



14th to 21st April 2019

# YOGA & SURF RETREAT

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## IN TAIBA, BRAZIL

## YOGA

All classes are led by Angela Blank, a Swiss yogi who has lived in Fortaleza and traveled across Brazil. Thus, Taiba and its community are very dear to her heart. She has been practicing yoga since 2004 and teaching it since 2013. Through her trainings she learned to cater for different kinds of needs and therefore happily welcomes all levels of students. Classes will most likely be taught in English or German, however she is also fluent in French and Portuguese.



## SURF

The head coach of the camp, Michel Roque de Sousa, grew up in nearby Fortaleza and has been a professional surfer since the age of 11. Since the age of 18 he has participated in the World Qualifying Series. Michel is very passionate about sharing his knowledge and skills, whether you are a complete beginner or about to become a pro. He speaks Portuguese, Spanish and English.



## LOCATION & ACCOMMODATION:

Taiba is an idyllic and charming fishing village, located approx. 70km north of Fortaleza, the capitol of Ceara, a terra da luz (the sunshine state). Taiba Surf & Yoga is nestled at the end of the village, just a short walk from the beach and a major surf spot. Accommodation in the surf camp is provided in double rooms with en-suite bathrooms in the Surf House, the Surf Villa or the Surfer Bungalow. The camp is built around a lush garden with a pool and plenty of space to relax in a hammock. [www.taibasurf.com](http://www.taibasurf.com)



## PRICE

- 7 nights accommodation in double room\*
- breakfast & dinner
- non-alcoholic drinks & fresh fruit all day
- 6 morning pranayama & yoga sessions (105min)
- 7 evening restorative yoga and mediation sessions (90min)
- 5 surfing classes (2h), equipment, transport to suitable surf spot

CHF 920.00 yoga only

CHF 1120.00 yoga & surf

\* single rooms may be available upon request and at extra cost.

## FURTHER INFORMATION & REGISTRATION

[angela.blank@gmail.com](mailto:angela.blank@gmail.com)

[facebook.com/angelayoga.net](https://facebook.com/angelayoga.net)

<https://www.angelayoga.net/yogaandsurf>