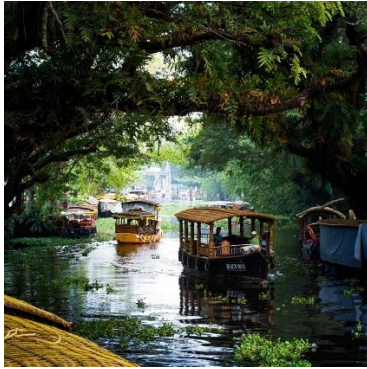


## Painting and Yoga Retreat in Kerala

### *Find Balance, Creativity and Wellness in the Heart of Kerala!*



**Tuesday 13<sup>th</sup> January to Monday 19<sup>th</sup> January 2026**  
**Alleppey, Kerala, Southern India**

Join us for a transformative retreat in the heart of Kerala, where art meets serenity. Experience a perfect blend of creative expression and holistic wellness as you immerse yourself in daily yoga/qi gong sessions, painting workshops, and the natural beauty of this tropical paradise. The yoga and painting sessions are accessible for all: perfect for those with experience or complete beginners. Everyone welcome!

#### **What's Awaiting You:**

- **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 expert guidance, you will nourish your mind, body, and spirit.
- **Creative Painting Workshops:** Let the soothing land- and seascapes of Kerala inspire your artistic spirit as you immerse yourself in guided painting sessions, tailored for all levels of experience. Whether you're a beginner or seasoned artist, Ione's personalized approach will help you unlock your creativity.
- **Holistic Wellness:** Learn the art of mindfulness and connect deeply with your body and surroundings through ancient practices that promote health, relaxation, and inner peace.
- **Kerala's Natural Beauty:** Reconnect with nature, surrounded by lush backwaters, verdant forests, and the peaceful tranquillity of Kerala's landscape.
- **Cultural Immersion:** Explore Kerala's vibrant traditions and local cuisine for a truly holistic experience.

#### **Why Choose This Retreat?**

- **Expert Guidance:** Learn from two highly experienced, empathetic instructors: Nicky and Ione will guide you and ensure personalized adjustments are made throughout the retreat. With a small group, we ensure an individually tailored and intimate experience.

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- **Peaceful Location:** Set in the serene beauty of Kerala, 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.

Embrace a life-changing journey that nurtures your creativity, mind, and body. **Book your spot today** and discover the transformative power of art and yoga in Kerala! Let the beauty of Kerala inspire you – inside and out!

We welcome an accompanying friend/ partner who is not participating on the course.

### Location

Our base is Neela Waters, a beautiful house right on the beach in Alleppey, Kerala. We have exclusive use of the house for our retreat and this peaceful place is where you will receive your Alleppey-based workshops, yoga/qi gong sessions and included meals.



Cost per person £895 for the course.

What's included:

- Daily painting workshops with 1-1 support from expert art teacher
- Daily yoga/meditation/qigong sessions with 1-1 support from expert yoga/meditation/qi gong teacher
- Breakfast, lunch and refreshments throughout the day
- Evening trip to Marari Beach or rice paddies
- Full day excursion to explore waterways on a houseboat
- Full day excursion to Konni/Adavi in the hills to see elephants, jungle and waterfalls
- Welcome drinks
- Use of yoga mat and equipment

What's not included:

- Accommodation (Note – for recommended accommodation options – please see below)
- Flights
- Evening meals/drinks

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- Insurance
- Visa
- Staff gratuities
- Transport to and from airport (this can be arranged – please enquire for details)
- Art materials - a detailed list will be sent to you on booking
- Ayurvedic massage

## Your tutors

### Ione Harrison – painting

Ione is a contemporary landscape artist and art tutor with over 30 years' teaching experience. She works mainly in watercolour and ink, taking inspiration from the landscapes, colours and textures that surround her. Her aim in her teaching is twofold: that you feel supported to develop confidence and skill in using the wonderful medium of watercolour; that 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](http://www.ioneharrison.co.uk)  
For any questions about the painting elements of the course, please email [ioneharrisonart@gmail.com](mailto:ioneharrisonart@gmail.com)



### Nicky Owen 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 tutor at The Northern College of Acupuncture in York, where she provides clinical 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 beautiful and peaceful setting of Neela Waters in Kerala. Both 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.nickythomas-york.com](http://www.nickythomas-york.com)

For any questions about the yoga/qi gong elements of the course, please email [nickyjanethomas123@gmail.com](mailto:nickyjanethomas123@gmail.com)



### Accommodation

We have reserved two beautiful properties for our retreat. Both of these are owned by our lovely hosts, Joanna and Nachi; you are assured of a warm welcome and every care will be taken to ensure you feel relaxed and restored. To book your room in one of these properties, just send a whatsapp message to **Joanna 00 91 87144 22334**. Just let her know which property and the type of room you would like to book and she can arrange everything for you.

If you wish to extend your time in Kerala, there is the option to stay on at your chosen accommodation. Just let Joanna know when arranging your booking.

### Neela Waters

Double/twin rooms are available from £20 per room per night. For details and booking, please whatsapp **Joanna 00 91 87144 22334**.



### Dutch Square

Deluxe double rooms and shared dorm are available from £6 per night. For details and booking, please whatsapp **Joanna 0091 87144 22334**.



If you would like to explore other options, here are a few that come highly recommended. All are close to Neela Waters and are bookable directly on booking.com

[Asthamaya Beach, Alleppey \(updated prices 2025\)](#)

[Dolphin Beach House, Alleppey \(updated prices 2025\)](#)

[Summer beach house, Alleppey \(updated prices 2025\)](#)

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If you'd like a little more luxury:

[Raheem Residency, Alleppey \(updated prices 2025\)](#)

### **Flights and extending your travel in India**

To help you with your travel plans, we have linked up with an experienced travel consultant, Julian Snow, who can help with booking flights and is also able to help you plan and organise the rest of your stay in India. Julian has over 30 years' experience arranging personalised itineraries and is able to accommodate every budget – from basic to 5 star.

Please email Julian with your travel plans and queries and he will be happy to help:

[\*\*julian.snow@360privatetravel.com\*\*](mailto:julian.snow@360privatetravel.com)



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### Full Itinerary

#### Day 1 Tue 13 Jan

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

#### Day 2 Wed 14 Jan. Alleppey based.

- 8am Start the day with meditation, gentle yoga and qi(chi) gong to stimulate your creative spirit and then enjoy a nourishing breakfast.
- 10am Head to the roof terrace at Neela Waters for your first watercolour painting workshop: sea and beach.
- 1.30pm Lunch followed by free time to swim, explore, indulge in ayurvedic massage, or take a siesta.
- 5.30pm Sunset yoga session followed by drinks and dinner in a local restaurant.

#### Day 3 Thur 15 Jan. Excursion day.

- After a gentle yoga session and breakfast, we will take a riverboat to explore the waterways of Kerala. Guided painting sessions and lunch are part of this special day trip.
- Return to Alleppey for dinner.

#### Day 4 Fri 16 Jan. Alleppey based.

- Start the day with gentle yoga and qi gong to stimulate your creative spirit and then enjoy a nourishing breakfast
- Watercolour painting workshop.
- Lunch followed by free time.
- Late afternoon qi gong on the beach followed by drinks and dinner in a local restaurant.

#### Day 5 Sat 17 Jan. Excursion day.

- An early (8am) start today as we head for the hills to visit the elephant rescue centre at Konni. Here you can see the elephants and learn about the fascinating role they have played in the history of India. We will then take a short drive for a trip on the river and lunch. Then we will visit the waterfalls and forests of Kadavi. There will be lots of opportunities for sketching these fascinating and beautiful surroundings. Transport, guided sketching session, lunch and snacks are included.
- Return to Alleppey for dinner.

#### Day 6 Sun 18 Jan. Alleppey based.

- Start the day with gentle yoga, followed by a morning watercolour painting workshop to consolidate and complete work done over the previous few days.
- Lunch at Neela Waters followed by free time to swim, explore, shop or simply be.
- Late afternoon Yoga session
- Dinner in a local restaurant. This will be an opportunity to celebrate the journey we have been on; potential next steps; how to develop a yoga/creative practice that nourishes the spirit, mind and soul.

#### Day 7 Mon 19 Jan

- Farewells and departure

**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 at all about any aspect of the yoga/qi gong sessions, please contact [nickyjanethomas123@gmail.com](mailto:nickyjanethomas123@gmail.com)
- If you have any questions at all about any aspect of the painting sessions, please contact [ioneharrisonart@gmail.com](mailto:ioneharrisonart@gmail.com)

### What to bring:

- Sunhat, sunglasses
- Suncream
- Swimming things and beach towel
- Any medications
- Shoes you can walk in comfortably for our trips

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- Insect repellent

#### For Yoga

- Loose, cool clothes

#### For Painting

- A full list of materials will be sent to you before the course starts.
- You also have the option to borrow/buy art materials from Ione when you arrive.

#### Frequently Asked Questions

1. Where do I fly to in Kerala?  
The nearest airport is Kochi International airport, which is around 1 hour 30 minutes drive. A taxi can be arranged to pick you up – it will cost around £30
2. How much should I expect to pay for a flight from the UK?  
This will cost around £600 with an airline such as Emirates.
3. What would be a good budget for the week?  
A total budget of £2000 will cover the course, flights, accommodation, evening meals and a couple of massages.
4. Do I need a visa for India?  
Yes – you can buy a tourist e-visa from India Visa Online. <https://indianvisaonline.gov.in/evisa/tvoa.html>
5. Where are good places to travel on to from Alleppey?  
You could travel into the mountains to see the nature reserves and tea plantations of the Western Ghats, or you could fly to tropical Sri Lanka – the flight takes 1 hour 15 minutes from Kochi to Colombo.
6. What if I've never painted before?  
That's no problem – we are happy to accommodate beginners. The painting sessions will be guided step by step.
7. What if I don't have any art materials?  
You can borrow or buy these from Ione – just let her know beforehand if you would like to do this.
8. What if I've never done any yoga before?  
Not a problem – Nicky will make any adjustments necessary to ensure you can work within your limits and feel comfortable and restored in the yoga/qi gong sessions.
9. Do I need to get any jabs before I travel?  
Vaccines for Hepatitis A, Typhoid, Diphtheria and Tetanus are recommended for most travellers. We would advise checking with your GP before travel.

#### Terms and Conditions

##### Payment

The fee for the painting and yoga course with included excursions, breakfast, lunch is £895.

£400 deposit is required at the time of booking to secure your place on the course. Please pay by BACS to Ione Harrison 202538 73446042 using **your name and Kerala** as a reference. Alternatively, you can pay on Ione's website [here](#). If you would prefer another payment option, please email [ioneharrisonart@gmail.com](mailto:ioneharrisonart@gmail.com)

The remaining balance of £495 is due by 13<sup>th</sup> October, i.e. 3 months before the course starts. Please make this payment by BACS to Ione Harrison 202538 73446042 using **your name and Kerala** as a reference.

If you would prefer another payment option, please email [ioneharrisonart@gmail.com](mailto:ioneharrisonart@gmail.com)

### **Cancellation and refund policy**

If you cancel your place on the course

- prior to 13<sup>th</sup> October 2025, you will receive a full refund of any payments towards the course, less £50 administration fee.
- between 14<sup>th</sup> October 2025 and 1<sup>st</sup> December 2025, you will receive 50% refund of any payments towards the course
- between 2<sup>nd</sup> December 2025 and the course start date of 13<sup>th</sup> January 2026, no refund will be payable

If we have to cancel the course you will receive 100% refund of any payments towards the course.

### **Insurance**

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

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

