

**LENNOX HEAD
16-19TH OCTOBER 2025**

BEGINNER LEVEL SURF RETREAT



SISTERHOOD OF SURF RETREAT

3 NIGHTS/ 4 DAYS
LENNOX HEAD, AUSTRALIA

Hey there Sister!

Join us for the funnest beginner level retreat in Lennox Head, Australia.

A sisterhood of surf retreat is for women of all ages and all walks of life. We come together to take time out to learn how to surf or improve our surfing whilst being at a Luxury beachside accommodation that instantly feels like your on holidays! Over the 4 days you will surf, relax, learn new skills with our workshops, eat delicious prepared meals, move daily with sunrise surf yoga, beach walks, bike rides and most importantly you will be around women who cheer each other on. Days filled with nature, fun and taking time out to regroup and reconnect with ourselves. **IGNITE YOUR SPARK!**

We have carefully thought of everything that would make the perfect mini getaway in the most beautiful location, with the beach on your doorstep.

All activities are organised by us and are completely optional.

4 Days all-inclusive retreat with us includes:

- 3 Nights of Beachside Luxury Accommodation (sand at your doorstep)
- Daily workshops and on land Surf Education
- 3 Surf Lessons including all equipment and professional coaches
- Video Analysis to watch yourself surf, learn and take home the memories
- Daily Movement (Beach walks, Surf Sisters Fitness, Yoga and Meditation)
- Mindset, Breathwork and Coaching with Coach Angie
- Sunrises, Sunset Bike Ride, Camp Fires
- In House Chef
- 4 Days of Healthy and Delicious Meals including snacks
- Fun Activities planned by us (Each retreat we organise something unique)
- Goodie Bag that includes Sisterhood Merch
- Photos and Videos Captured by us to take home
- Sisterhood Community from the moment you book. WhatsApp Group, Online Fitness
- Byron Bay visit

Let's go
Surfing



**Love Angie x
Personal Trainer and
Wellness Coach, Retreat
Host and Ocean Lover**

Luxury Accommodation



Lennox Head Accommodation

heaven n in a holiday home right on the beach at Lennox Head. **With 8 Bedrooms, 4 Bathrooms, 4 Loungerooms, 2 Kitchens and lots of outdoor space for our daily movement classes or relaxing in your downtime.** Wake up and watch the sunrise on the beach.

We have 12 spots available for this retreat. 3 Shared Rooms with a Single Bed to Yourself, 2 Rooms to yourself and 1 Room for those happy to share a Queen Bed. Not sure how you will go sharing a room with someone? Think of it as we will only be using these rooms to sleep at night. There is so much space around the property.

This is a luxury house feeling like you are on holidays from the moment you walk in.

With the beach at our doorstep and a 15-minute drive into Byron Bay, the location is second to none. Different packages available for rooms.

Surf Spots are in a 15 minute radius of house



SURF. EXPLORE. RESET



SURF Package

Suited to Beginners - Advanced Beginner Levels

This means:

Little to no experience -You need help catching and coaching to stand up on a wave.

You can stand up on a wave, but you still need help getting onto the wave.

You ride a soft top and want to transition to a hard top or shorter wave.

You want help with knowing how to drop into a wave, turn and read when to catch a wave.

What's Included in Surf Package:

On land Surf Workshop and in water training

3 Surf lessons

Professional Coaches

Surfboard hire at lessons

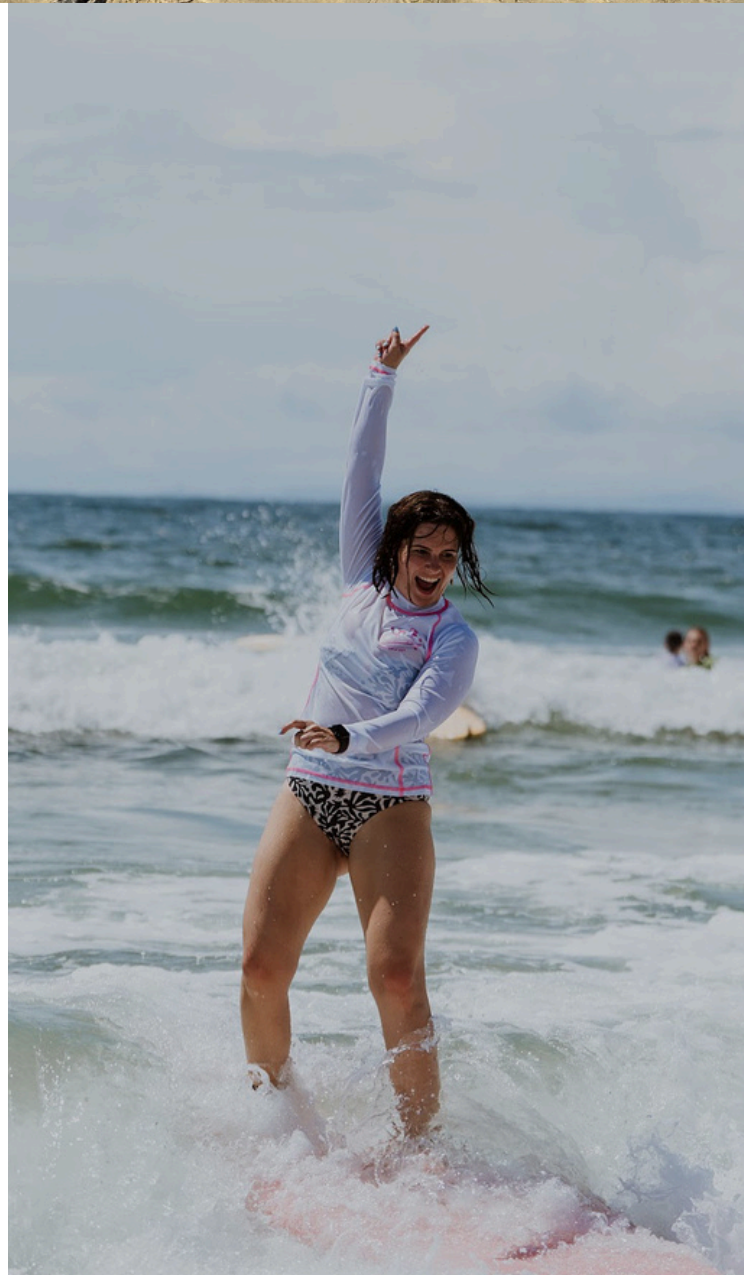
Video Analysis. Get filmed and learn how to improve

Surf Sisters Classes (surf specific movement)

Goal orientated - Your coaches will work with your level and your goals.

Introduction to Surf Apnea

Option to bring your own board and surf more.





DAILY SUNRISES & MOVEMENT

Sisterhood of Surf Fitness Classes:

Balance, Mobility, Surf Pop Ups, Flexibility
Strength, Endurance, Relaxation, Mindset,
Breathwork

Beach Walks and Lennox Lookout Walk

Sunrise Yoga

Sunset Bike Ride

Occasional Sneaky Dance Fitness

When you sign up to our retreat you receive Online Surf Sisters Fitness classes to follow along to in the comfort of your own home. This surf specific movement is going to get you surf ready for your trip.

Participation is optional



SISTERHOOD

Connect with like minded women and make friends



We know that travelling with other strangers can be daunting. But we promise you after hosting many of these retreats, it's the new friendships and sisterhood environment that ends up being everyone's favourite part.

To help you connect with other sisters, we have things in place from the moment you book. Such as, a private WhatsApp Group for your retreat. Assistance from us to book in extra activities or answer of your surf retreat related questions.

Our activities also create connection with like minded women on the retreats.

There is something so powerful about coming together with other women with similar goals and watching each other achieve them.

"The Sisterhood of Surf retreat has filled a missing part of my soul. My dearest friends don't have the same interests as me so taking off on a retreat with like minded women was exactly what I needed & I will be back! xoxo" - Stacey

ROUGH IDEA Itinerary

Disclaimer: As we can't control mother nature and her tide times, this schedule may get changed around.

Day 1 (THURSDAY)

3pm Check in at Beachside Lennox. (NSW TIME)

Arrive to a delicious grazing platter, check out your goodie bag, the house, the beach in front of you, and meet your fellow surf sisters.

4pm Sisterhood of Surf Workshop. Self Growth Connection Circle, Surf Education, Surf Fitness Movement & Surf Apnea, Stretch Meditation, Sunset Beach Swim, Camp Fire

6:30pm Delicious Welcome Dinner



DAY 2 (FRIDAY)

Sunrise meditation & surf mobility class

Surf Lesson

Lunch time down time: Beach time or checkout Lennox

4pm SOS FUN Art Activity

5pm Sunset Stretch & Breathwork

6pm Dinner

7:30pm Self Pampering & Surf Movie

Includes: Breakfast, Lunch, Dinner, Snacks



DAY 3 (SATURDAY)

Byron Bay lighthouse walk

Surf Lesson filmed

1pm Lunch & Video Analysis

Downtime

4pm Sunset Bike Rides

6:30pm SOS take you to Dinner Head

Includes: Breakfast, Lunch, Dinner, Snacks

DAY 4 (SUNDAY)

Sunrise SOS Workshop

Breakfast

Surf Lesson

Pack up and check out by 10am

Includes: Breakfast, Snack

Not in a rush to get home. Join us at the Byron Bay Farm

PACKAGE OPTIONS

Happy to Share

A Bed for Yourself in a 2 person
Shared Room
+ All Inclusive Package
\$1899 AUD PP



Pay \$499 to secure spot and remainder can be paid off in installments until 40 days prior travel , T&C apply



2 Queens in 1 Room

This room is for besties or family who
are happy to share a king bed in a LUX
room
+ All Inclusive Package
\$2000 AUD PP

30 Days cancellation Policy - Cancel within the first 30 days of booking and receive a full refund.

Room for 1 person in a Single Bed

This room is the sister wanting her
own bed in her own room
+ All Inclusive Package
\$2099 AUD PP



Pay \$499 to secure spot and remainder can be paid off in installments until 40 days prior travel , T&C apply



Room for 1 person in a King Bed

This room is the sister wanting her
own bed in her own room
+ All Inclusive Package
\$2199 AUD PP

30 Days cancellation Policy - Cancel within the first 30 days of booking and receive a full refund.