15 Day Intermediate Surfing Course

About This Experience

Take your skills to the next level with our **Level 3 Intermediate Surf Course**. It's an intensive 15-lesson, **45-hour experience.** You'll deepen your **knowledge of waves, surf etiquette, and safety.** Our certified instructors will help you at every step, and **personalized photo and video analysis** will speed up your progress.

Highlights

Discover the Next Level of Surfing Mastery at India's Premier Surf School in Mulki, Mangalore!
Welcome to a world of surfing fun at India's First Surf School in Mulki, Mangalore. Our intermediate surf courses help you improve your skills and have a great time. Whether you want to get better at riding waves, master unbroken waves, or control your board, we have courses for different skill levels and lengths. With beautiful Mulki as the backdrop, experienced ISA-certified instructors, and a focus on safety, you can start your journey to becoming a confident surfer here.

Duration : 15 Days

Location :
Mantra Surf Club
Tap To Get Directions

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

Everything you need for an incredible experience is taken care of. Here's what you get:

- ***Equipment rental.*** No need to bring anything—just show up.
- ***Surf lessons.*** Learn from **ISA-certified instructors** who know their stuff.
- ***Life jackets.*** Can't swim? Don't worry. We've got you.
- ***Boat ride.*** Explore a remote beach for that perfect wave.
- ***Showers.*** Freshen up after you're done.

EXCLUSIONS

- **Accommodation is not included** in the above price, Please check out our accommodation options over here - ***https://surfingindia.net/ashram-surf-retreat/***
- Surf photos
- Meals
- Any additional activities

These can be arranged separately if needed. Let us know, and we'll be happy to assist!

BOOK NOW

Pricing

15 Day Intermediate Surfing Course	From : ₹ 32000 /- PerPerson

Add On Prices

Surf Photos	From : ₹ 1000 /- PerPerson

Booking Amount	GST
From : ₹ 32000 /- per person	18.00%

Book Now

Sept. 17, 2025 - Oct. 1, 2025	From : ₹ 32000 /- Per Person TAP TO BOOK NOW
Sept. 18, 2025 - Oct. 2, 2025	From : ₹ 32000 /- Per Person TAP TO BOOK NOW
Sept. 19, 2025 - Oct. 3, 2025	From : ₹ 32000 /- Per Person TAP TO BOOK NOW
Sept. 20, 2025 - Oct. 4, 2025	From : ₹ 32000 /- Per Person TAP TO BOOK NOW
Sept. 21, 2025 - Oct. 5, 2025	From : ₹ 32000 /- Per Person TAP TO BOOK NOW

Check More Dates

PLAN IN DETAIL

What will we do?

15 - Day Intermediate Surfing Course at Mantra Surf Club, Mulki

Day 1: Arrival & Introduction to Surfing Basics
- **Arrival**: Please arrive at Mantra Surf Club at least 15 minutes before your session starts. Our friendly staff will greet you and ensure a smooth check-in.
- **Welcome & Meet Your Instructors**: Meet our experienced, ISA-certified surf coaches who will guide you throughout the course.
- **Gear Up**: Get suited up with all the necessary surfing equipment, including surfboards, safety gear, and a quick safety briefing.
- **Boat Ride to Surf Spot**: Kickstart your surfing journey with a 15-minute scenic boat ride to a beautiful beach, perfect for beginners.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- **Board Basics:**
 - How to get on the board
 - How to paddle efficiently
 - Mastering the "pop-up" technique to stand on your board
- **Safety First:**
 - How to dismount the board safely
 - Understanding post-fall safety tips in the water
- **Board Handling:**
 - How to carry and control your surfboard
 - Entering the surf zone like a pro
 - Tying the leash securely to your ankle for a worry-free ride
End of Day 1: Enjoy some free time to explore Mulki, relax by the beach, or ask your instructors any surfing-related questions.

Day 2: Surf Skills Enhancement & Pop-Up Perfection
- Arrival & Quick Warm-Up: Start your day with a short warm-up to get your body ready for another exciting day of surfing.
- Review of Day 1: Quick revision of all the techniques you learned on the first day.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Focus Areas:
 - Perfecting your pop-up timing for better wave-catching
 - Improving your paddle strokes for efficient movement in the water
- More Practice: You'll get more time in the water to practice and hone your skills under the watchful eyes of your instructors.
End of Day 2: Feel free to relax, enjoy a scenic sunset at the beach, or mingle with fellow surfers.

Day 3: Surf Theory & Independent Surfing
- Arrival & Warm-Up: Start your final day with a refreshing warm-up session.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Surf Theory Class:
 - Understanding tides and how they affect surfing
 - Basics of reading waves to find the perfect one to ride
- Catch the Waves:
 - Apply everything you've learned and try catching the whitewash waves on your own!
 - Personal guidance to help you stand up and ride the waves independently
End of Day **3**: Celebrate your progress with some free surfing time to build confidence on the board.

Day 4: Advanced Techniques & Stronger Paddling
- Arrival & Warm-Up: Get energised with a quick warm-up session.
- Review of Day 3: Brief revision of previous skills to prepare you for advanced techniques.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Advanced Surf Skills:
 - Understanding the breaking point of waves to enhance your rides
 - Developing a strong paddle to increase your speed and control
- Practice & Feedback: Receive personalised tips from your instructors to refine your skills.
End of Day 4: Wind down with a group stretch session and share your experiences with fellow surfers.

Day 5: Positioning, Spot Selection & Surf Photo Analysis
- Arrival & Warm-Up: Get ready for your final day with a quick warm-up.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Mastering the Surf Zone:
 - Learning how to position yourself in the sea for optimal wave catching
 - Choosing the best spot based on conditions and landmarks
- Landmark Navigation: Understand how to use land markers for better orientation and positioning in the water.
End of Day **5**: Relax and prepare for advanced practice in the coming days.

Bonus : Surf Photo Analysis

- **Personalised Feedback:** Review photos of your surfing sessions to identify strengths and areas for improvement.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 6: Advanced Practice & Wave Mastery

- **Arrival & Warm-Up:** Start with a light warm-up to prepare for an intensive practice session.
- **Wave Analysis:**
  - Review your progress from the first 5 days with your instructors.
  - Understand your strengths and areas that need improvement.
- **Morning Surf Session (Approx. 2.5 Hours):**
  - Practise all the techniques learned so far, focusing on wave timing and catching waves independently.
  - Personal coaching for perfecting your stance, paddling speed, and pop-up.

End of Day 6: Relax by the beach and celebrate your growth with fellow surfers.

Day 7: Surf Challenges & Independence

- **Arrival & Warm-Up:** Energise yourself with a quick warm-up session.
- **Morning Surf Session (Approx. 2.5 Hours):**
  - Catch Your Own Waves: Apply all your training to independently find, paddle, and ride the waves.
  - Group Surf Challenge: Participate in a fun, friendly challenge to ride as many waves as possible.

End of Day **7**: Wind down with a reflection on your journey so far.

Bonus : Surf Photo Analysis

- **Personalised Feedback:** Review photos of your surfing sessions to identify strengths and areas for improvement.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 8: Advanced Paddling & Entry Techniques

- **Warm-Up:** Light exercises to prepare for more advanced training.

Morning Surf Session (2 - 2.5 Hours):

- Learn efficient ways to enter the surf zone.
- Master advanced techniques like duck diving and turtle rolls for bigger waves.
- Practice handling dynamic surf conditions with instructor guidance.

End of Day 8: Relax and enjoy the serene beauty of Mulki.

Day 9: Combining Skills & Green Wave Riding

- **Warm-Up:** Prepare for extended practice.

Morning Surf Session (2 - 2.5 Hours):

- Combine paddling, pop-up, positioning, and turning skills.
- Work on catching and riding green waves with personal feedback.
- Spend more time on independent practice with occasional coaching.

End of Day 9: Celebrate your progress with the group.

Day 10: Mastering Green Waves & Progression Techniques

- **Warm-Up:** Start with light stretches to prepare for the finale.

Morning Surf Session (2 - 2.5 Hours):

Green Wave Riding:

- Perfect paddling and positioning for steeper waves.
- Practise early pop-ups for better balance.

Bonus : Surf Photo Analysis

- **Personalised Feedback:** Review photos of your surfing sessions to identify strengths and areas for improvement.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 11: Turning Techniques in Green Waves

Warm-Up: Energising stretches to prepare for focused practice.

Morning Surf Session (2 - 2.5 Hours):

- Introduction to turning techniques:
  - Frontside and backside turns for directional control.
  - Understanding weight distribution and board balance during turns.
- Practice turning in green waves under instructor supervision.

End of Day 11: Relax and discuss progress with your instructors.

Day 12: Progressive Turning Skills & Positioning

Warm-Up: Light stretches to gear up for the session.

Morning Surf Session (2 - 2.5 Hours):

- Refining turning techniques on green waves.
- Advanced wave positioning for optimal entry and ride.
- Personalised feedback to fine-tune your stance and movements.

End of Day 12: Unwind by the beach or enjoy group activities.

Day 13: Pigdog Stance for Bigger Waves

Warm-Up: Mobility drills for flexibility and strength.

Morning Surf Session (2 - 2.5 Hours):

- Introduction to the pigdog stance:
  - How to crouch and hold the rail for steep or hollow waves.
  - Techniques for stability and control during barrel sections.
- Practice pigdog stance in smaller waves to build confidence.

End of Day 13: Celebrate learning this iconic surf skill with your group.

Day 14: Combining Turns, Pigdog & Wave Reading

Warm-Up: Full-body stretches for improved performance.

Morning Surf Session (2 - 2.5 Hours):

- Combine all techniques learned:
  - Paddling, positioning, pop-ups, turning, and pigdog stance.
- Advanced wave reading to select and anticipate the best waves.
- Instructor-guided practice to connect turns and maintain flow.

End of Day 14: Reflect on your progress and plan your final day with instructors.

Day 15: Final Challenge & Graduation Day

Warm-Up: A quick warm-up to get ready for the finale.

Morning Surf Session (2 - 2.5 Hours):

- Catch green waves independently, demonstrating all learned skills.
- Showcase your turning and pigdog skills in a friendly group surf challenge.
- Enjoy one-on-one coaching for any specific improvements.

Certificate & Celebration:

- Receive your completion certificate.
- Group photo and a heartfelt farewell from instructors.
- Final tips to continue advancing in your surfing journey.

Course Details
- Available Time Slots:
 - 7:30 AM: Open to all participants.
 - 11:00 AM & 3:00 PM: Requires a minimum of 2 participants. Solo travelers are encouraged to book the 7:30 AM slot or contact us to confirm availability for other times.
- Pricing: ₹32,000 per person (includes surfboard, safety gear, boat transfer, and expert instruction).
- No Swimming Skills Required: We provide life jackets for your safety.
- Fitness Level: Be ready to carry a 15 kg surfboard over a 300-metre walk.

Why Choose Mantra Surf Club?
- Expert Instructors: Learn from ISA-certified surf coaches with years of experience.
- Stunning Location: Surf on beautiful beaches accessible only by boat, away from the crowds.
- All-Inclusive Experience: Equipment, boat transfers, and expert guidance are all included in the package.
Ready to Ride the Waves?
For more details and bookings, feel free to reach out to us! - Contact Us: Mantra Surf Club, Mulki
Come ride the waves with us and make unforgettable memories!

HOW TO REACH

How to Reach Mantra Surf Club, Mulki
By Road

- **From Mangalore**: Drive north on NH66 for about 30 km (approximately 40 minutes).
- **From Udupi**: Drive south on NH66 for about 25 km (approximately 30 minutes).

Tip: You can easily find the club on Google Maps by searching "Mantra Surf Club, Mulki."
By Train

- **Nearest Railway Station**: Mulki Railway Station (MULK), about 4 km from the club.
- **Alternative**: Mangalore Central (MAQ), around 30 km away. You can take a local train or taxi to Mulki.

By Bus

- **From Mangalore/Udupi**: Board a bus heading on NH66 in the direction of Mulki. Get off at Mulki and take an auto to the club.
- **From Bangalore**: Daily overnight buses are available to Mulki, making it a convenient option for out-of-town travelers.

By Air

- **Nearest Airport**: Mangalore International Airport (IXE), about 25 km from Mulki.
- **Airport Pickup/Drop**: We can arrange airport pickup or drop-off at an additional cost of 1200 INR, making it a hassle-free option.

Tap To Go To Google Maps

THINGS TO CARRY

1. **Boardshorts** : Lightweight, quick-dry shorts for comfort while surfing. (Available at ThunderMonkey store)
2. **Rashguard** : Protects your skin from sun and rashes caused by the surfboard. (Available at ThunderMonkey store)
3. **Waterproof Zinc Sunscreen** : Essential for protecting your skin from UV rays while in the water. (Available at ThunderMonkey store)
4. **Water Bottle** : Stay hydrated throughout your surf sessions. (Available at ThunderMonkey store)
5. **Sunglas**ses : Protect your eyes from glare and UV rays.
6. **Contact Lenses / Powered Swimming Goggles**: Necessary if you need sight correction while surfing.
7. **Energy Food**: Bring dates, dried fruits, or energy bars to keep your energy up.
8. **Leggings** : Helps protect your legs from tanning and rashes.
9. **Basic Toiletries** : Include items like toothbrush, toothpaste, and moisturisers for personal care.
10. **Water Shoes or Strap-On Sandals** - For grip and foot protection.
11. **Small Waterproof Bag** - For personal items you want to keep dry.
For premium quality surf clothing, check out our in-house brand, ThunderMonkey, featuring rashguards, boardshorts, surf tees, and more!

ADDITIONAL INFORMATION

Explore the Enchanting Location
Nestled in the captivating beauty of Mulki, Mangalore on Karnataka's pristine coastline, our surf school awaits your embarkation on a remarkable surfing journey. With picturesque beaches and perfect waves, Mulki offers an idyllic setting to start your surfing adventure.

Elevate Your Skills with Intermediate Surf Courses
Our intermediate surf courses are for people of all skill levels, including complete beginners. Whether you're trying surfing for the first time or want to get better, our courses are for everyone. We have a clear plan and expert help, so even if you've never surfed before, you can start learning and changing. Each course is carefully designed to give you a strong start and progress at your own speed, so new surfers feel confident and excited to begin their surfing journey.

FAQs

Frequently Asked Questions – Mantra Surf Club
1. What's the best time to surf?
Anytime is a great time to surf here! We're open all year round, but the best waves are usually from September to April. The monsoon season (June to August) also offers some exciting surfing for experienced riders.
2. Do I need to be a strong swimmer?
Not at all! We welcome all skill levels, even if you're not confident in the water. Our expert instructors will guide you step-by-step, ensuring your safety and comfort.
3. What should I bring?
Just bring your excitement! We'll provide everything else — surfboards, rash guards, and even sunscreen. We recommend bringing swimwear, a towel, and a change of clothes.
4. Can beginners join?
Absolutely! We love introducing newcomers to the joy of surfing. Our lessons are tailored for all levels, especially beginners.
5. How do I get to Mantra Surf Club?
We're located in the beautiful town of Mulki, Karnataka. If you're flying in, we can arrange a convenient airport pickup for you from Mangalore Airport (just let us know in advance!).
6. Are accommodations available?
Yes, we offer cosy accommodations at the surf club, so you can relax after a day of catching waves. Enjoy delicious meals, refreshing drinks, and plenty of good vibes.
7. Is there more than just surfing?
Definitely! We offer a range of water activities like stand-up paddling (SUP) and kayaking. Plus, you can explore the serene backwaters or take a peaceful walk along the beach.
8. What's the booking process?
Booking is easy! Just use our website or hit us up on WhatsApp. We recommend booking in advance, especially during peak season, to secure your spot.
9. Do you offer group or private lessons?
Yes, we cater to both! Whether you're looking for a private one-on-one session or a fun group lesson with friends or family, we've got you covered.
10. What's the vibe like?
We're all about positive energy, community, and fun! Expect lots of laughter, support, and an unforgettable experience both in and out of the water.

We're here to make your surfing adventure as smooth as the waves we ride. If you have any other questions, don't hesitate to reach out!

TERMS AND CONDITIONS

Terms and Conditions for Surfing Sessions

We aim to give you the best possible experience on the water! Please keep the following in mind:
1. Bookings & Payments:
 - Full payment confirms your spot. Prices cover all surfing gear and instructor guidance.
2. Rescheduling & No-Cancellation Policy:
 - Once booked, you can reschedule your session to any future date (subject to availability) or transfer it to someone else.
 - We have a strict no-cancellation policy. Please book only if sure about your plans.
 - Rescheduling is free unless it involves special dates (e.g., Christmas, Diwali, New Year), which are non-refundable.
3. Weather & Ocean Conditions:
 - Surf sessions depend on nature's mood. If high winds, rain, or changing tides affect safety, our instructors may adjust timings to ensure the best experience.
4. Tide & Group Dynamics:
 - We plan sessions around optimal tides and match groups by skill level. Adjustments may occur to enhance safety and enjoyment.
5. Instructor Availability:
 - To ensure personalised attention, timing may shift during busy periods.
6. Communication:
 - We'll inform you of any timing changes via phone or email as early as possible.
7. Arrival & Preparation:
 - Arrive at least 15 minutes before your session to check in and get ready for a smooth start.
8. Fitness Requirements:
 - Be prepared to carry a 15 kg surfboard over a 300-metre walk to the surf point. A basic level of fitness, flexibility, and ocean comfort is required.
9. Safety First:
 - Please follow all safety instructions from our experienced guides. We prioritise your safety above all else.
We're excited to see you ride the waves with us! For any questions, reach out to us!

Mantra Ashram Retreat – Accommodation Terms & Conditions

At Mantra Ashram Retreat, our joy is sharing the surf, the ocean, and the simple comforts of ashram-style living. **We are a surf school with limited accommodation, and reserved primarily for surfers joining our courses**.

We kindly ask all guests to keep the following in mind:

Accommodation is linked to your course

- Accommodation is provided in line with the surfing course you book. For example, a 3-day course = up to 3 nights stay.
- During peak season, long weekends, and holiday periods, we can only provide accommodation to guests who book a minimum 3-day course with us.
- Extensions may be possible depending on availability, but priority will always go to surfing students.
- Since our space is very limited, we strongly encourage you to book your accommodation at the same time as your surfing course.

Private rooms

- To keep the surfing spirit alive, at least 50% of the guests in a private room should be enrolled in a surfing course.

Solo Travellers and Dorm accommodation

- Dorms are perfect for solo travelers or those happy to share.
- A great way to connect with fellow surfers and share the experience.
- All dorms are separate for male and female guests, with each room accommodating up to 4 people. The attached washroom is shared among these 4 guests.
- If a solo traveller prefers a private room, we can usually arrange this during non-peak times; however, during long weekends and holiday periods, private rooms for solo travellers will not be possible.

Check-in & Check-out

- **Check-in: Post 2:00 PM** only
  Please note that early check-in is generally not available, as current guests return from surfing at 11:30 AM and rooms are prepared after that. While waiting, you're welcome to freshen up in our changing rooms, enjoy complimentary tea, coffee, and fruits, or even join the 7:30 AM surf session on your arrival day. That said, early check-in may be accommodated if we have availability.
- **Check-out: Before 11:00** AM
  Check-out is strictly before 11:00 AM, ideally right after returning from the morning surf session, as our team needs time to prepare the rooms for new guests who will be eagerly waiting to check in. We truly appreciate your understanding and cooperation in helping us keep everything running smoothly for everyone. That said, late check-out may be accommodated if we have availability.

Meals & Facilities

We provide tea, coffee, and fresh fruits in the morning before your surf session — the perfect way to start your day. After returning from the waves, you'll be served a wholesome satvik vegetarian brunch to refuel and recharge.

In the evenings, our café offers snacks and dinner options. If you'd like to explore beyond the ashram, there are also some decent local eateries in Mulki town, and our team will be happy to guide you with recommendations.

Respect & Community Living

- Please be mindful of quiet hours after 10:00 PM.
- To maintain the calm and mindful atmosphere of the ashram, **we follow a strict No Smoking, No Drinking, and No Non-Vegetarian policy**. This helps us keep the space peaceful, healthy, and aligned with the spirit of our retreat. We kindly ask all guests to respect this during their stay.
- Keep shared spaces tidy so everyone feels at home.

About Mulki & Getting Around

Mulki is a small, peaceful town located about 30 km from both Mangalore and Udupi. Our retreat is set slightly away from the bustle — around 2 km from the main road — giving you a quiet space to rest and recharge.

The nearest general and medical stores, hotels and bus stops are on the main road. The easiest way to get there is by calling an auto-rickshaw, or you may find it convenient to rent a self-drive vehicle beforehand for your stay.

This little bit of planning goes a long way in making your experience here smooth and enjoyable.

We're here to make your stay smooth, simple, and memorable. Thank you for choosing to surf, rest, and grow with us at Mantra Ashram Retreat.

CANCELLATION POLICY

We take a minimal payment to confirm your booking, with the remaining balance to be paid upon check-in. Our goal is to make your experience smooth and enjoyable while ensuring that we can deliver the best for all our guests.

Rescheduling Policy

We get it—life happens! If your plans change, you can reschedule your session to any future date free of charge (subject to availability).

Cancellation Policy

While we don't offer refunds for cancellations (as your slot is reserved in advance), we're here to help you make the most of your booking:

- *If you can't attend, you're welcome to transfer your booking to a friend or family member.*
- *Let us know at least 48 hours in advance, and we'll handle the transfer seamlessly!*

Special Date Policy

Bookings for special dates (Long weekends, Christmas, Diwali, and New Year) are final and cannot be rescheduled, transferred, or refunded. These dates are meticulously planned to provide an exceptional experience for all our guests.

ABOUT YOUR HOSTS

Our Story : Mantra Surf Club

Discover the legacy of Mantra Surf Club and the exciting world of surfing in India. Since 2004, we've been leading the surf culture, establishing India's first surf camp on the peaceful west coast of Karnataka in Mulki, near Mangalore, Udupi, and Manipal. What began as a bold adventure into the unknown has become a hub for thrilling water sports. Whether you want surf lessons, SUP surfing, revitalizing yoga sessions, or various other activities, we're your one-stop destination for both on-water and off-water adventures.
At the heart of India's original yoga and surfing retreat, you'll find a range of experiences. From riding the waves to peaceful yoga meditations and serene backwater riverboat tours, every thrill is within your reach. Our peaceful haven offers clean, comfy rooms, high-speed Wi-Fi, delicious home-cooked vegetarian meals, and top-notch equipment for all your adventures.
What sets us apart is our team of who are motivated by pure passion and love for what they do. Their selfless commitment is driven by the motto of room and board, while any surplus from our surf endeavors supports the maintenance of the surf ashram and contributes to the noble initiatives of the Surfing Swami Foundation. Dive into the extraordinary at Mantra Surf Club, where surfing is not just a sport but a way of life.

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Go To Website

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Go To Instagram

surfsup@surfingindia.net