



THE ULTIMATE  
**SURF, MOVEMENT AND  
WELLNESS RETREAT.**

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Our retreat focus's on the benefits of an active lifestyle while promoting personal development and environmental awareness and is suited to absolute beginners through to more advanced surfers.

CSA run in conjunction with Surfing Australia's Safe Surfing program and the NSW Education Department risk assessment guidelines. We build on this through giving students a hands-on opportunity to apply & develop their understanding under the direct supervision of fully qualified surf instructors

3 Days on the south coast with CSA will see students increase their confidence in the water and build on life skills both in and out of the water.

Our breath work sessions will help teach students mindfulness, awareness, and concentration practices that are proven to support emotional health and overall wellbeing.

The 3 day south coast adventure is the perfect way to meet make new friends whilst gaining confidence and learning new skills.

Click link to watch a recent Year 10 Surf Camp [shorturl.at/BHN39](https://shorturl.at/BHN39)





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Our retreat is flexible in delivery and can easily be tailored to suit teacher & student needs.

### Inclusions

- + 2 Nights Accommodation  
Shared bunk rooms (sleeps 6)
- + 3 Days Activities
  - Learn to surf sessions
  - SUP sessions
  - Breathe Work Session
  - Ice bath
  - Bush Walk
  - Team Building Experiences
- + All Meals
  - Monday Dinner
  - Tuesday Breakfast, Lunch, Dinner and Snacks
  - Wednesday Breakfast Lunch and SnacksAll dietary requirements can be accommodated on request



### Pricing

Please contact CSA for a costings for your school.