



Surf Till 100 Invites Adventure Seekers On Surfing Expedition To Peru

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Surf Till 100 is now taking applications for a week long surfing expedition in Northern Peru, hosted by world champion surfers. The company calls those interested in the art of surfing, the excitement it offers, and the included health benefits to quickly claim one of the limited seats on this expedition.

One of the world's oldest sports, surfing was first created by ancient people as a religious and cultural act meant to worship the ocean and foster a community between each individual in the community. Today, surfing is still very much alive and is widely considered to be the most addictive board sport. While many believe surfing to be an exhilarating sport mainly practiced by young individuals, those within the surfing world know that it is a sport for all ages and has many health benefits, such as promoting improved cardiovascular strength, a stronger core and abdomen, better balance, and stronger upper body muscles.

The Surf Till 100 expedition has been created keeping individuals of all ages and surfing levels in mind. This is a perfect opportunity for those with any level of surfing experience to travel to Peru, a country many consider the birthplace of surfing, and learn how to improve their skill. It is also a great opportunity for those who have no experience surfing to learn the art of the sport from some of the best surfers the world has to

offer. Expedition leaders for the Surf Till 100 trip include World Surfing Champion Felipe Pomar, as well as Surfing Hall of Fame member (and co-founder of Quicksilver USA and Europe) Jeff Hakman. These two men have a lifetime of surfing experience between them and are excited share their experience and guidance with the expedition members.

The trip is a perfect opportunity for those who crave adventure to learn about surfing as a sport, but also as an essential piece of Peruvian history. Much of the expedition will take place in the ancient Peruvian seafaring town of Huanchaco, where the group members will be able to learn about the rich history of surfing where it originated. Excursions will include guided tours of ancient temples that the world's earliest surfers worshipped at, as well as lessons on how to ride recreated ancient surfing craft, the Peruvian cabalito, designed by early surfers over 5,000 years ago. Those on the expedition who feel confident in their surfing abilities will be able to surf the longest point break wave in the world, a quality of Huanchaco, Peru that has made it a mecca for surfers around the globe.

While the heart of the Surf Till 100 expedition is centered around the sport and history of surfing, the trip is also a great opportunity for the travelers to learn about themselves, their place in the world, and how they can achieve greater health and wellness in their later years in life. Many workshops have been designed with these learning goals in mind and are offered to the expedition members throughout the course of the trip.

The company's wellness team will accompany Felipe, Jeff, and those who go on the expedition so members of the group can be fully immersed in the rich surfing history of Peru while also learning about themselves. Workshop themes include teaching the expedition members how to let their purpose find them, setting goals and visions, building the foundation of hormone balanced diets for greater energy and mental acuity, building focus and emotional resilience, and how to find balance and harmony, among other things. The workshops, as well as all other aspects of the trip, will help those who attend learn about and strive for total mental and physical wellness.

Those interested in the expedition are encouraged to visit the Surf Till 100 website quickly, as only 16 spots are available for the trip. While the surf adventure is designed for anyone to go, couples and small groups are highly encouraged to attend as it is a great opportunity for individuals to learn and grow together. Although the trip itself is only a week long, those who attend will leave Peru with a plan, the resources and knowledge, and the connections to strive for whole-body wellness long after the trip ends.

In addition to making priceless memories and learning about themselves and the history of surfing, those who attend the Peruvian expedition will receive a private invitation from Peru's first world surfing champion and Surf Till 100 guide, Felipe Pomar, to attend the launch of Surf Till 100 South America.

The launch is a great way to further foster connections between the expedition members, as well as visit the

famous Club Waikiki Mira Flores in Lima. Interested parties may visit <https://home.surftill100.com/Invite1> to learn more about this opportunity, as well as view the Surf Till 100 expedition itinerary. Additionally, they may contact Tom Woods of Surf Till 100 for further information.

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For more information about Surf Till 100, contact the company here: Surf Till 100 Tom Woods 415-967-2229 conatact@surftill100.com 3737 KAWEONUI RD Princeville, Hi. , 96722

Surf Till 100

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