

JOIN THE MOROCCO RETREAT WITH **HEY OLA & SAMANA**

9–16 NOV 2025 | MIRLEFT



FIND YOUR FLOW WHERE DESERT MEETS SEA



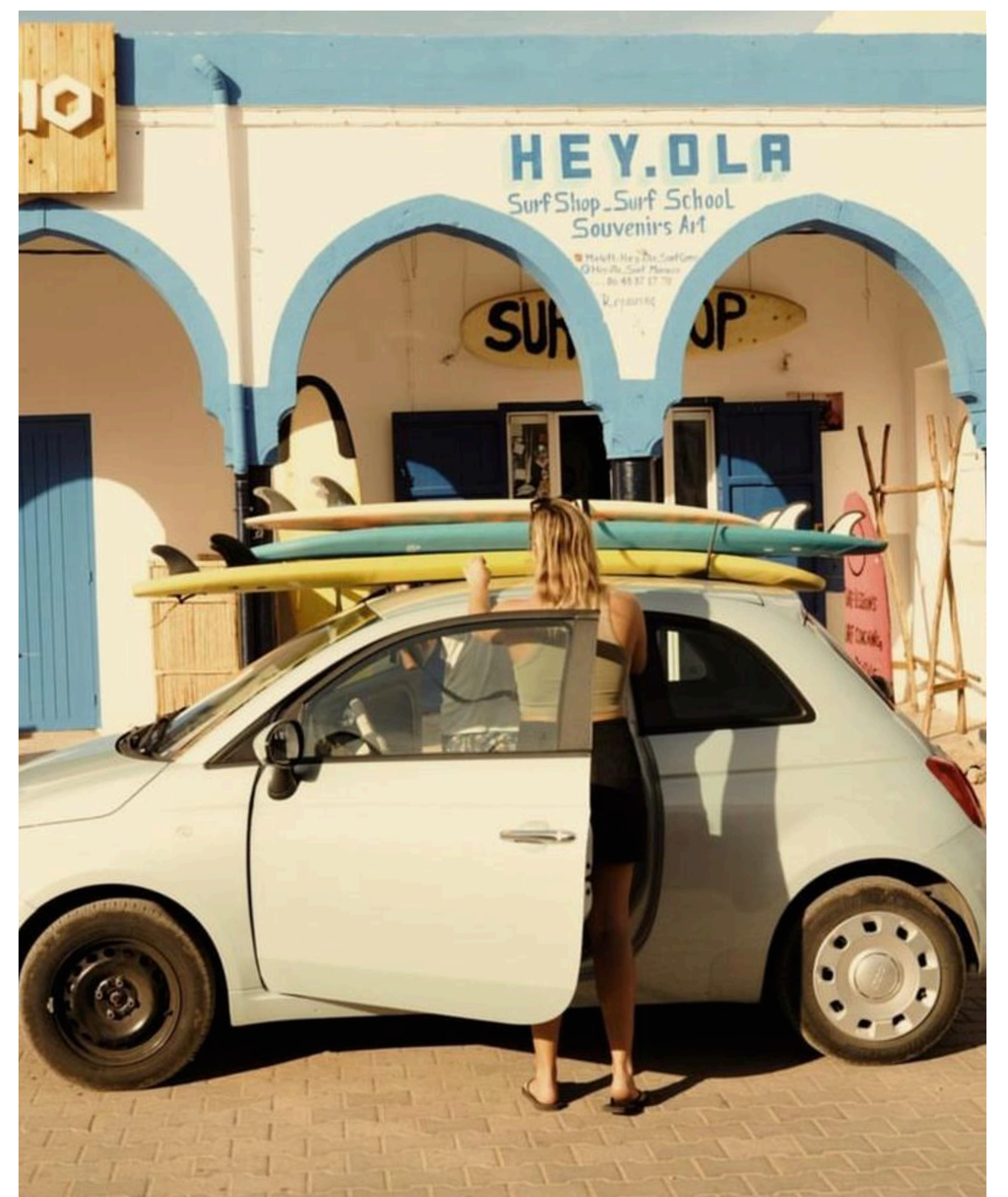
Have you always wanted to learn to surf?

Or maybe you already have some experience and want to continue catching your first green waves? Join us for a transformative 8-day retreat while experiencing the stunning landscapes, rich culture, delicious cuisine, and warm hospitality that Morocco offers.

Designed with care and intention, this holistic retreat blends surf classes, surf mental coaching, surf fitness, daily yoga, breathwork, meditation, and other powerful tools to help you grow and overcome challenges.

In a warm, welcoming and safe environment, our team of professionals will support you physically and mentally to break through your barriers and build lasting confidence.

If you're ready to grow, both on and off the board, this is the perfect retreat for you!



CATCH YOUR DREAM WAVE WITH MOHA

- HEY OLA'S EXPERIENCED HEAD SURF COACH!



WHAT WE OFFER



- Professional surf lessons tailored for beginner and advanced beginner surfers
- Surf mental coaching to help you build confidence and overcome mental blocks
- Daily yoga containing meditation, and breathwork to increase body awareness, flexibility, and both mental and physical resilience
- Surf-specific fitness sessions to improve strength, refine movement patterns, and support injury prevention
- Optional one-on-one therapy sessions including massage, physiotherapy, or coaching
 - Excursions to discover Morocco's breathtaking coastline, rich culture, and vibrant cuisine guided by the local team of HeyOla
 - A warm, welcoming group atmosphere with space to grow and connect





RETREAT DETAILS

DID YOU KNOW THAT 80% OF SURFING HAPPENS MENTALLY?

That's why surf mental coaching is a core element of our approach, helping you shift limiting beliefs, stay present in the water, and build a mindset that supports growth. We understand that the ocean can feel overwhelming at times. But often, it's not the waves - it's our mind that holds us back. As a certified surf mental coach and a physiotherapist specialized in psychosomatic therapy, we bring both mental and physical awareness into the process. We provide personalized support tailored to each individual's needs - both in and out of the water. Here again the key facts of the retreat:

- Location: HeyOla Surf Villa, Rue Casablanca, Mirleft, Morocco
- Dates: 9- 16 November 2025 (8 days/7 nights)
- Retreat Start: 9 November, 4.30pm (check in before)
- Retreat End: 16 November, 11am
- Group size: Up to 10 guests
- Surf level: Beginner to advanced beginner

OUR FLOW THROUGH THE DAY

We follow a thoughtfully designed retreat schedule, which each day offers a slightly different rhythm based on the day's focus or planned activities. The schedule remains flexible and may adapt to surf conditions, group energy and individual needs. Here's what a day might look like:

- | | | |
|-------|---|---|
| 08:30 | - | MORNING ROUTINE - MINDFUL MOVEMENT & MEDITATION |
| 09:00 | - | BREAKFAST & SURF THEORY |
| 10:00 | - | SURF SESSION (2HOURS, INCL. VIDEO RECORDING) |
| 13:00 | - | LUNCH – FUEL YOUR BODY & RECHARGE FOR THE AFTERNOON |
| 14:00 | - | FREE TIME OPTIONAL SECOND SURF |
| 16:00 | - | VIDEO ANALYSIS |
| 16:45 | - | SURF MENTAL COACHING |
| 17:30 | - | SUNSET YOGA |
| 19:00 | - | DINNER - A TIME TO CONNECT, SHARE STORIES, MUSIC & GOOD VIBES |



THE LOCATION

Another essential part of this journey is experiencing the beauty and rhythm of Morocco - especially Mirleft. This small coastal town in the south of Morocco, between Agadir and Sidi Ifni, is known for its golden beaches, peaceful atmosphere, and untouched charm. The local HeyOla team will welcome you with open arms and are always excited to introduce you to Moroccan culture - through stories, music, art, and their favorite hidden gems.

YOUR RETREAT HOME - THE HEY OLA SURF VILLA

Welcome to HeyOla Surf Villa - a peaceful oasis just minutes from the ocean, reserved exclusively for our retreat group. Choose between a spacious shared or private double room, with access to three shared bathrooms that offer comfort and privacy. Between sessions, unwind by the private pool and enjoy nourishing, freshly prepared meals. More than just a place to stay, the villa is your home for the week - with inviting spaces to relax, reflect, and take in the beauty of each moment, from sunrise to starlight.

THE RATES

- 800€ per person for a double room or shared room
- 960€ per person for single occupancy

Included:

- Stay in private villa with pool
- 3 Meals (breakfast, lunch, dinner)
- Airport pick-up and drop off (Agadir Al Massira Airport)
- 6 days of surf lessons including transport
- Surf gear (wetsuit & surfboard)
- Daily yoga, meditation, breathwork classes
- Surf mental coaching and surf theory
- Surf-focused fitness training
- Video analysis and photography
- Excursions to discover Morocco's landscapes and culture

Excluded:

- Flights
- Travel and health insurance (mandatory surf coverage)



DAISY
yoga
instructor
& physio-
therapist

ANNI
surf - ,
surf mental
& fitness
coach



MOHA
surf instructor
and founder
of HeyOla

YOUR HOSTS

THE FOUNDERS OF SAMANA

We are Anni and Daisy, two friends, brought together by a shared love for surfing, yoga, and supporting others on their personal paths. That's how Samana was born, a space where passion meets purpose. Our superpower? Helping you discover and connect with yours.

Anni is an ISA-certified surf instructor, surf mental coach, and fitness trainer. Her approach blends the mental and physical aspects of surfing to help you build a strong, balanced foundation - both in the water and beyond.

Daisy is a certified yoga instructor (RYT 500+), physiotherapist specialized in psychosomatic therapy, and reiki facilitator. She brings a deep passion for guiding people through physical, mental, and spiritual transformation.

THE HEART BEHIND HEY OLA

Since I was a kid, the ocean has been my home. I started with bodyboarding and soon discovered my true passion: surfing. I spent hours in the water, learning about tides, winds, and the waves that break along Morocco's southern coast. Over time, I won local competitions, and my connection with the sea grew stronger. Today, my greatest joy is sharing this passion with people like you who want to experience the magic of surfing.



SAMANA SURF RETREATS

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