

# BODHI SURF

NOSARA · COSTA RICA

## CONNECT WITH THE OCEAN

At Bodhi Tree, you'll have access to world class, year-round, consistent waves and certified instructors that will help you achieve your surfing goals.

We strive to teach you how to surf in a fun and relaxed environment where you'll immediately feel as if you're out surfing with friends!

We offer a variety of services from beginner, private or group lessons.

**SURF'S UP!**



TO BOOK A SURF LESSON  
SURF@BODHITREEYOGARESORT.COM  
BODHI SURF DIRECT: (506) 4704-8626  
BODHI TREE: (506) 2682-0256  
BODHITREEYOGARESORT.COM



## GROUP LESSON

Our surf lessons are scheduled according to the tides to ensure the best learning conditions for beginners. We will start your surf lesson with a workshop where you'll learn the basics of surfing, safety tips, paddling techniques, standing up on a board and riding waves.

All our knowledgeable surf instructors are CPR, Open Water Rescue and First Aid certified to guarantee a safe and amazing experience. Group lessons include all equipment and rashguard.

**COST: \$65 + TAX PER PERSON**

## PRIVATE LESSON

Our surf instructors will start with a demonstration along with a stretching program on the beach. Our goal is to make you feel safe, secure and confident in the water. Basic surfing skills, safety tips, paddling techniques, standing up on a board and riding waves will all be part of your instruction. With a ratio of one student per one instructor, you can guarantee that you will catch the ideal waves for a beginner. Private surf lessons are two hours long and include all equipment and rashguard.

**COST: \$90 + TAX PER PERSON**

## BOARD RENTAL

Just looking to rent a board? We've got you covered. We have a wide selection of rental boards to choose from including short boards and longboards. The daily rental fee includes a leash.

**DAILY COST: \$20 + TAX**