**Yoga and surf retreat SRI LANKA 1\22-2\2**

**During 10 days we will practice and surf together in the magical island of Sri Lanka. We will stay in a luxury hotel resort located in front of one of the most beautiful beach, kabalana - where the surf is suitable for all levels of surfers- from beginners who just want to learn to catch a wave to advance. We will travel around local villages and markets, nature reserves, Buddhist temples, isolated sandy beaches and more.**

**The price: 1950 us dollars**

**What’s included?**

**Accommodation.**

**3 meals a day made by a fresh local organic ingredients.  Surf instruction.**

**2 Yoga session a day- morning and evening-**

**Deep practice customized for your own personal needs.      Meditation sessions, mindfulness walks**

**pranayama (breathing techniques).**

**professional photography- in and out of the water**

**Led group conversation- different topics- “10 mints yoga break” - how to take the practice back to daily life - most people spend most of the time sitting in chairs, one of the most harmful habits of humans- we’ll learn simple ways to take 10-1 hour break and create self-practice to .rejuvenate the body and brain .**

**What is yoga?**

**Derived from the Sanskrit word yuj, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000-year-old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. The science of Yoga imbibes the complete essence of the Way of Life.It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination.**

**The harmony between yoga and surf:                    To surf waves -is the highest form of connection with nature. We are a part of nature, but daily hectic life detached as for feeling that oneness with each other and the nature around us. We experience waves of sounds,**

* **Light, motion, thoughts, feelings and even our own breath- everything in the universe comes in the form of wave frequency.**
* **Whether it is the perfect day or the perfect wave, the world is constantly changing, Surfing, like yoga, teaches us to adapt better to this change, to appreciate the moment, and to be less attached. IT IS OUR STATE OF MIND that determines how we handle the events in our everyday lives. The waves come and go, just like our thoughts and emotions. Both in surfing and in yoga it is worth it to embrace the challenges day by day, whatever the conditions may be. As the saying goes, “A smooth sea never made a skilled sailor”….**
* **Nor a good surfer or experienced yogi.**

**Deep concentration and breath control are required,**

**But also physical and mental flexibility.**

 **The yoga practice promotes this to a high degree.**

 **Yoga improves balance on the surfboard,**

**A harmonious attitude when paddling and being moved by the persistent locomotion in the water.**

**It increases body awareness,**

**Which is also reflected in the connection to the ocean, the waves and the surfboard; the positive effects of yoga support all of it. In a precarious situation, one should be able to remain calm and composed—yoga can only strengthen that. It’s all about exertion and not competition, an idea that helps to reduce the ever-present pressure of our competitive society. Conversely, however, surfing also supports the practice of yoga: once the wave builds in front of you, it demands absolute presence; it demands that you adapt to it and to ride it as it presents itself; it forces us to engage in the moment, and at the same time to let go and consciously take the ride with our greatest potential. When we enter this connection between man and nature, everything is at ease and self-evident.**

**Ultimately, in life—as with yoga and surfing—it is a matter of being in harmony with yourself and the environment. It’s all about intuition- The Ocean, the waves and the element of water make it possible to learn this**

**I would love to practice with you.**

**Contact me for any more information or questions.**

**I am here for you.**

**Eden gershon &**

**Globel surf**