



Recharge

Treat yourself to this recharging and nurturing Yoga Retreat and take a step back from your busy everyday routine. Leave your worries behind and unwind the body, mind and spirit at 'The Retreat', just outside the stunning area of Canterbury, in the UK.

The Retreat is the perfect place to re-balance a tired body and mind by offering excellent luxury services and facilities in a very unique location. Alexa Kho-Hinkson is excited to be leading this Bespoke three-day retreat and teaching deep hatha and restorative Yoga, Meditation and Pranayama throughout the weekend. Alexa will be discussing all your requirements prior to the Retreat itself by offering individual consultations to each attendee.

This beautiful location in Kent could not be more convenient from London, and offers cosy, warm bedrooms, peaceful living areas and an impressive yoga room with lovely under floor heating. Be prepared to feel nurtured, connected and fully at peace once you leave this stunning weekend at The Retreat.

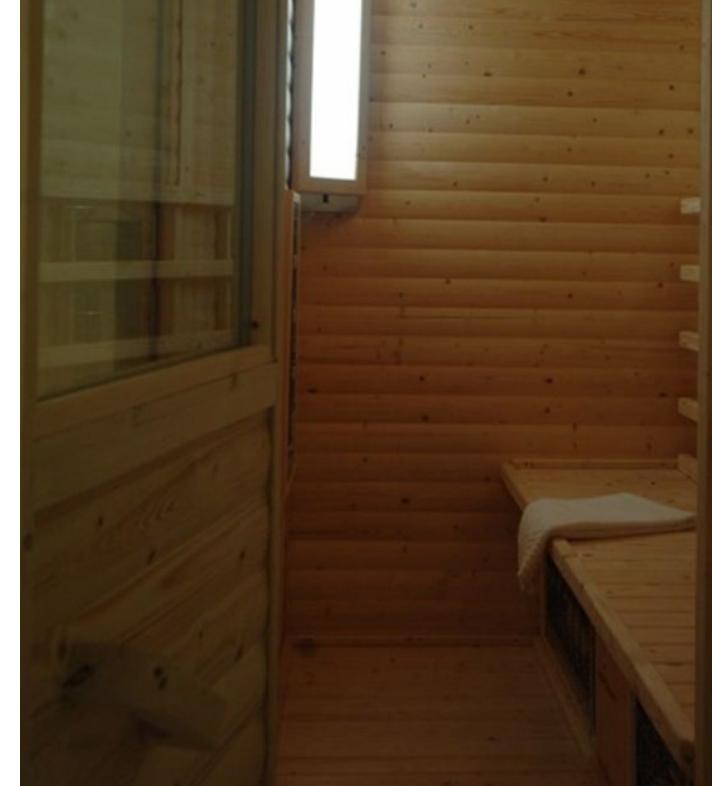
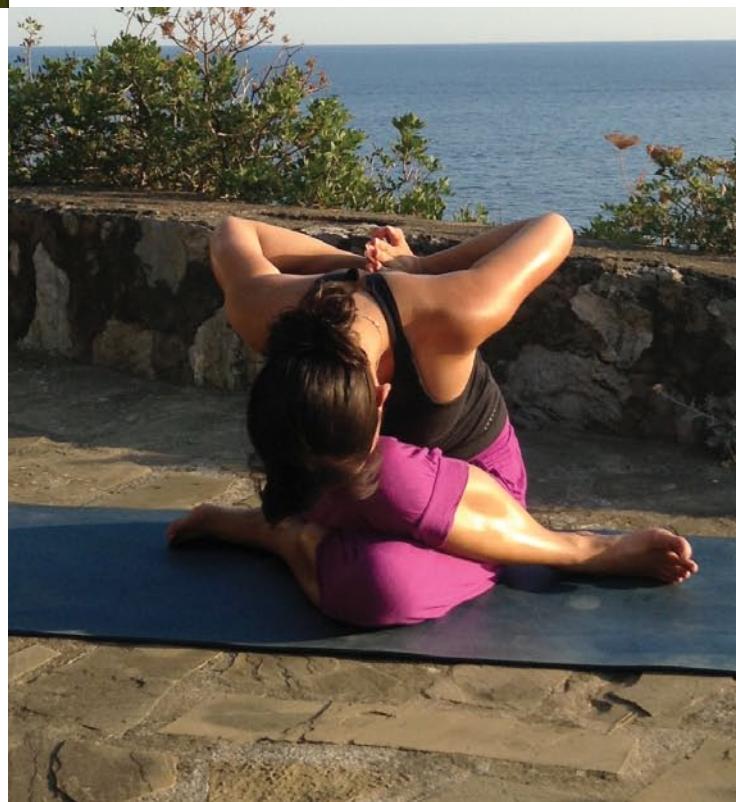
Alexa Kho-Hinkson

Alexa began her dedicated Yoga practice in 2006 and soon after was eager to embark on a journey to become a Yoga teacher. In early 2008 she began this intense teacher training in Vrindavan, North of India with the Sivananda School.

Throughout her years as a qualified instructor she has continued to learn about different styles of Yoga of which include Anusara, Vinyasa Flow, Restorative Yoga, and Yoga Nidra. In addition, she continues to teach and practice Meditation and Pranayama, which she believes is crucial in the understanding of Yoga.

Alexa has a thorough and detailed concept of the body, especially when it comes to alignment, and this is evident in the way that she teaches her classes. This knowledge of alignment transformed her own, and many of her students' practices by working with a deep focus on alignment principles, to heal and nurture the body.

Travelling across the globe from east to west learning from many amazing senior teachers, Alexa continues to practice, teach and study more about the inspiring journey of Yoga, in an ever-changing and developing world.



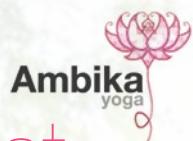
About 'The Retreat'

'The Retreat' has been awarded 'Top Spa Retreat to Change your Life' by The Times newspaper and is a truly tranquil setting where you can breathe the fresh countryside air and indulge yourself surrounded by the beauty of British nature. Not only this, The Retreat is an effortless journey from London by train, and a short scenic drive away from Canterbury, in Kent.

Supplying fresh homegrown vegetables from lovely local Kent farms and only using ethically sourced organic ingredients, The Retreat will prepare a mouth-watering menu of vegetarian homemade cuisine. Relaxing in either The Retreat Cottage itself, or the lovely Chill Space sauna or living area, you will immediately feel yourself recharging, and at night, sleeping to your hearts content.

With your own free time around the Yoga practice you can enjoy leisurely strolls in the charming area, which will make you feel more connected to nature, and most importantly yourself. For further information about The Retreat at Witherdens Hall please visit www.witherdenshall.co.uk.

Bespoke Yoga Retreat in Kent



The Retreat

- Up to **four hours per full day of reviving hatha and restorative yoga**, meditation, yoga nidra and pranayama with Alexa.
- **Full board** including delicious vegetarian homemade breakfast, lunch and dinner.
- **Welcome drinks** and snacks.
- **Complimentary tea** and water throughout.
- **Full use of The Retreat facilities:** Living space, yoga studio, sauna, steam room, kitchens and outside gardens.
- Special guest **Indian Head Massage therapist Julie Deeks** on-site offering your complimentary IHM.

Pricing

The Retreat location holds limited shared room accommodation of double, or twin rooms. Please specify your choice of room and any sharing partners or friends, so that this can be accommodated for appropriately. For a Single room an additional cost is required, as stated below:

A non-refundable deposit of 100GBP is required to hold your early bird space.

Early bird booking prices are as follows, per person:

Double or Twin Room: 310GBP

Normal rate after Friday 18th October 2013, per person:

Double or Twin Room: 335GBP

Please add 60GBP to the above prices for a request of a Single Room.

The special early bird price applies if your full deposit of 100GBP is received by Alexa Kho and cleared by Friday 18th October 2013. The remaining balance for early bird's will be due and cleared, no later than Monday 28th October 2013.

After the early bird deadline the normal rate stated above will apply, with the full amount due, upon booking.

Please make cheques payable to Alexa Kho, or alternatively use 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:

Alexa Kho-Hinkson
+44 (0) 7800 896 425

lexakhox@hotmail.com
www.ambikayoga.co.uk

Programme schedule

Please be aware that for train travel it will be necessary to leave London St Pancras by 3pm on Friday 15th November, to arrive at The Retreat for 4pm. Later arrivals that evening are welcome, however the same price package price will apply for the two nights. Departures on Sunday will be at approximately 4pm, back to London.

Friday 15th November

- Welcome to The Retreat with complimentary tea and cake
- Introduction and guide to the facilities and rooms with Alexa
- Delicious homemade vegetarian dinner

Saturday 16th November

- Fresh breakfast with tea and fresh fruit
- Mid morning pranayama and yoga with Alexa
- Free time to explore and relax
- Delicious light lunch
- Free time to revive and recharge (Indian Head Massage appointments)
- Complimentary afternoon tea
- Late afternoon restorative yoga and meditation
- Evening homemade dinner
- Indian Head Massage appointments

Sunday 17th November

- Morning pranayama, yoga & meditation
- Mid morning brunch
- Free time for packing, relaxing and walks in the area
- Goodbyes!



15th November – 17th November 2013
The Retreat, Witherdens Hall, Kent in the UK

Recharging Yoga, Meditation and Pranayama
to Unwind Your Body, Mind and Spirit
with Alexa Kho-Hinkson