

InnerDancer Retreat

YOGA | PERSONAL GROWTH | DANCE

FAQ

UNFOLD YOUR INNER DANCER

Do I need prior experience for the workshops?

THE WORKSHOPS ARE OPEN LEVEL, HOWEVER WE WILL TAILOR THE LEVEL TO THE GROUP.

THE YOGA CLASSES VARY AND HAVE DIFFERENT TOPICS EVERY DAY (W/ ELEMENTS LIKE MEDITATION, BREATHWORK, ACRO-YOGA). THE INNER GROWTH WORKSHOPS ARE SUITABLE FOR ANYONE OPEN TO EXPLORE AND DEVELOP AS A PERSON. THE MOVEMENT ELEMENTS IN ALL CLASSES ARE FOR EVERYONE, DOESN'T MATTER WHAT DANCE/LEVEL YOU COME FROM.

WE LOVE ADDING THE SURF CLASSES, SYMBOLIC OF RIDING THE WAVES OF LIFE, AND AN AMAZING WAY OF CONNECTING WITH NATURE. THERE WILL BE A SURF TEACHER FOR EVERY GROUP OF 6 PEOPLE.

What are the benefits of this retreat?

THIS IS THE FIRST RETREAT WITH AN
UNIQUE APPROACH OF CONNECTING
BODY, MIND AND SOUL IN A PLAYFUL
WAY. MOVEMENT IS THE GUIDING
PRINCIPLE IN ALL WORKSHOPS,
FOR YOU TO CONNECT WITH NATURE,
EXPLORE PERSONAL GROWTH, AND
EXPERIENCE A POWERFUL JOURNEY OF
SELF-DISCOVERY IN A SMALL GROUP.

BY THE END OF THE WEEK, YOU FEEL
GROUNDED, MORE OPEN, CONNECTED
TO YOURSELF AND OTHERS, AND
EMPOWERED TO BRING YOUR
AUTHENTIC SELF INTO
EVERY STEP—IN LIFE AND IN DANCE

What does it cost and what is included in the price?

WE HAVE AN EARLY BIRD RATE OF €1.499.-
UNTIL NOVEMBER, 31 2025,

FROM THEN ONWARD THE REGULAR PRICE
OF €1.599.- APPLIES.

THIS INCLUDES:

- 7* NIGHT STAY IN PEACEFUL B&B NEXT TO THE BEACH
- FULL PENSION** (VEGAN/VEGETARIAN OPTIONS) BREAKFAST, LUNCH, DINNER
- 35+ HOURS OF WORKSHOPS
- DAILY YOGA & WORKSHOPS FOR INNER GROWTH, + CACAO CEREMONY & 2 SURF CLASSES W/ INSTRUCTOR & GEAR

*DOUBLE OR TRIPLE ROOM **7X BREAKFAST, 5X LUNCH, 5X DINNER

What is the accommodation like?

NEXO SURFHOUSE IS LOCATED A COUPLE OF MINUTES WALKING FROM THE SEA.

THE ACCOMMODATION OFFER COMMUNICAL SPACES, A BIG GARDEN AND DOUBLE / TRIPLE ROOMS WITH PRIVATE BATHROOM AND AC.

YOU FIND PICTURES OF THE ROOMS ON INSTAGRAM OR NEXO'S INSTAGRAM, OR ON WWW.NEXOSURFHOUSE.COM

Is it possible to book a single room?

NEXO SURFHOUSE DOES NOT PROVIDE SINGLE ROOMS. HOWEVER IT IS POSSIBLE TO BOOK A DOUBLE ROOM WITH SINGLE OCCUPANCY. THIS OPTION WILL HAVE ADDITIONAL COSTS.

What kind of meals are provided?

ALL MEALS HAVE VEGETARIAN,
VEGAN AND NON-VEGETARIAN
OPTIONS. BREAKFAST IS A BUFFET
WITH A WIDE VARIETY OF FRESH,
LOCAL PRODUCTS AND DRINKS.

AT LUNCH AND DINNER THE
AMAZING NEXO STAFF FILLS THE
TABLE WITH BIG PLATES TO BE
SHARED BY ALL (+ DESERTS)

IN OUR OTHER RETREATS, OUR
GUESTS FELL IN LOVE WITH THE
AMAZING FOOD OF NEXO'S CHEF.
THIS IS DEFINITELY ONE OF THE
REASONS THEY KEEP COMING
BACK TO THE RETREATS AT NEXO.

What should I bring?

THE WEATHER IN EL PALMAR IN MAY/JUNE IS USUALLY AROUND 20 DEGREES CELSIUS. IT TENDS TO GET QUITE WARM IN THE SUN, AND AT NIGHT IT CAN BE A LITTLE MORE CHILLY. SO DRESSING IN LAYERS IS YOUR GO-TO ;-).

FOR THE WORKSHOPS COMFORTABLE CLOTHES ARE RECOMMENDED. DON'T FORGET TO BRING YOUR SWIMSUIT TO ENJOY YOUR FREE TIME AT THE BEACH. FOR THE SURF CLASSES ALL THE MATERIAL NEEDED IS PROVIDED.

YOU MIGHT WANT TO BRING MORE FANCY CLOTHES FOR THE DINNERS AND THE FREE-TIME AFTERNOON, HOWEVER THIS IS PERSONAL PREFERENCE. AS WE ARE WITH A BUNCH OF DANCERS, YOUR FAVOURITE DANCE CLOTHES MIGHT BE USEFUL FOR SPONTANEOUS SOCIALS.

Will there be dancing?

AS WE ARE ALL DANCERS.. OF COURSE
THERE WILL BE DANCING :)

IN THE PROGRAM WE DO NOT OFFER
DANCE CLASSES SPECIFICALLY, WE
USE MOVEMENT AND OUR BODIES IN
EXERCISES AND FOR GROWTH. BUT AS
WE ARE ALL DANCERS, THERE IS
SPACE FOR SPONTANEOUS SOCIALS,
EITHER AT THE VENUE OR AT THE
BEACH. AT NEXO BEACH HOUSE,
THERE IS A SPACE TO DANCE IN THE
SHADE, AND OF COURSE YOU CAN
DANCE AT THE BEACH!

What do I do in my free time?

THERE WILL BE FREE TIME IN THE PROGRAM FOR YOU TO DECIDE WHAT YOU WANT TO DO. LAST YEARS WE WENT TO VISIT THE SURROUNDINGS AND HAVE LUNCH TOGETHER, HOWEVER YOU ARE FREE TO DECIDE. YOU CAN CHILL AT NEXO, ENJOY THE BEACH OR EXPLORE THE AREA.

EL PALMAR IS SURROUNDED BY BEAUTIFUL NATURE AND IS CLOSE TO SPECTACULAR WHITE TOWNS SUCH AS CONIL OR VEJER DE LA FRONTERA.

WE WANT TO GIVE YOU THE OPPORTUNITY TO EXPLORE THESE GEMS WHILE YOU ARE HERE.

Can I extend my stay or customize my retreat experience?

YES, IT IS POSSIBLE TO EITHER COME TO NEXO SURFHOUSE PRIOR TO THE RETREAT, AND/OR STAY LONGER. THESE OPTIONS ARE SUBJECT TO AVAILABILITY. THE EASIEST WAY IS TO DIRECTLY CONTACT NEXO SURFHOUSE, HOWEVER WE ARE HAPPY TO ASSIST.

YOU CAN REACH NEXO'SURFHOUSE
PER PHONE/WHATSAPP:

+34 600 113 940 OR BY EMAIL;
BOOKING@NEXOSURFHOUSE.COM

How do I get to Nexo Surfhouse?

YOU CAN FLY TO SEVILLA, MALAGA OR JEREZ, FROM THERE YOU CAN TAKE A BUS TO CONIL AND THEN IT IS A SHORT TAXI RIDE TO NEXO SURFHOUSE. OTHER OPTIONS ARE TO USE BLABLACAR, SHARE A TAXI OR RENT A CAR, IN OTHER RETREATS PEOPLE GATHER TOGETHER ACCORDING TO THEIR FLIGHTS AND SHARE A TAXI TO NEXO. PRIOR TO THE RETREAT WE WILL CREATE A WHATSAPP GROUP FOR YOU TO GET IN TOUCH WITH THE REST AND ALIGN.

BY BUS FROM:

SEVILLA TO CONIL (2H APROX) THEN TAXI TO NEXO (15' APROX)
JEREZ TO CONIL (50' APROX) THEN TAXI TO NEXO (15' APROX)
MÁLAGA TO CONIL (APROX 5H)

BY TAXI FROM:

SEVILLA: 150€ APROX (1,5H); JEREZ: (80-90€ APROX (50');
CÁDIZ: (70-90€ APROX (45'); MÁLAGA >150€ (2H)

What happens if I leave early or cancel my reservation?

OF COURSE UNEXPECTED THINGS CAN COME UP, PLEASE SEE OUR CANCELLATION POLICY IN OUR INFORMATION BROCHURE (OR IN THE INFO HIGHLIGHT ON INSTAGRAM)

Cancellation Policy

WE UNDERSTAND THAT PLANS CAN CHANGE, AND WE STRIVE TO ACCOMMODATE OUR GUESTS AS MUCH AS POSSIBLE. HOWEVER, AS OUR RETREAT REQUIRES CAREFUL PLANNING AND COSTS, WE HAVE A CANCELLATION POLICY IN PLACE TO COVER THESE COMMITMENTS.

1. CANCELLATION 60+ DAYS BEFORE THE START DATE

- REFUND: 100% OF THE TOTAL AMOUNT PAID, MINUS A NON-REFUNDABLE ADMINISTRATIVE FEE OF €100.

2. CANCELLATION 30–59 DAYS BEFORE THE START DATE

- REFUND: 50% OF THE TOTAL AMOUNT PAID.

3. CANCELLATION LESS THAN 30 DAYS BEFORE THE START DATE

- NO REFUNDS ARE AVAILABLE FOR CANCELLATIONS MADE WITHIN 30 DAYS OF THE RETREAT START DATE.

What is the daily schedule like?

FOR EVERY RETREAT, WE CREATE A SPECIAL PROGRAM FOR THE GROUP WITH A CERTAIN FLOW OF CLASSES, AND ENOUGH FREE TIME FOR YOU TO CHILL AND MAKE YOUR OWN PLAN (OR WITH EACH OTHER).

EVERY DAY WE HAVE BREAKFAST, LUNCH AND DINNER TOGETHER AT THE B&B. ALL CLASSES ARE RECOMMENDED, BUT OF COURSE YOU ARE IN CHARGE AND IF YOU'D LIKE AN ADJUSTMENT THIS IS ALWAYS POSSIBLE.

TO MAKE SURE WE PROVIDE YOU WITH THE MOST OPTIMAL WEEK, THERE COULD BE MADE SOME AMENDMENTS TO THE SCHEDULE BECAUSE OF WEATHER CONDITIONS. TO GET AN IDEA OF THE SCHEDULE PLEASE CHECK OUR FEED FOR PREVIOUS SCHEDULES