

NANA *house*

Longboard Retreat



02.09 - 09.09.2025

**for longboarders seeking to elevate their skills or advanced surfers
looking to refine their longboarding abilities.**

warm welcoming

6 longboard sessions with João Freitas

video analysis & theoretical coaching

daily yoga

7 nights at NANA house

7 nourishing breakfasts & healthy snacks

6 wholesome dinners by our private chef

limited spots!

safe yours





Schedule & Activities:

welcoming gathering around the fire

We will start with a welcoming gathering around the fire at the house, featuring finger food and drinks. It's a perfect opportunity to get to know each other in a relaxed, friendly atmosphere as we kick off the week.

daily surfing & flexibility

Most likely, we will surf in the mornings. However, the entire schedule is flexible and planned to prioritize the best possible surf conditions. The specific surf spots and timing may vary daily, depending on the surf forecast and the needs of the group. After each morning surf, there will be an extended brunch back at the house, providing time for rest, recovery, and social connection.

afternoon & evening

After brunch, you'll have free time to explore, relax, or simply unwind. In the afternoons, we will typically organize video analysis and theoretical coaching sessions to help refine your skills. Additionally, yoga sessions will be offered to enhance your technique and overall well-being. On some evenings, we may opt for relaxing stretching or yin yoga sessions instead of more demanding vinyasa flows, always adapting to the daily program and needs.

The day ends with a wholesome dinner prepared by a private chef, offering a delicious way to relax and wind down.



trip to Ericeira town

We plan to do a trip to Ericeira town at some point during the week to explore the charm of the local area, enjoy the vibrant atmosphere, and experience its rich surf culture. The schedule remains adaptable to ensure we always optimize surf conditions and group needs, so the trip might be scheduled flexibly within the week.

farewell morning program

On the final morning, we'll enjoy a relaxed start, celebrating the week of surfing, learning, and connections. The schedule will be flexible to allow everyone to soak in the last moments together.

early morning (optional):

If the surf forecast indicates ideal conditions, there's a small chance we might head out for a quick early morning surf, a peaceful way to say goodbye to the waves and enjoy the ocean one last time. This will be more of an optional, spontaneous activity, based on the conditions and group mood.

mid-morning:

Return to the house for a hearty breakfast and some final chats. It's a perfect time to reflect, share experiences, and say farewell to new friends.

departure & goodbyes:

After breakfast, there will be a relaxed check-out and goodbyes. We'll send everyone off with plenty of positive energy and memories to cherish.



participants & sposts

The maximum number of participants will be 8, with one instructor for every four surfers, ensuring personalized attention and a high-quality experience for everyone. The total price for the full week, including accommodation, activities, meals, and transport, starts from €1,224 for a shared room—this rate includes our 20% early bird discount.

location & transport

Nana House is located in Monte Godel, Ericeira. It's about an 8-minute drive to Ribeira D'ilhas and approximately 12 minutes to São Sebastião. Transport to all surf sessions is included in the package, so you won't need to rent a car. If you want to explore Ericeira town in your free time, it's very easy to get around using ride-sharing apps like Bolt or Uber, which are affordable and convenient.

dance with the flow of the ocean

Come ride the Atlantic with us, reconnect with nature, and leave refreshed - ready to dance with the ocean's rhythm wherever you go

GET IN TOUCH

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