

30 JUNE - 4 JULY 2022

Surf + Massoga®

Wellness Retreat

no better way to unwind body + mind



*Why Surf + Massoga® together
on retreat I hear you ask?*

Bringing the power of nature and the essence of yoga together for an experience of ultimate presence. This retreat environment will bring you into FLOW in a way you have never experienced before.

Massoga®

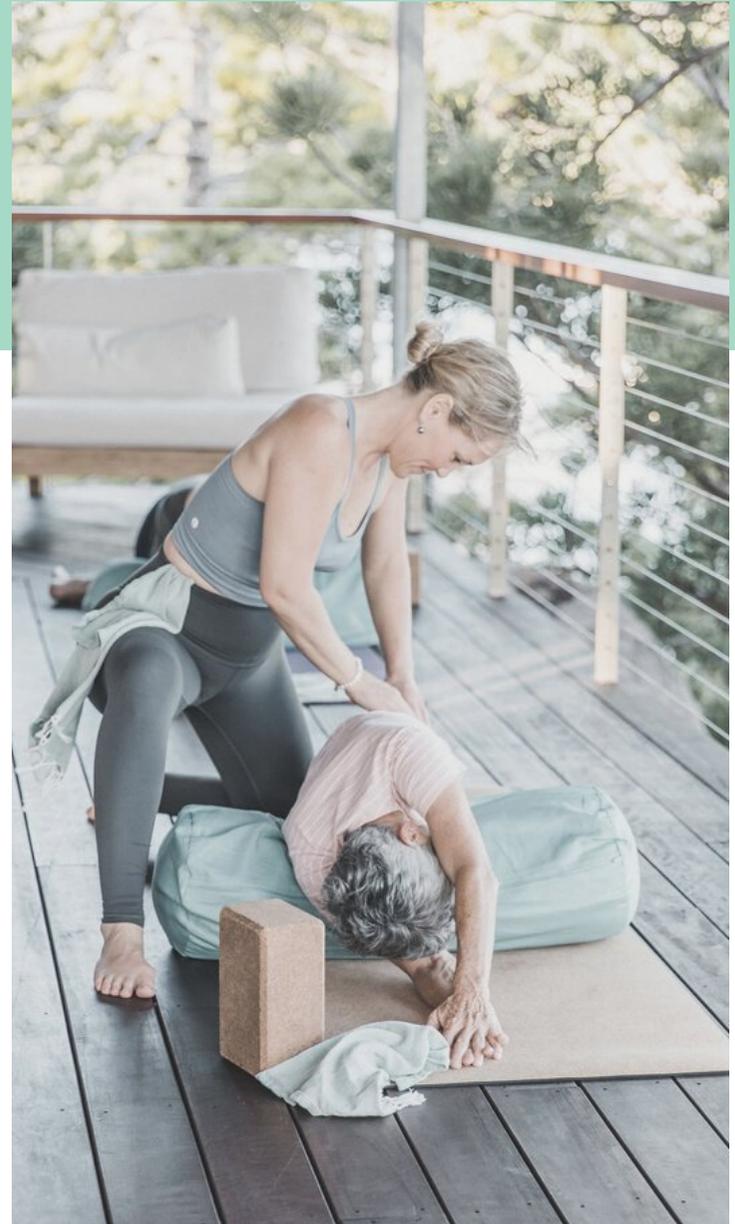
MESSAGE YOGA

Stretch

Your body is supported by yoga equipment in every pose allowing for a deep stretch post surfing each day.

Massage

Receive massage by a professional therapist in every yin yoga pose to deepen the level of relaxation.



Surf

**SPEND 4 HOURS EACH DAY
IN THE WATER**

Every day includes time on your board at your chosen location around Bellarine. You can request a private surf instructor for this retreat experience.



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TAKE NOTE

I have been to a number of yoga and surf retreats around the world, including in Portugal, Morocco, and Sri Lanka, and this was one of the best I've attended.

~ Lucy, QLD

Example Daily Schedule



7am Beach Meditation + Breakfast + Surf

You will be collected from the Summerhouse and taken to the ideal location for your daily surf.



11am Yoga Stretch + Lunch + Free Time

Head back to the Summerhouse to stretch out after your surf session, and then enjoy a luscious and highly nutritious lunch. Followed by free time for relaxing, exploring or a private treatment.



4pm Massoga® + Meditation

Relax into a deeply restorative and reflective Massoga® session followed by a meditation prior to your evening meal.



AT THE CORE OF SURFING IS
SPEED, POWER + FLOW.

Why Retreat?

This time will help you align these elements that are the essence of surfing. How? By honing your attention through mindfulness and cultivating flexibility and mobility through Massoga®.

Inclusions

Accommodation

At the luscious Summerhouse Retreat in Torquay. Amenities include beautiful big gardens and a plunge pool.

Private Chef

Our Chef can cater to your requests & dietary requirements.

Activities

Daily Surf + Massoga®, flow yoga, learn to meditate, and salt room sound bath.

Optional Extras

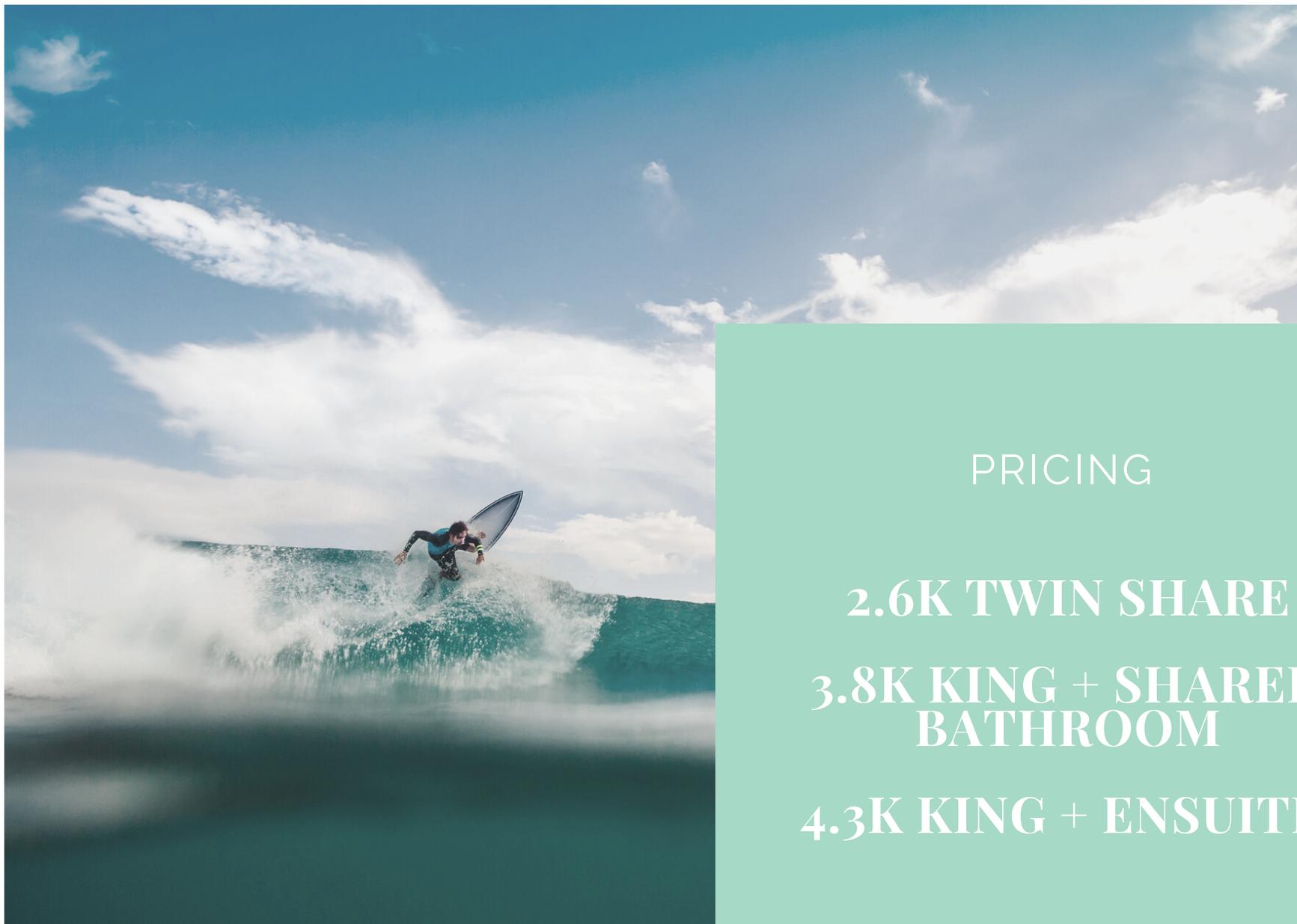
Private massage, facials, post surf ice bath + sauna + steam room, private sound healing.



TAKE NOTE

Wallis is a professional & warm presenter with a great yoga style & hands that know exactly where to assist you! Her attention to detail in every aspect of our 5 day retreat on magnetic island was impressive.

~ Claire, VIC



PRICING

2.6K TWIN SHARE

**3.8K KING + SHARED
BATHROOM**

4.3K KING + ENSUITE



KING + SHARED BATHROOM

This room shares a bathroom with 2 other rooms. Enjoy on your own in the King Bed or share with your bestie or a new retreat friend in Twin beds.

King \$3800

Sharing \$2600 each





KING SUIT

The only room at the summer house with an ensuite, enjoy on your own in the King Bed, or share with a friend in Twin beds.

King \$4300

Sharing \$2900 each



Amenities

Modern fully-fitted Hamptons-style kitchen with gas cooker, electric oven, dishwasher, ice fridge, wine fridge, butler's pantry, microwave, smoothie maker and large stone benches

Smart TV with Netflix (se your own passwords), Sound Bar (Bluetooth high quality sound system) and JDMI set up for business online conferencing

Free Wifi on site

4 x Luxury bedrooms (all consisting of king beds that can be split for either 4 couples or 8 individuals)

2 x bathrooms (1 x ensuite) with double shower and restored roll top bath

Beach towels (optional extra)

Bath robes (retreat guests only)

Luxury ASPAR bathroom products

3 toilets

Large living and relaxation area with ocean views

Gas log fire

Laundry with washer and dryer

Undercover verandahs with ocean views surrounding the entire house

Luxury linen

Ducted heating and air-conditioning

Plenty of parking for 6 cars

Remote-controlled automatic gates

Outdoor shower

Plunge pool

Outdoor entertainment area including BBQ, fully landscaped retreat gardens and fire pit

Yoga studio



Our Team



Wallis Murphy-Munn

Massoga® Founder + Facilitator

Wallis will guide you through each session with a focus on mindfulness.



Sophia Davey

Chef

Skilled in cheffing up for meat eaters to vegan's and all things in between.



Massage Therapist TBC

Remedial Massage

Available exclusively for retreat guests every dail for remedial massage.



*We look forward to welcoming
you on retreat.*

Where body and mind go to unwind