



# Find your Flow

## JOIN US FOR AN INSPIRING YOGA & ART RETREAT

2nd -7th JUNE 2025

DRAGONFLY HOUSE, ANDALUSIA

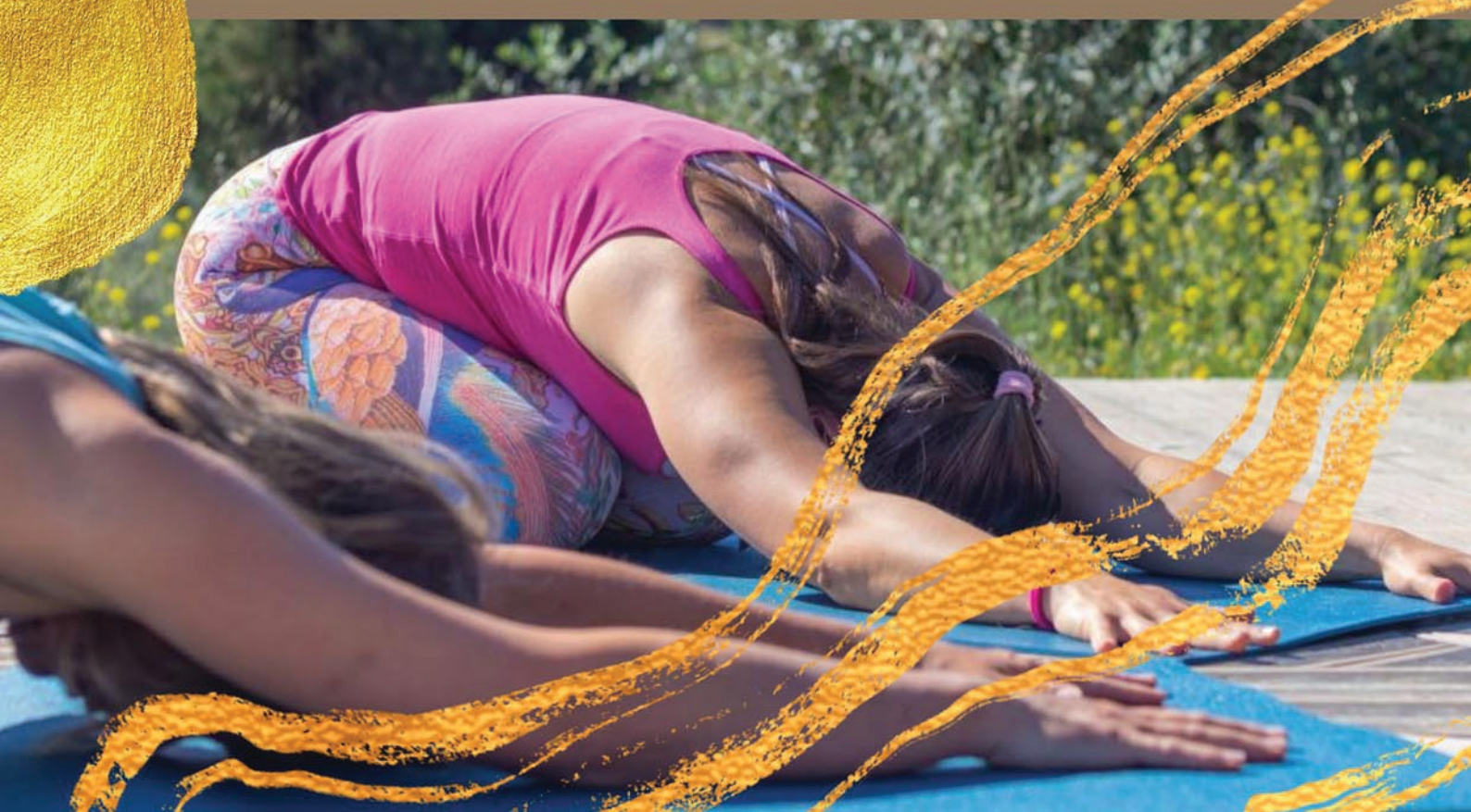
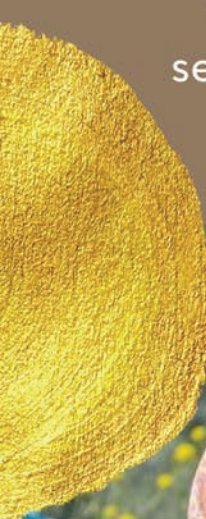
£1190 p/p 5 Night Full board shared/twin room with ensuite

Additional £340 for single supplement. Flights & Transfers not included.



Unlock your inner artist and find your creative flow at this nurturing yoga and art retreat set in the rolling hills of Andalusia. This tranquil hideaway offers you the chance to feel inspired, get your creativity flowing, recharge and relax.

This experience is perfect for complete beginners to yoga and art and helpful for those who feel a little blocked in life and in need of reigniting creative and inspired thinking. We will be working to free up our creative minds through flowing yoga sequences, expressive art exercises, meditation, sound healing, nature walks and even wild swimming.



# Location

Located just 1 hour north by car from Malaga, Dragonfly House retreat centre is a peaceful haven to rest and restore the body and mind. Nestled in the rolling Andalusian olives groves, this is a place of quiet inspiration where you can watch the sun rise on the yoga deck in the morning, relax by the pool in the afternoon and gather around the fire pit in the evening.

# What we offer

- Twice daily yoga with Carolyn and Helen
- Daily art & creativity sessions with Jo with all art materials supplied
- Full board - 3 x vegetarian meals daily
- Sound healing ceremony with Helen
- Yoga deck for sunrise yoga and meditation
- Fully equipped air conditioned yoga studio
- Stunning outdoor pool area with towels
- Optional: On-site massage treatments, Excursions to local nature reserve and lake.



# Sample Menu

**Breakfast:** with homemade muesli, fruits, yoghurts, fresh breads, honey and jams, Coffee and teas.

**Lunch:** Sweetcorn fritters stacked with avocado, homemade mayonnaise and Garden Salad.

**Snack:** Chocolate-Raspberry Chia Seed Cups

**Dinner:** Coconut and Lime, Thai Coconut Curry with fresh coriander, roasted cashews and rice.

**Dessert:** Homemade icecream.

All meals are homemade using locally sourced or home grown ingredients where possible and can be tailored to allergy free requirements if necessary.



# Your Hosts



## HELEN SMITH

Helen is the guardian of Dragonfly House, an experienced yoga teacher, sound healer and Ayurvedic Health Coach and Spiritual Coach. Most recently she has trained as a Bio-magnetic and Bio-Energetic Practitioner. She has a background in Psychology and business but now has found her calling in life by facilitating transformative yoga retreats in Andalusia, Spain.

## JO ROOKS

Jo is an artist, author/illustrator, graphic designer and art tutor. Jo has background in graphic design for music and illustration for children. She is the author-illustrator of six published childrens books including award winning title 'A Box of Butterflies'. Jo teaches a free in-person art club called 'Art 4 Wellbeing' and has enjoyed inspiring others to use their creativity. Jo also works front of house at Serenity Space and loves being part of the yoga community



## CAROLYN CHIAPPE

Carolyn is the owner of Serenity Space. She came to yoga whilst juggling a family of three and managing a successful preschool. After completing her yoga teacher training and as her family grew up, the seed was planted for her to follow her dream of owning a wellness centre. She is a regular wild swimmer and has observed the benefits that cold-water swimming brings to improve her focus and creative flow. Brought up in Italy she is fluent in Italian, Spanish and French. Andalusia holds a special place in her heart and has a wealth of knowledge about the area.



# The Benefits of Art

Making art has a multitude of benefits for our mental health and well-being. Art can help focus the mind, assist with processing difficult emotions as well as alleviate symptoms of anxiety, depression and stress. It is said to increase serotonin levels and blood flow to parts of the brain associated with pleasure and provide us with an increased sense of purpose.

Practicing art in a safe space gives us the opportunity to embrace our so called 'mistakes' and curb our inner critic. Not only that, creativity is said to help us solve problems in everyday life with more openness and mental agility by using 'out-of-the-box' thinking which stimulates the left and right side of your brain at the same time.

Art brings us together. When we make art alongside others we feel less isolated and more connected to those around us. We can gain inspiration, confidence and self-esteem by sharing our ideas in a social setting. And of course, it can also be a wonderful way to allow new friendships to blossom.





# The Benefits of Yoga

Yoga offers a whole host of benefits for physical, mental, and emotional well-being. It is known to improve flexibility, strength and posture whilst also helping to enhance breathing and energy levels. Yoga also reduces stress and improves sleep and mood. Mindful movement is a wonderful way to improve self-esteem and spiritual growth by creating a sense of community when practiced as a group. Yoga isn't about how far you can stretch or achieving advanced postures. Instead, it is a personal journey focused on the here and now to gain a better understanding of our body, mind and spirit and in turn nurture our well-being.

# Praise for Helen & Dragonfly House

*"I can truly say that the time I spent in the Dragonfly house was miraculous, magical and unforgettable. A healing space where I felt totally held, loved and comfortable. Not only the house is absolutely beautiful and peaceful but there truly is a healing presence there. I'm so grateful thank you Helen for pouring your heart in every detail."*

Ana Paola Guest Spring 2022



# Praise for Jo & Art4Wellbeing

*"Jo creates a welcoming, calm and friendly atmosphere in her art classes. I always look forward to them. She's a great art teacher and she considers all abilities in the subjects we cover. She makes art fun and accessible for everyone!"*

Caroline Harris, Art 4 Well-being student 2024





# Dates

**Mon 2 June 2025 - Sat 7 June 2025 (5 nights)**

# Included

- Morning Sunrise yoga practice with Carolyn
- Daily art & creativity sessions with Jo with all art materials supplied
- Early evening Restorative Yoga Practice with Helen
- A Sound healing ceremony with Helen
- 5 Nights accommodation at Dragonfly House
- Full board - 3 x delicious meals plus snacks daily
- Unlimited tea and coffee
- Stunning outdoor pool area with towels provided
- Art and beauty goodie bags

*Optional: On site massage treatments, Nature walk excursion to local national park and wild swim excursion with Carolyn.*

*Note: A selection of local wines can be purchased on site.*

# Investment

**£1190 per person**

Based on a 5 Night Full board shared/twin room with ensuite

Additional £340 for single supplement.

Flights & Transfers not included.

For more information and to book email us at [retreats@serenityspace.uk](mailto:retreats@serenityspace.uk) or call: 020 8874 4500

[www.serenityspace.uk/retreats](http://www.serenityspace.uk/retreats)

