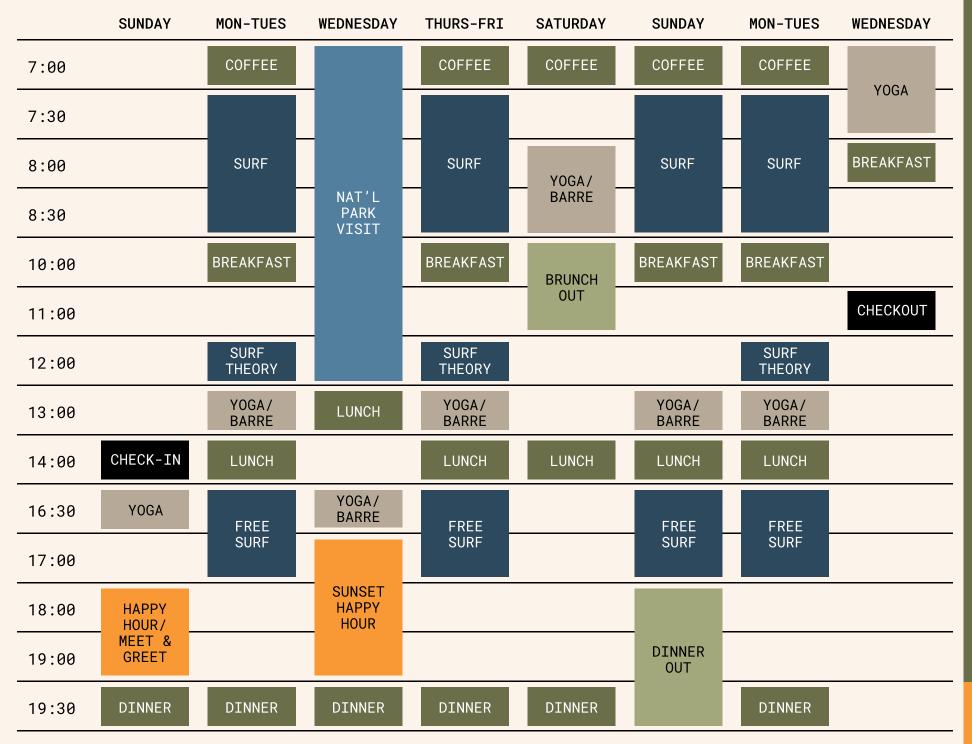
## SRI LANKA / ITINERARY





## SRI LANKA / ITINERARY

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.

>>

