

SURF LIKE A GIRL

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 PRESTEL

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BY CAROLINA AMELL

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Munich · London · New York



Anaïs Pierquet

Passion for surf

@facingblankpages

We all have our own story, our own path to follow. This path can be bumpy at times and is more peaceful at others. Just like the ocean, life is made of moon tides and waves, storms and quiet flows, silence and noise. Waves of feelings may hit us, waves of joy, waves of sadness, waves of peace. It's a beautiful and breathtaking journey.

I believe in the delicacy of destiny, and I guess what matters is not what's happening in your life, but how you manage to overcome its challenges and find peace within your soul.

My story started with a crash. The kind you least expect and which will change your life forever. I lost my dad twelve years ago, and that was the hardest storm I've ever had to deal with. Losing anyone you deeply love is like tearing apart a beautiful garden, like pulling up every single root of your soul. It has an unforgettable—yet sometimes beautiful—emotional impact that leaves you scared and takes you to some deep, dark, inexplicable places.

But it doesn't end there. We are flowers growing in the sun with the rain, and in any sadness there is a light, a new beginning, a touch of freedom that follows.

I started then to think about my life and how I wanted it to be. I realized that it was too precious and that there was no more time to waste before I began to seek my deeper self. I needed to express myself and find the harmony, the ba-

lance in my heart. Setting up a lifestyle you truly love is so important. It shapes who we are and how we live.

I moved to Bali and started surfing every day. I finally re-connected with nature, with the ocean, with my deep inner self. The human soul is meant to let out what she feels, to let go of emotions, and I finally found my way to feel more at peace with life. Surfing became a real means to express myself, a way to disconnect from what I was "supposed" to be, and simply be.

When I'm out lost in the ocean, my mind and thoughts go away. I could gaze at the landscape for an eternity, watching the birds dance with the waves and staring at the endless depth that the sea so generously offers. My restless soul echoes with the beauty of the sky and finds its kingdom of freedom. I'm grateful to the ocean for giving me the opportunity to heal a little more every day.

No matter what we are going through in life, there will always be a strip of sunshine, a shaft of light, a rainbow, will gives us hope and lets us grow. At the end of the day, I chose to let go and trust life, telling myself that everything would be fine.

Our stories are meant to fill the blank pages of the book of our life. Let them be. Freedom, peace, and love are the only things we should run after. Nothing else truly matters.





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ANAÏS PIERQUET

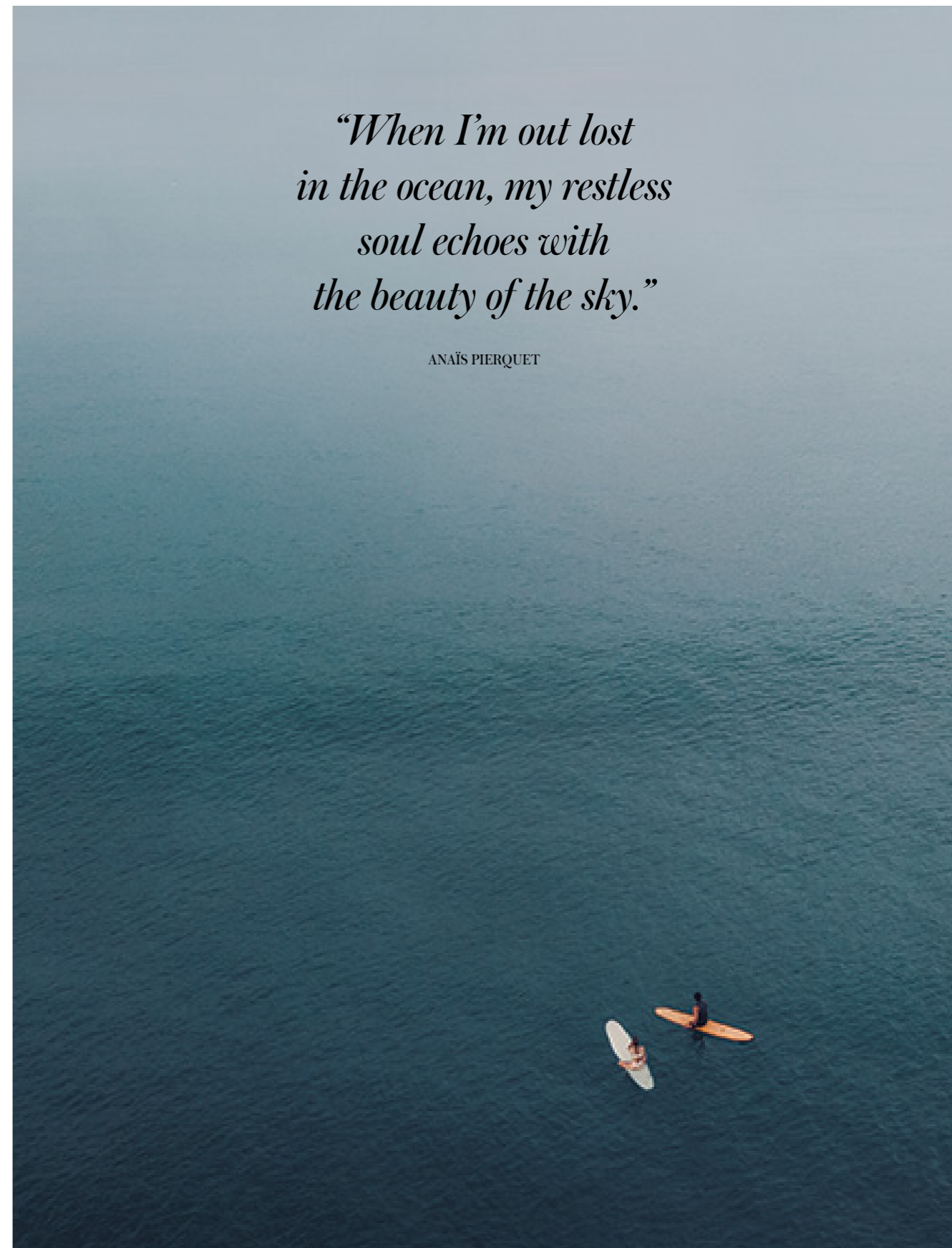






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Conchita Rössler

Outdoor coach and true water soul

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I'm a water soul. I'm an ocean enthusiast, surfer, and founder of Mooana Retreat, where we aim to encourage a holistically healthy lifestyle by combining surf, soul, and well-being.

For over a decade now I've called the rugged west coast of Portugal my home. My love for surfing and the ocean is reflected in the fact that I spend most of my waking hours in the water. I have twice won first place in a longboard contest, travelling New Zealand with a simple philosophy: to let the ocean guide me.

I've been sharing unique surf experiences, with a focus on living a healthy lifestyle, with like-minded people across the globe for many years now. I try to provide a platform that not only allows people to reconnect with themselves but also teaches them to build awareness of their surroundings, of nature, the ocean, and our fellow human beings. It's all about achieving the right balance in your personal life to reveal the secrets to being happy, healthy, and content. Mooana combines the three aspects of that: mind, body, and spirit.