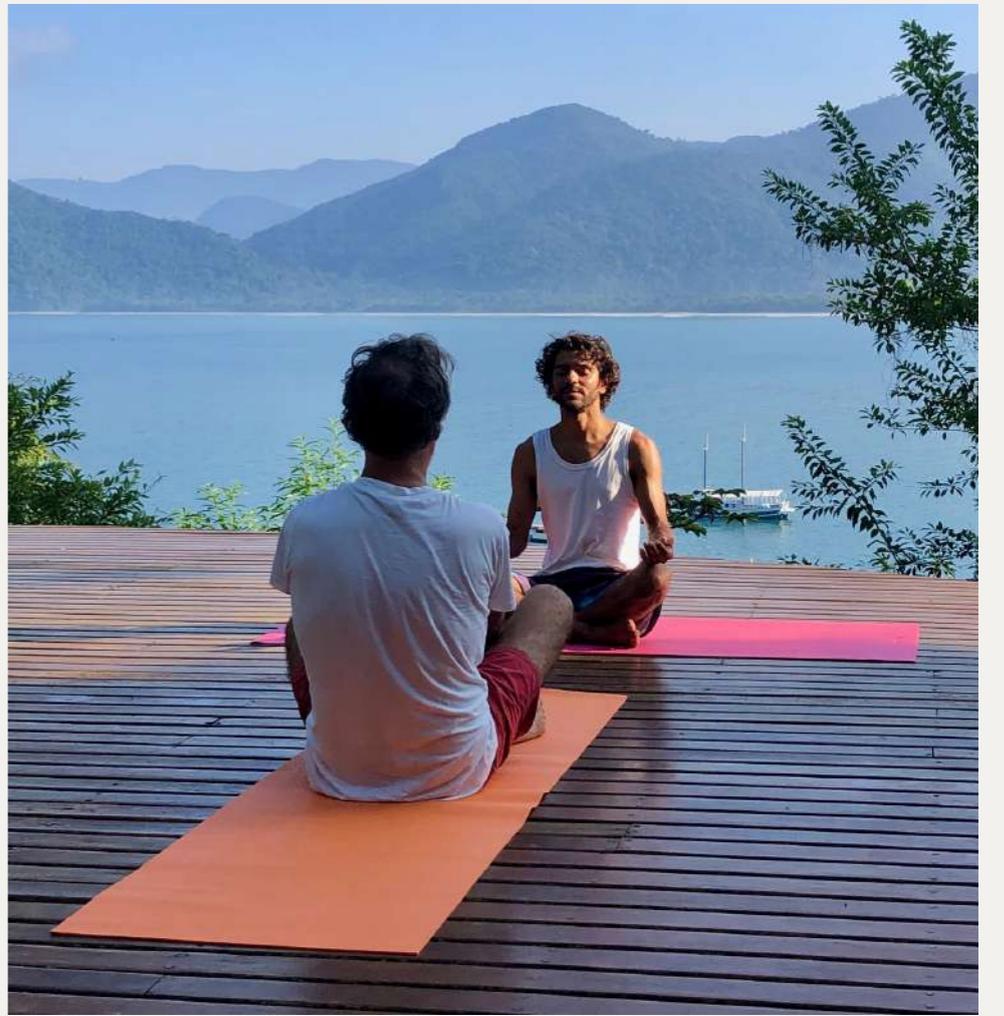


Surf and Yoga  
Immersion  
4 Days Picinguaba







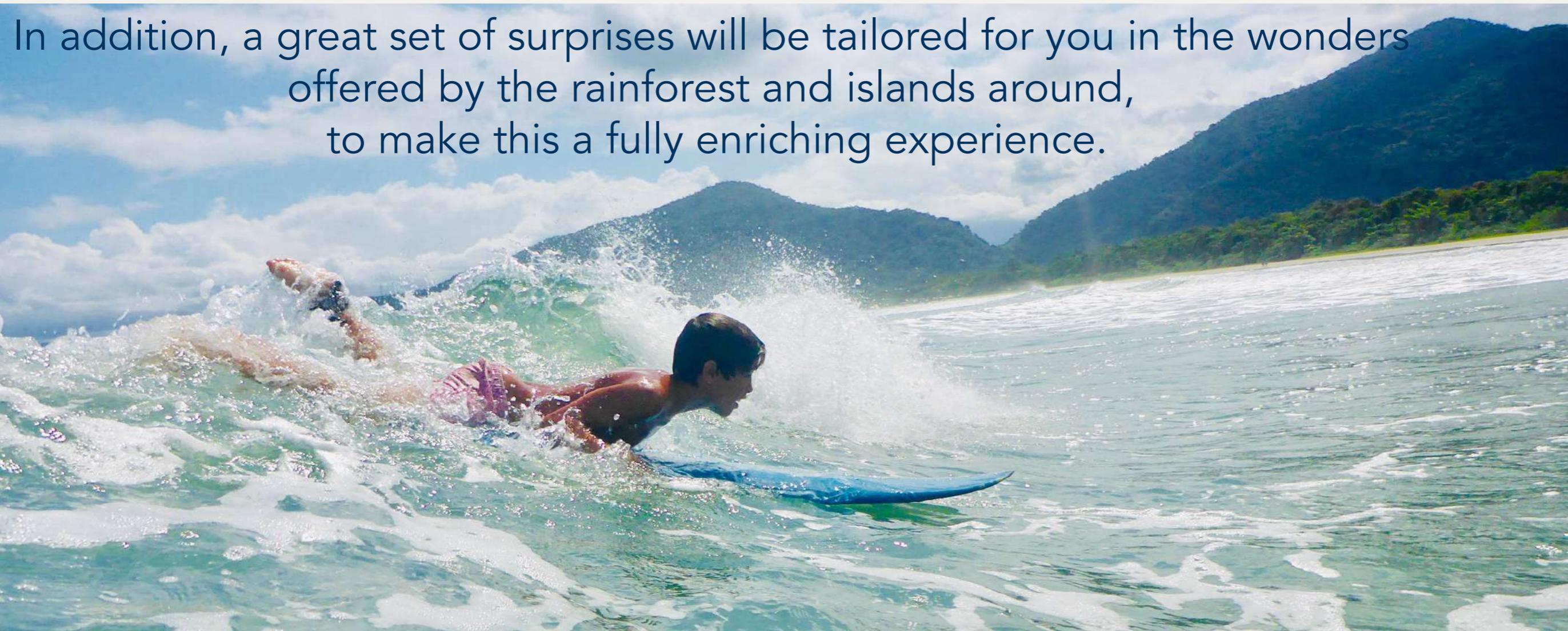


## Experience the essence of Picinguaba: the joys of surfing and yoga.

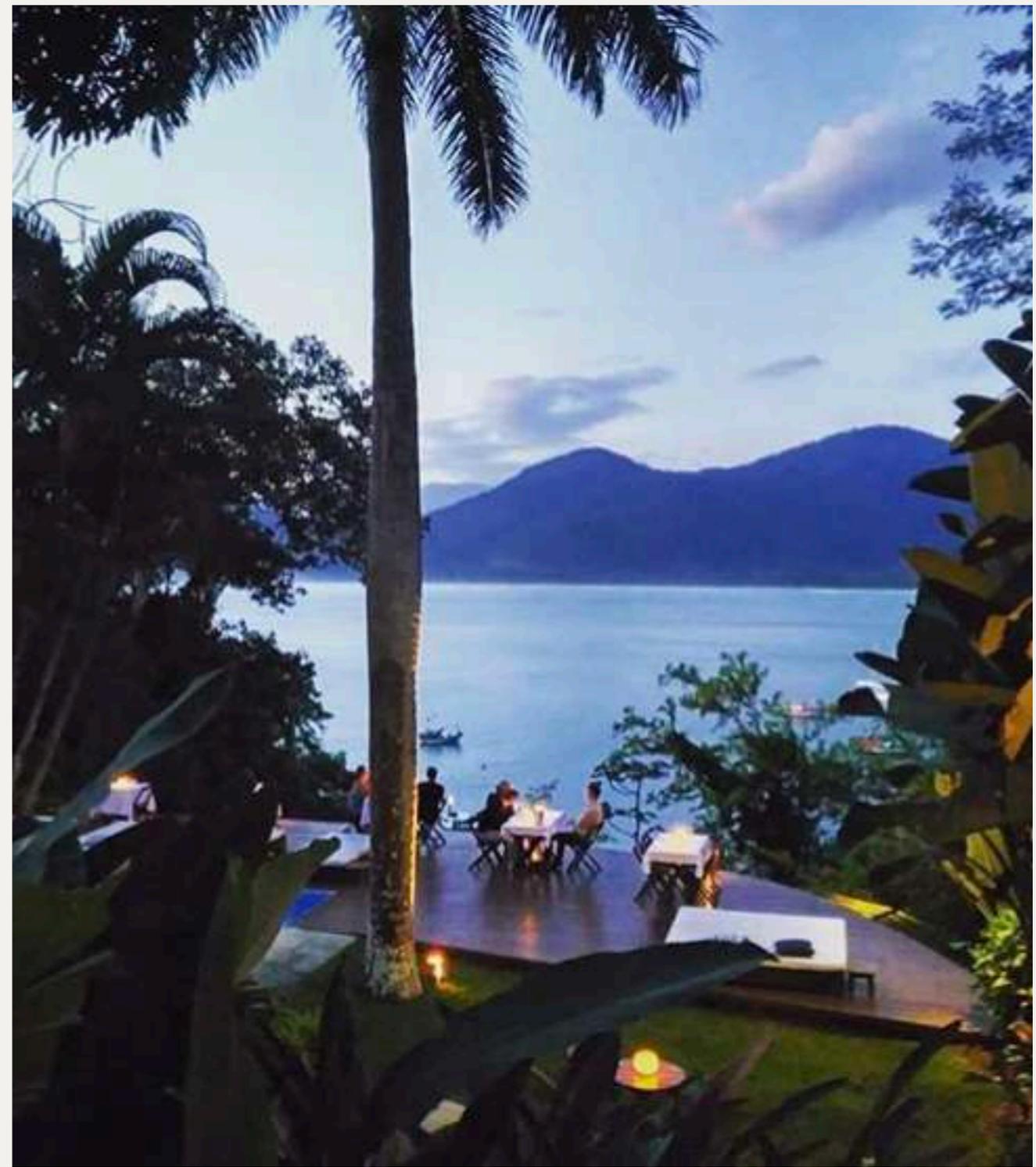
You will surf every day at one of many pristine beaches in the wilderness around the Picinguaba bay, depending on the swell and on your level, accessed by standup, kayaks, or boat.

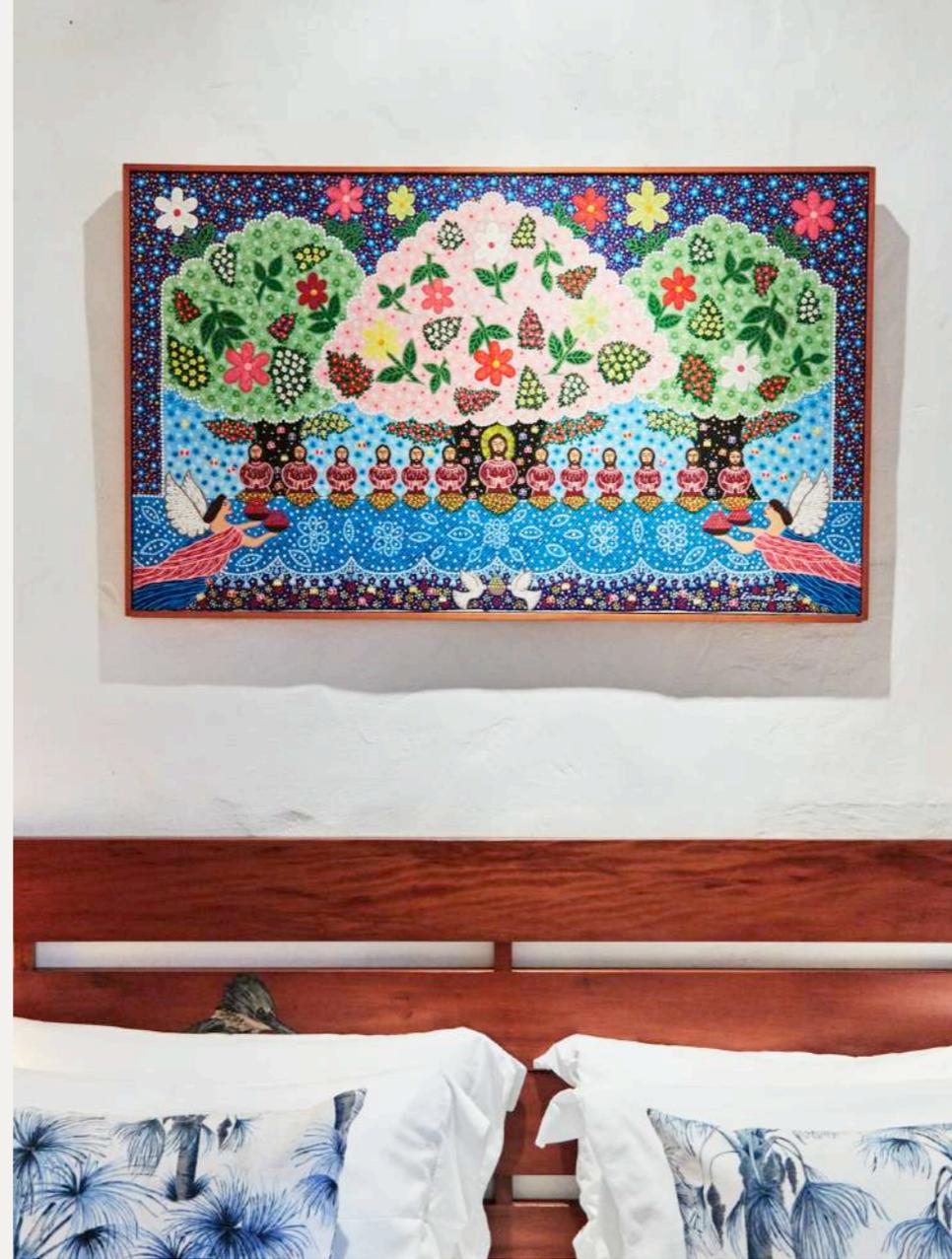
You will also practice and develop your yoga on many paradise locations.

In addition, a great set of surprises will be tailored for you in the wonders offered by the rainforest and islands around, to make this a fully enriching experience.









## Your choice of accommodations:

- 9 comfortable classic rooms
- 1 suite with bathtub and privileged sea-view
- 1 private house, the Casa Verde, with 200m<sup>2</sup> total area that fits 4

No televisions, telephones or internet service, but instead private verandas to connect to the ocean and rainforest from the gentle swing of a hammock. No smoking. Healthy fresh locally sourced food only.

Pictures / details of accommodations: [www.wearenature.com](http://www.wearenature.com)

*Fazenda Catuçaba and Pousada Picinguaba have been expressing the art of living in Nature in Brazil for almost 20 years. Ecological places with a taste for beauty, run by local people, houses more than hotels, both locations combine an amazing number of extraordinary experiences in Nature together with unique aesthetics and ethos.*

*The properties are united under the brand We Are Nature. They are places to experience deep reconnections with the Earth.*

*One estate is in the mountains over 1700 acres of private land, the other by the ocean on the most preserved stretch of the Brazilian coastline. Separated by 30km of primary rainforest, the Mata Atlantica, UNESCO biosphere reserve, they form together a very complete scenario of natural ecosystems, setting for a beautiful combined experience.*

*We've decided to open the mysteries and wonders of our worlds in a different way, hosting people as friends rather than as clients, human beings willing to live in beauty a true experience delivered with love in the magic of a preserved Brazil.*

*We are now receiving people in an immersive ("all-inclusive") way all year long except from 20<sup>th</sup> of December to 30<sup>th</sup> of January and on Carnaval and Easter weeks, for a minimum of 4 nights.*

**WeAreNature.com**



## What is included?

- Full board: top-healthy, fresh breakfast, lunch/picnic and dinner
- Accommodation
- Surf classes (4 days)
- Yoga sessions with private yoga instructor
- Private day on your own 45 feet schooner boat (surf and visit to the islands)
- Kayak and stand-up paddle
- Everything else

## What is not included?

- Transportation to/from the Pousada
- Drinks