

# Yoga+Surf Retreat in Taíba Brazil

15 to 22 October 2017



Join me for seven days of yoga, meditation, surfing & adventure in the idyllic and unspoiled fishing village of Taiba on the north coast of Brazil. Spend a unique, fun-filled experience which will connect you to the local people and culture at Taiba Surf & Yoga ([www.taibasurf.ch](http://www.taibasurf.ch)).

Lead by a team of passionate surfers, our accommodation will be provided in the camp's custom-built, airy, well-equipped Surf Villa, Surf Bungalow or Surf House just a few steps from the beach. All the rooms are en-suite.

Healthy food is also important to keep our yogi bellies happy. The lovely Taiba Surf & Yoga team will daily provide us with deliciously simple local meals for both breakfast and dinner.

Taiba has many activities to offer and excursions to some of the beautiful surrounding beaches and towns can be arranged. Also October is the best season for kitesurfing! That being said, I am pretty confident that our kickass schedule will leave you utterly satisfied.

# yoga+surf. retreat in taíba.

## price.

CHF 1'120.- in a double room

CHF 920.- Yogi without surfing lessons

Yoga & Surf retreat pricing includes:

- 7 nights at Taíba Surf+Yoga (in a double room)
- Airport shuttle on arrival and departure day from Fortaleza International Airport
- 7 x breakfast, 7 x dinner, unlimited tea + coffee
- 7 x morning meditation, pranayama, vinyasa + 7 x yin/restorative yoga with Camilla
- 5 x surfing class including surf instructor (group of max 4), material + transportation

## info.

A CHF 200 non-refundable deposit is required to secure your spot. Balance must be paid in full prior start of retreat.

**FLY INTO:** Fortaleza International Airport. Taíba lays about 1h drive from the airport. Get a ride from the lovely Taiba Surf+Yoga team or rent a car at the airport.

**CHECK IN:** from 2pm on Sun 15th Oct  
**CHECK OUT:** 12am on Sun 22nd Oct

Registration & more information:  
[camilla@yoga-tribe.ch](mailto:camilla@yoga-tribe.ch)

## schedule.

Sun 15th Oct

- 2pm: check in
- 5pm: opening ceremony  
& sunset yin yoga
- 7pm: welcome beach barbecue

Mon to Sat

- 6.30-8am: meditation  
& vinyasa flow class
- 8.15-9am: organic breakfast
- 9-11am: surfing lesson
- afternoon: free time to sleep, read, swim & relax
- 4.30-6pm: sunset yin/restorative yoga (new moon celebration on the 19th)
- 7pm: dinner

Sun 22nd Oct

- 6.30-8am: closing ceremony  
& vinyasa flow class
- 9am: farewell brunch
- 12pm: check out

Yoga with Camilla

