

SURF COACHING

Improve your surfing skills in paradise, the waves on offer are perfect and you will have longer rides with more surf time. Our range of surf coaching sessions are designed for all levels of surfers and are guided by our expert coaches with max 4 surfers per group. Whether you're trying to catch your first wave, improve your turn game or get more critical with your surfing; we can help you!

All sessions include board rental, guiding, coaching, reef booties, rash guards and surf transfers where necessary. Times and locations of lessons are confirmed at time of booking. Duration usually 60-90 mins.

- **Private session.** For those who want more attention, have the coach all to yourself. - **\$250**
- **Beginner Reef Surf lesson.** This is a small group lesson with max 4 pax. We will surf the perfect peeling wave right in front of the resort, perfect for beginners, kids and super easy to access - **\$120**
- **Beginner Sandbank session.** One of the only spots you can learn to surf over soft white sand. Perfect for total first timers or those a little worried about surfing over the reef. Small group max 4 pax. - **\$150**
- **Reef break next level.** Surf one of the nearby reefbreaks and score more perfect longer waves. Perfect for those wanting to progress to the next level. Small group max 4 pax, includes boat transfer - **\$195**
- **Video analysis.** One of the best ways to improve your surfing no matter what level you are. We will film you surf and then go through the footage with you afterwards, giving you breakdowns and tips of how you can get more out of your surfing and improve all aspects of your surfing. - **\$150**
- **Kids Club Surf Camp.** Fun surfing designed for kids under 12. we offer 1, or 3 day programs. Sessions are run in the lagoon or in really small waves that are safe and enjoyable for kids. A certificate is awarded after 3 day program. **1 day - \$90 or 3 days - \$250**
- **Learn to Foil.** Perfect for the flat or onshore days and totally compliments surfing in many ways. We will teach you how to foil by towing you behind our boat. It's as challenging as it is fun. Duration 1 hour
Group - \$145 or Private - \$195

YOGA

Find your zen in paradise and take your pick of any one of our range of yoga classes on offer at Kandooma - relaxation and good times guaranteed!

Our classes include Hatha, Vinyasa & Yin, beginner to advanced and parents & children style yoga.

Feeling adventurous? Why not take to the water with one of our fun SUP yoga sessions in our beautiful lagoon.

Classes are led by experienced teachers and all equipment is provided.

Yoga morning and sunset classes are scheduled Tue, Thu & Sat. Other classes are upon request.

Duration 60 mins.

MORNING OR SUNSET YOGA

Single class - **\$25**

3 class package - **\$70**

6 class package - **\$135**

Private class - **\$80**

SUP YOGA

Private - **\$80**

Group class - **\$45** (min 2 pax)

MUM & ME YOGA

Single class - **\$30** (min 2 pax)

Additional child - **\$15**

SURF BOARD & SUP RENTAL -

We have an extensive range of the latest models of surfboards, Mini Mals, Long boards, Soft boards and SUPS available to rent on request.

SURF SHOP HOURS

7 days a week

9am-12pm & 3-5pm



BOOKINGS ESSENTIAL

Our surf shop/office is located by water-sports and recreation. If unattended please contact reception. Prices above are per person in USD and inclusive of service charge and GST.

Perfect Wave Travel, Holiday Inn Resort Kandooma Maldives