



Planeta First 

Solidarity ecotourism

Surf and yoga tour in Sri Lanka

A week in Ahangama on Sri Lanka's south coast: morning yoga on the villa rooftop, surf lessons at Kabalana, sunsets on the beach and a barbecue night with the group.

Sri Lanka 1 week **From €890 per person**

The tour

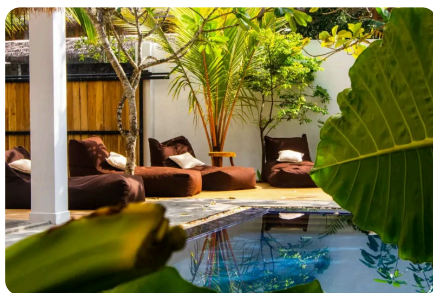
This stay is based in **Ahangama**, on Sri Lanka's south coast, in a surf house two minutes from **Kabalana** beach, one of the island's best-known surf spots. The waves range from a beach break for beginners to a reef break for experienced surfers.

The days follow a simple rhythm: yoga in the morning on the villa rooftop, looking out to sea, then surfing with a team of coaches, in group lessons for beginners or coaching sessions for those who already have the basics. The rest of the time, you explore hidden beaches, head up Coconut Tree Hill, watch the sun go down and share a barbecue night at the villa.

It suits adults, young travellers and families who want to learn to surf or improve without giving up on calm, at the easy pace of the south coast.

What makes it different

- Five surf lessons and three guided sessions
- Surf house two minutes from the beach
- A barbecue night with the group
- Five yoga sessions on the villa rooftop
- Coconut Tree Hill and south coast sunsets



Day by day

○ Mornings: yoga on the roof

Yoga on the villa rooftop, overlooking the sea at Ahangama, with an experienced instructor. Five sessions are planned over the week.

○ Surf sessions

Five surf lessons at Kabalana, in a group for beginners or as coaching for intermediate surfers, three guided surf sessions, a theory lesson and a video analysis to fine-tune your technique.

○ Coconut Tree Hill and hidden beaches

A trip to Coconut Tree Hill, a palm-covered headland known for its views, and time to discover quieter beaches.

○ Sunsets and a barbecue night

Evenings watching the sun go down, and one night a barbecue at the villa with the whole group, with vegan, vegetarian, gluten-free and lactose-free options.

On site

Accommodation

Seven nights in a surf house near Kabalana beach, in an air-conditioned shared room (single or double private room available as an upgrade). The house has six private rooms and two shared rooms, all with their own bathroom and air conditioning, and a pool on the ground floor, where the camp activities take place.

Meals

Breakfast every morning and six healthy dinners during the week. On barbecue night, there are vegan, vegetarian, gluten-free and lactose-free options.

Arrival

The stay is based in Ahangama, on Sri Lanka's south coast. Airport transfers are not included.

Departures

Departures every week

Included

- ✓ Accommodation in a shared house
- ✓ Meals: 7 breakfasts and 6 dinners
- ✓ All activities described in the itinerary
- ✓ 24-hour assistance and supervision
- ✓ 5 surf lessons (beginner to intermediate)
- ✓ 5 yoga classes with an experienced instructor
- ✓ Surf and yoga equipment

Not included

- ✗ Flights
- ✗ Travel and repatriation insurance
- ✗ Airport transfers

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/surf-yoga-tour-sri-lanka/, info@freepackers.com

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.