



## **Tofino SUP, Surf & Yoga Retreat**

**Location: Tofino, BC Canada**

**Dates: June 16-22**

Join us for the getaway that is sure to rejuvenate the mind, body and spirit. From beach walks, to catching waves and yoga by the fire we will share in the majestic beauty of Tofino. Daily on water instruction and guided hikes and hidden gem locations to captivate your playful essence and allow for a true 'reset'. The Rancho Tofino provides a beautiful space to break bread with friends new and old with like minded water people.

### **What's included:**

- 6 Nights Shared Accommodation at the beautiful Rancho Tofino (shared room)
- Daily Delicious Vegetarian Meals prepared by in house chef - Julie with Vegan options
- Flatwater Paddling Excursions (ocean and inlet)
- SUPsurfing
- Boogie boarding and option prone surf time *\*rentals added*
- Daily Movement including Foundation training, Yoga – breathwork, asana and meditation

\*Rooms can be accommodated for a couple or individuals – send us a message with any questions.



\*more photos of accommodation available – just ask!

### **Pre-requisite:**

- Must be able to swim and some paddle experience is expected in order to gain the most from the learning process of catching waves and comfort on the water.

**What's not included:**

- Wetsuits \*rentals can be arranged
- SUP Boards \*rentals can be arranged
- Snacks & Drinks \*we suggest you bring some between meal snacks and what you like to drink alcohol or non-alcohol
- Transportation to and from Tofino \*but if you would like to connect with other participants to share the drive and possible ferry costs please let us know.

**What to bring:**

- SUP Board
- Fins
- Leash
- PFD
- Paddle
- Wetsuit
- Booties
- Gloves/mitts for surf
- Towel
- Rubber boots \*\*\*highly recommended\*\*\*
- Rain Gear – it's Tofino 😊
- Yoga Mat
- Yoga props – block & bolster if you have \*or can be provided upon request.

**Price:** \$2500/pp Booked prior to April 15<sup>th</sup>, 2022

\$2750/pp if booked April 16<sup>th</sup> and beyond

**Booking & Cancellation Policy**

A deposit of \$500 will be taken at time of booking with the remaining balance collected May 1<sup>st</sup> - should you wish to pay in instalments this can be arranged. Bookings can be transferred to another person on the waitlist. Cancellations made within 30 days result in a full payment loss for the trip. Just Add Water Yoga Ltd reserves the right to cancel a trip due to unsafe conditions. If there is insufficient registration the program may be cancelled prior to 30 days and all funds refunded to participants, or put toward a future program.

Contact: [kristy@justaddwateryoga.com](mailto:kristy@justaddwateryoga.com) to book with etransfer and/or CC payment today