

13th to 23rd of March


# MENTAWAI

*Women's empowerment*



# ELITE WOMEN'S RETREAT

A trip with recognised international surf, yoga, photography & empowerment coaches, designed to spark the kind of soul connection that ignites a reclaiming of our innate power



This project has been years in the making, and I'm so excited it's finally here! On every single all-women's surf trip I have ever coached, I have witnessed first-hand the transformation that occurs within 10 days; everything from building surf skills that otherwise take years, to gaining a strong sense of self-confidence, and most of all seeing new experiences empower women to go after everything in life that makes them truly come alive. The challenges, fears and obstacles that show up in the surf reveal exactly how we show up in all areas of life. As we overcome the psychological hurdles, life transforms immediately.

Awera has surf spots to suit every level of experience from gentle beginner-friendly waves to world class breaks. For this trip, I wanted to bring together four powerful female leaders to join me to share intellectual, artistic, spiritual and athletic portals and doorways to support, uplift and connect women from all over the world to step into their power and recognise their gifts.

# Surf coach **Iván Villalba**



Ivan's desire is to help people improve & maximise their surfing abilities. His willingness to travel the world and continue to learn and work with a broad range of surfers and experts in their field, coupled with extensive experience, has led him to become one of the most recognised and reputed international surf coaches. He has been surfing and competing for over 25 years and has been one of the longstanding key names in Spain's surf scene.

Having this opportunity to work with a coach of Ivan's reputation and experience is an incredibly unique opportunity! No matter what level you're at, you will have the opportunity to learn techniques that will maximise your surf skills quickly.

- Surfing since: 1991
- Competing since: 1993
- Coaching since: 2004

- **Surf Coach Courses:**

- Sports technician in Surf, level 1
- ISA Level 1 Surf Instructor
- ISA Level 2 Surf Coach

# COACHING SESSIONS

## Everyday there will be:

- Access to the best spot for your surf level
- 1 coached session (all-levels) or 1 video analysis session (for more experienced surfers)
- Theory, playful quizzes & engaging discussions during chill out moments
- Free-surf sessions for the rest of the day



# TUITION TECHNIQUE

## GUIDED SURFING

Iván and Sarah will be the voice of your conscience during these sessions. At any time they will be in the water with you guiding you through your waves as you are surfing them, to help you with technique and movements in real time. Your coaches will help you to see where to sit in the line up, where to trim the wave, and where to do manoeuvres for the most efficient ride.

## COMPETITION

Aimed at women wanting to segway into competition or who are already competing, but non-competitors are also welcome.

## VIDEO ANALYSIS

Video recording will be for the experienced surfers only. It is crucial for surfers to see themselves in order to understand how to improve their surfing, and then apply this as a tool for visualisation when they're in the water. In the video analysis after each session, Iván will go through everyone's waves in detail. Everyone (beginner and intermediate surfers) will watch and benefit from the video analysis sessions ~ where we review the video recordings of the intermediate surfers.

## THEORY

Understand the physics of the surfing environment, ocean sustainability and more.



# Meet the team



**Janne Robinson**  
Writer



**Sarah Lee**  
Photographer



**Brooke Elliston**  
Yoga instructor



**Sarah Farlow**  
Surf guide

# Writer

## Janne Robinson



Janne Robinson is a 21st-century feminist beat poet. Her voice haunts with the legacy of early feminists and poets such as Gloria Steinem, Charles Bukowski, and Jack Kerouac. Her no sugar shit prose cuts with the honesty and simplicity of Bukowski and the romantic reliability of Kerouac. Her poetry leads like a woman, walking with fire in the footprints of Steinem—breathing sexual liberation, choice, and overall championing women to their birthright of not only equality but leadership.

Robinson notoriously states that her career is to “share slabs of her heart for a living.” Her ability to capture the human experience with unrefined sincerity makes her an incredible force in the modern landscape of personal expression.

Her loyal following of enthusiasts on social media are there not only for her brutal honesty and lyrical grace but also for her lifestyle, which is a mirror of her devotion to joy and refusal to work to work to work to die. Robinson’s films and art shit on the societal “shoulds” and norms and encourage people to ‘build their own box’. She is an outrageous idealist and master at effortlessly marrying the life she wishes to live with her work, and this enrages and inspires many who believe they are trapped.

Robinson’s foray into directing and the multimedia world was in directing a spoken word poetry film in NYC involving 18 women reading the lines from her poem, “This Is For The Women Who Don’t Give a Fuck.” The film was a viral sensation online and was nominated for the 2016 Cannes Corporate Media & TV Awards.

Janne is very much so crowning at the beginning of what is and will be a triumphant career, and she has begun so with the hearts of millions indebted and watching as it is rare to stumble upon a woman who makes revolution nature.

# Photographer Sarah Lee

Sarah Lee is a surf, lifestyle and portrait photographer from Hawai'i. She was the first female to land the cover shot in *The Surfer's Journal* (27.2), and recently photographed professional surfer Lakey Peterson for ESPN's "The Body Issue." Her photo work has also been featured in *Marie Claire Magazine*, CNN, H&M, Discovery Channel, GoPro, *Surfer Magazine*, *Nat Geo Traveler* and more. Brands, professional athletes and adventurers take up most of Sarah's camera time, yet she still carves time to shoot everyday people doing what they love for a variety of occasions from surfing to non-commercial portrait sessions.

Photography is her mode of visual problem solving and a way to perpetuate "the stoke," whether it be above or below the surface. No matter how big the surf gets, Sarah loves to dive in, and capture the magic of the ocean and share that experience with others.





A woman in a white sports bra and black leggings is performing a yoga pose on a concrete pier. She is in a low lunge position with her right leg forward, her torso leaning forward, and her arms extended horizontally to the right. The pier has a metal railing with spherical finials and a chain. The background shows the ocean and a cloudy sky.

# Yoga

## Brooke Elliston

Brooke is a globally touring yoga teacher and co-founder of Back2Roots Retreats & Trainings, hosting transformative yoga and meditation immersions throughout Europe, Asia and USA.

Growing up in Australia, Brooke is usually barefoot and by the sea ~ two traits which remain distinctive of her character and way of life today. A surfer, she loves spending time in the ocean, a passion symbiotic to her way of life in yoga.

Brooke has been guided by some extraordinary teachers, schools and swamis, most notably studying extensively the ancient teachings of Tantra Yoga at her school in Thailand, which are the underpinning of her teaching style. Her classes weave together the threads of traditional teachings into a dynamic style of practice to offer a slow, embodied and sensual flow - a deep burn of sensory explosions, with a meditative and poetic approach.

Brooke has a dedicated practice and is constantly driven to explore and stay curious. She is an ambassador for lululemon Australia & NZ and when she's not travelling to teach, she teaches at Sydney's BodyMind-Life studios.

# Surf

## Sarah Farlow



Sarah Farlow fell in love with the Mentawai Islands when she landed her dream job Surf guiding at Avera Resort. Spending half the year on the Gold Coast, Australia working as a physiotherapist and Surf instructor, the rest of her time is spent taking guests to Surf amazing waves around the resort. Sarah has been surfing for over 20 years, both competitively and recreationally and has a strong knowledge and deep connection to the ocean. Sharing the stoke and always smiling she keeps the good vibes flowing in and out of the water.

### **Speed Vulnerability/ Fuck Small Talk:**

The point of this workshop is to normalize the human experience we all walk. You are what you eat. You get what you give. This world is mirroring you. We all want to be seen, to feel safe, to find permission to be who we are. We only get that by being that. Through a series of exercises participants will share experiences they have had and learn quickly to get vulnerable. Consider this a vulnerability version of speed dating--an opportunity to skip small talk and go deep in a meaningful way with people--fast. This is a connective, vulnerable and sure to open your heart up workshop.

A woman with long blonde hair, wearing a pink jumpsuit, stands on a stage speaking into a microphone. The stage is decorated with a large arrangement of pink and green flowers in a glass vase. The background is a white backdrop. The setting appears to be an outdoor or semi-outdoor event space with corrugated metal walls.

**Workshop  
Janne Robinson**

# Photography

Sarah Lee will share a photo slideshow with stories, technical information and insights about some of her favorite images taken over the years as well as a Q&A session one evening during this trip.



## FULL BODY YES

Not just the sweetness without the sticky moments in between...and never rapture without tracing along the nerve line of our most tender sensitivity! Full Body Yes is what it means to invite ourselves into the most intimate experience there is: the fuller than full experience of embracing every flavour, taste and spoonful of the whole buffet of what it is to be a human being.

Brooke will share all-level vinyasa masterclasses, Yin yoga and psychic sleep (Yoga Nidra) as well as the art of Zen Thai Shiatsu Partner Massage sessions that invite every cell to become an organ of perception and invitation into revelation.



# PRICE INCLUDES

- Shared twin or double suite
- Transport to & from Padang (PDG) airport
- Daily surf coaching with Ivan Villalba and Sarah Farlow
- All empowerment workshops (Janne Robinson, Sarah Lee & Brooke Elliston)
- 3 meals per day (breakfast, lunch, dinner)
- Water, tea & coffee
- All boat trips to the surf spots, 2 times per day
- Yoga workshops with Brooke Elliston
- Snorkel activities, fishing, visit local islands
- Mentawai Surf tax included
- Professional photos by Sarah Lee



# THE PRICE DOES NOT INCLUDE



- Airfares
- Beverages, soft drinks & alcohol
- Tips
- Digital photographic and video coverage (available at extra cost). For personal content a local photographer and videographer is 200USD for photos and 200USD for videos (or 300USD for both)
- Mandatory personal travel insurance for accidents, injuries and medical costs (\*must provide proof of insurance)
- \* Transport to Padang in case of emergency.

A non-refundable deposit by bank transfer of 1000usd per person and the remainder 45 days before the trip.

# Accommodation **Awera Resort**







An exclusive place with a variety of luxury facilities and very interesting surf spots. Mentawai is well known for having the best waves in the world, and there are many different spots around the resort for beginner to pro surfers. Awera hosts visitors not only looking for unforgettable surfing memories, but also those looking for relaxing holidays and unforgettable experiences in natural environments (reefs, waterfalls, mangrove forest or settlement of local tribes for example). The team will make you feel completely at home. A nutritionist has designed every meal, snacks and some cocktails; and a chef will prepare the meals everyday for you to enjoy.

Regarding accommodation, we have both shared twin or double suites. All rooms are fully equipped (private bathroom, air conditioning, clean towels and sheets, mosquito nets, hot water, outdoor shower, surfboard rack, clothes drying rack and chill out terrace). All are located around the main building and restaurant to ensure a peaceful ambiance all around us.





# The waves of Telescopes Area



·TELESCOPES: World-class left that offers more flexibility than most waves in the area. The take-off is steep but not ridiculous and allows entry to a flawless, steady tube section then a whacking wall to a bend in the coral shelf where the next slot beckons. It's predictable and rarely pinches, is deeper than other reefs, can peel for 200m.

·SCARECROW: This left with 2 sections requiring a bigger board to negotiate the long drop leading to either shoulder hook or inside drainer barrel sections, good fun guaranteed for most advanced surfers.

• 7 PALMS : Another left with broken sections of reef hold small to medium swell lefts perfect for wall racing and cruising on a longboard.

# The waves of Telescopes Area

·AWERA'S RIGHT: Great & long right, it is just in front of the resort, some days it's just a fun, smackable wall, but it's always littered with coral heads at low tide.

·ICELANDS: This lefthander it is a good training ground for big-wave junkies on longer boards. As a bonus, when everywhere else is flat, small rippable.

·TIKUS: It is a perfect left for beginners and intermediate surfers manageable lefts offering walls, shoulders and the occasional stress-free cover up for improvers and cruisers



# BOOKING TERMS

## DEPOSITS

To reserve we need a deposit of US \$1000.

Remaining payment US \$2995 must be by the 10th February.

Our price is US\$3995 per person, with surf coaching, yoga services, workshops as well as a professional photographer.

Group numbers can vary which may directly influence individual prices and group viability which can result in prices being adjusted. Until the time that all payment has been received and subsequently all documentation issued, we reserve the right to adjust quotes and invoices so that the client contributes to any additional increases. We will try our best to have a group of 20 guests, all help to spread the word is much appreciated.

## PAYMENTS

Bank : DANAMON INDONESIA CABANG PADANG BUNDO

KANDUNG

Account number: 3625947910

Swift code: BDINIDJA

Bank Address: BANK DANAMON CABANG BUNDO KANDUANG,  
JL BUNDO KANDUANG NO 23.

KELURAHAN BELAKANG TANGSI.

KECAMATAN PADANG BARAT.

KOTA PADANG

When making electronic deposits, please remember to note in the transfer “WOMEN” and your name & surname.

Important notice regarding final payments: It is very important that your final payment reaches by the due date to avoid cancellations of bookings. Final payment is due on the 10th February. Please contact us after you have made any payments to verify payment has been received.

Non payment of the final balance by the due date entitles Elite Surf Coaching to cancel the booking and any monies paid by the client shall be forfeited.

# BOOKING TERMS

## **PASSPORTS AND VISAS**

Please ensure that you still have at least 6 months validity on your passports after the date you expect to arrive back home from your travels. Please ensure that you hold all necessary visas for all countries of travel and transit.

## **TRAVEL INSURANCE - MANDATORY**

Travel Insurance is mandatory for all travel arrangements and must include unlimited medical cover incorporating medical evacuation. Please send us a copy of your insurance contract, it is mandatory to be able to come on the boat. We recommend you to obtain your insurance before your final payment.

## **CANCELLATIONS**

All cancellations must be made in writing and taken from the time at which the request in writing was received by Elite Surf Coaching.

- i. Cancellation 120 days or more before scheduled departure – 100% of deposit will be forfeited by the client
- ii. Cancellation between 61 – 119 days before scheduled departure – 100% of deposit and 20% of all other monies paid will be forfeited by the client”
- iii. Cancellation between 31 – 60 days before scheduled departure – 100% of deposit and 50% of all other monies paid will be forfeited by the client
- iv. Cancellation between 0 – 30 days before scheduled departure – 100% of total monies paid will be forfeited by the client and the Company shall not be obliged to refund any monies whatsoever

If Elite Surf Coaching has a guest that is going on the available spot, these cancellation fees can be rearranged.

## **REFUNDS**

If you are eligible for a refund once a booking has been cancelled, the balance less any non- refundable amounts will be forwarded to you upon receipt of the refund from the operator. Refunds take upward of 8 weeks to process.

# BOOKING TERMS

## CONDITIONS I

Elite Surf Coaching shall not be responsible or liable for any death, disability, injury, damage, liability, loss, cost, expense, delay, inconvenience and/or loss of enjoyment which is or may be suffered or incurred by you or any other person or corporation caused or contributed to directly or indirectly by or arising from or in connection with:

- a) any force majeure or other events beyond Elite Surf Coaching control, including but not limited to war, civil disturbance or unrest, terrorism, acts of government or any authorities, weather, tsunami, earthquake, wind, fire, flood, strikes or industrial action, illegal activities, accidents, failure of transport carriers, machinery or equipment;
- b) the inability of Elite Surf Coaching, tour operators, charter operators, hoteliers or carriers to comply with any special request relating to age, medical conditions, physical ability or disability, dietary requirements, allergic conditions or smoking or nonsmoking accommodation or seating;
- c) negligence by, delay in or cancellation of services or any other act or omission of any airline, charter boat operation, land operator, transfer company or any other persons or company providing goods or services in respect to your booking arrangements; and/or.
- d) you or any other person contravening or failing to comply with any laws, notices, instructions, tour information or itinerary provided by any Government, regulatory authority, tour operators, charter operators, hoteliers or carriers or otherwise any other act or omission of you or any other person, including being affected by alcohol or drugs, engaging in dangerous behavior, being reckless, not taking adequate precautions or due personal care or otherwise entering into situations exceeding your or any other person's abilities.



# BOOKING TERMS

## CONDITIONS II

Elite Surf Coaching is not a travel agency for and is not itself an airline, transport carrier, resort or hotel owner or operator, boat owner charter or operator, transfer company or otherwise (a “Service Provider”) and as such has no control over any services or product provided by such Service Providers. You and your travel arrangements are subject to the terms and conditions and limitations of liability imposed by all Service Providers utilized by you, whether or not written notice thereof has been provided or shown to you.

Neither Elite Surf Coaching or any of its representatives shall be liable to you or any other person in the event that, due to any reason whatsoever, satisfactory surf is not available, perceived or expected climatic patterns or oceanic occurrences do not occur, the surf is of too great a magnitude or is beyond your capabilities or comfort zones, or atmospheric or oceanic visibility is impaired or any sporting or leisure activity is too dangerous or is restricted. These matters are solely at your risk and you engage in all activities at your own choice at all times.

Elite Surf Coaching and its Service Providers are not required to assess or monitor your capabilities or participation in any such activity nor advise or update you on any such matter.

It is the responsibility of each Client to check all details of their itinerary against their instructions and Elite Surf Coaching within a reasonable time of any errors or discrepancies. If Elite Surf Coaching does not receive notification of any errors or discrepancies, it will be assumed that all details are correct. All corrections requested not within a reasonable time or after the payment of any trip segment will be treated as a change to the booking and may incur consequential fees.

Elite Surf Coaching does not warrant, and is in no way responsible for the accuracy or completeness of any information given or statements made or implied by any employee, contractor, agent or representative of the company or any of its Service Providers.

Elite Surf Coaching respects and act in line with cancellation policies from any boat – , tour – , resort operators on our services.

# RECOMMENDATIONS

## IF YOU ARE READY TO JOIN US ON THIS ADVENTURE, THESE ARE THE STEPS YOU MUST FOLLOW:

1. Confirm you are coming to [info@elitesurfcoaching.com](mailto:info@elitesurfcoaching.com)
2. Pay deposit: US \$1000. Obligatory to pay in US Dollars, please note any bank charges or fees must be payed by you.

Bank : DANAMON INDONESIA CABANG PADANG BUNDO  
Account number: 3625947910

KANDUNG

Swift code: BDINIDJA

Bank Address: BANK DANAMON CABANG BUNDO KANDUANG,  
JL BUNDO KANDUANG NO 23.  
KELURAHAN BELAKANG TANGSI.  
KECAMATAN PADANG BARAT.  
KOTA PADANG

Details of payment: "WOMEN" and your name & surname  
Important to include in the reference "WOMEN"

3. Send us the copy of your transaction, so we can verify it has been received correctly.
4. Verify your passports have at least 6 months validity after the date you expect to arrive back home from your travels.
5. Contract an insurance for all travel arrangements and must include unlimited medical cover incorporating medical evacuation.
6. Send us the copy of the insurance payment and contract to verify everything is correct
- 7 Pay the rest of the amount US \$2995 must be completed by the 10th February.
- 8 Send us the copy

# CONTACT

**ANY QUESTIONS?  
MORE THAN HAPPY TO HELP!**

More information about Iván Villalba:  
[www.ivanvillalba.es](http://www.ivanvillalba.es)

More information on Elite Surf Coaching:  
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