



AZUL FIT - SPAIN



APURA YOGO - PORTUGAL



PURA VIDA LODGE - FRANCE

KARMA SURF - PORTUGAL



Europe

If you really do have itchy feet, and want to jet set to a foreign continent then Europe is a perfect gateway for exotic surf-yoga retreats. Not only are you thrown into a world of history, different countries, cultures and landscapes but again you're welcomed with wide arms into a number of different retreats offering yoga, surfing, cuisine, and picturesque locations.

Portugal seems to be the up-and-coming destination for these kinds of retreats. On the spectacular cliff top coast of Portugal, you will find yourself amidst vast landscapes and rugged beaches. Yet you will still be close Lisbon, the capital and cultural hub of the country. Not only is Lisbon the capital, it is one of the best surf cities in the world where you can surf all year round with a mild climate and great surfing conditions.

Karma Surf Retreat is a perfect example of this coastal experience, only 30 kilometres west of Lisbon; their Guincho Villa Retreat is nestled in a picturesque mountain village with a stunning view of the coast. This panoramic view of the villages and ocean can be appreciated from the pool area which sits above the boutique villa, or the large wooden deck which is perfect for morning yoga sessions. Karma Surf retreat prides themselves on their two storey modern villa which is located in a beautiful large garden area with natural surroundings and small hidden places to relax or meditate. They focus on the pleasure of surfing and every step involved in learning to do it. Karma also has a second retreat at their Algarve Villa which sits in the rolling countryside of the Western Algarve, on one of Europe's most spectacular golf resorts. Again, the modern and stunning villa is equipped with panoramic views, a luxurious swimming pool and is a short drive away from the South and West coast of Portugal.

Sitting in the Peniche area of Portugal, Apura Yoga offers exclusive Yoga & Surf retreats from a surf camp style retreat, to a brand new girl's only retreat, and a yoga-surf in paradise retreat. The camp is located only 200 metres from the beach and has spacious apartments with a sea view and a patio for evening barbeques. They start every day with a vigorous Vinyasa Flow Yoga Session which works on coordinating your breathing together with the movements of the body. Then the rest of the day is spent surfing in some of the most amazing waves that Europe can

offer. Apura Yoga provides surf and yoga lessons that are specifically tailored to your needs. No day at these retreats are complete without a restorative yoga session and sunset meditation.

Just next door to Portugal is another great option for this kind of getaway — Spain.

In particular, Fuerteventura in Spain offers a mind, body, soul experience at the Azul Yoga and Pilates Retreats. Often described as the Hawaii of the Atlantic, Fuerteventura has amazing waves for all levels. Miles of deserted white sand beaches and uncrowded volcanic reefs, along with the 300+ days of sunshine, make this one of the world's best kept surf secrets. This retreat not only offers perfect conditions for surfing, but also world class tuition in Yoga, Pilates and Tai Chi to ensure your mind is as rejuvenated as your body. Azul offers delicious organic vegetarian cuisine and relaxing massages to keep your surfing muscles limber.

Next stop on the Europe journey is in the Mimizan Plage in France, in the region of Les Landes. Les Landes is known for its vast pine forests and kilometres of golden beaches. With the Atlantic ocean at your doorstep, an international range of surfers, and excellent rolling waves for learning to surf, the South West of France has a lot to offer.

The Pura Vida surf lodge offers all you need as a keen surfer in Mimizan with private terraces, a large social lounge, 'surfy' decor and a beautiful garden area and heated pool. Every morning you will be woken up with a healthy buffet breakfast before beginning your lessons with their ISA approved surf school. Pura Vida originally from Costa Rica means enjoying life. Pura Vida take this meaning seriously and encourage a balance between enjoying the good life surfing and getting amongst the action that takes place at Mimizan Plage.