



She Surfs Samara: Women's Surf Retreat with Champions, Costa Rica

Guanacaste Province, Sámara, Costa Rica

Benefits

- ☐ Experience Personalized, Expert Surf Instruction from Champions
- ☐ Embrace a Unique Women's Community and Connection
- ☐ Access Refreshing Yoga Classes Designed for Surfers
- ☐ Indulge in Delicious, Locally-Sourced Meals Daily
- ☐ Enjoy the Serenity of Costa Rica's Beautiful Coastline
- ☐ Capture Unforgettable Memories with Professional Photography
- ☐ Unplug and De-stress in a Calming Beach Setting
- ☐ Learn New Skills Through Surfing and Yoga
- ☐ Explore Local Culture and Community in Samara
- ☐ Refresh and Recharge Your Mind and Body



About Samara, Costa Rica

Tucked away on Costa Rica's Pacific coast, Samara is a laid-back beach town known for its golden sand, warm water, and welcoming atmosphere. The bay is protected by a reef, which keeps the waves calm and consistent—**never too big, never too rough.**

With soft sandy bottoms, no rocks, and ideal conditions for beginners, **Samara is considered one of the best places in Costa Rica to learn to surf.**

Playa Samara is a quiet and peaceful town—there are no loud parties or nightlife, and the atmosphere is calm and easygoing. It's also one of the safest beach communities in the country, making it the perfect setting for a retreat. Whether you're surfing, relaxing, or simply taking a break from the noise of everyday life, Samara offers the space to truly rest and reconnect.



5-Day Women's Surf Retreat in Samara, Costa Rica

Slow down, breathe deep, and ride your first (or best!) wave in the relaxed beach town of Samara. This retreat blends surfing, connection, and calm—with two group surf lessons, a private session with local surf legend Choco, and three gentle morning yoga classes to help you stretch, restore, and realign.

You'll stay in a cozy, gated community just steps from the beach. Enjoy homemade breakfasts and delicious local and international dinners included, all at family-run spots, plus plenty of time to explore—or simply unwind.



This retreat is intentionally small and intimate, hosting just 2 to 8 participants for a truly VIP experience. Our retreat is co-hosted by Choco and his wife Alexandra, both fluent in two languages, so you'll feel at home, well-supported, and completely immersed from the very first day. A professional photographer will capture your surf session and a golden-hour beach shoot, so you'll leave with more than memories.

Yoga classes are included and tailored for surfers—focusing on deep stretching, balance, and recovery to support your body after time in the waves. To help your body unwind after time in the waves, a relaxing post-surf massage is included in your retreat package—because you deserve a little extra care. Come surf, connect, and soak up the pura vida.

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What Makes This Retreat Special

This five-day women's surf retreat is all about learning, connecting, and slowing down in one of Costa Rica's most beginner-friendly beach towns. Set in the peaceful coastal village of Samara, it blends expert surf instruction with local culture, nourishing food, and time to simply breathe and recharge.

Whether it's your first time on a board or you've surfed before, you'll be supported by a team of experienced, certified instructors—including a private session with Choco, one of Costa Rica's most respected surf champions.



***As a special retreat gift, we also offer a 30-minute massage session** with our wonderful therapist Shirley. She's highly skilled and customizes each massage to the guest's needs—whether it's for post-surf recovery, a sports-style session, or pure relaxation. Massages are held right at our retreat space (the condo), and each guest can schedule it for the day that suits them best (already included into the retreat program)



Full Description

Learn from the Best: Choco's Surf School

This retreat is hosted in collaboration with **Choco's Surf School**, Samara's original surf school. With over 30 years of experience, Choco and his team have helped thousands of students discover the joy of surfing in a safe, supportive, and encouraging environment.

The school is known for its professionalism, ISA-certified instructors, lifeguard-trained staff, and strong emphasis on safety and fun. Whether you're catching your first wave or refining your technique, you'll be in excellent hands.



Meet Choco – Local Surf Legend

Choco is one of the original surfers of Samara and a true pioneer in the Costa Rican surf scene. He began surfing in the 1980s and has since built an impressive career representing Costa Rica in major national and international competitions, including:

- Represented Costa Rica at the World Longboard Championship in Peru (2013)
- Ranked #2 in Costa Rica in Longboard (2013–2015)
- Competed in the PanAmerican Games (2015)
- Pre-selected for the Billabong World Surfing Tournament and Central American Surfing Competition



Choco will personally teach one of your three surf lessons, giving you a unique chance to learn directly from a national champion and one of Samara's most respected surfers.



What's Included

Accommodation

Four nights in **a secure, gated condo** with 24/7 guard, pool, rancho area, and garden. Shared accommodation in a comfortable unit just minutes from the beach, restaurants, and local shops—your peaceful retreat to relax and recharge.

We also offer **a non-accommodation package** for those who prefer extra privacy. Our team can help you find the perfect hotel, Airbnb, or condo nearby. You'll have your own peaceful space while still joining all group activities.



Surf Lessons

Three guided surf sessions:

- **One private session led by Choco himself**
- **Two group sessions led by our internationally certified instructors and professional lifeguards**

All surf lessons are adapted to your level, paced to help you build confidence safely and enjoyably. No prior experience or special training required—just bring your curiosity and a good attitude!



Surf Equipment

You'll have your own surfboard and rash guard throughout your stay, so you can practice anytime. You're welcome to switch boards if you want to try different sizes. Our team provides all the gear—you just need to bring your water bottle and sunscreen!



Professional Surf & Sunset Photography

One of your surf lessons will be professionally photographed, so you'll take home stunning, high-quality images of your time on the waves. Plus, enjoy a relaxed sunset beach photoshoot capturing the golden light and spirit of your retreat in one of Costa Rica's most beautiful coastal settings.

Meals



Breakfast and dinner are included daily, featuring fresh, traditional Costa Rican flavors.

- **Gallo Pinto Breakfast** Begin your day with a nourishing traditional Costa Rican breakfast, featuring gallo pinto, eggs, fried plantains, and soft cheese. Vegan and vegetarian options are thoughtfully available to suit all dietary preferences.
- **Local Beverages** Enjoy a selection of refreshing local beverages, including tropical fruit smoothies (papaya, watermelon, banana, pineapple) and freshly brewed Costa Rican coffee — a true taste of the region.

Post-Surf Refreshments – Fresh fruit, plantain chips, and coconut water served on the beach.



Dinner in a restaurant

For our retreat dinners, we partner with Casa Esmeralda, a beloved local restaurant in Playa Sámara known for its delicious blend of authentic Costa Rican flavors and comforting Italian classics.

You'll enjoy fresh, locally sourced ingredients with options to please every palate — from fresh seafood specialties like shrimp and fish, to hearty pasta dishes, plus tasty vegetarian and gluten-free choices.

Casa Esmeralda's warm, welcoming atmosphere makes it the perfect place to relax and connect with fellow retreat guests after a day of surfing and exploring. It's a true taste of pura vida you won't want to miss!



Yoga Sessions & Massage

Three 7 a.m. yoga classes designed specifically for surfers, focusing on deep stretching, balance, and gentle recovery after your time in the waves. Enjoy a personalized and gentle approach with one of our top yoga instructors, tailored to support your body and surf practice. In addition to yoga sessions, the retreat includes a relaxing 30-minute massage with one of our expert therapists—designed to help you recover, release tension, and feel your best after surfing.



What's Included in This Package

- ☐ 4 Nights Shared Accommodation
- ☐ Daily Breakfast & Dinner
- ☐ 3 Group Morning Yoga Sessions
- ☐ 30 minute massage
- ☐ 2 Group Surf Lessons With Our Certified Instructors
- ☐ 1 Private Surf Lesson With The National Champion
- ☐ Professional Surfing Photos and Sunset Photoshoot at The Beach
- ☐ A Surf Board & Rash-Guard to Practice at Anytime



What's Not Included in This Package

- ☐ Airport transfers
- ☐ Flights costs
- ☐ Visa fee
- ☐ Travel insurance
- ☐ Lunch
- ☐ Additional treatments
- ☐ Additional surf lessons
- ☐ Additional activities not included in the itinerary
- ☐ Taxis/transfer to locations outside the retreat itinerary are not included



Optional Upgrades

- ☐ Private surf class
- ☐ Semi-private surf class (per person)
- ☐ Group surf class (per person)
- ☐ 60-minute healing massage
- ☐ SUP board class
- ☐ SUP board rental
- ☐ Kayaking



Optional Add-Ons

Enhance your retreat experience with additional activities, arranged upon request:

- Lunch at a local soda featuring traditional casado (meat, chicken, seafood, vegetarian), pasta, seafood or chicken rice dishes, chalupa, quesadillas, and fresh fish
- Relaxing or sports massage sessions with our expert therapist, ideal for post-surf recovery (advance booking required)
- Horseback riding on the beach
- Kayaking or stand-up paddleboarding
- Fishing trips (advance booking required)
- Zip-lining through the jungle (advance booking required)
- Snorkeling (advance booking required)
- Spanish Class



You may book extra yoga or massage sessions during your stay for deeper relaxation.

This retreat is more than a surf getaway—it's a chance to learn from Costa Rica's best, enjoy the natural beauty of Samara, and share an empowering, unforgettable experience with other women in a supportive community.



Retreat Price Breakdown

1. Shared Room Package \$1420 per guest

(November 20-24 3 guests, December 12-16 2 guests, February 27-March 3 3 guests, March 20-24 2 guests)

Deposit 480\$

2. Single Room Package \$1860 per guest

(November 20-24 1 guest, December 12-16 1 guest, February 27-March 3 1 guest, March 20-24 1 guest)

Deposit 480\$

3. No Accommodation Package 1280\$ per guest

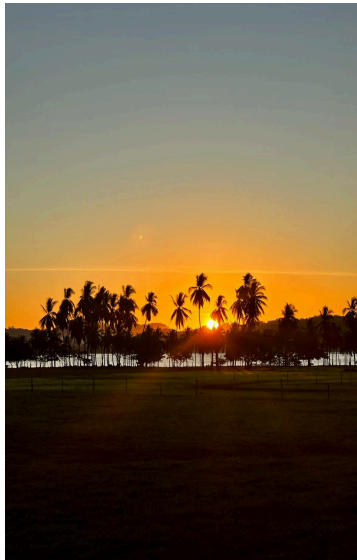
(November 20-24, December 12-16, February 27-March 3, March 20-24)

Deposit 280\$



Las Palmeras Condominium – Samara, Costa Rica

Welcome to your home during the retreat—a peaceful, gated condo community located just a short walk from the beach and town center. Las Palmeras is perfect for retreat guests who want safety, comfort, and connection with nature, all just minutes from the surf.



What You'll Love:

- Gated community with 24/7 guard security for your peace of mind
- Shared swimming pool with lush gardens and palm trees
- Rancho and grill area for gathering and meals
- Just 400 meters to Samara Beach and the village
- Comfortable, well-equipped unit with Wi-Fi, A/C, shared kitchen, and laundry access

Your Stay Options **November 20-24, February 27-March 3**

Both room types are part of the same two storey condo unit:

1. Shared Room (Upstairs) up to 3 people

For guests who enjoy the group energy

- Three separate beds
- Shared bathroom
- Shared kitchen and amazing ocean view from the balcony

2. Private Room (Downstairs) 1 person

A quiet, more personal space

- One cozy queen bed
- Shared bathroom
- Shared kitchen and amazing ocean view from the balcony

Las Palmeras is serene, secure, and just minutes from the ocean—an ideal retreat setting where you can rest, recharge, and feel right at home.

3. Non-Accommodation Option

We also offer a package without accommodation for those who prefer more privacy and flexibility. This option doesn't include a place to stay, but our team will gladly help you find the best hotel, Airbnb, or condo nearby to suit your needs. You'll still be part of the retreat community and join all group activities, while enjoying your own peaceful space.

Your Stay Options December 12-16, March 20-24

Both room types are part of the same condo unit:

1. Shared Room up to 2 people

For guests who enjoy the group energy

- Two separate beds
- Private bathroom
- Shared spacious kitchen, living room and amazing ocean view from the balcony

2. Private Room (Downstairs) 1 person

A quiet, more personal space

- One cozy queen bed
- Private bathroom
- Shared spacious kitchen, living room and amazing ocean view from the balcony

Las Palmeras is serene, secure, and just minutes from the ocean—an ideal retreat setting where you can rest, recharge, and feel right at home.

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OUR PROGRAM

She Surfs Samara Retreat

 November 20–24, 2025

 Location: Condominio Las Palmeras, Samara

Nov 20 – Arrival day. Come at your own time. Once everyone's here, we'll visit the surf school and meet the team.

Enjoy a fresh tropical fruit plate and a welcome drink on the beach (smoothie, iced tea, or coconut water 🥥) as you settle in and meet the team.

Lunch available upon request. Dinner at 6 PM.



Nov 21-23 –

🧘 Yoga at 6:30 AM

🍴 Breakfast at 8:00 AM

🚲 Bikes are available to get around town during your free time

☀️ Free time to relax or explore

🏄 Surf lessons from 12:30–4:30 PM (includes a surf photoshoot on one of the days)

🐠🌊 During low tide hours, choose between snorkeling in nearby tidal pools or walking / hiking activities



 **Massage Session** – Includes one 30-minute relaxing massage with one of our expert therapists. Schedule it at your preferred time on any day between Nov 21–23.

 After surfing, fresh tropical fruit, crunchy plantain chips, and coconut water waiting for you on the beach — the perfect way to refresh and recharge.

 **Dinner at 6 PM**

 **Nov 22 (Saturday) –**

 **Group walk to the local market from 9:00–11:00 AM**

 **Sunset Beach Photoshoot from 4:45–6:00 PM**

 **Nov 23 – BBQ Night at the Condo**

Nov 24 – Checkout day. Breakfast available anytime after 7 AM.



TRANSFER

Book your flights to either Liberia Airport (LIR) in Liberia, Costa Rica, or San José Airport (SJO) in San Jose, Costa Rica.

- ☐ **From Liberia (LIR):** A shared shuttle or private transfer is available; travel time is approximately 2.5 to 3 hours.
- ☐ **From San José (SJO):** A shared shuttle or private transfer is available; travel time is approximately 4.5 to 5 hours.

We're happy to help organize your transfer — just let us know, and we'll handle the details.



WHAT TO BRING

Here's a friendly and helpful "What to Bring" list for your 5-day surf retreat in Samara — simple, clear, and geared toward a relaxed but active experience:

What to Bring for Your Surf Retreat in Samara

- ☐ Swimsuits (at least 2–3 for surfing & beach time)
- ☐ Beach towel or quick-dry travel towel
- ☐ Lightweight clothing (think tank tops, shorts, sundresses)
- ☐ Yoga clothes
- ☐ Flip-flops or sandals
- ☐ Sneakers or comfy walking shoes (for market strolls or horseback riding)
- ☐ Sunscreen (reef-safe recommended)
- ☐ Hat or cap + sunglasses
- ☐ Reusable water bottle
- ☐ Bug spray (especially for early mornings & evenings)
- ☐ Toiletries & any personal medications
- ☐ Small backpack or beach bag
- ☐ Camera or phone for photos
- ☐ Notebook or journal (optional, but lovely for reflections!)

We provide all surf equipment, daily fruit & snacks, and lots of pura vida — bring yourself and your sense of adventure!

Additional info about the retreat

- ❖ **All levels welcome:** No prior surfing or yoga experience is needed — we're here to support you every step of the way.
- ❖ **Equipment provided:** Surfboards, rash guards, and yoga mats are included — bring your adventurous spirit!
- ❖ **Small group size:** We keep the group intimate (2–6 people) for personalized attention and a close-knit vibe.
- ❖ **Healthy meals:** Daily tropical fruit plates, fresh local dishes, and snacks are included to energize you.
- ❖ **Transportation:** We're happy to help organize airport transfers and local transport for an additional cost.
- ❖ **Weather:** Samara enjoys warm, sunny weather year-round. Pack light, wear breathable clothes, and wear sunscreen.
- ❖ **Connectivity:** Wi-Fi is available at the accommodation, but we encourage you to unplug and soak in the pura vida spirit.



Organizer

Choco's Surf School

Learn to surf with Choco's Surf School, the original surf school on Sámara Beach.

With more than three decades of expertise, ISA-certified instructors, and a commitment to safety and fun, we've helped thousands of students ride their first wave and improve their skills.

Whether you're a beginner or a seasoned surfer looking to refine your technique, our professional surf instructors and certified lifeguards will guide you with patience and care.

We focus on building confidence, ensuring safety, and making sure every lesson is unforgettable — all in the stunning setting of Playa Sámara, Costa Rica.



PLEASE VISIT OUR WEBSITE FOR MORE INFO

<https://chocossurfschool.com/>

Google reviews

<https://share.google/ZH8i5LXvWbzjz2ED2>

TripAdvisor

https://www.tripadvisor.com/Attraction_Review-g309247-d1521503-Reviews-Choco_s_Surf_School-Playa_Samara_Province_of_Guanacaste.html

Facebook

<https://www.facebook.com/chocossurfschool>

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