

# SRI LANKA / ITINERARY

	SUNDAY	MON-TUES	WEDNESDAY	THURS-FRI	SATURDAY	SUNDAY	MON-TUES	WEDNESDAY	
7:00		COFFEE	NAT'L PARK VISIT	COFFEE	COFFEE	COFFEE	COFFEE		
7:30		SURF		SURF		SURF	SURF	YOGA	
8:00					YOGA / BARRE				BREAKFAST
8:30									
10:00		BREAKFAST			BREAKFAST	BRUNCH OUT	BREAKFAST	BREAKFAST	
11:00									CHECKOUT
12:00		SURF THEORY		SURF THEORY			SURF THEORY		
13:00		YOGA / BARRE	LUNCH	YOGA / BARRE		YOGA / BARRE	YOGA / BARRE		
14:00	CHECK-IN	LUNCH		LUNCH	LUNCH	LUNCH	LUNCH		
16:30	YOGA	FREE SURF	YOGA / BARRE	FREE SURF		FREE SURF	FREE SURF		
17:00									
18:00	HAPPY HOUR / MEET & GREET		SUNSET HAPPY HOUR			DINNER OUT			
19:00									
19:30	DINNER	DINNER	DINNER	DINNER	DINNER		DINNER		



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Most days will start with coffee, tea, and fruit – and for early risers a breathtaking sunrise – followed by your morning surf lesson. Following surf we have a hearty breakfast, honestly one of the best parts of the day. Late-morning/early-afternoons are usually spent relaxing by the pool, surf theory or video analysis, and perhaps a massage. A light healthy lunch in the afternoon is followed by yoga, then a quick snack and an afternoon free surf session. Afternoon surf ends in time to catch the sunset and relax before dinner. The vibrant and colorful Sri Lankan landscape inspires every meal - modern twists on local Sri Lankan food with global cues fusing health and indulgence.

## A TYPICAL DAY

7:00am: Pre-surf coffee, tea, and fruit

7:30am: Leave for surf lesson or free surf

10:00am: A hearty, healthy group breakfast

12pm: Surf theory, massage, swim, chat, or nap

2:00pm: A light, healthy lunch

3:00pm: Yoga, massage, swim, chat, or nap

4:30pm: Sunset free surf session

7:30pm: Meet for dinner

Each day will look a little different depending on surf conditions and day of the week. The itinerary is thoughtfully designed for you to actively enjoy Sri Lanka to the fullest, but everything is optional. If you want to spend a day sipping cocktails by the pool, explore some nearby towns, or spend 8 hours surfing, you're more than welcome.

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