

A woman in a black leotard and dark shorts is surfing on a white wave. She is in a crouched position, leaning forward, with her arms extended. The wave is breaking, creating white foam. The background is a clear blue sky.

# INTENSIVE SURFTRAINING-RETREATS

in Aljezur / Arrifana, Portugal

Sat, 26.3. - Sun, 3.4.2022 (intermediate, mixed)  
Sat, 28.5. - Sun, 5.6.2022 (beginner, women only)  
Sat, 24.9. - Sun, 2.10.2022 (beginner, women only)  
Sat, 22.10. - Sun, 30.10.2022 (intermediate, mixed)

Surf Coaching, Mental-Training, Surfskating

by Kim Chareonbood from Fearless Surfer & Vasco  
Rodrigues from Concrete Surfers



# Our Retreats

"Train 'til you drop!" is our motto. And that's what we're all about: training, training, training. In the water and on land.

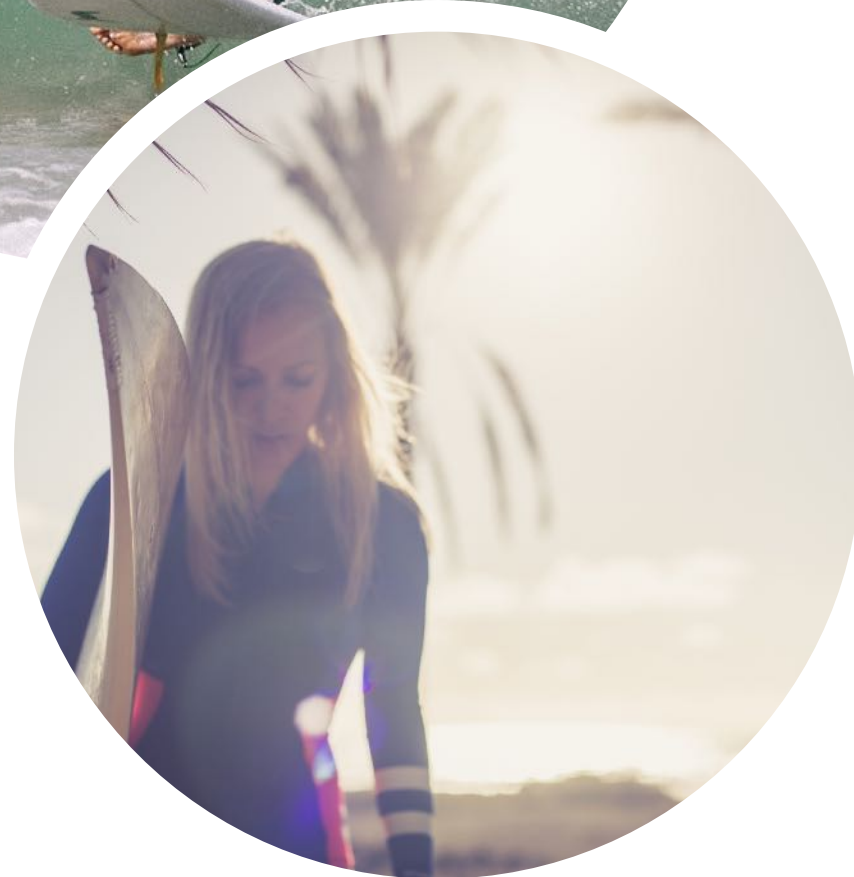
With our powerful combination of surf technique training, surf set balance, surf skate sessions and mindset training, you will boost your body and mind intensively. A lot of fun is guaranteed.

The main topics are improving surf technique, overcoming fears, building self-confidence and courage in the line-up. We also work intensively on your ability to focus and to commit.

Your surf level: Depending on the chosen retreat "experienced" beginner or intermediate







# Your Mental Challenges

You often pull back at the last moment when paddling for a wave. You feel insecure and that you lack confidence and courage.

Fast, steep and bigger waves scare you quickly.

You feel uncomfortable in a crowded line-up; you don't like to fight for a wave.

You get distracted easily and keeping your focus is difficult.

You are very self-critical and quickly frustrated.

You had a bad experience once and fear is blocking you now!





# Your Surf Challenges

Depending on your level, you struggle with:

## "Experienced" beginner:

Your take-off is too slow and you often nosedive or fall off your board. Choosing the right wave seems like an impossible task and you don't really know how to generate speed or how to do turns. Generally, you feel like you lack ocean knowledge.

## Intermediate:

You are an independent surfer and you can handle all kinds of ocean conditions and wave sizes up to 2m. You get your own waves, your take-off is solid, but you struggle with proper technique on the wave. You lose speed on the bottom turn, you fall off when you attempt more radical maneuvers or you have a feeling that your surfing should be smoother.



# What you want to achieve:

You want to surf more waves and have even more fun. Maybe also go to new and more challenging surf spots.

You want to learn how to overcome your fear and use it to your advantage. And how to stay calm and focused.

Refining your surfing technique has been on your list for a long time. It's the details that make the big difference.

You finally want to make a big leap forward! And you know: For that you need really focused training.



# The Training

## ONLINE-PREPARATION

Prepare yourself a month in advance with our 4-week online training:

- 1 x a week live online workouts with Vasco Rodrigues
- 1 x a personal mental coaching session with Kim Chareonbood
- Access to online workout videos, surf skate videos and online mental videos.

## SURFCOACHING & SURFSKATING

Daily surfing, technique training on the surfskate & video analysis. Surf movement training on dry land like pop-up training and turns. On request, we'll work on your paddling technique and duckdive in the pool.









## GET THE RIGHT MINDSET

Overcome fear, build self-confidence and find your courage. Learn how to stay calm and composed and create your own optimal mental warm-up for yourself.

In the group, you will learn the basic techniques such as: setting goals according to your motivation type, visualizing, meditating, self-hypnosis, focus and concentration exercises.

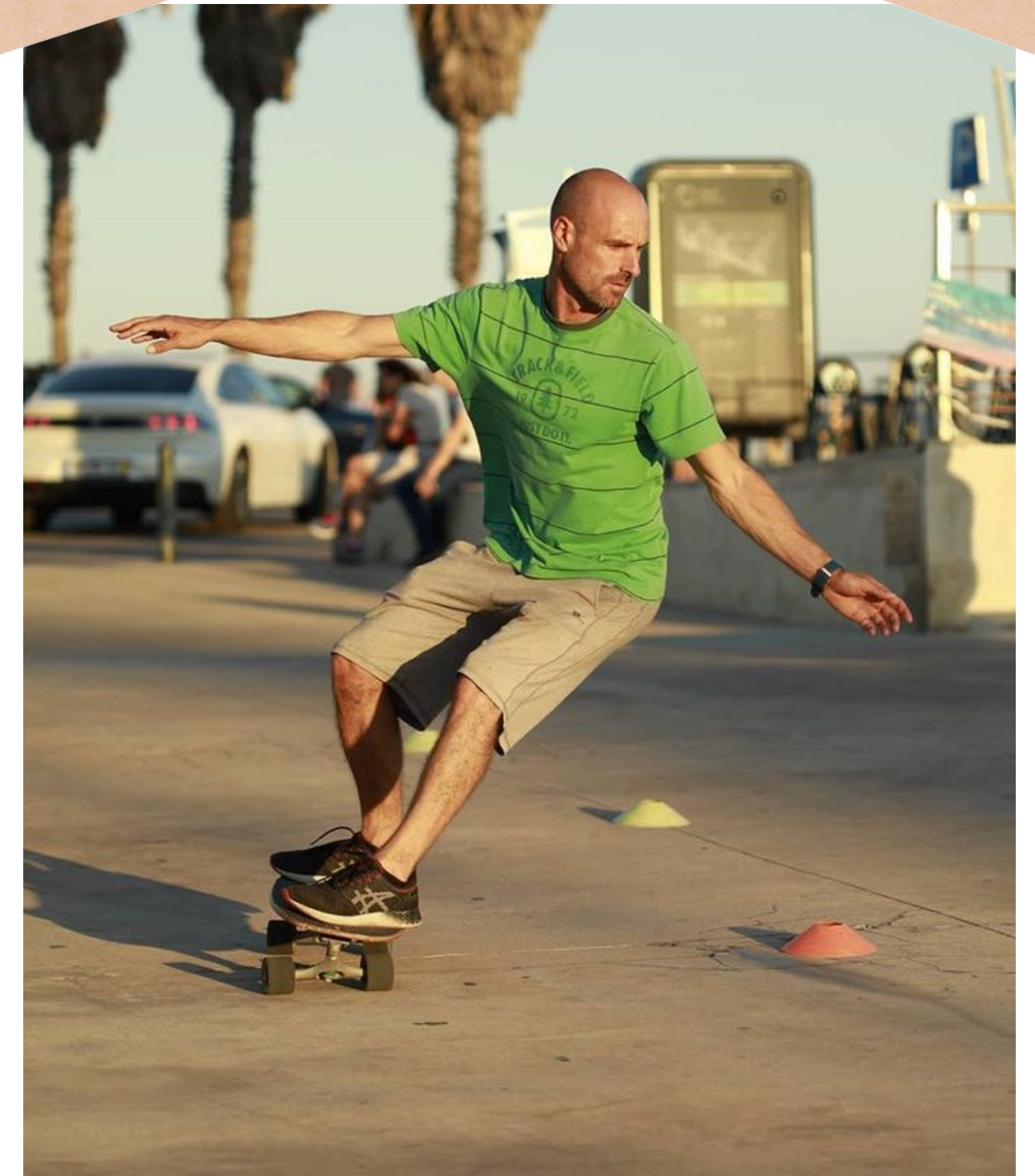
You will work in a personal 1:1 coaching with Kim on your very individual problem, fear or challenge. Kim is also present at the surf coaching sessions and can give you the necessary inputs while in the line-up.



# Your Surf- and Surfskate Coach Vasco Rodrigues

Vasco is Portuguese and grew up by the sea. He is an experienced surf coach and has coached, among others, the Portuguese longboard champion Kat Barrigão.

- Surfcoach of European Longboard Champion
- Certified Surf Coach Level I - FPS
- Surfskate Coach Level II - FPP
- Bachelor Sports Science
- Master Degree High Performance Training - FMH
- Master Trainer Carver Skateboards
- Master Trainer Surfset Fitness
- Strength & Conditioning Coach





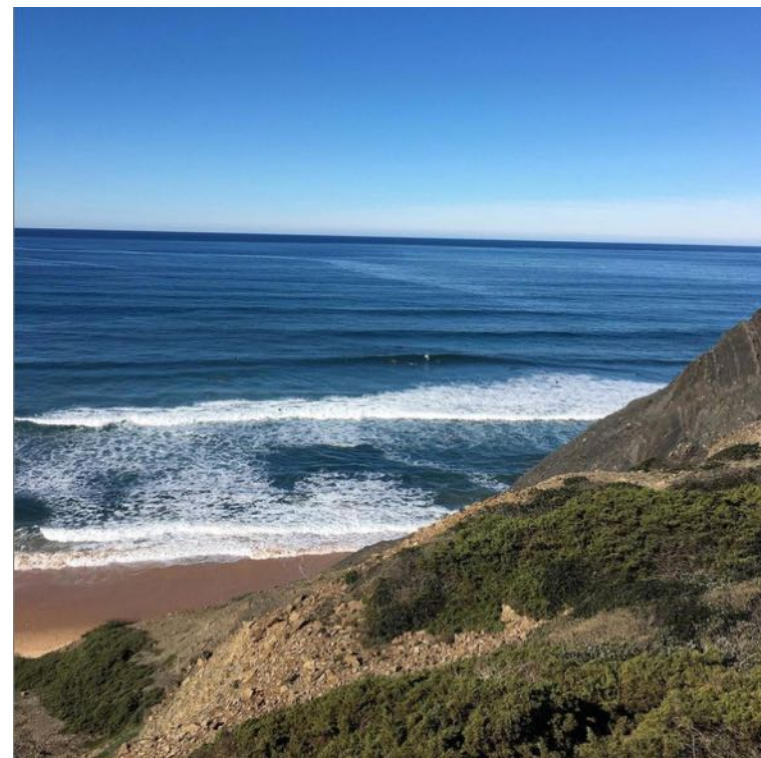
# Your Mental-Trainer Kim Chareonbood

A passionate surfer herself for over 15 years, Kim experiences that women, in particular, can't live up to their surfing potential because they get in their own way. She wants to change that. Because often it only takes a few mental coaching sessions to take a huge step forward.

- Over 6 years own practice for coaching, hypnosis and sport mental training in Zurich
- Hypnosis course NGH with Gabriel Palacios, Bern
- Diploma course Sportmentalcoach with Roger Erni at the Sportmental Academy in Zurich
- Certificate course Integral Coach ECA (conversation coaching) at Living Sense in Zurich







# The Location

You will stay in one of the comfortably furnished single rooms with private bathroom and balcony in the beautifully located Utopia Guesthouse in Aljezur.

A large outdoor pool and garden offer plenty of space to relax, chill out and for our training. Additionally, you can book massage and yoga classes.

Enjoy a healthy breakfast every morning.

Different surf spots like Arrifana, Monte Clérigo and Amoreira are only a short drive away.



# Dates:

## "Experienced" beginner:

Sat, 28.5. - Sun, 5.6.2022 (women only)

Sat, 24.9. - Sun, 2.10.2022 (women only)

## Intermediate:

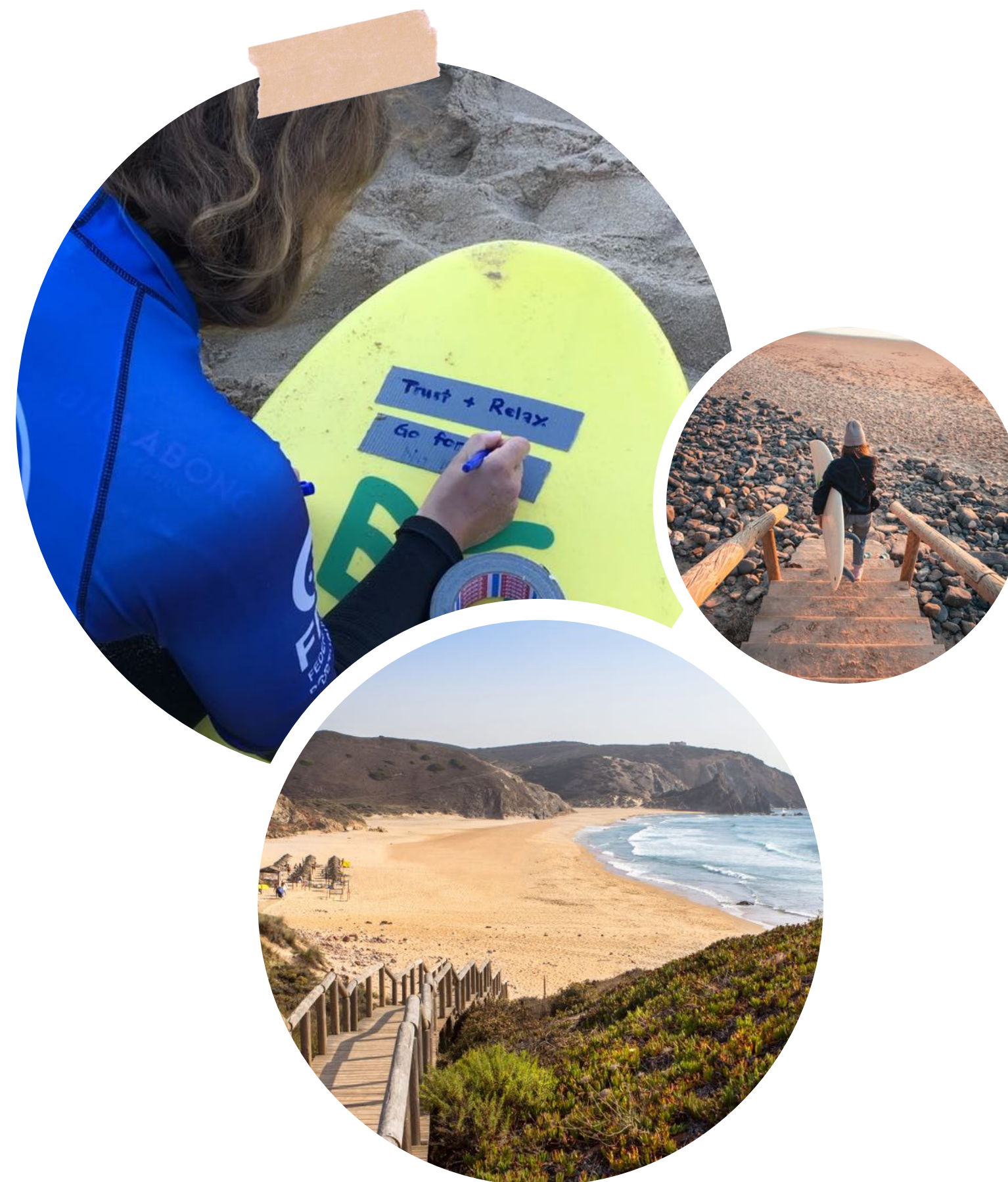
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Sat, 22.10. - Sun, 30.10.2022 (mixed)

# Price:

**EUR 1590 per person**

**9 days / 8 nights**





## INCLUDED:

- Accommodation (single room with bathroom and balcony)
- Daily breakfast
- 6 x surf coaching incl. video analysis
- 6 x mental sessions
- Surfskate, surf set balance, training in the pool
- 2 x dinner
- 4-week online surf preparation

## NOT INCLUDED:

- flights and airport transfer (flight to Lisbon or Faro, transfer to Aljezur; airport transfers can be arranged at extra cost).
- board and wetsuit rental if you don't bring your own (board approx. EUR 15-18 per day, wetsuit approx. EUR 5 - 10 per day)
- lunch, dinner not included (except for the welcome and farewell dinner)
- Insurance (illness, accident, travel insurance, COVID)







**Book your spot at our  
retreat now! We are  
looking forward to a great  
week with like-minded  
peeps!**



# Booking & Questions:



[surf@surfmentaltraining.com](mailto:surf@surfmentaltraining.com) (Kim)

# Social Media:



[@concrete\\_surfers\\_challenge](#) (Vasco)

[@fearless\\_surfer](#) (Kim)



**FEAR STARTS IN THE HEAD.  
COURAGE AS WELL!**





# **General terms of contract & COVID Information**



## **PAYMENT OPTIONS**

After your registration, 50% is due to secure your spot and activate your access to the 4-week online preparation. The balance is due 30 days before the start of the retreat.

## **FLIGHTS**

Flights and airport transfers are not included in the retreat price. Liability and insurance in case of rebooking or cancellation are the responsibility of the participant in all cases. We exclude any liability for flights. Please check with the airline for change and cancellation policies.

## **TRAVEL DOCUMENTATION**

You must bring a valid passport for entry and exit to Portugal, valid for at least 6 months beyond the return date. Portugal does not require a visa from most countries, but please check with the Portuguese Embassy in your country for details.

## **CANCELLATION POLICY**

If you cancel up to 31 days before the start of the retreat, you can either transfer 100% of your already paid amount to another of our retreats OR else you will receive a full refund minus a 3.5% processing fee. Cancellation 15 - 30 days before the start of the retreat: a cancellation fee of 50% of the total retreat package price will apply. Cancellation 14 days or less before the start of the retreat: a cancellation fee of 100% of the total retreat package price will apply. There are no refunds for late arrivals or early departures. If we, as the organizer, have to cancel the retreat due to unforeseen events, you will receive a full refund of the amount already paid.

## **EXCEPTIONS**

There are no exceptions regarding our cancellation policy, including but not limited to weather, personal emergencies, flight cancellations or delays. We strongly recommend that you purchase travel protection insurance.



## **COVID**

If the Portuguese government decides to enact COVID regulations that make the retreat impossible (e.g. lockdown, limited number of people, closed beaches), you will receive a 100% refund of the retreat package price paid. In the event that you are unable to arrive due to a COVID illness, regulations of your country, or non-compliance with Portugal's entry requirements, we cannot accept liability and our standard cancellation policy will apply.

## **DISCLAIMER FORM**

Once you have reserved your retreat spot, we will send you an illness/accident disclaimer form with your welcome packet, as surfing and skating are high-risk sports. The form must be duly completed and signed no later than your arrival. Participants who do not hand in the duly completed and signed disclaimer form will not be allowed to participate in the retreat. In this case, the above cancellation policy will apply.

## **RETREAT-INFORMATION**

Once you have reserved your place, you will receive a welcome E-Mail with all the information about the retreat, including a packing list and other useful information.



**JOIN OUR RETREAT NOW AND LET THE MAGIC HAPPEN! BETTER  
TECHNIQUE, A STRONGER MIND AND NEW INSPIRATION WILL GIVE  
YOUR SURF PROGRESSION A BIG BOOST!**

