



SURFARIS

WOMEN'S RETREAT

Testimonial

from the participants
of the July 2022 session

www.surfaris.com

Statement of intent

PORTRAITS

Every testimonial & portrait are issue of the same group that shared this retreat on July 2022 at Surfari, Crescent Head.

21 ladies from all part of Australia ; including participants, photographers & coaches !

They all represent the group as one and this non-nominative testimonial constitutes the portrait of their unity.

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Dunghutti people, Traditional Owners of this land on which these portraits have been done. They are this land's first storytellers, and we pay respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal peoples.

Soulful Surf *a Women Surf School*

"SAFE SPACE, NO JUDGMENT, EVERYONE IS AT THE SAME LEVEL"



"Being surrounded by guys that grew up by the ocean their whole life, it felt really intimidating..."

I felt like it would be so nice to have something for the women only, where they can find a safe space, no judgement, everyone is at the same level.

They all just having a go and having heaps of fun"

Helena, founder of Soulful Surf

EMPOWERING

WORDS FROM THE COACHES

"Seeing this big group of 16 women and all from different background, ages and life experiences. From different part of Australia coming together and all being fully open to each other and giving it a go. It was really no expectation, it was all about just having fun and going out there trying new things.

Seeing the improvement that comes from that was amazing. The progress from day one till the last day was just WOW.

They came with the intention of fun but with that has become relaxation and then progress at the same time when they haven't been pushing theirself or we haven't been to much.

"It was all about feeling comfortable in the ocean and with that, just comes progress"

It has been lovely to see so many women were able to jump out of their comfort zone and come with people they didn't know and see them all communicating with each other so kindly and encouraging one another."

"Everyone is very supportive when there are women in the surf"





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It was quite gentle, we were not being pushed too hard too early, it was really supportive of exactly where we are at.

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*"I have an all male energy household,
even my dog is male!"*



"I loved being in female energy for a change and I liked to, instead of stepping into the next phase or chapter of my life with probably not just being responsible for children and moving on to adventures. And it started, I can do it !

I wanted to feel joy and just have fun. And that all happened!

Joy from being able to stand up on the wave, joy of sharing and meeting all of this lovely ladies and joy being in such a beautiful place.

My intention was to be open to all possibilities and opportunities but also to do what I really felt like doing."

*"Starting surfing at 62 is
challenging but I did it !"*





"I learned so much watching everyone else on video. I just copy what I see!"



"This is the first time I've actually seen myself on film. This has been really helpful. Pointing out a few things, that was really valuable to progress."

"The feedback session really helped, watching us on video"





*"It's less intimidating when you've got someone out there who's watching you and you don't sort of feel like :
"I don't know what I'm doing, is this dangerous ? Should I stop ?"*





"There is more people just giving it a go and more beginners, not just people who have been doing it their whole life."





"Now the community is feeling really open to women going out in the ocean. And it feels much more welcoming comforting vibe."





WORDS FROM THE PHOTOGRAPHERS

*"My intention was connection
And I really worked hard to kind of
put myself out of my comfort zone &
get to know lots of people"*

*"My intention was to catch great
images but in the end I think I got so
much more out of it.
See all the happy faces make me
really happy.
I feel really relaxed going home "*



*"Everyone here feed of each other's
energy and it was just beautiful they
were all very open."*

*"That was another part of the joy, just the connections that happened.
We became one group."*



"I didn't know anyone, I went out of my comfort zone. I have done lessons with Soulful Surf before and heard about the retreat and I just went 'yeah I'm gonna do that'. It's not something I would ever have done and I didn't even think twice about it, no, it will be fine, I will share a room with someone as well. Rather than going on my own at least I will have to meet people and it has been amazing. Now we got our little What's App and I'm sure we will keep in contact and surf again together."

