

ADVENTURE  
BASED  
LEARNING

CE  
VA

surf  
wala

INTERNATIONAL SURF PROJECT  
ARAMBOL • GOA • INDIA

# Surfing

9 DAYS CEVA SURFING COURSE  
AT SURF WALA, GOA.

“

You can't stop  
the waves,  
but you can  
learn to surf.

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JOHN KABAT ZINN



CE  
VA

*CEVA Education is a moving classroom academy, that provides courses, workshops, residency programs and learning tours for passionate and talented adults across India through experiential and adventure based learning programs. We help give your talents a direction. At CEVA, we aim to bridge the gap between amateurs and professionals.*

*Our Vision is to build a global community of change-makers that transform the future of acquiring and sharing knowledge.*





# 9 DAYS CEVA SURFING COURSE AT SURF WALA, GOA.

*Join us embark upon an adventurous dance with the waves this winter!  
CEVA Education & Surf Wala have come together in collaboration to  
create a once in a lifetime journey for you!*

*Together we have curated a unique Mindfulness Surfing course module,  
to give you a learning experience which is unlike all other surfing  
schools across the globe. Experiencing this adventurous course will not  
only give you an adrenaline rush & enhance your technical skills, but it  
will also help transform you on your personal journey as an individual.  
It's time to connect with the sea and your inner self.*

*This course will be conducted at our partnered Surf School, Surf Wala.*





## WHAT MAKES US DIFFERENT?

THERE ARE MANY SURFING COURSES IN INDIA BUT HERE'S WHAT MAKES US DIFFERENT AND WHY YOU SHOULD JOIN US!



# WHY US? - HERE'S WHY!

1

*This course is aimed at teaching you to teach yourself to surf and to be able to continue learning and improving on your own.*

2

*The course draws on teaching techniques and tools from exclusive surf camps and pro level surf coaches from Australia, the US, UK and South Africa.*

3

*Our unique one of a kind combination of Surfing, Meditation & Art Therapy gives you a blend of adventure & mindfulness, to nurture inner & outer self physically, mentally & spiritually.*

4

*We'll be shooting videos and photos during the surf sessions, which we will analyse together with each participant so we can see clearly which areas need improvement in the next surf session.*

5

*We've filled the afternoons and evenings (when there is no surf) with videos and workshops. We believe that the more you understand about the sea and surf, the better surfer you can be!*

6

*Our courses are filled with knowledge! We go outside the usual syllabus to teach you about Surfing as a sport and a profession and help bridge the gap between amateurs and professionals.*

7

*We teach a unique set of steps for getting to your feet which was designed by Australian pro surf development coach Robbie Sherwell and his family. It ensures that almost anyone can stand on a board while remaining in control of the direction of the board. This technique was taught to us by his son and is not taught in any other surf school in India.*

8

*Our courses are fun! From movie & quiz nights to surf meet ups, a positive environment to music & dance sundowners, good vibes and great food, we have it all... but most of all, as like minded individuals we know the love, passion & charm of the sea when you are surfing in it, and that's what makes it all worth it!*

9

*You will receive a certificate of participation from CEVA Education & Surf Wala upon successful completion of the course and will also get an amazing Surfing gift hamper to motivate you to return to the sea again!*

10

*Lastly, because we don't just love the ocean, we respect it! As a part of our modules, we have integrated ocean/beach clean ups & sessions on ocean conservation. As a community, lets make a better world together!*



# THE SURF SCHOOL

HERE'S WHAT IT TAKES  
- A SNEAK PEAK INTO THE  
TRAINING PROVIDED BEFORE YOU  
SURF THE OCEAN.





# THE CEVA VIBE & SURF WALA SPOTS

HERE'S A LOOK AT OUR FUN CEVA  
COMMUNITY VIBES & CHILLING  
SPOTS AT SURF WALA:



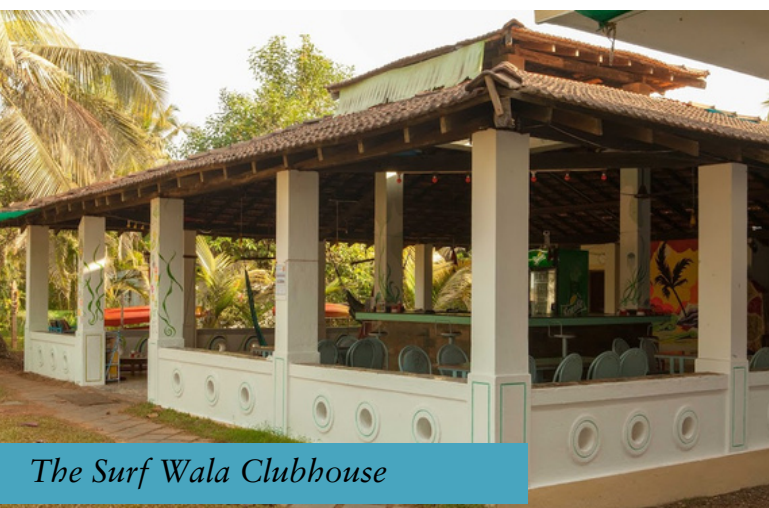
*Movie Nights & Presentations*



*Group Session Post Art Therapy*



*Pool Table & Hammocks*



*The Surf Wala Clubhouse*



*CEVA Certification*



# ITINERARY

## DAY 1

- Arrival, Orientation, Ice Breaker Activities, & Meet the Team.

## DAY 2

- Sea, Surf and Safety Introduction - On the land and in the water.
- Surfing Physics 101

## DAY 3

- Wave Hunting - Choosing & Catching your own waves.
- Learn how to get from laying down to standing up on your board & why.

## DAY 4

- Standing up and falling down again and again (and loving it)
- Mindfulness Session
- Movie Night

## DAY 5

- Practice Sessions with a buddy
- Learning to be in the right place at the right time!

## DAY 6

- Paddling Practice & Surfing Conditions 101
- Meditation & Art Therapy
- Movie Night

## DAY 7

- Practice Session & Emergency Procedures  
- What to do when things go wrong.

## DAY 8

- Practice Session with your buddy.
- Evening Beach Clean-Up
- Certification, Award Ceremony & Celebration!

## DAY 9

- Check Out & Bid Farewell.

## NOTE:

The itinerary might be spontaneously shuffled and/or improvised during the course depending on the weather, the tides and wind, if required.





## ESSENTIALS

Here's a list of items you'll need to bring for the surfing course:

- A swimsuit that won't fall off in the surf but one that you can move around comfortably in (think, flying kicks)
- Sandals for walking down to the beach and around in the hot sand.
- Hair-ties for the long haired.
- A note book and a pen.

## EXTRA SUGGESTIONS

Here's a list of suggested (but not required) items:

BEACH  
TOWEL

BEACH  
SHORTS

SUNGLASSES

A HAT

WATERPROOF  
SUNSCREEN

SWEATER,  
SHAWL OR  
LIGHT JACKET  
FOR CHILLY  
EVENINGS

## INCLUSIONS

- 8 nights Accommodation
- Meals - Breakfast, Lunch & Dinner
- 8 Days Surfing Course
- Meditation & Art Therapy Session
- Surfboard Rentals
- Certificate of Participation
- Post Course Guidance

## EXCLUSIONS

- Domestic Flights To & Fro Goa
- Airport Transfers to and fro the hotel
- Anything not mentioned in the Itinerary
- Surfboard & Accessories for Purchase
- Travel/Health Insurance

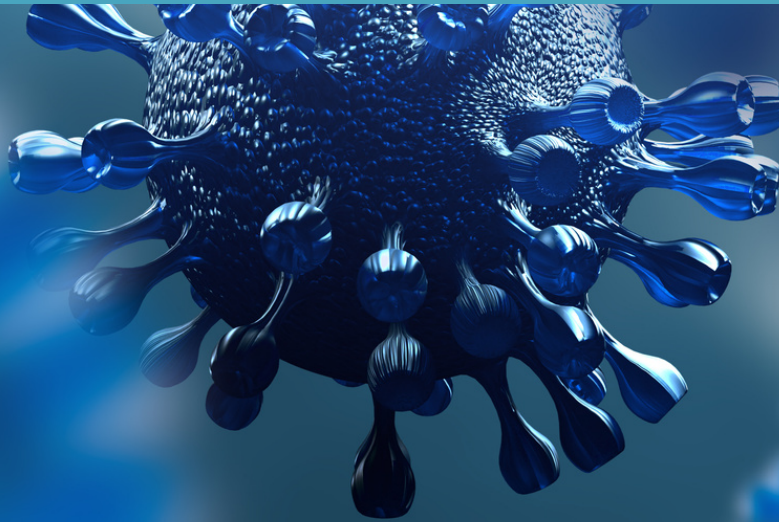


## PRE-REQUISITES

- You should have taken both doses of COVID Vaccination before the course commences.
- You should be able to go for a 30-minute jog or run with no problem.
- You should be able to float unaided for at least 3 minutes.
- You are gonna get sandy, knocked around by a surfboard, get dunked in the sea multiple times and end up with a lot of salt water in your eyes, ears and nose. Are you OK with that?
- You cannot wear glasses or specs in the water. Prescription goggles just get fogged up so contact lens are your best bet, but even they fall out at times so you should be able to see (unaided) an arm signal from 50m away (or from the other side of a busy street)



# COVID MEASURES



## TO STAY SAFE FROM COVID HERE ARE SOME MEASURES WE'VE TAKEN:



*All our team will be vaccinated.  
Only Vaccinated Participants will be taken on board.  
Participants need to either provide 2 doses vaccination  
certificate or provide 1 dose vaccination & PCR negative  
test report taken within 3 days before the course.*



*Masks will be mandatory when not in sea.  
We will provide sanitisers and request each participant to  
maintain social distancing and carry their own sanitisers  
as well and maintain healthy covid safe measures.*



*Accommodation will be well sanitised.*



*Accommodation on Twin Sharing & Single Occupancy  
will be provided upon request on additional charges.*

DREAM IT.  
BELIEVE IT.  
ACHIEVE IT.

SURF THE  
WAVES IN THE  
SEA & THE  
ONE'S WITHIN  
YOU!



*Sample Certificate of Participation provided to  
you upon successful completion of the course.*



SURFING • FUN ACTIVITIES •  
MEDITATION • BEACH CLEAN UP •  
MOVIE NIGHTS • ART THERAPY •  
MEETING LIKE MINDED PEOPLE •  
CERTIFICATION • MOVIE NIGHTS •  
BEACH VIBES • HAPPY VIBES &  
*a once in a life time experience!*





Let's

SURF

Sign Up Now



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# *The Waves Are Waiting!*

**CE  
VA**

*You can also check out our other upcoming programs:*

**SCUBA DIVING, ARTIST RESIDENCY & PHOTOGRAPHY**