



# Women's surf retreat

## BYRON BAY

Escape to Byron Bay for a luxurious weekend riding dreamy waves, soaking in stunning coastal vibes, and creating unforgettable memories. The Lets Go Surfing Women's Retreat is a one-of-a-kind experience led by Brenda, founder of Lets Go Surfing — your chance to elevate your surf skills while indulging in a truly magical, soul-refreshing getaway.

- \* Surf sessions every day with our incredible coaches (yes, even if you're a total beginner!)
- \* Optional morning yoga to wake up with intention and flow
- \* Free time to swim, relax, explore Byron, or treat yourself at the spa
- \* Choose your adventure — sunset SUP or a guided nature walk through Byron's beauty
- \* Evening dinners at top Byron spots, filled with great food and even better company
- \* Sunset circles to connect, reflect, and soak in the magic
- \* Salty hair, new friends, and unforgettable memories to take home
- \* Come surf, connect, and reset — you deserve it.

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# Retreat

## ITINERARY

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### DAY 01

#### FRIDAY ARRIVE AND UNWIND

##### **12:30 PM – Complimentary Group Transfer from Ballina Airport**

Let the weekend begin. Our private driver will be waiting to whisk you to paradise.

##### **1:30 PM – Early Arrivals**

For any early arrivals, start enjoying your stay right away. Feel free to relax and unwind while rooms are being prepared. Store your luggage, slip into your swimmers, and explore the adults-only pool or beachfront trail.

Note: Lunch is not included today. You'll likely arrive at Elements around 1-1:30 PM, so feel free to grab a bite onsite or nearby.

##### **3:00 PM – Check-In at Elements of Byron**

Welcome to your home for the weekend. Settle into your private villa and get ready to dive in.

##### **3:30 PM – Surf Coaching Session**

Time to hit the waves. Whether you're new to surfing or building confidence, our expert coaches (including LGS founder Brenda!) will guide you through a beach warm-up and a fun, empowering session.

##### **5:30 PM – Sunset Welcome Circle & Intention Setting**

Get to know your fellow retreat guests and the Lets Go Surfing crew. Set the tone for a weekend of connection, courage, and coastal bliss over an optional beverage (not included).

##### **7:00 PM – Welcome Dinner at Azure**

Dine under the stars at Elements' renowned on-site restaurant. Expect delicious food, flowing conversation, and ocean breezes.





## DAY 2

### SATURDAY – SURF, STRETCH & SAVOUR

#### 7:00 AM – Optional Morning Yoga at Elements

Ease into the day with a gentle yoga flow to awaken your body and mind.

#### 8:30 AM – Buffet Breakfast at Elements

Enjoy a gourmet breakfast—think tropical fruit, eggs your way, fresh pastries, and Byron coffee.

#### 10:00 AM – Surf Coaching Session

Head to one of Byron's stunning beaches for another expert-led session tailored to your level.

#### 12:00 – 2:30 PM – Free Time

Lounge by the pool, book a spa treatment, explore Byron town, or simply unwind. No lunch provided today—use this window to discover local eats or enjoy a relaxed snack.

#### 2:30 PM – Optional Afternoon Activity (Pre-Selected)

Choose your own adventure:

- Sunset SUP through Byron's scenic waterways
- Nature Walk with a local guide
- Meet at reception at 2:30 PM to join your chosen activity.
- Surf (depending on conditions)

#### 7:00 PM – Group Dinner at Light Years

Feast on modern Asian flavours at Byron's trendiest restaurant. Expect a vibrant setting and great company.

**Note:** Beverages are on consumption.







## DAY 3

### SUNDAY – SURF, SOUL & FAREWELL



#### 8:00 AM – Final Surf Coaching Session

Greet the day with one last paddle out. A beautiful way to end the weekend.

#### 9:30 AM – Final Breakfast at Elements

Gather with the crew for a final meal. What started as strangers ends in stories, laughter, and new surf sisters.

#### 10:30 AM – Check-Out & Slow Goodbyes

Soak in the last Byron breeze before heading home.



**Note:** This is a preliminary itinerary and may be adjusted to suit surf conditions and the dynamic of the group

# Retreat

## ITINERARY SUMMERY

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### FRIDAY

12:30 PM

1:30 PM

3:00 PM

3:30 PM

5:30 PM

7:00 PM

### ARRIVE & UNWIND

Group transfer from Ballina Airport

Early arrivals: relax, swim, explore

Check-in at Elements of Byron

Surf coaching session

Sunset welcome

Welcome dinner at Azure

### SATURDAY

7:00 AM

8:30 AM

10:00 AM

12:00 PM

2:30 PM

7:00 PM

### SURF, STRETCH & SAVOUR

Optional morning yoga

Buffet breakfast at Elements

Surf coaching session

2:30 PM – Free time to explore or relax

Optional sunset SUP or nature walk

Group dinner at Light Years

### SUNDAY

8:00 AM

9:30 AM

10:30 AM

### SOULFUL FAREWELL

Final surf session

Final breakfast at Elements

Relaxed goodbyes

