



ENERGY SURF YOGA

MESSANGES

ENERGY SURF SCHOOL

into YOGA

Messanges Plage and Lac d'Azur

Surf formulas:

- 5 SURF Lessons ADULTS / TEENS (5 x 1H30)
- 5 SURF Lessons KIDS (5 x 1H30)

Trail pack :

- TRAIL PACK "surf therapie" (2 x 1H30) 1 x YOGA + 1 x SUP YOGA
(minimum 3 pers.) + option : massage (reflexology) par Obaïa (30mns)

Indicate your time period (day : month)
(Lessons start on a monday but can be adapted to your planning)

From : to :

Coordinates (one form per person) :

* Name : First : Age :
Address :
Telephone : E-mail :
Holiday residence :

* I certify that I am adapted to practice sport and That I can swim. ENERGY SURF SCHOOL takes no responsibility in case of an accident by the physical inaptitude, or the non respect of the advice of the Instructor.

Done at..... on the signature :

Payment : Cash Cheque

Information: For pre-reservations, send this form with your payment (a deposit of 30€ per person and per reservation) to the address below. The balance is to be payed on your first lesson. All reservations cancelled within less than one week of your lesson, the deposit will be kept.