

# Surf Salvación Hotel

DOMINICAN REPUBLIC



## RETREAT PACKAGES

All of our retreats can be custom scheduled to include the activities and frequency that your group wants. We are happy to work with you to ensure your retreat is a success.



### Surf Lessons

We have an amazing team of surf coaches to help surfers of all levels. Our lessons start off on the hotel property where you'll learn the basics and then we hit the waves at Playa Encuentro. The surf instructors will provide the surf board rental, surf leash, and water shoes for the lesson.



### Beach Bonfire

A perfect way to spend the evening after a long day of fun in the sun! Our team can arrange a bonfire ceremony on the local beach (Playa Encuentro) with a campfire where your group can enjoy snacks and smores while listening to music under the stars.



### Sound Bath

This full-body meditation practice involves lying down and listening to sound waves, or "baths", from various sources. The sounds are produced by instruments such as gongs and singing bowls to help you focus on the present moment. Sound baths will be held in our peaceful and relaxing yoga chalet on the hotel property.



### Waterfall Canyoning

Our canyoning tours are done in a remote area of Dominican Republic's north coast. Surrounded by lush vegetation, the river that cut the bedrock of our canyon has carved spectacular waterfalls, high walls, and deep pools. Enjoy this adventurous tour that includes waterfall rappels and exhilarating cliff jumps into deep pools of crystal-clear water in the amazing Dominican jungle.

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### Waterfall Hike

One of our guides will lead your group through the beautiful jungle in Cordillera Septentrional where you'll be able to enjoy the majestic Dominican waterfalls. The beginner hike will lead you uphill to reach the falls where you'll be rewarded with stunning views and the opportunity to take a refreshing dip in the pools below.



### Mountain Biking

Get out of the heat and into the heart of the countryside. Jump on some mountain bikes for an exciting ride right through the heart of the beautiful Septentrional Mountain Range. Enjoy the well-explored routes or venture to some of the off road sections for those seeking a challenge. It is a wonderful excursion filled with fun and excitement.



### Kayaking

Our kayaking tours are taking you on a journey through areas of the Dominican Republic most visitors will never see. Kayak your way through rapids and crystal-clear pools of the River Yasica under a canopy of lush tropical vegetation. Kayak across the river and enjoy a seafood meal from one of the best Dominican restaurants on a beautiful beach with views of the ocean and mountains.



### Horseback Riding

Escape the bustle of the city, pass through local villages and lush plantations as you follow your guide through the countryside on horseback. You'll be able to take in the incredible beauty of the Dominican Republic's mountains or beaches as you cross rivers, walk along the sea, and ride alongside your amigos. Trips available for all levels.



### Catamaran

Hit the water on a catamaran while you listen to the sound of the waves mixed with some lounge music as you are laying down on one of the two trampolines to get some sun or sit in the shade. Sail in the turquoise clear ocean and visit a beautiful coral reef where you can snorkel, jump in the water, and swim with the fish!

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### Cacao Ceremony

For centuries cacao has been held as a sacred healing medicine in the Mayan culture of South America. Embrace the Bhakti Yoga lineage to chant, sing, and dance along to beautiful mantras during one of our cacao ceremonies. Our cacao ceremonies start with setting our intentions, and then chanting and singing from our hearts, in connection with nature and our ecstatic community.



### Massages

Enjoy a deep tissue sports massage or relaxing massage from our experienced local masseuses. They will come to the hotel property and can give massages in the guest's rooms, their private patios, or in our serene tropical garden. Rest, relax, and enjoy without leaving the hotel!



### Yoga

Yoga session with a certified yoga instructor in our private yoga chalet on the hotel property. Choose between Yin Yoga, Flow Yoga, Hatha Yoga or a mixture to best suit your group's experience & preferences. Yoga lessons are available for yogis of all levels.



### Transportation

We can provide transportation to all of our guests to and from the airport, as well as to and from surf sessions and all activities as part of our program. We also have a few cars for our guests to rent during their stay should they want to go on an adventure.



### Meals

We provide healthy breakfast, lunch, and dinners for our guests to fuel their minds and bodies during their stay here with us at Surf Salvación. Expect easy, healthy meals made by our chef from local ingredients. Breakfast and dinner or lunch are cooked onsite.

The hotel adds 15% to the overall cost of the retreat.  
Please keep in mind prices do not include taxes.