

# Pilates & Surf

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RETREAT



INFO PACK

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# Welcome

Thinking about joining our epic 3-night, 4-day Pilates & Surf Weekender?

This welcome pack will guide you through everything you need to know to make your getaway smooth, relaxed and fun.

Crescent Head is a quiet, relaxed surf town with an abundance of waves at our disposal - and Sea Sea Hotel is a boutique surf hotel that was recently listed in TIME magazine as one of 2026's World's Greatest Places to visit. And for good reason - the art, design, rooms, the food - just stunning.

Expect chilled vibes, no firm schedule (we follow the surf conditions ofcourse) and lots of connection with like-minded women.

## LOCATION AND DATES

- Location: [Sea Sea Hotel, Crescent Head](#)
- Address: 30 - 34 Pacific St, Crescent Head
- Direct Phone: 0447 441 009
- Retreat Host - Jenna 0422 355 410
- Dates: Thursday, May 20th - Sunday May 23rd, 2027
- Check-in: From 2pm
- Check-out: 10am

Crescent Head is located approximately 3hr 45min from Byron Bay, and 4.5 hours from Sydney. We suggest driving or car pooling (if coming with a friend). Let us know if you need to arrange travel so we can link you up with other participants!

# INCLUSIONS

The fun stuff, what your retreat covers..

- Your Accommodation
- Daily breakfast, lunch + dinner
- Daily coffee, tea or juice
- Daily Surf sessions - 2 x with video review & analysis
- Daily Pilates classes (aligned with surfing) + Stretch + Flow
- Unlimited free surfs with surf guide
- Access to Crescent Head's stunning beaches and surrounding nature
- Free time to relax, explore, lay by the pool or connect with fellow participants
- Goodie bag

What you'll need to cover / arrange:

- Travel to/from Sea Sea Hotel
- Alcohol
- Travel Insurance (optional)



# Example Itinerary

Your final schedule will be shared upon arrival and dependant on the surf forecast for the weekend, but expect something like...

- 7:00AM: Light snack and off to Surf
- 7:45AM: Surf Session
- 9.45AM: Return for breakfast!
- 11.30AM: Free time / pool / read / chill
- 1.30PM - 3PM: Lunch open
- 4PM: Restorative Pilates / Yoga
- 5.45PM: Surf Video review (with a cocktail, why not?)
- 6:45 PM: Dinner

\*Note: this is an example day only! Your full schedule will be provided closer to arrival xox

# Packing List

Sounds obvious, but having a little packing check-list will help ensure you don't forget anything on your vacay.

- ☐ Comfortable activewear for Pilates / Movement classes
- ☐ Surfboard (if you have your own) + legrope
- ☐ Sandals / Crocs / Thongs
- ☐ Wetsuits (at least 2) + Swimwear
- ☐ Sunscreen / zinc
- ☐ Hat and sunglasses
- ☐ Reusable water bottle
- ☐ Casual clothes for downtime, plus warmer clothing for evenings
- ☐ Medications
- ☐ Toiletries including mosquito repellent
- ☐ A good book / kindle
- ☐ Phone + charger (and power bank)

## PRE-CONSULTATION

You will receive an email with a pre-consultation form so that we can get to know you a little better before we see you. This will cover things like dietary requirements, arrival details and other information - please ensure these are filled out no less than 7 days before our retreat begins :)



# T & C's

## BOOKINGS & PAYMENTSS

- A non-refundable deposit of AUD \$500 is required to secure your place.
- The remaining balance must be paid no later than March 20th, 2027
- Payment can be made via bank transfer / credit card and payment plans are available.

## CANCELLATIONS & REFUNDS

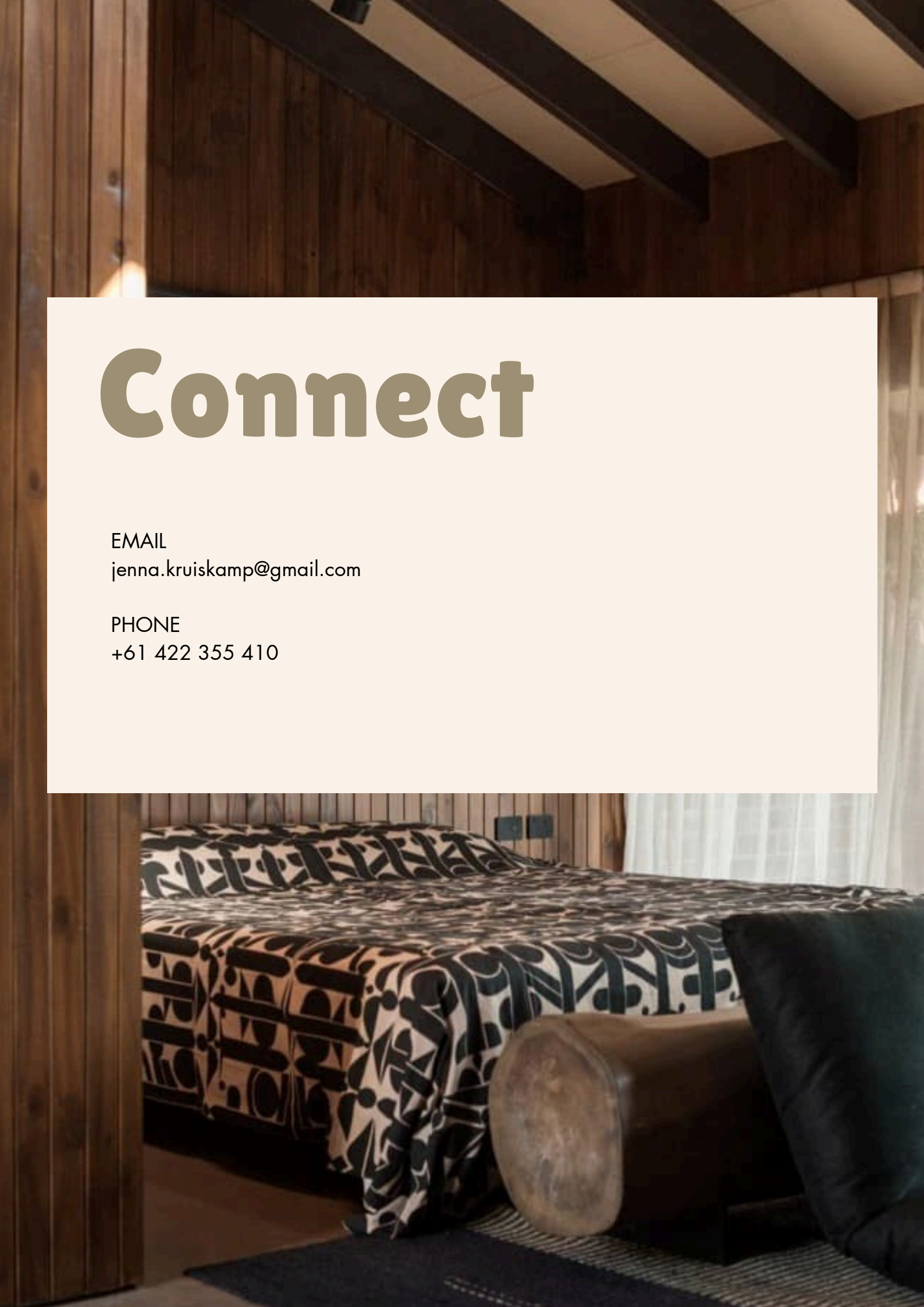
- Your deposit of \$500 secures your place on the retreat and is non-refundable.
- If cancellation is made more than 90 days prior to the retreat start date, the deposit amount may be refunded (less any transaction or administrative fees).
- If cancellation is made between 90 and 60 days prior to the retreat start date, the deposit will be non-refundable, but any additional payments made may be partially refunded.
- If cancellation is made within 60 days of the retreat start date, no refunds will be issued.
- You may transfer your booking to another person or to a future retreat with prior approval from the retreat manager.
- If the retreat is cancelled by the organiser due to unforeseen circumstances (e.g. natural disasters, border closures, minimum numbers not met), participants will receive a refund or credit for a future retreat.

## LIABILITY & WAIVER

- Participation in all activities (Pilates, yoga, surf etc.) is at your own risk.
- You are responsible for ensuring your physical health and fitness are suitable for the retreat activities.
- Please inform Retreat Manager of any injuries, allergies, or medical conditions prior to travel.
- The organiser reserves the right to refuse participation in an activity if it is deemed unsafe for the individual.
- Jenna Kruiskamp and Sea Sea Hotel is not liable for injury, loss, damage, accident, delay or other irregularity that may occur during the retreat or associated travel.

## PHOTOGRAPHY + MEDIA

- Photos and videos may be taken during the retreat for marketing and social media purposes.
- If you do not wish to appear in any photos, please advise us in writing before the retreat, or in person on arrival

The background image shows a bedroom with warm wood paneling on the walls and ceiling. A bed with a black and white geometric patterned coverlet is visible. A dark leather ottoman and a black pillow are in the foreground. A window with white curtains is on the right.

# Connect

EMAIL

[jenna.kruiskamp@gmail.com](mailto:jenna.kruiskamp@gmail.com)

PHONE

+61 422 355 410