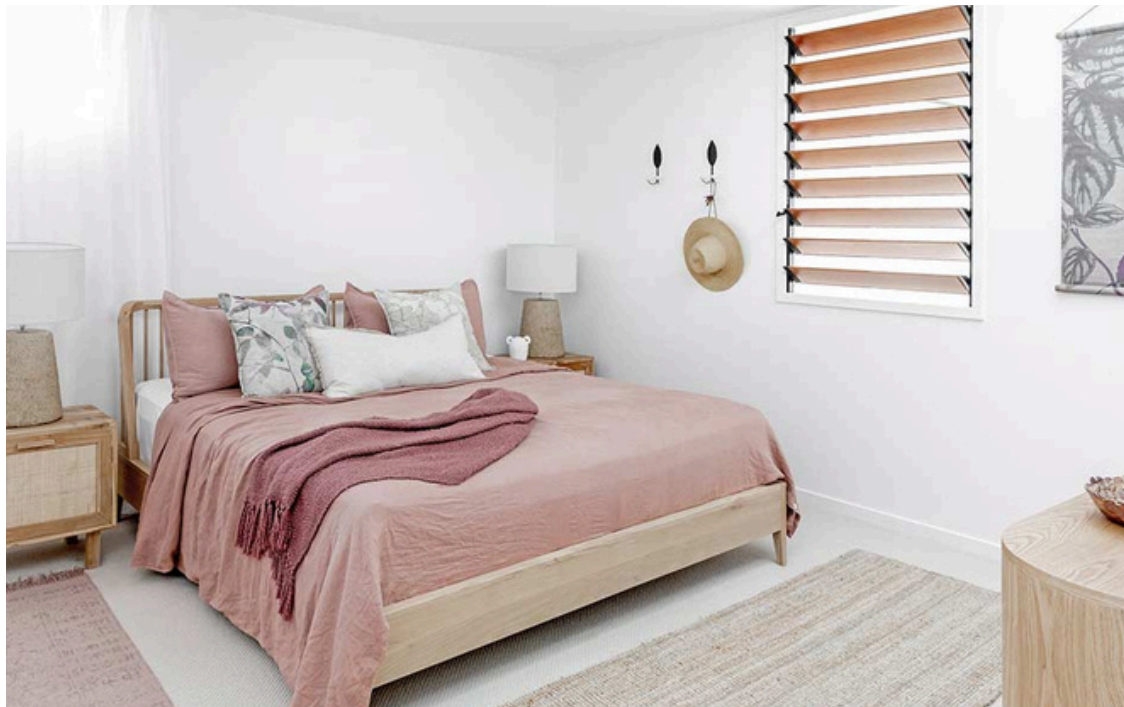
Fun Activities planned by us (Each retreat we organise something unique)

Goodie Bag that includes Sisterhood Merch

Photos and Videos Captured by us to take home

Mindset, Breathwork and Surf Apnea with Health Coach Angie

Sisterhood Community from the moment you book. WhatsApp Group, Online Fitness



Happy to Share

**3 Nights Accommodation
in a large shared bedroom
(2 friends coming together)**

+ Package Inclusions

\$1799AUD pp

Bed for Self

**3 Nights Accommodation
in own bed (shared room)**

+ Package Inclusions

\$1999AUD pp



Room for Self

**3 Nights Accommodation
in own private room
+ Package Inclusions
\$2199AUD**



About the House

Luxury 2 level house with the beach at your door step. Includes 8 Rooms, 4 Lounge rooms, 4 bathrooms, 2 Kitchens, 2 Dining areas, outdoor dining areas, large green outdoor area, firepit, 7 car parks on site and street parking. 5 minute walk to cafes & shops.