

3 DAYS

# FLOW & CREATE RETREAT

SURF · YOGA · CREATIVITY

OCTOBER 24 - 26, 2025

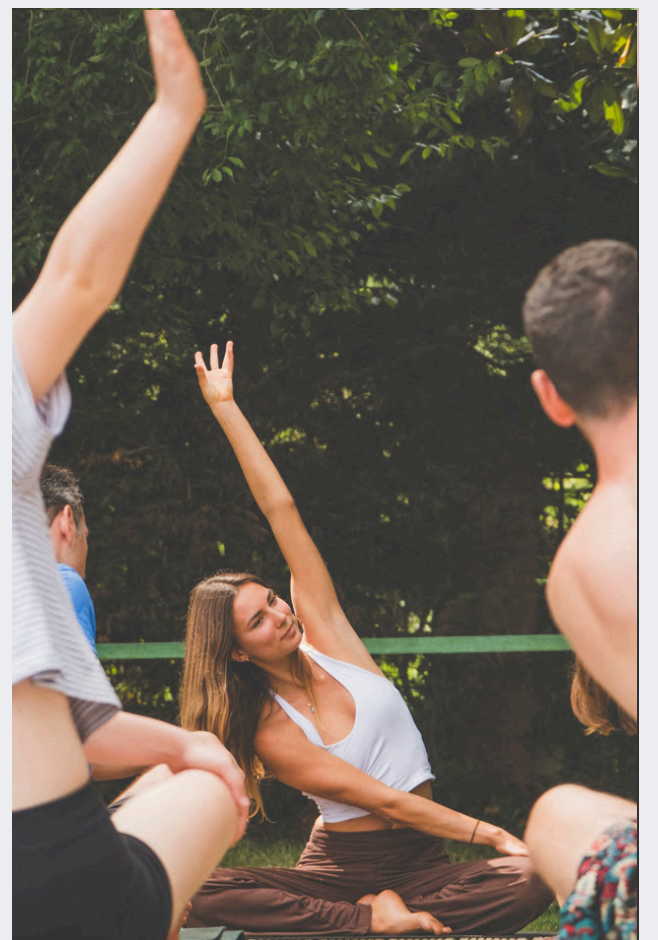
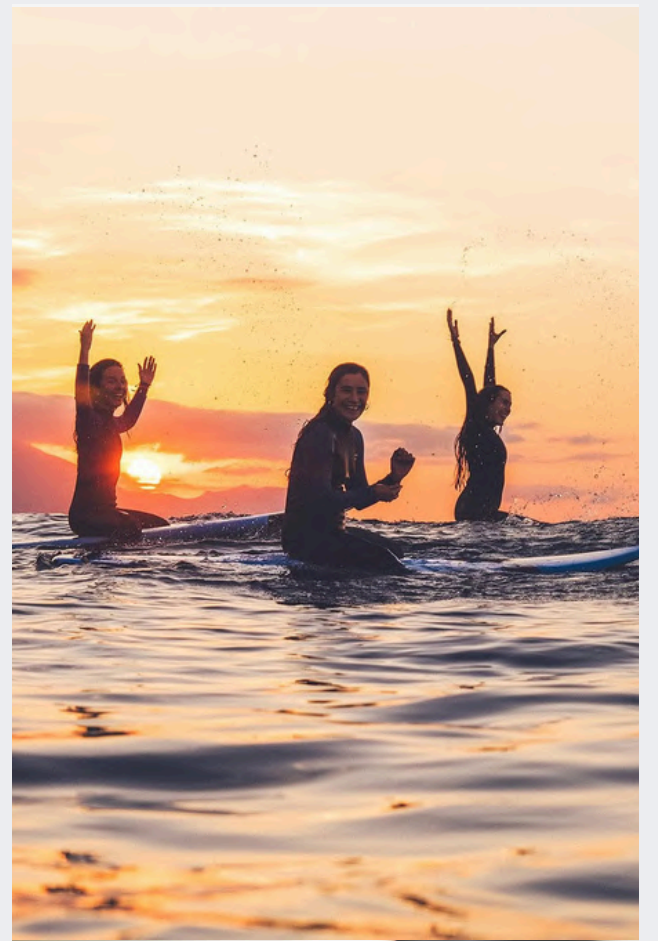
SOPELA, SPAIN

[BOOK NOW](#)

MOANA ECO SURF HOUSE X ŠÁRKA BOBOTOVÁ



A soulful escape by the ocean, blending  
surfing, yoga, and meditation with  
nourishing food and creative workshops.  
Come to enjoy an inspiring weekend with  
creative souls.



ADVENTURE • JOY • BALANCE



## What can you expect:

- 4 Classes of Vinyasa & Yin Yoga
- 2 Surf lessons
- Self-discovery workshops
- Journaling sessions
- Creative workshops
- Meditation & pranayama
- Healthy & nourishing meals
- Cooking class
- Luxurious spa
- Airport pick-up

Arrival: 24<sup>th</sup> 3-5 pm  
Departure: 26<sup>th</sup> 3 pm

\*additional nights available

Previous experience welcomed, but not needed!. Just come to try and have fun!



This soulful weekend is the perfect escape from your daily life. You'll enjoy diverse activities, meet inspiring people, reconnect to your unique essence, and see your life from a fresh perspective.

Daily yoga classes, journaling and self - discovery workshops, creativity, surf, meditations will be the perfect tools to create a joyful, grounded experience, leaving you with clarity and excitement about your life.

You will find yourself in a beautiful town on the Basque Coast, in Sopela [Bizkaia], surrounded by beautiful and breathtaking places around the coast.

Maybe you've been dreaming about learning to surf, start practicing yoga and meditation, advance your practice, getting clarity on your path, connecting with your creativity, or simply doing more of what you love - this retreat offers a perfect opportunity for anywhere you are.

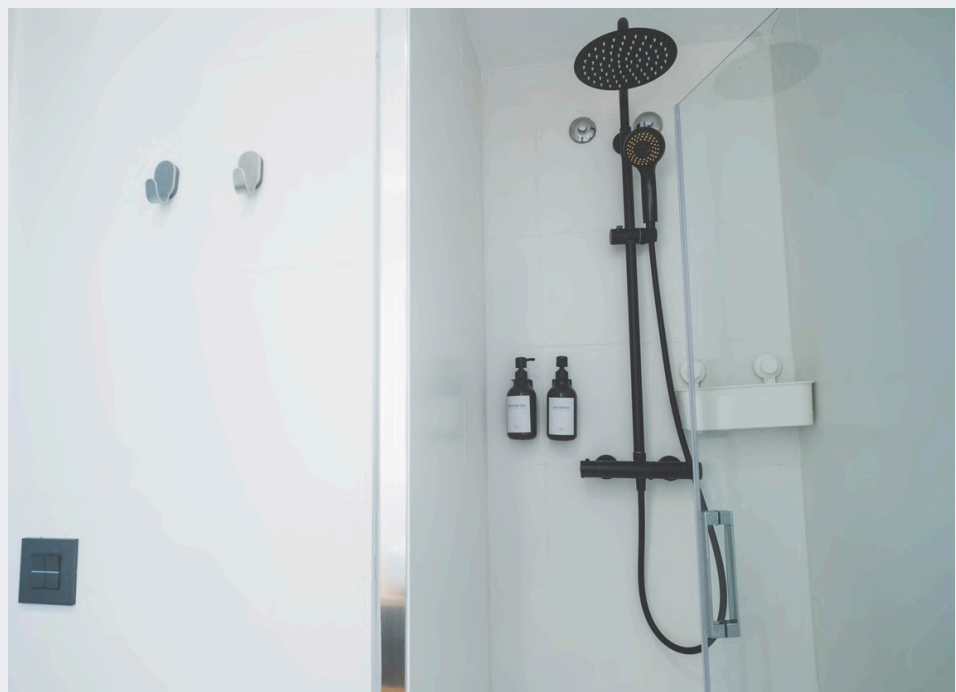
Being surrounded by a community with similar intentions can make miracles. Our experienced team will be there to guide you through the whole experience, give you personal suggestions, and tips on how to continue with well-being practices after your return.

Places are limited to secure a warm, cozy, and personalised experience.

[BOOK NOW](#)

# COZY ACCOMMODATION

ROOM FOR 4-6 PEOPLE WITH A  
PRIVATE BATHROOM



**Investment: 319€**

[BOOK NOW](#)

\*Private rooms available for a fee, let us know if you are interested!



## Soul nourishing food



Fresh and seasonal 3 meals a day prepared with love and ingredients from our garden.  
All types of diets available - gluten free, vegan, vegetarian, etc.



## Your retreat host



Šárka is a multipassionate, creative, and adventurous soul who's traveled the world. She has lived diverse experiences - from high-end modeling to life in a jungle.

You'll connect with her through inspiring conversations, adventurous, fun activities, or simply by having a space to share anything that is on your heart.

Her greatest joy is encouraging others to live an extraordinary and authentic life. She guides you inward to discover what truly aligns with you – through yoga, transformational meditations, creative workshops, human design readings, or even a heartfelt chat over a tea.

And for the astrology lovers: she's a Leo sun, Libra rising, and Aquarius moon!

[@sarka.bobotova](#)



## Guests testimonials



I can't say enough good things about Sarka! Her yoga classes at my hostel were an absolute highlight of my stay. Her flow was beautifully structured, and I saw so much progress in my practice thanks to her thoughtful guidance. She always created a welcoming and encouraging space, making every session both challenging and rewarding. Sarka's energy and passion for yoga are truly inspiring—she's a big reason why I fell in love with the practice. If you have the chance to take a class with her, don't hesitate. Highly recommend!



I took part at Sarka's Yoga class in a Surf & Yoga Hostel in Ecuador. It was such a beautiful experience! First I was insecure if I was good enough, but Sarka does a great job and really everybody can join and enjoy her classes. She combines stretching and strengthening very well and while she was guiding us through the lessons I fell so much in love with her pleasant calm voice and her sweet accent. No two lessons were the same and I enjoyed each one so much! Sarka is warm-hearted and endearing, I can highly recommend her Yoga classes and I hope to attend one of them again somewhere someday! It was a pleasure to meet her!



I highly recommend the human design reading with Šárka!! I had such an incredible experience with her. She really took the time to dive deep into my chart and highlight the key things that make me a unique person, which was eye-opening. I could tell she is super passionate about human design and I could feel her warm energy throughout the whole reading. The reading is a beautiful way to discover more about yourself and has brought me more understanding on why I do certain things in life.

8:56



Good morning! 🥰 Can I just say I absolutely LOVED my session with you and I was reflecting on it all day that day and yesterday? Even yesterday I was sharing with my sister Steph some of the insights and it was just so beautiful the wisdom that you shared and it really gave me some incredible insights. 🙏 THANK YOU again! Truly 💖💖💖💖

I had the privilege of attending a yoga session led by Šárka during a surf camp in Spain. Her soothing voice facilitated a profound connection between my body and the surrounding environment, convincing me to continue practicing yoga more often. She skillfully tailored the routine to suit a class of non-experts, helping me alleviate muscle soreness. Moreover, Šárka is an exceptionally kind individual, always open to engaging in meaningful conversation. I highly recommend her.



I had a great experience at Šárka's yoga class! She generates a relaxed and welcoming environment through her guidance of the class. Šárka also did a great job guiding us through each pose and offering modifications to make the practice easier or more challenging for all levels. We had the chance to enjoy this yoga session outdoors after a surf session. Her combination of breathwork, stretching, strengthening exercises targeted to surf left us a fantastic feeling.





# Still unsure? book a free retreat call

BOOK A CALL



Questions and bookings:

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