



**Ambika Yoga**



**YOGA**  
*with Jaina*

# Beautiful Surrey Hills Yoga & Meditation Retreat



**15th to 18th September 2023**

4-Day empowering yoga, meditation, mindfulness and Ayurveda yoga retreat in the Surrey Hills Area of Outstanding Natural Beauty in the UK to reconnect your body, mind and spirit.

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# EMPOWER

Reconnect with your mind, body and spirit in the Surrey Hills Area of Outstanding Natural Beauty at the tranquil and exclusive Kilnhanger property in South-East England this September. With amazing countryside views of famous beauty spots and time to recharge, you will give yourself the perfect escape from the hustle and bustle of modern day living. Offering daily yoga, meditation, mindfulness and ayurvedic classes and workshops this retreat will empower you towards your personal intentions in autumn 2023 with yogis alike.

Lead expert instructors Alexa Kho-Hinkson and Jaina Mistry will offer over thirty years of combined experience on this 4-Day yoga retreat with classes and workshops to deepen your yoga and meditation practice. As two leading lights in yoga, they will introduce you to yogic living that will enhance your health and well-being to a happier version of yourself. Our private master chef Kate Bouverie will be on-site serving delicious vegetarian and vegan food throughout the retreat nourishing your body and mind from the inside, out.

Kilnhanger is an exclusive yoga retreat location in the stunning setting of the Surrey Hills with a beautiful yoga studio especially designed to view the magnificent natural surrounding area during your yoga practice. Whether you are travelling from the UK or abroad, there are easy transport connections from the medieval town of Guildford, and a short scenic drive to the wonderfully hidden retreat location. Join us this September and empower yourself to a healthier mindful way of living, and a happier more balanced you!



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# KILNHANGER

Kilnhanger is a home away from home location for yoga practitioners and teachers, and a mere stones throw away from London in the UK. It's vast array of trees, herb gardens, wildlife and outstanding nature gives you time to unplug from the demands of modern day life, and take time out to reconnect with yourself. Meeting other lovely like-minded souls will inspire and support you to manifest your personal goals and make positive changes to your wellbeing and lifestyle.

Our wonderful chef Kate will offer fresh, delicious home-cooked organic and ethically sourced food everyday from healthy morning chia pots to an abundant brunch, tasty snacks in the day and a hearty evening dinner. Our carefully selected menus in line with the daily yoga program will have you feeling energised, and refocused. The outside heated luxury private pool located within the Kilnhanger property grounds will encourage deep rest and relaxation in the September sunshine between classes and workshops, with our expert teachers.

Travelling to Kilnhanger couldn't be easier with direct links from London Waterloo train station to Guildford in less than forty minutes, or a short forty five minute train from Gatwick Airport to Guildford. With a lovely, short scenic drive from Guildford to Kilnhanger in less than twenty minutes, you will feel a real sense of slowing down as you observe the wonderful natural area of the beautiful Surrey Hills, and final retreat destination.



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# THE RETREAT

- Daily morning and evening energising and recharging yoga, restorative yoga, yin yoga, yoga nidra, meditation and pranayama with Alexa and Jaina.
- Daily guided morning and evening meditation with Alexa and Jaina
- Philosophy and Lifestyle Workshops. Mindful Living in Modern Life with Alexa, and Ayurvedic Living and Nutrition with Jaina.
- Welcome smoothies and snacks.
- Chia pots and fruit pre-yoga bites, an abundant brunch, healthy home-made afternoon snacks and hearty evening dinner each day.
- Fruits, nuts and seeds throughout and catering all dietary requirements.
- Complimentary herbal tea and water at all times.
- Full use of Kilnhanger facilities: Peaceful, light and airy yoga studio with underfloor heating and outstanding views
- The Snug and Cosy Lounge areas for socialising and reading, The Garden with homegrown fruit and vegetables, romantic flower beds and idyllic orchard and rose garden.
- Beautiful countryside guided mindfulness walks in nature.
- Newly resurfaced tennis court set amongst the Woodland area.
- Private Luxury Swimming Pool for Guests to relax, take a dip and sunbathe in the late summer sunshine.
- Special Guests: Kate Bouverie Private Master Chef serving delicious meals daily & Massage Therapist offering deeply restoring massage, hot stones, acupressure, sports and remedial massage, complimenting your yoga and meditation practice throughout the retreat.



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# HOSTS

## Alexa Kho-Hinkson

Alexa Kho-Hinkson is the Founder and Senior Yoga Trainer of Ambika Yoga having started her yogic journey in 2003. She became a regular practitioner of yoga in 2006, and was then inspired to train to become a Yoga Teacher at the International Sivananda Yoga Vendanta Ashram in Vrindavan, India in 2008.

A specialist in Yoga Therapy with over fifteen years experience training and teaching yoga and meditation worldwide, Alexa has taught a vast number of students and private clients to manage their health issues, and in extreme cases avoid surgery, or medication. She continues to be at the forefront of research in yoga, meditation and mindfulness and she is currently pursuing an MA in the Traditions of Yoga and Meditation at SOAS, University of London.

She is a Registered Senior Yoga Trainer with Yoga Alliance Professionals UK as well as a member of the International Association of Yoga Therapists (IAYT), and further offers Yoga Teacher Training Courses as well as specialist courses in the field of Yoga Therapy.

Throughout the years Alexa has gained recognition for her teaching from the NHS, London Wellbeing Festival, OM Yoga & Lifestyle Magazine, Sweaty Betty, IKEA and Natural Health Magazine, and she is also an Ambassador for M Life; a Luxury, Eco & Social Conscious Brand. She has worked closely with Jaina Mistry during Wellbeing events at IKEA and private yoga events across London, and she can't wait to share her next retreat at Kilnhanger with her.



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# HOSTS

## Jaina Mistry

Born into a heritage deep in yogic tradition, yoga came naturally to Jaina who started practicing yoga to manage her health in her early teens. Yoga soon became more than a physical practice when she discovered the power of meditation. With her developing awareness of the body, mind and soul she trained to become a yoga teacher with Chi Kri Yoga in 2010 realising that she wanted to share her love and passion for yoga with others who can benefit from this age old tradition.

Through her training Jaina became an advocate for providing safe spaces for women. She went onto host many women's retreats allowing women to come together to tap into and nourish their inner wisdom. Following this she trained in pregnancy yoga with the renowned teacher Uma Dinsmore-Tuli in 2015 and has gone on to teach pregnancy yoga and become a mother herself.

Jaina is a Senior Yoga and Meditation teacher who is a member of Yoga Alliance Professionals UK. She has taught an array of classes, workshops, retreats, events including on stage at Wembley Stadium for the UK Welcomes Indian Prime Minister Narendra Modi.

Jaina met Alexa in 2014 and instantly felt a deep bond, connection and mutual love for yoga. They have worked together on several events to inspire others to practice yoga and they look forward to sharing their teachings for greater health and wellbeing at the retreat.



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# PROGRAMME SCHEDULE

Please be aware that arrival time to Kilnhanger on the Friday 15th September is no earlier than 3pm. Later arrivals that day are welcome, however the same package price will apply for the 3-night stay. Departures on Monday 18th September will be by 11am.

## FRIDAY 15th SEPTEMBER 2023

- Welcome to Kilnhanger with complimentary smoothies, herbal tea and healthy homemade snacks
- Introduction and guide to the facilities and rooms with Alexa and Jaina
- Evening yoga, meditation and pranayama with Alexa & Jaina
- Delicious homemade vegan and vegetarian evening dinner

## SATURDAY 16th SEPTEMBER 2023

- Fresh fruit and pre-yoga bites, chia pots, fruit and tea
- Mid morning energising hatha yoga and pranayama with Alexa
- Delicious homemade brunch catering all requirements
- Free time to relax and rejuvenate in the house, by the pool, gardens and in nature
- Afternoon Philosophy Workshop talk on Mindful Living in Modern Life with Alexa
- Massages available upon request at an additional cost
- Complimentary homemade afternoon tea and snacks
- Guided Walks in the beautiful countryside with outstanding views of the Surrey Hills
- Late afternoon restorative yoga, yoga nidra, meditation and pranayama with Jaina
- Nourishing healthy homemade evening dinner



## SUNDAY 17th SEPTEMBER 2023

- Fresh fruit and pre-yoga bites, chia pots, fruit and tea
- Mid morning energising hatha yoga and pranayama with Jaina
- Delicious homemade brunch catering all requirements
- Free time to relax and rejuvenate in the house, by the pool, in the gardens and in nature
- Afternoon Lifestyle Workshop talk on Ayurvedic Living and Nutrition with Jaina
- Massages available upon request at an additional cost
- Complimentary homemade afternoon tea and snack
- Guided Walks in the beautiful countryside with outstanding views of the Surrey Hills
- Late afternoon restorative and yin yoga, yoga nidra, pranayama and meditation with Alexa
- Nourishing healthy homemade evening dinner

## MONDAY 18th SEPTEMBER 2023

- Fresh fruit and pre-yoga bites, chia pots and tea
- Morning energising yoga and meditation with Jaina and Alexa
- Delicious homemade brunch catering all requirements
- Goodbyes!





# INVESTMENT

Kilnhanger holds accommodation for solo travellers (including an exclusive luxury shepherd's hut), shared twin and double rooms and a bunk bed room for lighter travellers. Limited en suites are available, therefore early booking is highly recommended. Please specify your choice of room and any sharing friends or partners so this can be catered for appropriately. A non-refundable deposit of £200 per person is required to hold your space and choice of room, and they will be allocated on a first come, first served basis.

- **Early Bird booking prices as follows, per person:**

Luxury Bespoke Made Shepherds Hut Single (ensuite & kitchenette): £1,295

Luxury Bespoke Made Shepherds Hut Shared (ensuite & kitchenette): £895 per person

Super King Master Bedroom (ensuite bath and shower): £995

Single Room (shared bathroom): £895

Double or Twin Room: £845 per person

Bunk bedroom for two (shared bathroom): £715 per person

- **Normal rate, per person, after 30th June 2023:**

Luxury Bespoke Made Shepherds Hut Single (ensuite & kitchenette): £1,345

Luxury Bespoke Made Shepherds Hut Shared (ensuite & kitchenette): £895 per person

Super King Master Bedroom (ensuite bath and shower): £1,045

Single Room (shared bathroom): £1,005

Double or Twin Room: £935 per person

Bunk bedroom for two (shared bathroom): £805 per person



The special early bird price applies if your full deposit of £200 is received by Alexa Kho-Hinkson or Jaina Mistry, and cleared by Friday 30th June 2023. The remaining balance for early bird's will be due and cleared no later than Friday 28th July 2023.

Payment plans are available, please contact us directly for details.

After the early bird deadline the normal rate stated above will apply, with the initial deposit of £200 to hold your space, and all subsequent monies due no later than four weeks before the retreat itself (18th August 2023).

Please note massages and travel to and from the retreat itself are not included in the package price.

Payments can be made by direct banking transfer facilities or swipe.

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# CONTACT

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

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