



SURFTRAINING-RETREAT FOR WOMEN

Sat, 25.9. - Sun, 3.10.2021
Aljezur / Arrifana
Portugal

Surf Coaching, Mental-Training, Surfskating

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

Our Retreats

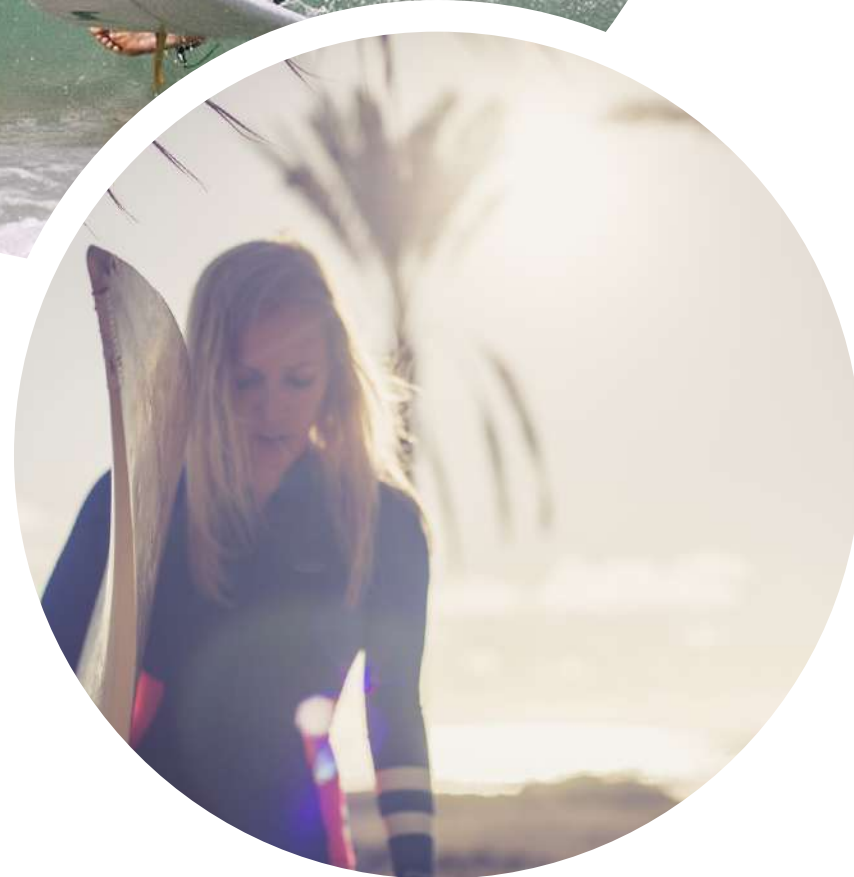
"Train 'til you drop!" is our motto. And that's what we're all about: training, training, training. In the water and on land.

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.

Your surf level: Intermediate





Your Challenges

You often pull back at the last moment when paddling. You feel insecure.

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 feel you lack confidence and courage.

You are very self-critical and quickly frustrated.

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

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:

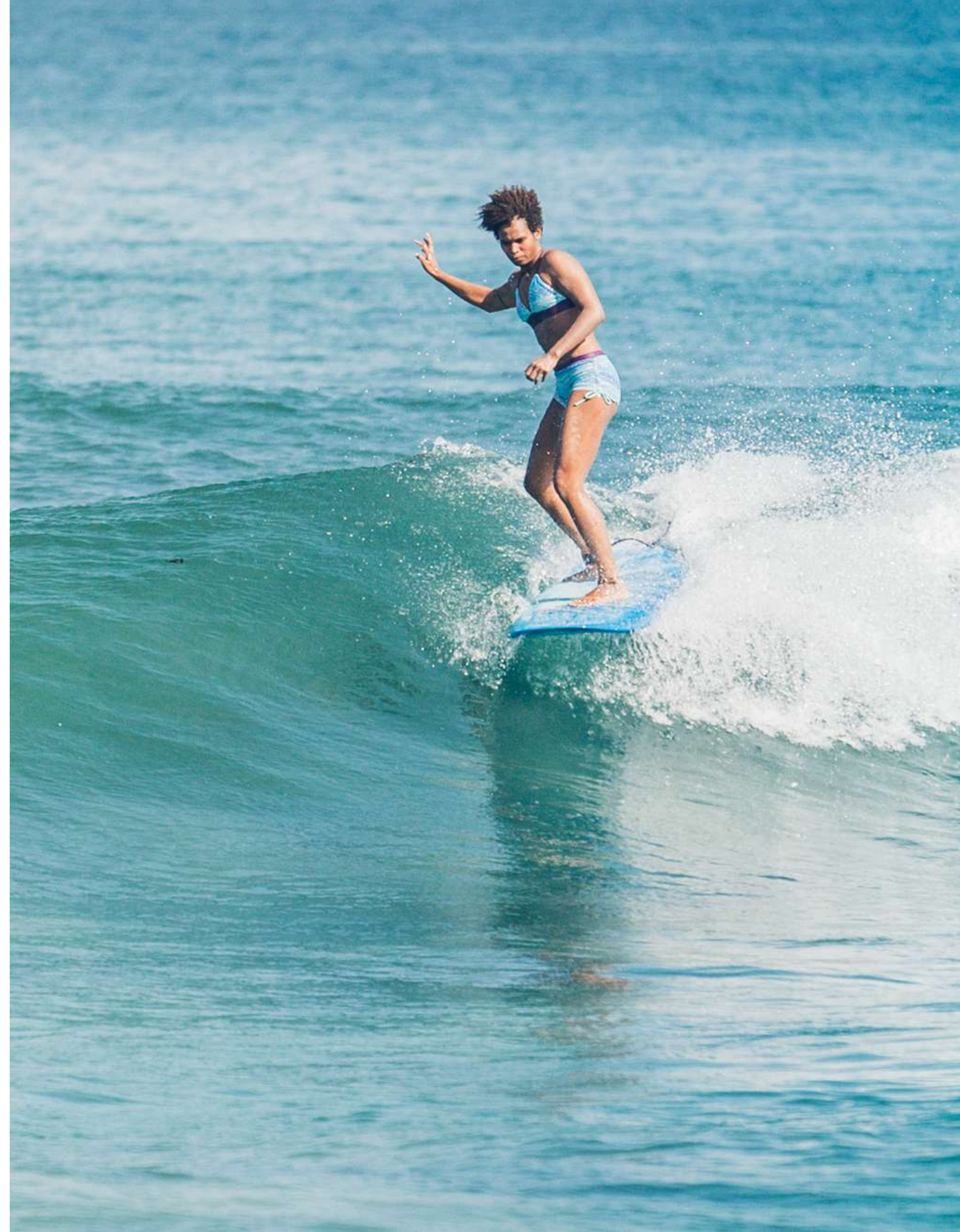
- 1 x a week live online workouts with Vasco Rodrigues
- 1 x a personal mental coaching session with Kim Chareonbood
- Access to online workout videos, surf skate videos and online mental videos.

SURFCOACHING

Everyday surfing, technique training & video analysis. In the pool, we'll work on your paddling technique and practice the duckdive.

SURFSKATE & SURFSET-BALANCE

On the surf skate and surf set board you'll refine your technique and train your balance on land. What doesn't work on land doesn't work in the water.





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.

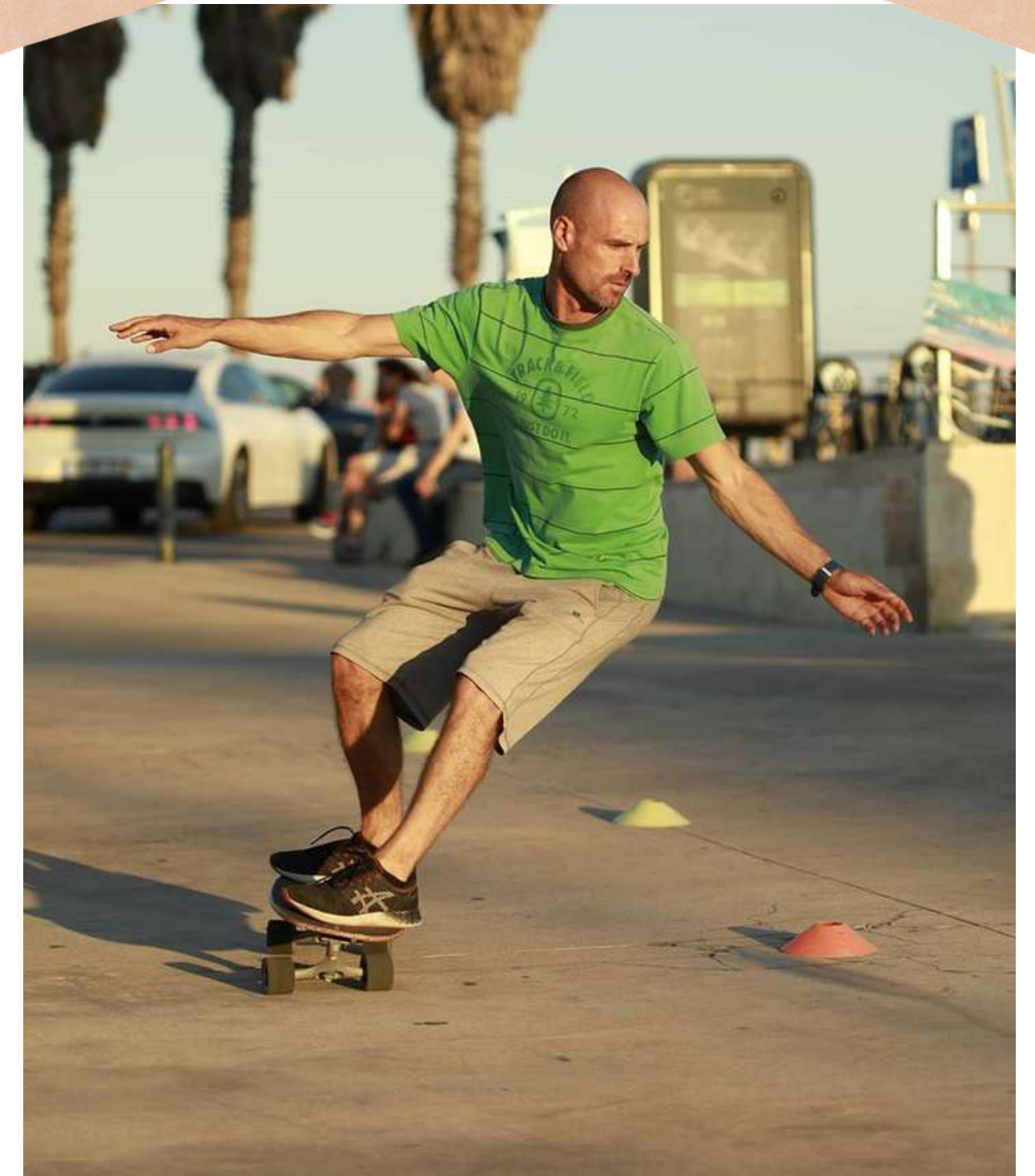
In the group, you will learn the basic techniques such as: setting goals according to your motivation type, visualizing, meditating, self-hypnosis, focus and concentration exercises.

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 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 Surfsett 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.

Date:

Sat, 25.9. - Sun, 3.10.2021

Spring 2022: dates coming soon

Price:

EUR 1590 per person

9 days / 8 nights

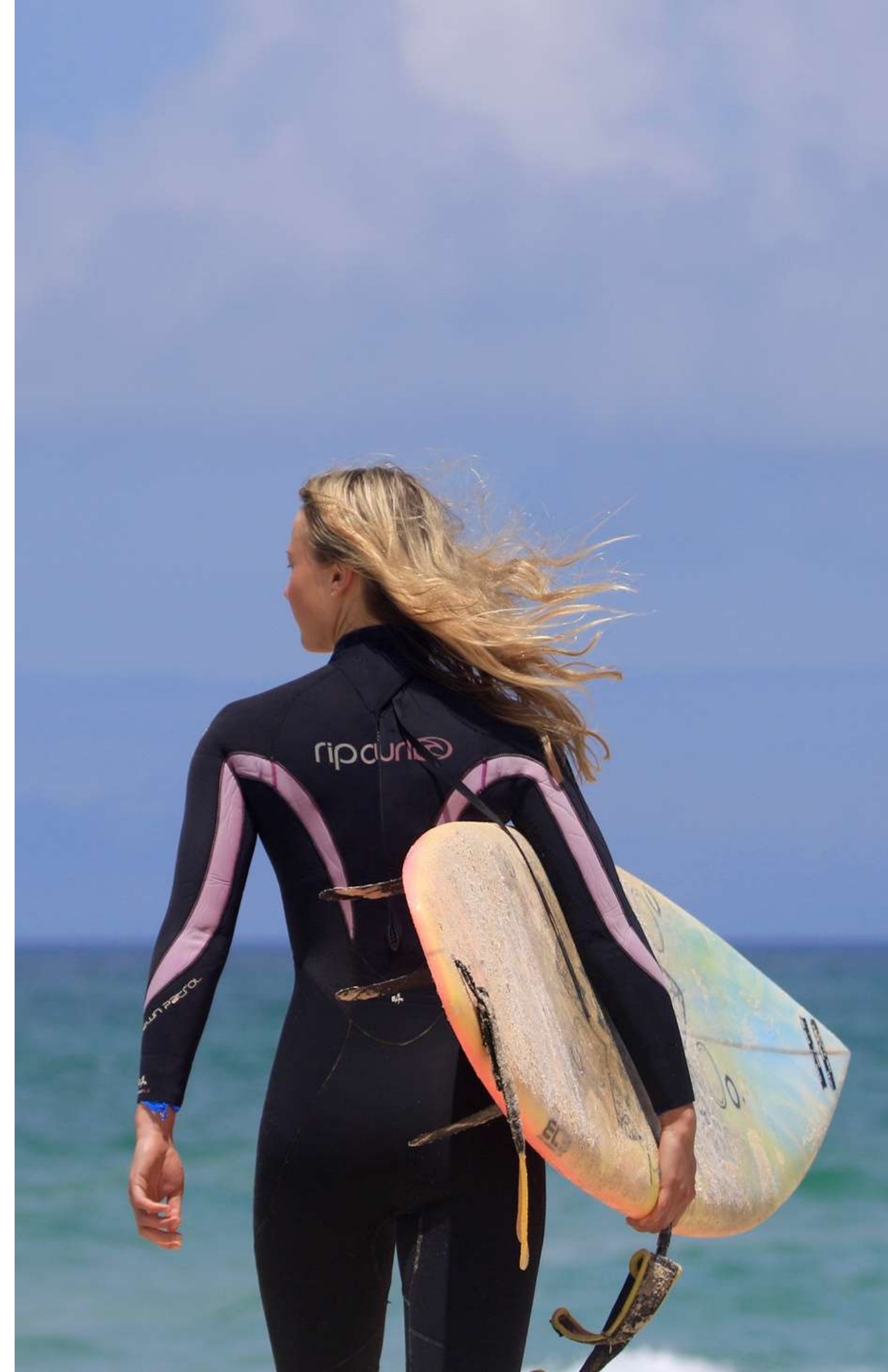


INCLUDED:

- Accommodation (single room with bathroom and balcony)
- Daily breakfast
- Daily surf coaching incl. video analysis
- Daily 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)
- lunches, dinners 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
women!**

Booking & Questions:



surf@surfmentaltraining.com (Kim)

Social Media:



[@concrete_surfers_challenge](#)
[@fearless_surfer](#)

**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.

WELCOME PACKAGE

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