xanadu

SURF + YOGA

Information Guide 2027

Surf, yoga and wellness retreats with structured surf progression in Kuta, Lombok, Indonesia

XANADU RETREAT · XANADU VILLAGE ·
XANADUSURF.COM



INFORMATION GUIDE 2027

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WELCOME TO XANADU

A surf and yoga home in Kuta, Lombok

Xanadu Surf & Yoga is two places in Kuta, Lombok, and the people who make them: our whole team, from surf coaches and yoga teachers to front desk, kitchen, bar, housekeeping and security, and the guests who join us each week.

The name comes from Coleridge's poem *Kubla Khan*, about a faraway paradise hidden from the world. That's how Lombok felt when our founders, Utsav and Ola, first arrived in 2018. A short stay became home.

Neither of them grew up by the ocean. They found surfing as adults and know how overwhelming tides, wind, boards and lineups can feel at the start. That's why Xanadu goes beyond "catching waves", with a structured progression path that helps you understand the ocean, the craft and the mindset of surfing.

Every programme runs for 7 nights, with everyone arriving on the same day

Two homes in Kuta, Lombok



Xanadu Retreat

An elevated boutique retreat on the hillside above Kuta Bay

- Infinity pool and ocean-view yoga shala
- Complimentary infrared sauna and ice bath, onsite spa and restaurant
- Free hourly shuttle to Kuta town (7–10 minutes)

Saturday to Saturday: Surf, Yoga & Wellness Retreat (Levels 1–3) · Advanced Surf Progression (Level 4) · Yoga Immersion Week



Xanadu Village

A relaxed, social surf-camp home in the heart of Kuta

- Six rooms, maximum 12 guests
- Pool, rooftop yoga shala and open-air communal spaces
- About five minutes' walk to Kuta's cafés, restaurants and beaches

Sunday to Sunday: Surf & Yoga Week (Levels 1–3) · Advanced Longboard Training Week

Which programme is for you?

Programme	Where and when	Surf level	Boards	Group
Surf, Yoga & Wellness Retreat	Xanadu Retreat, Sat–Sat	Levels 1–3	Soft top, mid-length, longboard	Small level groups, 2 surfers per coach
Advanced Surf Progression Week	Xanadu Retreat, Sat–Sat	Level 4	Shortboard, mid-length	Max 6 surfers
Yoga Immersion Week	Xanadu Retreat, Sat–Sat	No surfing	None	Small group, all levels of yoga
Surf & Yoga Week	Xanadu Village, Sun–Sun	Levels 1–3	Soft top, mid-length, longboard	Max 12 guests, 2 surfers per coach
Advanced Longboard Training Week	Xanadu Village, Sun–Sun	Level 3+	Longboard (Suket quiver provided)	Max 11 riders

Travelling together at different levels? At Xanadu Retreat you can share a room and book different programmes, joining the surf sessions and theory for your own level.

HOW WE COACH

Structured surf progression

We don't just take you surfing. Every week is built to help you understand how you surf and what to work on next.

Small groups, 2:1 ratio

Never more than two surfers per instructor, in groups based on your level.

ISA-certified team

The only surf resort in Lombok with a fully ISA-certified team, trained in first response and aquatic rescue.

Video analysis

Sessions are filmed, then reviewed with your coach. You keep the footage.

Theory and workshops

Wave reading, body mechanics and land drills that turn theory into muscle memory.

One well-timed session a day: around 2 hours in the water, chosen for tide, wind, swell and your level.





FIND YOUR LEVEL

The four surf levels

Pick the level that sounds most like you. It only sets where you start: you can move up or down during the week.

Level 1

Foundations

First-time surfers and early beginners still working on the pop-up and balance. We go back over the basics to build strong foundations.

Surf, Yoga & Wellness Retreat · Surf & Yoga Week

Level 2

First turns

Your pop-up is solid and you're starting your first turns. We look for mellow waves, higher tides and softer shoulders.

Surf, Yoga & Wellness Retreat · Surf & Yoga Week

Level 3

Green waves

You're comfortable in the ocean when slightly bigger sets arrive. The level most longboarders choose.

Both Level 1–3 programmes · Advanced Longboard Training

Level 4

Advanced

On a shortboard or mid-length, you take waves on your own and want to work on cutbacks, snaps and more powerful surfing.

Advanced Surf Progression Week

LOCATION 1

Xanadu Retreat

A boutique, eco-friendly retreat perched on a hill above Kuta Bay, with views over swaying treetops to the ocean.

- Infinity pool, garden daybeds and quiet corners
- Ocean-view yoga shala with Manduka equipment
- Complimentary infrared sauna and ice bath
- Onsite spa for massages and facials
- Restaurant serving Indonesian and international dishes
- Free hourly shuttle to Kuta town, 7–10 minutes away
- Solar power and 180,000 litres of rainwater storage

Check-in and check-out on Saturdays.





Rooms at Xanadu Retreat



Superior Twin

Two large twin beds. Ideal for friends, or solo travellers happy to share with another guest.



Superior King

A big king bed, private terrace and an indoor-outdoor daybed. For solo travellers or couples.



Deluxe Extra King

Our largest room, with an extra-large bed and outdoor bathtub. Includes airport transfer, a fruit platter, wine and two Balinese massages.

Every room: tropical outdoor bathroom with rain shower, private terrace, AC and fan, minibar, coffee and tea, safe, blackout curtains and soundproofing.



XANADU RETREAT · SATURDAY TO SATURDAY

Surf, Yoga & Wellness Retreat

Seven nights for beginner to intermediate surfers: daily coached surfing with video analysis, theory and workshops, plus yoga, surf mobility and recovery.

Ideal for Levels 1–3 · all year round

What's included

- Daily surf with ISA-certified instructors
- 2× surf theory, 3× surf workshops
- 2× video analysis (keep the videos)
- Surf mindset session
- 3× surf mobility, 2× candlelight yin
- Board rental
- Sasak culture and cooking workshop
- Daily breakfast and lunch*
- Welcome and farewell dinners
- Surf trip day with picnic lunch
- Ice bath and infrared sauna
- Free shuttle to town

*Lunch on every day except check-in and check-out. Want to surf twice? Ask for a free surf the day before: we'll arrange a driver and board.

SURF, YOGA & WELLNESS RETREAT

Your week at Xanadu Retreat

Day	Morning	Afternoon	Evening
Sat	Arrival	Check-in from 2 PM	Welcome and surf safety briefing (6 PM), welcome dinner
Sun	Breakfast, surf workshop, surf	Pool workshop, lunch, free time	Surf mindset session
Mon	Breakfast, surf (filmed), surf workshop	Lunch, surf theory, video analysis	Mobility
Tue	Breakfast, surf (filmed)	Lunch, Sasak culture and cooking workshop	Candlelight yin
Wed	Breakfast, surf, surf theory, video analysis	Lunch, mobility	Lobster night (optional extra)
Thu	Surf trip day with picnic lunch	Free time	Candlelight yin
Fri	Breakfast, surf	Lunch, mobility	Farewell dinner

Saturday: breakfast and check-out by 11 AM. Surf times change daily with the tides and conditions. Every activity is optional.



XANADU RETREAT · SATURDAY TO SATURDAY

Advanced Surf Progression Week

Focused coaching for shortboard and mid-length surfers ready to break through a plateau, led by Surf Programme Director Kayan.

Level 4 · maximum 6 surfers

What's included

- Daily coached surf sessions
- 2× surf theory, incl. forecasting
- 2× video analysis (keep the videos)
- Dryland surf workshop
- Flow Mechanics surf skate workshop
- Surf mindset session
- Progression Pathway coaching round
- 3× surf mobility, 2× candlelight yin
- Board rental from our quiver
- Breakfast, lunch, welcome and farewell dinners
- Ice bath and infrared sauna
- Free shuttle to town

You're ready if you paddle into waves on your own, can do basic bottom turns and ride down the line. Not for longboarders: see the Longboard Week.

ADVANCED SURF PROGRESSION WEEK

Your Level 4 week

Day	Morning	Afternoon	Evening
Sat	Arrival	Check-in from 2 PM	Welcome and surf briefing (6 PM), welcome dinner
Sun	Breakfast, surf	Ready to React surf workshop, lunch	Surf mindset session
Mon	Breakfast, surf (filmed)	Lunch, surf theory, video analysis	Mobility
Tue	Breakfast, surf	Lunch, Flow Mechanics surf skate workshop (2 hrs)	Candlelight yin
Wed	Breakfast, surf (filmed), surf theory	Lunch, video analysis, mobility	Lobster night (optional extra)
Thu	Surf trip day with picnic lunch	Free time	Candlelight yin
Fri	Breakfast, surf	Lunch, mobility, Progression Pathway coaching round	Farewell dinner

Saturday: breakfast and check-out by 11 AM. Level 4 surfers have their own coaches and sessions, and share meals and community activities with all guests.



XANADU RETREAT · SATURDAY TO SATURDAY

Yoga Immersion Week

Seven nights of traditional Hatha yoga, meditation and pranayama with resident teacher Dani: a chance to slow down, rest and reconnect. No surfing.

For complete beginners to experienced yogis

What's included

- Daily Hatha yoga and meditation
- Pranayama and breathwork
- Yoga philosophy and workshops
- 2× 60-minute massages
- Breakfast and lunch every day
- Daily snack and healthy shot
- Welcome and farewell dinners
- Ice bath and sauna access
- Bamboo postcard workshop
- Free town and beach shuttles
- A Xanadu gift
- Manduka mats and props

2027 dates: 2–9 Jan · 23–30 Jan · 6–13 Feb · 20–27 Feb · 6–13 Mar · 20–27 Mar · 3–10 Apr · 24 Apr–1 May · 8–15 May · 22–29 May · 19–26 Jun · 3–10 Jul · 17–24 Jul · 31 Jul–7 Aug

YOGA IMMERSION WEEK

Your yoga week

Day	Morning	Afternoon	Evening
Sat	Arrival	Check-in from 2 PM	Opening ceremony and Sadhana introduction (6 PM), welcome dinner
Sun	Meditation (6:30), Hatha forward folds (7:30), breakfast	Free time, yoga assist and adjust	Ice bath and infrared sauna recovery
Mon	Meditation, Hatha closed pelvis, breakfast	Yoga philosophy (12 PM), free time	Restorative full body, open meditation
Tue	Meditation, 108 sun salutations, breakfast	Chakras workshop, free time	Manifestation workshop
Wed	Meditation, Hatha open pelvis, breakfast	Free time	Pranayama (4 PM)
Thu	Meditation, Hatha backbending, breakfast	Bamboo postcard workshop (10:30 AM), free time	Yin yoga, open meditation
Fri	Meditation, Hatha core and arm balancing, breakfast	Free time	Closing ceremony and sharing, farewell dinner

Saturday: breakfast and check-out. Lunch, a daily snack and a healthy shot are included every day. Every activity is optional.

LOCATION 2

Xanadu Village

An intimate six-room surf home on a quiet cul-de-sac in the heart of Kuta: more casual-cool than upscale, with a big focus on community.

- Six rooms, maximum 12 guests
- Swimming pool and semi-outdoor lounge
- Rooftop yoga shala for sunrise and sunset sessions
- Outdoor dining area and a fresh breakfast special every day
- Homemade sourdough, jam and peanut butter
- About five minutes' walk to Kuta's cafés, bars and beaches
- Weekly session at a nearby recovery centre: sauna, ice bath, magnesium pools

Check-in and check-out on Sundays.





Rooms at Xanadu Village



Social Animal

A twin room shared with another guest, matched by gender where possible. Perfect for solo travellers.



Love My Privacy

A king-size bed all to yourself, with your own bathroom and veranda.



Double Trouble

For two travelling together, with a king bed or twin beds, a private bathroom and your own veranda.

Every room: private bathroom, veranda with pool or garden view, AC and fan, safe, desk, sustainable toiletries, daily housekeeping and art by local artists.



XANADU VILLAGE · SUNDAY TO SUNDAY

Surf & Yoga Week

Our most well-rounded week for beginner and intermediate surfers: daily coached sessions, theory and video analysis, plus surfer-focused yoga, in a small social group.

Ideal for Levels 1–3 · maximum 12 guests

What's included

- Daily surf with ISA-certified instructors
- 2× surf theory
- Surf and pool workshops
- 2× video analysis (drone footage)
- 4× yoga, 1× sunset meditation
- Sauna and ice bath at a nearby recovery centre
- Daily breakfast
- Welcome dinner
- Surf trip day packed lunch
- Board rental
- Car and boat transport to the surf
- 2:1 student–instructor ratio

Lunches and smoothies are available to order from the Village mini-menu.

SURF & YOGA WEEK

Your week at Xanadu Village

Day	Morning	Afternoon	Evening
Sun	Arrival	Check-in from 2 PM, surf briefing	Welcome dinner (6 PM)
Mon	Breakfast, surf workshop, surf	Pool workshop	Yin and yang yoga
Tue	Breakfast, surf (filmed by drone)	Surf theory, video analysis	Slow flow yoga
Wed	Breakfast, surf (filmed by drone)	Sauna and ice bath at a nearby recovery centre	Lobster night at the Retreat (optional extra)
Thu	Breakfast, surf	Surf theory, video analysis	Vinyasa flow yoga
Fri	Breakfast, surf	Free time	Sunset meditation trip
Sat	Breakfast, surf trip day	Surf trip day	Yoga nidra

Sunday: breakfast and check-out by 11 AM. There's no surfing or yoga on Sundays, as it's changeover day.



XANADU VILLAGE · SUNDAY TO SUNDAY

Advanced Longboard Training Week

An intensive week for intermediate and advanced longboarders, coached by Kayan and Sam: footwork and cross-stepping, noseriding, trimming and flow, wave reading and positioning.

Level 3+ longboarders · maximum 11 riders

What's included

- Progression plan from your pre-arrival video
- Daily surf sessions
- 3× video analysis
- All drone footage from the week
- 3× surf theory sessions
- Land drills
- 5× yoga
- Longboards shaped by Suket in Bali
- Car and boat transport to the breaks
- Breakfast, lunch, welcome and farewell dinners
- Sauna and ice bath recovery session
- Airport pick-up and drop-off

2027 dates: 17–24 January · 21–28 February. Not for beginners: you should already catch unbroken green waves on your own.

ADVANCED LONGBOARD TRAINING WEEK

Your longboard week

Day	Morning	Afternoon	Evening
Sun	Arrival	Check-in from 2 PM, surf briefing	Welcome dinner
Mon	Breakfast, surf talk, surf (drone-filmed)	Lunch, video analysis and land drills	Restorative yoga
Tue	Breakfast, surf session	Lunch, surf talk	Yoga
Wed	Breakfast, land drills, surf (drone-filmed)	Lunch, video analysis	Sauna and ice bath recovery
Thu	Breakfast, surf (drone-filmed)	Lunch, video analysis	Restorative yoga
Fri	Breakfast, land drills, surf	Lunch, surf talk	Restorative yoga
Sat	Surf trip day with picnic lunch	Surf trip day	Restorative yoga, farewell dinner

Sunday: breakfast and check-out. No longboard to bring: our Suket quiver is reserved for Longboard Week guests.

MOVE BETTER, SURF STRONGER, RECOVER FULLY

Yoga, mobility and recovery

Yoga and surf mobility

Guided sessions for the shoulders, spine, hips and ankles prepare you before surfing and help you recover after. We're an official Manduka partner.

Recovery at the Retreat

Complimentary infrared sauna and ice bath, guided breathwork, and an onsite spa for massages and facials.

Recovery at the Village

A midweek session at a nearby recovery centre, with sauna, ice bath and hot magnesium pools to ease tired muscles.









WE'RE FOODIES AT HEART

Food and drink

Fresh, seasonal and made in-house, from sourdough loaves to daily breakfast specials.

At Xanadu Retreat

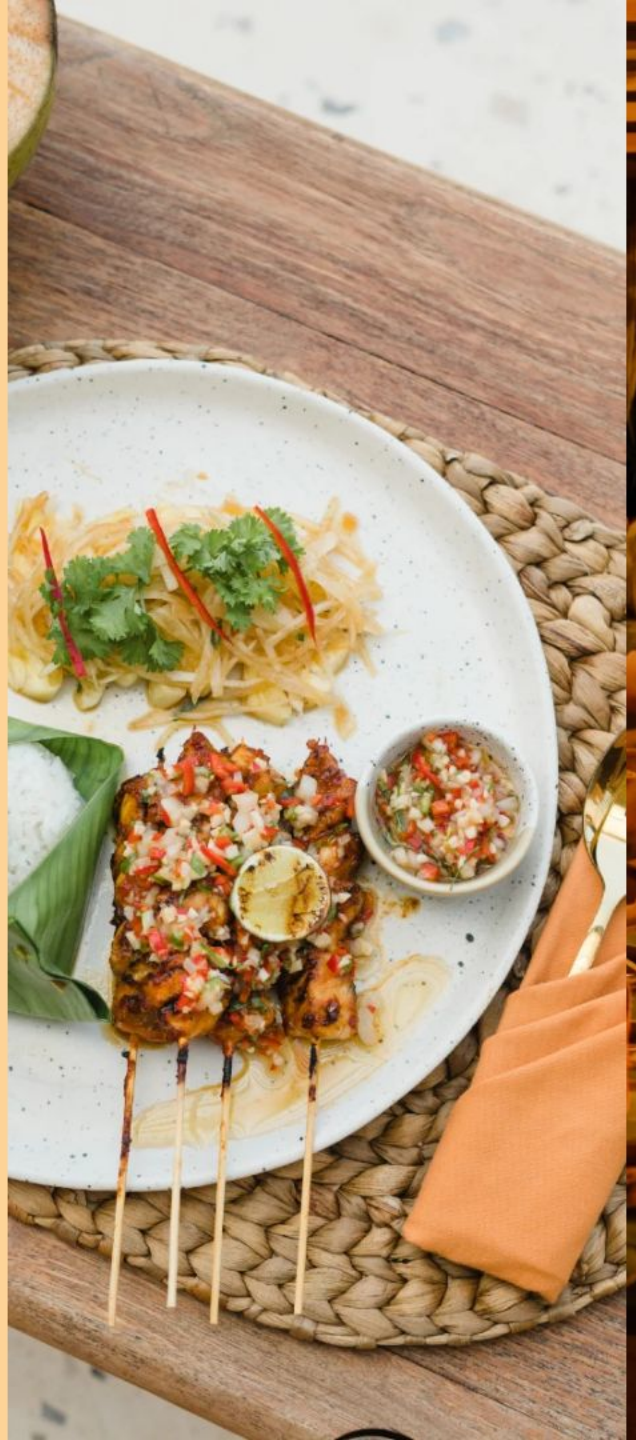
Daily breakfast, à la carte lunches and welcome and farewell dinners are included. The restaurant mixes Indonesian and international flavours.

At Xanadu Village

Daily breakfast and a welcome dinner are included, with lunches and smoothies from the mini-menu.

Good to know

We cater for vegetarian, vegan, gluten-free and dairy-free diets: tell us when you book. Purified drinking water refills are free.







IN THE WATER

Surf safety tips for beginners

Surfing is fun, but a few safety rules will spare you bruises and other injuries. Your coaches go through them at the briefing on arrival day.

1. Cover your head

When you fall, protect your head and fall flat. Never jump off the board feet first.

2. Hold your surfboard

Facing a wave, hold your board and turtle roll. Only let go if nobody is behind you.

3. Keep your board to your side

Never keep it between you and an oncoming wave, or it can hit you.

4. Keep your distance

Leave space in the lineup and paddle back through the channel.

5. Face the beach or the wave

Don't sit side-on when a set comes, or you'll end up in the washing machine.

6. Follow surf etiquette

Respect others in the water and listen to your instructor.

7. Take a proper lesson

Paddle out with an instructor or surf guide until you can read the waves and know the rules.

MEET THE TEAM

The Xanadu family

Guests tell us again and again that it's the people who make their week. More than 90% of our team are Lombok locals.



Kayan

Surf Programme Director



José

General Manager



Gigih

Xanadu Retreat Manager



Sam

Xanadu Retreat Surf Manager



Gong

Senior Surf Coach



Dani

Yoga Teacher, Xanadu Retreat

MEET THE TEAM

A few of the faces at Xanadu Village

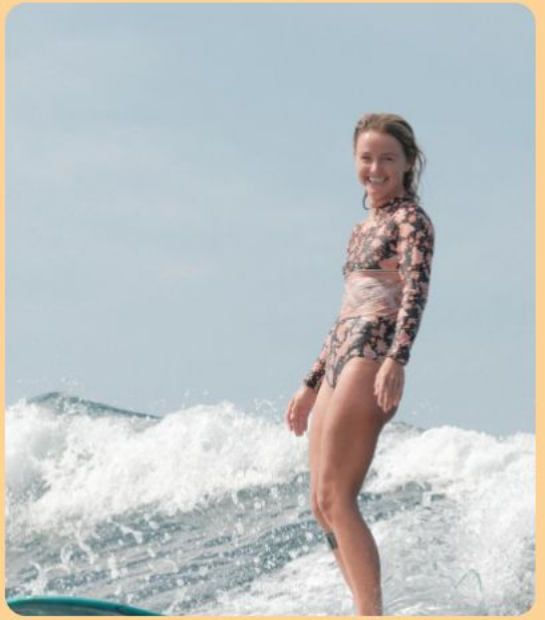
Just some of the people you'll meet. Behind them is a whole team, from the kitchen and front desk to housekeeping and security, who make the Village feel like home.



Maya

Xanadu Village Manager

Your go-to person for everything at the Village.



Leah

Xanadu Village Surf Manager

From South Australia, with a laid-back longboard style.



Duggy

Senior Surf Coach

With Xanadu almost from the start; a Lombok local.

GOOD WAVES, GOOD PEOPLE, A LIGHTER FOOTPRINT

Sustainability at Xanadu

100%

formal employment, with fair wages, health insurance and pensions

90%+

of our team are Lombok locals

180,000 L

of underground rainwater storage at the Retreat

2

local women's salaries sponsored through WaveNova

- A solar-powered Retreat, built into the hillside around its mature trees
- No single-use plastic bottles: free purified water refills
- Natural, refillable toiletries made in Bali
- Organic waste turned into compost and animal feed





GETTING HERE

Getting to Lombok

Fly into **Lombok International Airport (LOP)**, about 25 minutes from Kuta. There are no long-haul direct flights, so connect via Singapore, Kuala Lumpur, Jakarta or Bali.

6-10 h	12-16 h	16-22 h	20-28 h
from Australia	from Dubai	from Europe	from the US

From Bali

- **Fly:** 25 minutes with TransNusa or Wings Air. TransNusa is better value for board bags.
- **Fast boat:** 3–3.5 hours from Padang Bai, then about 2.5 hours by car to Kuta.
- **Public ferry:** 4–6 hours to Lembar, then about 1.5 hours by car.

We can arrange pick-ups from the airport or any harbour. Many nationalities get a 30-day Visa on Arrival; check the latest rules before you travel.

BEFORE YOU BOOK

Policies to note

Booking and payment

A 20% deposit confirms your booking. The balance is due 4 days before arrival, online or by bank transfer.

Arrival day

7-night stays with fixed arrival days. Check-in from 2 PM, check-out by 11 AM.

Age

Guests must be 18 or over, unless travelling with an adult.

Full terms and conditions: xanadusurf.com

Cancellation

More than 30 days before check-in: refund minus bank charges. Within 30 days, the deposit is kept.

Before you travel

Travel insurance is required. Tell us about any medical conditions or injuries when you book.

Your programme

Every activity is optional. Surf times shift with tides and conditions.



xanadu

SURF + YOGA

Come surf with us

Prices, dates and availability for every programme are on our website, where you can also book directly.

xanadusurf.com

contact@xanadusurf.com

Find us: Xanadu Retreat, on the hillside above Kuta Bay · Xanadu Village, in central Kuta

