Omara Retreats
Reconnect with Your Creativity
A Watercolour, Yoga and Qi Gong Retreat in Southern Spain

Find Balance, Creativity, and Wellness in the Heart of Andalusia!







19-25 October 2027
La Casa Surrender, Cómpeta, Andalusia, Spain
Six restorative nights of watercolour, yoga, nature and connection in the mountains of Southern Spain.

Join us for a transformative retreat in the heart of Andalusia. Experience a perfect blend of creative expression and holistic wellness as you immerse yourself in daily yoga sessions, painting workshops, and the natural beauty of this inspiring location. The yoga/qi gong and painting sessions are accessible for all: perfect for those with experience or complete beginners. Everyone welcome! At Omara Retreats we believe creativity and wellbeing belong

together. Through painting, movement and time in nature, we create space to slow down, reconnect and rediscover joy.

- Only 12 retreat places are available to ensure a highly personalised experience.
- Includes all art materials and use of yoga equipment.

'Ione and Nicky's retreat was truly exceptional and exceeded our expectations in so many ways.'





This Retreat Is Perfect For You If:

✓ You'd like time away from everyday responsibilities
✓ You enjoy creativity or would like to start painting
✓ You are looking for a gentle, welcoming yoga experience
✓ You enjoy small groups and meaningful connections
✓ You want to return home refreshed and inspired
✓ You are travelling alone and would like a supportive environment. Many participants attend alone and quickly become part of a warm, supportive group.

What To Expect:

- **Daily Yoga & Qi Gong Sessions**: Start your mornings with gentle, accessible yoga and qi gong practices that will awaken your body, enhance your energy flow, and bring deep relaxation. Under Nicky's guidance, you will nourish your mind, body, and spirit.

- **Creative Painting Workshops**: Let the land, mountains and seascapes of Andalucía inspire your artistic spirit as you delve into guided painting sessions tailored for all levels of experience. Whether you're a beginner or a seasoned artist, Ione's personalized approach will help you unlock your creativity and capture the natural beauty of the surroundings.

- **Holistic Wellness**: Learn the art of mindfulness and connect deeply with your body and environment through ancient practices that promote health, relaxation, and inner peace.

- **Andalucia's Natural Beauty**: Reconnect with nature, surrounded by lush forests, and the peaceful tranquillity of the National Park.





Why Choose This Retreat?

- **Expert Guidance**: Learn from expert, highly experienced instructors who will guide you through yoga, qi gong and painting, and ensure personalized adjustments are made throughout the retreat. With a small group, we ensure a bespoke experience.

- **Peaceful Location**: Set in the serene beauty of the Almejera Mountains, you'll have the space to unwind, be creative, and reconnect with your inner self.

- **Create and Heal**: This retreat blends the power of art, movement and mindfulness to offer a transformative experience for your mind, body, and spirit. Whether it's through the brushstrokes of a painting or the flow of yoga, this retreat will inspire creativity, heal the body, and calm the mind.

Imagine Returning Home...

After six days in the Andalusian mountains, you can expect to:
✓ Feel calmer and more rested
✓ Develop confidence with watercolour techniques
✓ Enjoy a renewed sense of creativity
✓ Learn simple yoga and qigong practices you can continue at home

✓ Connect with like-minded people
✓ Return refreshed, inspired and re-energised … and with a sketchbook full of memories from Andalusía.





What's included:

- All painting workshops with an expert teacher.
- All yoga/meditation/qigong sessions with expert instructor.
- Breakfast, lunch, and non-alcoholic beverages throughout the day
- Four evening meals
- Use of all yoga equipment
- All art materials
- Accommodation. Please see below for accommodation options.





Accommodation at Casa Surrender
Seven single or shared occupancy rooms with twin beds. One room with a double bed. All rooms have access to a private bathroom.

Note: throughout the property there are steps and some rough paths and for this reason may not be suitable for those with mobility issues. Please consider this when booking. More details of the house and rooms can be found here.

Accommodation at Finca Millantu
As well as the eight rooms available at Casa Surrender, there is also one room with double bed available (single or shared occupancy) at the nearby Finca Millantu. This is situated down a short but steep slope, about 5 minutes walk from the main Casa. The Finca has use of a hot tub, and all Casa Surrender facilities are also available – such as swimming pool. This house has a beautiful terrace with views over the valley. Details of the house can be found here.





Your tutors

Ione Harrison – Painting

Ione is a professional artist and art tutor with over 30 years' teaching experience. She works mainly in watercolour and ink, taking inspiration from the landscapes that surround her. The aim in her teaching is twofold: you feel supported to develop confidence and skill in using the wonderful medium of watercolour; you enjoy a restorative, creative time playing with paint.

Over the course of this retreat, you'll complete a series of beautiful sketchbook studies and finished paintings inspired by the landscapes, villages and colours of Andalucía. The emphasis of the workshops is very much on play and exploration – be prepared to go with the flow. No experience necessary!

For more information about Ione please visit her website: www.ioneharrison.co.uk





Nicky Thomas – Yoga, Meditation, Qi gong

Nicky Thomas is an experienced yoga and qi gong teacher in York and has been teaching classes for over 13 years. As a teacher, Nicky is passionate about helping people improve their health and well-being via movement, mindfulness, and other holistic approaches. Nicky is also an experienced acupuncturist and teacher at The Northern College of Acupuncture in York, where she provides professional supervision and mentoring to students training to be acupuncturists, as well as delivering classes in Pain and Anxiety and Stress Management, and Mindfulness and Movement.

As part of the retreat, Nicky is looking forward to offering morning and evening sessions of Yoga and Qi gong in the heart of Andalucia. Both yoga and Qi gong are deeply relaxing fluid practices combining movement, breath, and meditation to cultivate a sense of inner calm, ease tension, improve energy, and restore a feeling of inner balance and relaxation. This retreat is a perfect opportunity to be guided through re-vitalising and restorative movements that will help you unwind and recharge your batteries.

For more information about Nicky please visit her website: www.nickythomasyork.com.





Casa Surrender – Your Sanctuary in the Hills

Omara Retreats ioneharrisonart@gmail.com www.ioneharrison.co.uk

Wake each morning to birdsong, mountain views and the scent of pine trees carried on the Andalusian breeze. Our retreat is based at the beautiful **Casa Surrender**, a private finca nestled in the hills just outside Cómpeta. Surrounded by olive trees and overlooking the rolling Andalusian landscape, Casa Surrender offers a peaceful, nurturing space for deep rest, renewal, and creative expression.

- **Peaceful outdoor spaces for yoga, meditation, and painting.**
- **Comfortable, thoughtfully designed accommodation** that blends rustic charm with comfort.
- **Fresh, nourishing meals** made with locally sourced ingredients.
- A sense of **privacy, calm, and connection** to nature that makes Casa Surrender feel like a true haven.

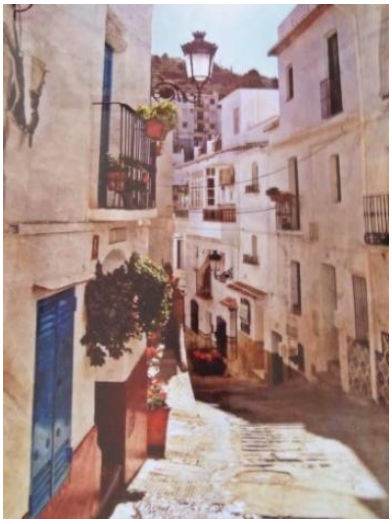




Cómpeta – A Hidden Gem in Andalusia

Nestled in the foothills of the Sierra de Almijara mountains, the whitewashed village of Cómpeta offers a serene escape from the fast pace of modern life. Just an hour from Málaga and the Mediterranean coast, this charming Andalusian pueblo is perched 636 metres above sea level, providing sweeping views of the surrounding valleys, olive groves, and the distant sea.

Cómpeta is known for its vibrant local culture, Moorish heritage, and welcoming community. Cobbled streets wind through the village, leading to family-run tapas bars, local artisan shops, and historic landmarks like the 16th-century Church of La Asunción, with its striking Mudejar-style bell tower.





Sierra de Almijara & Tejeda Natural Park – A Natural Sanctuary

Bordering Cómpeta are the sierras of Tejeda, Almijara and Alhama Natural Park, a vast protected area of unspoiled wilderness, dramatic limestone peaks, and pine forests. This park is a paradise for nature lovers, artists, and those seeking tranquillity and inspiration.







A Perfect Setting for Stillness and Creativity

The combination of Cómpeta's peaceful village charm, the surrounding natural beauty, and the warm welcome of Casa Surrender creates the perfect environment for a retreat focused on wellbeing and creative exploration. Whether you're meditating in the morning light, stretching into a yoga pose with mountain views, or painting the vibrant colours of Andalucia, this is your invitation to pause, reflect, and reconnect—with yourself and your creativity. No previous experience of painting, yoga or qi gong is required.

Retreat Prices – October 2027

Twin/double room at Casa Surrender: £1,575 single occupancy | £1,275 shared

Double room at Finca Millantu: £1,575 single occupancy | £1,275 shared

Accompanying friend/partner options:

- **Non-participating: £795**
- **Yoga/Qi Gong only: £1095**

Both options include accommodation, meals and refreshments, and use of the facilities at Casa Surrender and Finca Millantu. The yoga-only option also includes all scheduled yoga and Qi Gong sessions.

Please note: The shared participant rate applies only when both guests are taking part in the full retreat programme. If sharing with an accompanying friend or partner who is not participating in the full programme, the single participant rate of £1,575 applies, plus the relevant accompanying guest rate.

Ready to Join Us?

To reserve your place:

Email Ione at ioneharrisonart@gmail.com

If you'd like to chat before booking, we're happy to arrange a short informal call.

Pay your deposit of £645 to secure your place.

Places are allocated on a first-come, first-served basis.

Andalusia Retreat 19-25 October 2027

THE SMALLER PRINT

Itinerary

Day 1

- Arrival 5pm and settling in.
- 6pm Short grounding yoga practice to settle after travel followed by a short tour, welcome drinks and dinner

Days 2, 3, 4, 5, 6

- 8.00am Start the day with meditation and gentle yoga to stimulate your creative spirit
- 9.30 Breakfast on the terrace.
- 10.30am Watercolour painting workshop. Each day you will explore exciting techniques to create atmosphere and texture in your paintings.
- 1.30pm Lunch on the terrace. Enjoy local nourishing homecooked by our host, Elsa.
- 3.00pm Free time to swim, explore, continue painting or take a siesta.
- 5.00pm Qi Gong session on the yoga deck.
- 7.00pm Drinks and dinner.

Day 7

- 8.00am Breakfast
- 10.00am Farewells and departure

Optional excursions:
Evening out in Nerja for dinner, or tapas and a Flamenco show

Sample menus at Casa Surrender
Breakfast: fresh fruit, yoghurt, eggs, avocado, toast, local honey, granola, jams and spreads with tea/coffee
Lunch: strawberry gazpacho; Moroccan-style chickpea salad; fresh grapefruit and mint juice.
Dinner: velvety carrot, coconut and ginger cream; traditional Spanish potato omelette with garden salad; homemade banana bread.

While participation is encouraged, everything is optional – if you feel you want to skip a yoga or painting session, that's entirely up to you.

- If you have any questions about any aspect of the yoga sessions, please contact **nickyjanethomas123@gmail.com**
- If you have any questions about any aspect of the painting sessions, please contact **ioneharrisonart@gmail.com**

What's not included

- Flights to Malaga
- Meals out on optional excursions
- Alcoholic drinks
- Insurance
- Staff gratuities
- Transport to and from airport (this can be arranged – please enquire for details)

What to bring:

General:

- Sunhat,
- Sunglasses
- Suncream

- Swimming things
- Any medications
- Shoes you can walk in comfortably
- Insect repellent
- Some euros

For Yoga

- All equipment is provided
- Bring loose, cool clothes

For Painting

- All materials are provided; however, you are very welcome to bring favourite sketching and painting materials.

Testimonials from recent retreat participants:

What stood out most was how genuinely inclusive the retreat was. Whether completely new to watercolour painting, yoga, qi gong, or with years of experience, we all felt supported and encouraged. Teaching was sensitive and adaptable, so no one ever felt out of their depth but instead saw their confidence and creativity grow throughout.

The way Ione and Nicky brought the group together was remarkable. There was a real sense of connection and shared joy, fostered effortlessly through the structure of the days and the generous, open spirit of them both.

… a deeply uplifting, and beautifully curated retreat. We came away feeling restored and inspired, both creatively and physically.

I would wholeheartedly recommend this experience to anyone, regardless of experience or ability, who is looking for a retreat that is inclusive, enriching, and genuinely transformative.

Yoga and Qi Gong (new to many) provided the opportunity for movement and quietness, and the water colour painting sessions were so helpful to learn how water colour works and various techniques, which resulted in paintings to take away. Great for beginners like me.

Thank you so much Ione and Nicky for a thoroughly enjoyable retreat! Loved it so much, I'm rebooking for next year with my sisters.

Terms and Conditions

Payment

The fee for the painting and yoga/qi gong retreat is:

Twin/double room at Casa Surrender or Finca Millantu: £1575 single occupancy - £1275 shared
Non-participating accompanying friend/partner: £795
Accompanying friend/partner yoga/qi gong only: £1095

£645 per person deposit is required at the time of booking to secure your place on the retreat. Please pay by BACS to:

Omara Retreats (business)
Sort Code 20 98 98
Account Number 33411192
using **your name and Oct 27** as a reference.

If you would prefer another payment option, please email ioneharrisonart@gmail.com

The remaining balance is due by 19 July, i.e. 3 months before the course starts.

Cancellation and refund policy

If you cancel your place on the course

- Prior to 19 July 2027, you will receive a full refund of any money paid less £50 administration fee.
- Between 20 July 2027 and 18 September 2027, you will receive 50% refund.
- Between 19 September 2027 and the course start date of 19 October 2027, no refund will be payable and full payment is due.

If Omara Retreats has to cancel the course for any reason before 19 October 2027, you will receive 100% refund of any payment made to Omara Retreats.

Insurance

You are responsible for taking out adequate and valid travel insurance to cover your individual needs and circumstances.

By booking on the retreat, you confirm acceptance of these terms.