

Omara Retreats

Painting and Yoga/Qi gong Retreat in Andalucia

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



Saturday 12 September to Saturday 18 September 2026
La Casa Surrender, Cómpeta, Andalucia, Spain

Join us for a transformative retreat in the heart of Andalucia. 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!



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



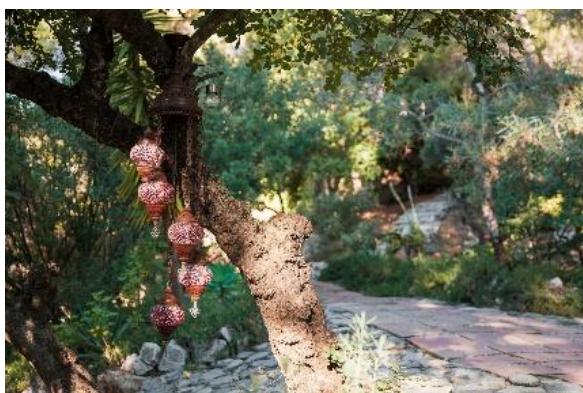
Why Choose This Retreat?

- **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.



What's included:

- Daily painting workshops with an expert teacher. 1-1 tutorials can be arranged at supplementary cost
- Daily yoga/meditation/qigong sessions with expert instructor. 1-1 tutorials can be arranged at supplementary cost
- Breakfast, lunch, and non-alcoholic beverages throughout the day
- Five evening meals
- Accommodation
- Sketching walks nearby



Accommodation

Single or shared occupancy in a room with two single beds. There is 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. Please consider this when booking.



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 will explore both traditional and experimental watercolour techniques to create paintings that are full of atmosphere and texture. The emphasis of the workshops is very much on play and exploration – be prepared to go with the flow.

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

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.

- **Stunning outdoor spaces** for yoga, meditation, and painting, with sunrise and sunset views.
- **Comfortable, thoughtfully designed accommodation** that blends rustic charm with modern 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.



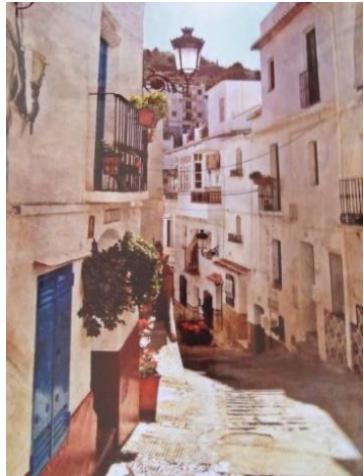
Cómpeta – A Hidden Gem in Andalusia

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

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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 Cómpesta is 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 Cómpesta'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.

Cost per person

£1195 for shared room

£1495 for single occupancy room

£795 for non participating partner sharing a room.

To book: Email ioneharrisonart@gmail.com. You can also book on the website [here](#).

Andalucia Retreat 12-18 May 2026

THE SMALLER PRINT

Itinerary

Day 1

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

Days 2, 3, 4, 5, 6

- 8.30am Start the day with meditation, gentle yoga and qi gong to stimulate your creative spirit and then enjoy a nourishing breakfast.
- 10.30am Watercolour painting workshop. Each day you will explore exciting techniques to create atmosphere and texture in your paintings.
- 1.30pm Lunch followed by free time to swim, explore, continue painting or take a siesta.
- 5.30pm Sunset yoga session followed by drinks and dinner

Day 7

- 8.30am Start the day with meditation, gentle yoga and qi gong to stimulate your creative spirit and then enjoy a nourishing breakfast.
- Farewells and departure

Optional excursions:

Afternoon beach trip to Nerja.

Evening out in Nerja for dinner and a Flamenco show

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 (typically £60 – £100 from UK)
- Meals out on optional excursions
- Alcoholic drinks
- Insurance
- Staff gratuities
- Transport to and from airport (this can be arranged – please enquire for details)
- Art materials for painting classes: full list of everything you need provided on booking
- Use of yoga equipment (mats are available to hire for a small fee)

What to bring:

General:

- sunhat, sunglasses
- Suncream
- Swimming things and beach towel
- Any medications
- Shoes you can walk in comfortably
- Insect repellent

For Yoga

- Yoga mat (or hire one from us)

- Loose, cool clothes

For Painting

- A4 Sketchbook with cartridge paper (e.g. Jackson's Studio sketchbook A4)
- Watercolour paper A4 or A3, 140lb (300gsm), cold pressed, 100% cotton, eg Bockingford
- Journal / notebook
- Pencils (HB, 6B), rubber, pencil sharpener or scalpel, waterproof black fineliner
- Water pots, spray bottle, mixing palette
- Watercolour paints. Cotman watercolour pan sketching set or Cotman watercolour tubes in the following colours: cerulean blue, ultramarine, sap green, viridian, cadmium yellow pale, cadmium yellow, alizarin crimson, cadmium red light, yellow ochre, burnt sienna, burnt umber
- Brushes: $\frac{1}{2}$ " flat, No.12 round, rigger no 3 (or other fine detail brush of your choice), No.6 round. Graduate range is a good low cost option.
- Low stick masking tape, ruler, board, A3 foam mountboard works well for travelling
- A3 folder to keep your work in, apron, small backpack to carry materials

Stockists: materials can be bought from Hobbycraft or online from [Jackson's Art Supplies](#). If you need any help with sourcing art materials, please get in touch with Ione: ioneharrisonart@gmail.com

Terms and Conditions

Payment

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

£1195 for shared room

£1495 for single occupancy room

£795 for non-participating partner sharing a room

£650 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 Spain** as a reference.

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

The remaining balance is due by 12 June 2026, i.e. 3 months before the course starts.

Cancellation and refund policy

If you cancel your place on the course

- Prior to 12 June 2026, you will receive a full refund of any money paid less £50 administration fee.
- Between 13 June 2026 and 11 August 2026, you will receive 50% refund.
- Between 12 August 2026 and the course start date of 12 September 2026, no refund will be payable and full payment is due.

If Omara Retreats has to cancel the course for any reason before 12 September 2026, 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.

