

ANASA FLOW

Surf Retreat

A curated surf and performance retreat blending adventure, recovery, and mindful restoration.



ANASA FLOW SURF RETREAT

Welcome to **Anasa Flow Surf Retreat**, where the rhythm of the ocean meets the art of recovery and performance.

Set among the turquoise waters of the **Central Atolls, Maldives**, this 10-day immersive journey invites you to **ride world-class waves, restore balance, and reconnect with your natural flow**

Blending **elite performance principles, mindful movement, and ocean adventure**, Anasa Flow is designed for those seeking depth — in their surf, their mindset, and their way of life. Whether you come to refine your craft, reset your focus, or rediscover stillness in motion, this experience will meet you where you are and carry you further.



ABOUT THE HOST

"MOVE WITH PURPOSE. RECOVER WITH PRESENCE. FLOW WITH INTENTION."

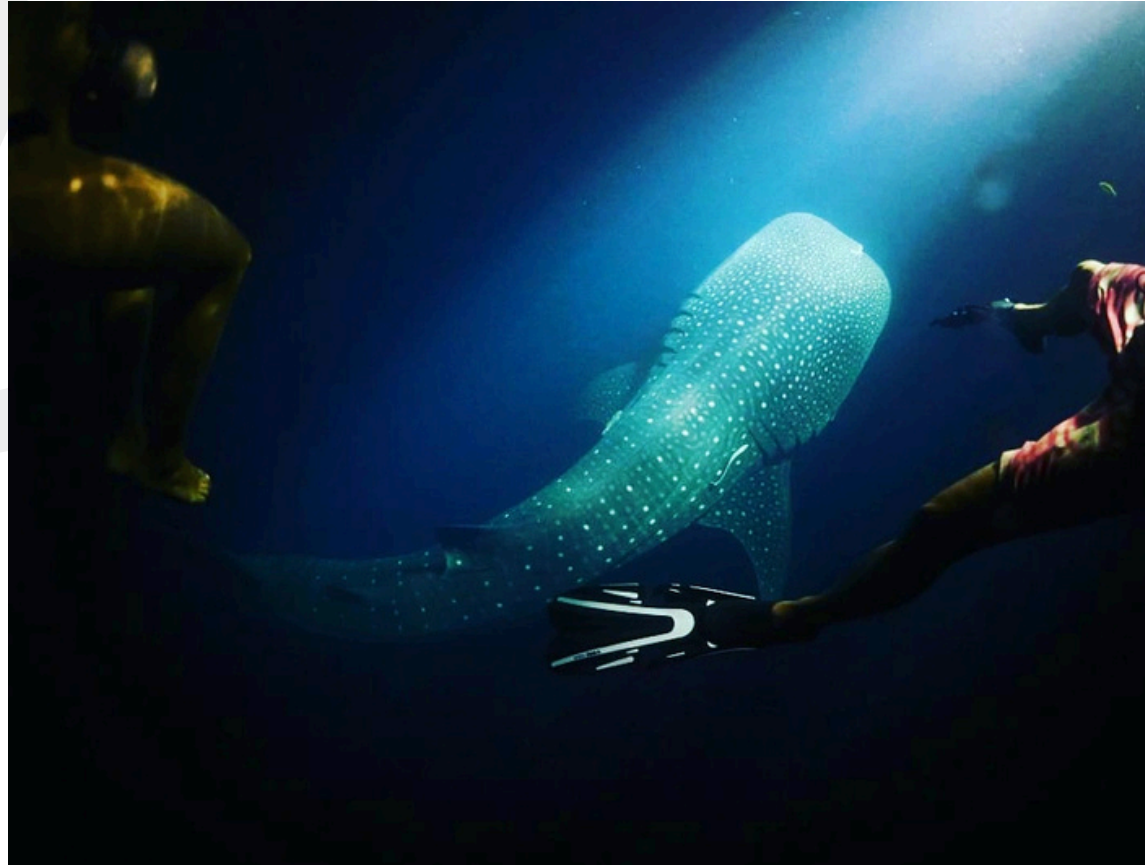
Anasa Flow was founded by a **retired Special Forces veteran** with over two decades of experience in high-stakes environments. Having led and trained elite teams across complex missions, she brings a deep understanding of performance under pressure — and the necessity of recovery, awareness, and adaptability.

Through years of study in **human performance, resilience, and nervous system regulation**, she developed a philosophy that merges structure and stillness — blending tactical precision with ancient movement, breath, and mindfulness practices.

Her approach is grounded, compassionate, and evidence-based — designed to help others move beyond stress, reconnect with intuition, and perform with clarity in both professional and personal life.

At **Anasa Flow Surf Retreat**, she guides participants in cultivating the same mindset and self-regulation tools once used in elite operations — now reimagined for surfers, leaders, and explorers seeking presence and flow.

DAILY ROUTINE DESIGNED TO FLOW NATURALLY WITH TIDES, WAVES, AND YOUR ENERGY



Each day at **Anasa Flow** is designed to bring you into rhythm — with the ocean, your body, and your mind. You'll surf pristine, uncrowded waves guided by professional local surf guides who know how to place you at the perfect breaks.

Mornings begin with **guided mobility sessions** to prime your body for surfing and enhance performance.

Evenings close with **restorative yoga and breathwork**, supporting recovery, calm, and integration.

Throughout the retreat, you'll take part in **HRV baseline testing** and **performance coaching** led by a **retired Special Forces veteran**, combining mindset training and physiological awareness techniques drawn from elite performance science.

Between surf sessions, explore and recharge — **snorkel vibrant reefs, fish from the boat at sunset**, or simply unwind on deck surrounded by endless blue. A **private island excursion** midweek offers a space for reflection and connection in one of the most breathtaking settings on earth.

Professional surf photo and video documentation ensures you leave not only with memories but with tangible insight into your surf progression and personal journey.

DAILY FLOW SNAPSHOT

☑ Morning

Light breakfast & coffee
Guided surf session with local surf guides
Post-surf mobility & recovery

☑ Midday

Fresh, nourishing lunch onboard *Mariana*
Relaxation, snorkeling, or fishing off the boat
Optional mindset or resilience session (HRV check-in, journaling, or reflection)

☑ Afternoon

Second surf session or island exploration
Video analysis or review (select days)

☑ Evening

Gentle yoga or breathwork to unwind
Sunset dinner under the stars
Community connection or quiet reflection



WHAT YOU'LL GAIN

A MORE INTEGRATED SENSE OF SELF — CAPABLE, CENTERED, AND ATTUNED TO THE RHYTHM OF LIFE BEYOND THE WAVE.

This retreat is more than a surf trip — it's an opportunity to reset, refine, and reconnect. Through mindful performance practices, expert guidance, and the rhythm of the ocean, you'll leave with greater awareness, clarity, and confidence — in and out of the water.

You'll Experience

Surf progression — improved wave reading, positioning, and flow

Enhanced mobility and recovery — techniques to sustain energy and prevent injury

Resilience and awareness — HRV tracking and mindset training for self-regulation under pressure

Renewed balance and vitality — time to rest, reflect, and realign

Community and connection — a shared journey with like-minded professionals and explorers.

Stay in Comfort



Your home for the journey, the **Mariana**, offers the perfect balance of comfort and adventure. With nine spacious cabins, full-board meals, and dedicated surf and support boats, every detail is designed for ease and exploration.

Deluxe Rooms

9 Comfortable Cabins
1X Master Suite, 2X Single Beds, 6X Double
All cabins feature individually controlled AC
Dhoni & Dingy Surf and Support Boats
Daily Room Service Cleaning

Freshly Prepared Meals

Crafted from local ingredients and daily catches. Enjoy a true fish-to-table experience vibrant island flavors, nourishing grains, and clean, balanced dishes designed to fuel surf and recovery.
Complemented by unlimited coffee, tea, and purified water available throughout the day.

Retreat Overview

Dates: 24 September – 3 October 2026

Location: Central Atolls, Maldives

Duration: 10 Days / 9 Nights

Investment: \$3,050 per person

Capacity: 12 Guests

Included:

Welcome drink, full-board meals, surf guiding, yoga, mobility, HRV testing, resilience sessions, island excursion, photo/video, and more.

Not Included:

International flights, travel insurance, alcoholic/soft beverages, and gratuity (\$15/day).





Booking and Travel

Arrival: Guests should arrive in **Malé (MLE)** on the morning of **24 September 2026**.

Transfers to the *Mariana* will be arranged for all participants.

Travel insurance with cancellation coverage is **mandatory**.

RESERVATIONS & PAYMENTS

- For bookings, a non-refundable deposit of 30% of the total invoice amount is required. This must be paid within 7 days after confirmation in order to secure the reservation.
- The remaining 70% (final payment) must be settled at least 45 days prior to the arrival date.

Travel and Packing Tips

To ensure every guest feels fully prepared for the journey, personal pre-trip consultations are included.

You'll receive guidance on surfboard travel logistics, packing essentials, and international travel tips, as well as support for any personal or performance-related questions before departure.

From travel prep to lineup confidence — every detail is taken care of.