



## Surf & Well-being week

### Surf and wellness for adults !

🏠 Surf practice : 5 x 1h30 surf lessons from monday to Friday (surf instructions, insurance, 8 pers. max/ group)

🏠 1h30 surfing theory throughout the week : environment, weather and waves forecast, priority and security rules, shaping process and choice of boards

🏠 Boards and wetsuit at disposal for the week

🏠 One surf shooting session + debriefing

🏠 Daily stretching

🏠 1 vegi cooking class with Lydie, fully qualified dieteticien

or

🏠 1 californian massage

🏠 6 nights in 1 to 4 pers. shared air conditioned rooms with private bathroom. We have 2 rooms for couples or individuals. Please specify if you're interested.

🏠 Other meals are self-catered at the Lodge, BBQ, picnic at the beach... Vegetarian meals and local restaurant menu on request

🏠 Welcome drink, tea and coffee at ease

🏠 Transports (train station/Biarritz airport, shopping, beach shuttle)\*

\* this service can be deducted from the package if the person comes by car)



### Lodge amenities and equipments at disposal :

🏠 Spacious convivial room with fully equiped kitchen, pool table, TV/DVD and video games corner, free WIFI access

🏠 Bikes, canoes, open air games...(badminton, trampoline, Indo boards...), private skate park

🏠 Solarium terrace, year round 33°C hydro-massage pool and steam room : surf spirit and "bien être" on top of it!

🏠 Chill out area, tree hut dedicated to massage, hammocks, plancha or traditional BBQ under the oaks...

**Bonus : Oxbow goodies and a set of pics to engrave your best surf moves (bring your Ipod or USB card !)**

**Come in group or come back group** and get 5% to 10% on your surf package !



If you choose to travel to/from the local train station of St Vincent de Tyrosse or use share-driving (mini 3 pers.) we offer 5% discount on you surfing holidays !

Surf & Wellness week requires a minimum of 3 participants.

Pour plus d'information consulter notre site internet [www.naturalsurflodge.fr](http://www.naturalsurflodge.fr)