

The Creative Space

**A YOGA AND CREATIVE
EXPRESSION RETREAT**

15 to 18 October, 2026



Hosted at Blanco Guest Farm
Tarkastad, Eastern Cape



Observe . Breathe . Create

There are parts of ourselves that thrive when given space.
Not more information. Not more productivity. Not more pressure
to perform.

Just simply space.

Space to observe, to breathe and to create.

The **Creative Space** is a **three-night retreat** exploring the
relationship between mindful movement, observation, and creative
expression.

Through yoga, breathwork, meditation, journaling, and a range of
creative practices, we create the conditions for creativity to
emerge naturally.

No artistic experience is required.

Only a willingness to be curious and explore.



About the retreat

Each day unfolds through the simple rhythm of
Observe - Breathe - Create.

Mornings begin with yoga, breathwork, meditation, and mindful movement practices that help settle the nervous system and create an internal sense of space.

From this more grounded place, we move into guided creative exploration.

Working with practices such as visual journaling, sketching, watercolour, intuitive mark-making, asemic writing, and mixed media exploration, participants are encouraged to engage with curiosity rather than outcome.

Throughout the retreat, journaling offers an opportunity to capture observations, reflections, ideas, and insights as they emerge.

Nature also becomes part of the creative process. Walks, quiet observation, sketching, and time spent outdoors invite participants to gather inspiration from the landscape around them.

There is generous space held between sessions. Time to rest, to sit with a cup of tea, to walk, reflect, or simply be.

The Setting

Blanco Guest Farm (Eastern Cape)

Nestled beneath the Winterberg Mountains, Blanco Guest Farm is one of the Eastern Cape's hidden gems. A place of open skies, rolling landscapes, and genuine country hospitality, Blanco invites guests to step away from the demands of daily life and into a slower, more intentional rhythm. Its peaceful setting, nourishing meals, and welcoming atmosphere create the perfect backdrop for retreat, rest, and renewal. And so the land itself becomes part of the creative process.

It is a place that gently invites presence, offering the space to slow down, breathe deeply, and settle into the rhythm of the landscape.

Insta and Facebook: @blanco.guest.farm
www.blancoguestfarm.co.za



Retreat Facilitator



Nicola Byers

Artist. Yoga teacher . Facilitator

Nicola is a yoga teacher and professional artist whose work explores the meeting point between mindful movement and creative expression.

With over three decades of yoga practice, Nicola brings a grounded and thoughtful approach to teaching, creating spaces where participants can slow down, reconnect with themselves, and explore with curiosity and ease.

Having been immersed in art throughout her life, and working as a professional artist for more than ten years, her creative practice is rooted in observation, experimentation, and process rather than outcome.

Through her retreats and workshops, Nicola brings these two worlds together, using yoga to create internal space and creative practices to help people reconnect with their innate capacity for expression.

Instagram & Facebook: @nablifeco.za

www.nablifeco.za

What you can expect

Daily yoga, breathwork & meditation to support nervous system regulation

Guided creative sessions across mixed media

Reflective journaling woven throughout the weekend

Spacious time for rest, integration, and exploration

A calm, supportive environment with no pressure or expectation

Creative exploration includes

Visual journaling

Watercolour exploration

Sketching as a practice of observation

Intuitive mark-making

Asemic writing

Mixed media experimentation

Nature-inspired creative prompts

Reflective journaling

All materials are provided.

No prior experience is necessary.

What you'll leave with

A handcrafted creative journal developed throughout
the retreat

Sketches, writings, observations, and creative
explorations gathered over the weekend

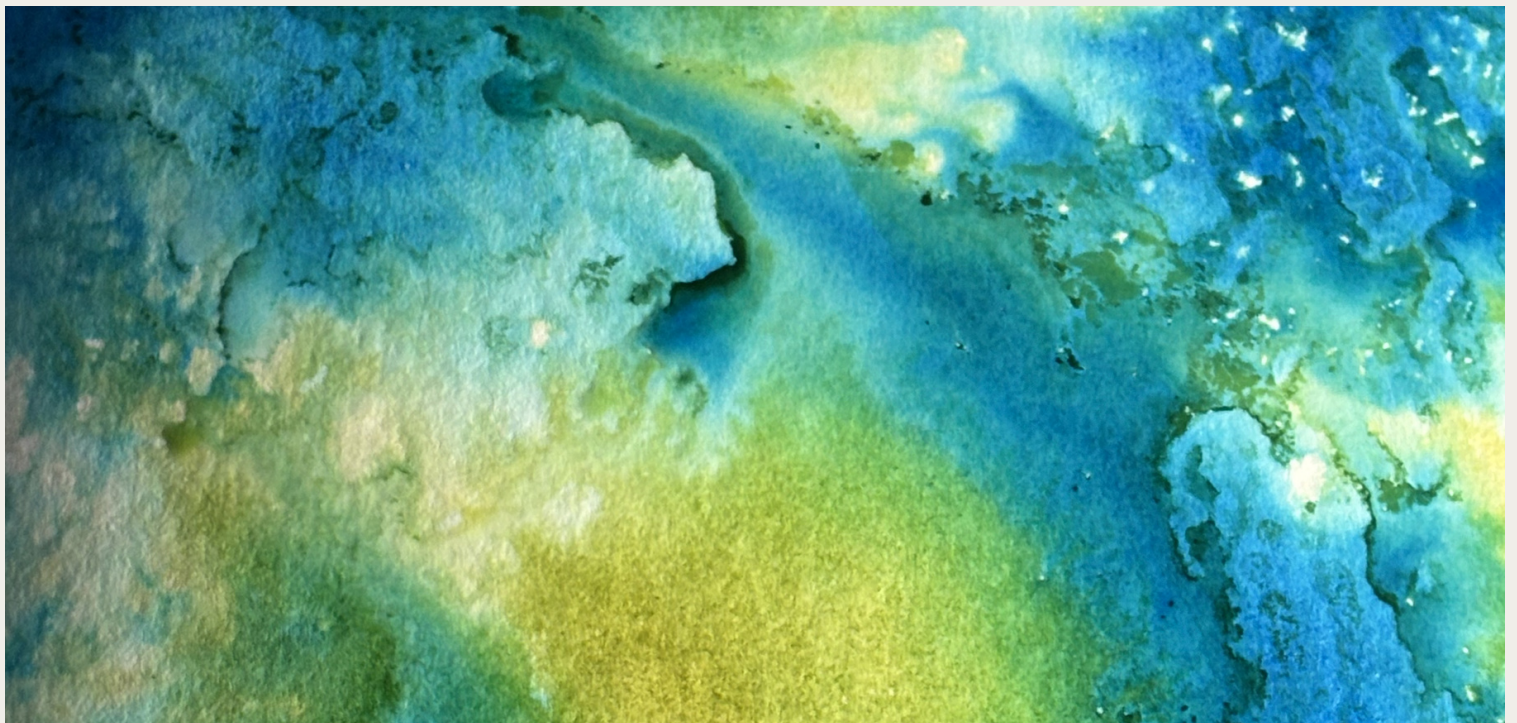
Simple creative practices to continue at home

Practical tools for cultivating mindfulness and
observation in everyday life

Greater confidence to explore creativity without
judgement or perfectionism

A deeper connection to your own creative voice

A renewed appreciation for creativity as a natural part of
being human



The Experience

Each day unfolds with a natural rhythm, a balance of guided practice, creative exploration, and spacious time to rest, wander, and simply be.

You are invited to move gently within this structure, following your own pace while being quietly supported throughout.

The following pages offer a glimpse into the gentle structure of the weekend, and what you can expect as the experience unfolds.

Day 1

Arrival and soft landing

2pm

Take time to settle into your room, or step out for a quiet wander through the farm and surrounding landscape.

Late Afternoon

Opening circle & intention setting
Creative session and
Journaling workshop

Evening

Gentle yoga & grounding meditation
Dinner
Optional journaling to arrive and reflect



Day 2

Opening the Creative Space

Early morning
(optional)

Cold water swim, quiet walk,
or stillness

Morning

Yoga, breathwork & meditation to
settle the nervous system
Breakfast

Late morning

Creative session

Early afternoon

Time to rest, journal, walk,
sketch in nature, or simply enjoy
the spaciousness of the
surroundings.

Late afternoon

Journaling session
Creative session

Early evening

Yoga Nidra
Dinner
Optional quiet reflection

Day 3

Deepening and exploring

Early morning
(optional)

Swim, walk or quiet time

Morning

Yoga practice (a little more energis
while still grounded)
Breakfast

Late morning

Creative session

Early afternoon

Spacious time for rest,
reflection, sketching, journaling,
or exploring the farm.

Late afternoon

Creative integration and
journaling

Early evening

Yin yoga
Dinner

Day 4

Integration and departure

Morning

Gentle movement and meditation
Closing journaling
Breakfast

11am

Departure



Investment

Retreat Fee - Includes all yoga sessions, guided somatic and meditation practices, creative workshops, journaling facilitation, retreat hosting, and materials.

Accommodation packages at Blanco Guest Farm include three nights accommodation, all meals, teas and coffees.

R8,000 per person

(Excludes beverages, additional snacks and transport to and from Tarkastad)



Bookings and Enquiries

*Retreat enquiries and to
book*

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*Accommodation
enquiries and to book*

Blanco Guest Farm

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www.blancoguestfarm.co.za



*Creativity is not something
reserved for a few.*

*It is something that lives quietly
within all of us.*

*Sometimes, it simply needs
space.*