



Activities in Punta del Este

Yoga and Wellness



YOGA & FITNESS BY THE SEA

A wellness refuge located at Vik Jose Ignacio. Yoga, Gym, massage, saunas, treatments. Reservations +598 94494555

 [**theshackwellness**](#)

YOGA & SPORT BY A LAKE

Located in La Barra, this place offers a wellness center and all type of sport activities for all ages. Reservations +598 99 455 538

 [**reservamontoya**](#)

PARTICULAR YOGA TEACHER

May is a passionate yoga teacher who provides home classes. She also offers pottery lessons (@bendito.barro). Reservations +549 3413024356

 [**yin.vida**](#)

Surf, Kite Surf and Paddle Board



SURF CLASS WITH TATO

*Tato is a professional surf teacher that can offer you an amazing surf experience in Parada 30, Brava.
Reservations +598 99 687 554*

 [h2oescueladesurf](#)



KITE SURF WITH ALVARO

*If you want some adrenaline, call Alvaro for a kite surf class. Located in Laguna de Jose Ignacio,
Reservations +549 1123225016*



SUP CLASS WITH LULA

*Enjoy the possibility of doing a particular or group class of SUP with Lula in La Barra or Jose Ignacio.
Reservations +54 9 11 5180 1282*

 [water.journey](#)

Padel, Tennis and Golf



PADEL & TENNIS CLUB

In Acapulco, situated in La Barra, you are going to be able to play tennis, padel and even pickelball.

Reservations +598 96622222

 [acapulclub_pde](https://www.instagram.com/acapulclub_pde)



GOLF CLUB LA BARRA

If you have golf handicap, book your spot at La Barra Golf Club. Perfect place to practice your favourite sport.

Reservations +54 9 11 5180 1282

 [labarragolfclub](https://www.instagram.com/labarragolfclub)

Horseback Riding



HORSEBACK RIDING WITH FREDDY

Either on the beach or by the forest, Freddy organizes amazing cabalgatas to see the sunset and also asados in the farm. Located in Jose Ignacio, Las Garzas or Pueblo Garzón.

Reservations +598 99 926 691



For any doubt contact ximeyedou@gmail.com