

# What is a windsurfcamp with WindSurfYoga™

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## **What or Who is WindSurfYoga?**

We are people with a huge passion for windsurfing, goodlife, yoga, traveling and hooked to water sports.

We want to inspire, connect, meet, travel, discover together and grow.

We want people to enjoy the good life.

We want to share the love and passion for windsurfing and make this sport more popular.

We use windsurf & yoga as a way to connect, travel, meet, discover...

We want to make things happen.

You can find us:

[www.windsurfyoga.eu](http://www.windsurfyoga.eu)

[facebook.com/WindSurfYoga](https://facebook.com/WindSurfYoga)

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## **What is windsurf?**

Windsurfing is a watersport where you use wind to move yourself through the water. You use a board and a sail to steer yourself around.

There are different styles when you get 'the hang' of it.

- Waveriding
- Freestyle
- Slalom

- RS-X (olympic category)
- Formula riding
- Freeride

For those different styles you use different conditions and material.

### **What will i learn when i join the windsurfcamp?**

What we will teach you depends on conditions, your skills and the duration of your camp.

Beginners:

- Theory on: Wind directions and sailable directions, conditions, wind.
- Water safety & rules
- How to get on the board and start sailing
- Sail in different directions
- Rotate downwind and upwind
- FastTack
- None planing jibe
- BeachStart

Intermediate:

- Harness
- Low wind Freestyle (if conditions allow)
- Footstrap use and Planning

Advanced: (especially depending on conditions)

- Waterstart
- Power Jibe/Carve Jibe
- Ask for the possibilities!

### **How does the program looks like?**

-Depending on location we start with yoga or breakfast-

- ★ 8.00 BREAKFAST / YOGA
- ★ 9.00 YOGA / BREAKFAST
- ★ 10.30 WINDSURF CLASSES
- ★ 12.30 LUNCH
- ★ 14.00 WINDSURF CLASSES CONTINUE
- ★ 16.00 FREETIME

- ★ Once a week we have our dinnernight (bbq/local restaurant)

★ One day a week you have a day off, maybe you like to join an optional activity or take a break and lay on the beach. !Attention, these days can vary if necessary, according to upcoming forecast etc.!

★ ON your DAY OFF there is the opportunity to join in a SUPYoga class, there will be no morning YogaSession this day.

*-The program can vary according to daily conditions!!!.-*

### **What do we do if there is no wind?**

In Portugal, Foz Do Arelho is a lot to do. With and without wind. Depending on the forecast we can go SUP'ing, WaveSurfing, Biking, Hiking or make a day trip to Lisbon, Peniche or Nazaré. We would discuss the options with you/the group.

In Fuerteventura, the north shore is a watersports paradise; If there is a day with not enough wind there are waves for different levels to surf, beautiful clear diving and snorkeling locations and SUP options everywhere!

### **Why is there yoga in the package and what kind of yoga is offered?**

Every course day we will start with a yogasession. Eline teaches FlowYoga. We use the yoga to help your body to relax, adapt, prepare for upcoming classes and restore from the past training.

You probably will use muscles which you normally don't use in daily life, to avoid muscle ache or bruises we try to offer your body a balanced workout. When you sport, you make the same movements every day. Some parts of your body are being used more than others. By doing yoga you try to offer your whole body the attention it needs and keep it balanced.

With yoga you work on Balance, Concentration, Stretch of the joints and muscles, Strength and Relaxation.

### **What are the age limits and prices?**

WindSurfYoga has different options for groups per location.

Some camps have options to book GirlsOnly, Mixed, 18+ or 21+.

Our camps are mainly 18+, unless the information on the location describes differently. If you are between 16 and 18 and your parents declare complete responsibility and sign the terms and conditions, it is possible under agreement of both parties that you join the windsurfcamp. WindSurfYoga is not responsible for the student also not when underaged. There is no maximum age limit to our participants. Momentarily most visitors are aged above 25, average around 32 years.

Prices for camps will vary per location, season and demand. We try to keep them as low as possible to give more people the chance of discovering windsurfing and enjoying the good life. We try to keep our 5 lessons/6 night camps on a basic price around €500,-. This is the minimum price we can offer. Take a look at the website and our pricelist for specific and actual price information and possibilities.

### **Do i need to have a good endurance or be able to swim a lot?**

Well, it will help you to maybe take more out your day;), but you don't need to be in perfect shape. Even when you haven't been sporting for yeaars, with some easy going yoga your body will be ready.

For windsurfing you don't need to swim so much (mostly), we prefer that you can stay above the water for 10 minutes easily. Beginners also don't go in deep water. When you get tired you can take a break, enjoy your lunch, and you will find that with our enthusiastic instructor and the sun the days fly by;) The day off is scheduled to give everybody a deserved break, so your mind and body can relax, this will benefit your learningcurve and your time here.

### **What do i have to arrange to come on your WindSurf camp?**

step 1: Fill out the **form** on our **website** or facebook. If you have more questions before filling out the form just e-mail us.

step 2: After your reservation request we will contact you by email or phone for more details and to turn the reservation into a booking. (The pre-holiday happiness can begin now!)

step 3: Pay a minimum of 15% bookings-deposit after your booking got confirmed to complete the process.

step 4: Find and book flight tickets.

Portugal: Easiest is to fly to Lisbon. Fuerteventura: Fuerteventura airport Puerto Del Rosario (FUE), you can also fly to Lanzarote and take the ferry from playa blanca to Corralejo (but only if you can find an early arriving flight, before 15h, to make it with the last ferry).

step 5: Check or Book a travel insurance which covers water sports.

step 6: Pack your back don't forget: a beach towell, flip-flops, sun lotion, bikini or boardshorts, your passport, atm-card, toothbrush.

(We got a shower-towel for you, and if you pack heavy, you will find sun-lotion here as well!)

step 7: (Your holiday actually really starts here) Get into the airplane  
In Portugal, get out in Lisbon, have an airport transfer or come by bus to Caldas da Rainha where we pick you up.

In Fuerteventura, get out on the airport, take your transfer or the bus to Corralejo where we pick you up.

### step 8: ENJOY THE GOODLIFE

#### **I don't want the lunch, supyoga class and bbq, do i still pay for this?**

No, we offer a very comfortable simple package for a nice price.. It always can possible that you just want the accommodation and classes and arrange your own lunch, no bbq, transport,etc, no extra's.

If you decide to join the BBQ or supyoga class on the camp after all, that is still possible, just ask us on place.

#### **How does WindSurfYoga choose the locations?**

In our search for the best locations we make choices by our strict guidelines:

- how is the wind (there must be a regular wind, but not too much)
- how is the spot location (is it a safe spot and is there any law)
- how are the surroundings (is there enough to do in free time, cultural , authentic, not too quiet/not too noisy, good vibes)
- how are the people (is it busy / touristic / open characters, we rather have just enough tourist)
- how is the accommodation and the distance to the windsurfspot.
- we work together with local schools; we look for schools which share a passion and love for watersports and above all they need to be open to work together with our projects!

Hopefully by sharing our high standard you understand that we want to make your holiday the best!

#### **I want to Surf instead of Windsurf, is this possible?**

Yes, but not common. We offer [surfcamps](#) and we offer a [Wind+Surf](#) trip. The Wind+Surf trip is a one week package (8 nights). It includes 3 days windsurfing and 3 days surfing, accommodation and yoga. Spread through

the year we offer this package also as Girl Only. Check our website for details about the package.

The Surfcamps are in combination with the local surfschool which is just as passionate about surfing as we are. No big groups, no hassle!

You can also get out for a surf on a non-windy day or day off during your windsurfcamp.

**I already can Surf can i just come for accommodation and surf?**

Yes, we offer a possibility to enjoy 'surfsafari'. Depending your skills you can take a board every day (different ones if you like), take the ride to the best spot for the day, get an explanation and surf with locals!

In this package there is only Accommodation, Yoga, Rental and Transport included. No lunch, wetsuits or other materials.

[If you have any other question, please don't hesitate and ask!](#)