



BEAUTIFUL SEAVIEW YOGA RETREAT ON THE MAGICAL ISLAND OF IBIZA



Xuclar Beach House,
San Juan
22nd August - 29th August 2021

Transforming Yoga, Meditation & Pranayama Retreat

with

Senior Yoga Teacher Alexa Kho-Hinkson
& Special Guests

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TRANSFORM



Take time in summer 2021 to watch the sun go down surrounded by the beautiful Ibizan mountains, all while facing the magical Mediterranean Sea at the stunning Xuclar Beach House. Nestled North of the island with access to many secluded sunset spots, you will have ample time to reconnect to yourself and nature in this blissful environment.

Alexa Kho-Hinkson, Founder, Senior Yoga Trainer and Therapeutics Specialist of Ambika Yoga will lead this amazing 8-night Yoga retreat transforming you with deep chakra work through the practice of yoga, meditation, pranayama and yoga nidra for up to four hours per day, further easing you into a deeply transforming therapeutic and restorative yoga practice, healing your body, mind and soul.

As we delve into our yoga practice throughout this 8-day journey we will enliven and awaken our chakras to transform, heal and energise us. With world-class guests offering outstanding vegan and vegetarian cuisine for our body-types and in line with the yogic chakra work, you will feel a profound sense of positive shift, and renewal. To support this journey of transformation you can experience unadulterated bliss, with massage and body therapies that will rekindle your passion for real self love.

True bohemian style this property location offers the charm of Ibiza with breathtaking bedroom views out to the pink horizon on the sea, and the picturesque mountains encompassing the area. A few steps from the crystal waters of Cala Xuclar, you can take well due time out to explore the natural beauty on offer at this ideal and life-changing retreat.

ALEXA



ALEXA KHO-HINKSON

Alexa Kho-Hinkson is the Founder of Ambika Yoga and Senior Therapeutics Specialist having started her Yogic journey in 2003. In 2006 she became a regular practitioner, and was inspired to train to become a Yoga Teacher in 2008 at the International Sivananda Yoga Vedanta Ashram in Vrindavan, India.

Alexa's passion for teaching continued to grow as she learnt more about the healing affects of Yoga through Anusara Yoga for her own health issues, and also a growing number of her students. This then led her into the realm of teaching Yoga Therapy where she has taught a vast number of clients to manage their health issues, and in extreme cases avoid surgery, or medication.

She has been teaching international yoga retreats since 2011 from the UK to Spain, to further a field in the Indian oceanic region of Sri Lanka. Alexa is a registered Senior Yoga Teacher Trainer with Yoga Alliance Professionals in the UK offering 200-hour Yoga Teacher Training courses, as well as designing specialist therapeutic courses for yoga teachers, being a Member of the International Association of Yoga Therapists (IAYT).

Throughout the years Alexa has gained notable recognition for her teaching from the NHS, OM Yoga & Lifestyle Magazine, London Wellbeing Festival, Sweaty Betty and IKEA, and she is also an Ambassador for M Life; a Luxury, Eco and Social Conscious Brand. In addition to her teaching, Alexa enjoys writing informative articles on the health benefits of yoga, including for UK-based Natural Health Magazine.

SPECIAL GUESTS



MAYLA MARIANKA

Mayla is a passionate and talented chef cooking for yogis alike with her vast experience of travelling and tasting food from across the globe, and creating it back at home in the kitchen, in Ibiza. She loves to cook local organic ingredients for both vegan and vegetarian palates, and nurture guests with her creations when they are on retreat, and practicing yoga.

Her intuitive style of cooking means that she can access the groups process and flow, and serve bespoke dishes accordingly. She also works specifically with the themes of the retreat to create flavours that compliments the energetic work of the yoga practice, and natural elements of the ingredients.

Mayla can create her dishes just like an artist can paint a picture, and her adoration for cooking means that she serves from the heart with love, beautiful colours and an abundance of natural flavours that truly enhances your experience whilst on retreat.

ALISON JONES

Alison is a Therapeutic Massage and Shiatsu Practitioner with over 10 years experience in helping people feel and function better.

Her expertise is in providing deeply relaxing treatments that create space to release pain and rebalance energy flow. She has a passionate understanding of body and energy work from both the Eastern and Western perspective which is felt and reflected in her treatment style. She works deeply, mindfully, intuitively and holistically.

From her solid understanding of musculoskeletal anatomy, she flows into fascia release and trigger point work, acupressure, stretching and deep tissue massage. Bringing all her knowledge and experience together, ensures Alison's treatments are unique and bespoke and will leave you feeling calmer, clearer and cared for, both physically and emotionally.



CALA XUCLAR BEACH HOUSE

About Cala Xuclar Beach House

Cala Xuclar Beach House is an elegant property high up in the mountains of Ibiza opposite a stunning local beach. It is the perfect place to watch incredible sunsets in idyllic coves or cool down in the crystal waters during the day. Located in the beautiful North of the island of Ibiza, in Spain and set within an enchanting forest with breathtaking views, this retreat offers an intimate space to allow you to dive deep within.

The grounds of Cala Xuclar will greet you with pure Ibizan warmth and comfortable communal areas to chat, and connect to fellow yogis. Unplug, and take a dip in the beautiful pool and enjoy solitude, with time to peacefully reflect in a shaded corner. As you take a stroll through the enchanted forest, you will feel deeply connected to Mother Earth and all the natural beauty on offer.

With bedrooms each named after one of the local beaches lining the northern coast of the island, you can feel safe and comfortable in single or shared accommodation throughout your stay. With a blissful outside and inside yoga deck, seven bedrooms and four bathrooms, this property will facilitate your experience of deep yoga practice and meditation, transforming your heart and soul in summer 2021.

Our special guests will offer delicious fresh and organic locally sourced vegan and vegetarian meals everyday, as well as deep body work to aid you into a place of happiness, and pure peace. Just a few hours flight from London airports, and a short thirty minute scenic drive from Eivissa airport, you will reach the beautiful Cala Xuclar with excitement, and joy this 2021.



THE RETREAT



- Up to four hours per full day of transforming therapeutic and restorative yoga, yoga nidra, meditation and pranayama with Alexa.
- Full board including delicious vegan pre-yoga bites and chia pots, a healthy hearty brunch, afternoon snacks, an abundant evening dinner plus fruit, nuts and seeds throughout, catering for all dietary requirements.
- Two afternoons yoga free where you can take your own time out at Cala Xuclar Beach House retreat centre, or exploring the local area. During one of these afternoons Alexa will guide those who wish to visit the beautiful local beach coves, and the other afternoon she will take students into the Ibiza Town where you can take a short boat ride around the Marina, or simply take a leisurely stroll through the old town.
- Welcome drinks and snacks.
- Complimentary tea and water throughout.
- Full use of Cala Xuclar facilities: Large outside pool, outside shaded yoga deck with stunning views, inside yoga shala, living spaces, kitchen, dining areas and outside enchanted forest for walks and meditation within nature.



PROGRAMME SCHEDULE



Please be aware that it will be necessary to leave London airports by lunchtime on Sunday 22nd August 2021, to arrive at Cala Xuclar Beach House for 4pm. Later arrivals that day are welcome, however the same package price will apply for the 8 nights stay. Departures on Saturday 29th August 2021 will be by 11am, back to your home destination.

Sunday 22nd August 2021

- Welcome to Cala Xuclar Beach House with complimentary tea and snacks
- Introduction and guide to the facilities and rooms with Alexa
- Evening Grounding Meditation & Pranayama with Alexa
- Delicious homemade vegan dinner
- Massages available upon request at an additional cost

Monday 23rd August 2021

- Fresh fruit and pre yoga-bites, chia pots and tea
- Mid morning yoga and pranayama with Alexa
- Special Guests
- Delicious homemade brunch catering all requirements
- Free time to recharge and rejuvenate by the pool, and in the forest
- Massages available upon request at an additional cost
- Complimentary afternoon tea & snack
- Late afternoon restorative yoga, yoga nidra, and meditation
- Special Guests
- Evening homemade dinner

Other days will consist of a similar structure and there will also be two yoga free afternoons, giving you the opportunity to explore the island further. On the last evening of the retreat on Saturday 28th August Alexa will take you to a wonderful organic restaurant located in the local San Lorenzo area.

PRICING

Cala Xuclar Retreat holds accommodation of single rooms with en suite and shared bathrooms, twin or double rooms with sharing for two people per room, and shared bathrooms and shower rooms. Please specify your choice of room and any sharing friends or partners so this can be catered for appropriately. A non-refundable deposit of £250 is required to hold your space and choice of room, where they will be allocated on a first come, first serve basis.

Early Bird booking prices as follows, per person:

Single Room (En Suite): £2,075
Single Room (Shared Bathroom): £1,425
Double Room (En Suite): £1,425 per person
Double or Twin Room (Shared Bathroom): £1,225 per person

Normal rate per person after Friday 30th April 2021:

Single Room (En Suite): £2,275
Single Room (Shared Bathroom): £1,675
Double Room (En Suite): £1,675 per person
Double or Twin Room (Shared Bathroom): £1,475 per person



The special early bird price applies if your full deposit of £250 is received by Alexa Kho-Hinkson and cleared by Friday 30th April 2021. The remaining balance for early bird's will be due and cleared no later than Friday 9th July 2021.

After the early bird deadline the normal rate stated above will apply, with the initial deposit of £250 to hold your space, and all subsequent monies due paid no later than eight weeks before the retreat itself.

Please note flights, transfers, local transport, additional meals and massage appointments are not included in the cost of this retreat.

Payments can be made by direct banking transfer facilities.

For more information about this retreat, or to request an application form, please contact Alexa via e-mail or mobile phone:

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