

WHERE *Creativity* MEETS ADVENTURE

AN UNIQUE IMMERSIVE EIGHT DAY
ART & ADVENTURE RETREAT
with International Abstract Painter

Liz Murphy
AND STEEL HORSE COLOMBIA

come join us

EXPRESSIVE PAINTING, EQUESTRIAN ADVENTURE & THE
EXTRAORDINARY BEAUTY OF THE COLOMBIAN ANDES.

September 4-12th 2026 in Colombia



PAINT • EXPLORE • RIDE • CONNECT

LM
LIZ MURPHY
STUDIO



8 DAYS, 8 NIGHTS IN THE HEART OF COLOMBIA'S COFFEE DISTRICT

Escape to the lush mountains of Colombia for eight unforgettable days of creativity, adventure, connection and discovery.



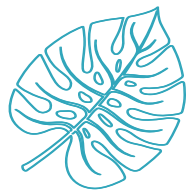
Hosted by internationally collected abstract artist Liz Murphy in partnership with Steel Horse Colombia, this unique retreat invites you to slow down, awaken your senses and experience one of the world's most breathtaking landscapes through the eyes of an artist. More than a painting retreat, it's a creative adventure where awakening, exploration, play and connection take centre stage.



Ride horseback through the Andes, discover hidden waterfalls, explore colourful colonial villages, wander coffee plantations and immerse yourself in the extraordinary beauty of Colombia. Every experience becomes inspiration for joyful, expressive creativity.



Back in the studio, you'll enjoy relaxed creative sessions using simple materials, playful techniques and guided demonstrations designed to help you let go of perfection, awaken your curiosity and rediscover the joy of making.



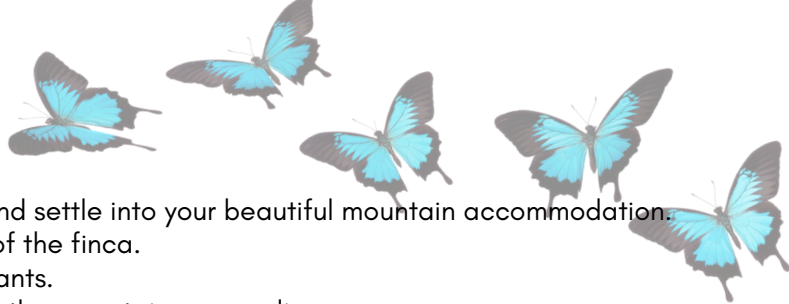
Set in a charming rustic Colombian finca, you'll enjoy authentic hospitality, delicious local cuisine and the company of like-minded travellers.

You'll return home with personal creations inspired by your journey, renewed creative confidence, unforgettable memories and, perhaps most importantly, a fresh way of seeing the world and representing it in two dimension.





Itinerary



Day 1 – Arrival & Welcome

- Arrive at Steel Horse Colombia and settle into your beautiful mountain accommodation.
- Welcome refreshments and tour of the finca.
- Meet Liz and your fellow participants.
- Time to relax, unpack and soak in the mountain surroundings.
- Evening welcome dinner.
- Fireside introductions and creative intention setting.
- Together we'll set the tone for the week ahead: letting go of expectations, opening ourselves to curiosity, and giving ourselves permission to create freely.

Day 2 – Finding Your Creative Freedom

- Optional morning yoga.
- Healthy farm breakfast.
- Half-Day Creative Studio Session.
- We'll begin gently with playful exercises designed to help you loosen up, let go of perfection and reconnect with the simple joy of creating.
- Lunch at the finca.
- Afternoon horseback ride through the surrounding coffee farms and beautiful mountain scenery.
- Evening dinner and fireside conversation.

Day 3 – Nature as Inspiration

- Breakfast.
- Excursion to a spectacular private jungle waterfall with time to swim in crystal-clear mountain pools. Bring sketchbooks to capture impressions, colours, movement and details from the landscape.
- Visit the colourful town of Filandia, exploring its artisan shops, architecture and vibrant colours, followed by lunch in an authentic Colombian restaurant.
- Explore a beautiful coffee finca and learn how coffee is made.
- Candle-lit dinner back at the finca.

Day 4 – Full-Day Studio Immersion

- Optional morning yoga.
- Breakfast.
- Full-Day Creative Studio Session.
- Using inspiration gathered from the previous days, Liz will guide you through a relaxed day of creative exploration, helping you respond to the colours, textures, atmosphere and experiences of Colombia in your own way.
- Lunch served at the finca.
- Continue creating into the afternoon.
- Optional wellness skincare and facial massage workshop around the fire.
- Dinner together.





Itinerary



Day 5- Colours of the Andes & Salento

- Healthy breakfast.
- Visit the colourful town of Salento and hike beneath the towering wax palms of Cocora Valley.
- Lunch in Salento and visit a famous chocolate shop to sample local cacao.
- Return to the finca.
- Afternoon Creative Reflection Session.
- We'll explore what it means to see the world through the eyes of an artist, gathering ideas inspired by the vibrant landscapes, flowers, textiles, architecture and colours surrounding us.
- Dinner together.

Day 6 - Full-Day Creative Studio

- Optional morning yoga.
- Breakfast.
- Full-Day Creative Studio Session.
- You'll continue exploring, experimenting and responding to the experiences you've shared throughout the week. There is no pressure to create finished artwork. This day is about enjoying the process, following your curiosity and celebrating your own creative journey.
- Lunch at the finca.
- Afternoon studio session continues.
- Dinner together followed by bonfire and dancing.

Day 7 - Horses, Freedom & Final Creations

- Breakfast.
- Morning horseback adventure through spectacular private trails, or a trip to the Botanical Gardens of Quindío.
- Lunch at the finca.
- Final Half-Day Creative Studio Session.
- A relaxed opportunity to revisit your favourite pieces, add any finishing touches and reflect on what you've discovered throughout the week.
- Prepare for an informal evening exhibition celebrating everyone's creative journey.
- Farewell dinner in a beautiful restaurant in Filandia.

Day 8 - Departure

- Breakfast together.
- Optional trip to the hot thermal springs in Santa Rosa.
- A final chance to enjoy the gardens before checkout and departures, taking home not only your artwork, but unforgettable memories, new friendships and renewed creative confidence.



About Liz



Liz Murphy is an internationally collected abstract artist, educator and creative mentor whose work is held in private and corporate collections around the world. Through her paintings, workshops and retreats, she inspires others to reconnect with their creativity and discover the freedom of expressive painting.

With a background in graphic design, illustration and interior design, Liz has spent years exploring colour, composition and creative expression. Throughout the retreat, she'll share simple painting techniques, playful demonstrations and creative exercises designed to help participants loosen up, build confidence and enjoy the process of creating – regardless of previous experience.

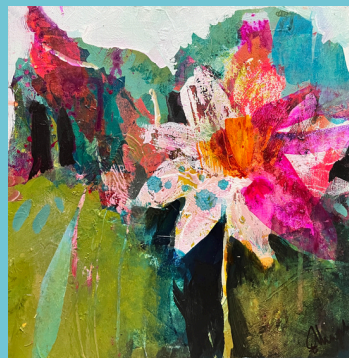
For Liz, creativity is about far more than making paintings. It's a way of seeing the world with greater curiosity, slowing down, becoming present, trusting your intuition and finding inspiration in everyday moments. Her warm, encouraging approach creates a relaxed environment where experimentation is celebrated, perfection is left behind, and everyone is invited to create in their own unique way. Whether you're picking up a paintbrush for the first time or looking to rekindle your creative spark, Liz's goal is for you to leave feeling inspired, refreshed and more connected to your own creative voice.

Instagram: @lizmurphystudio

Website: www.lizmurphystudio.com



@LIZMURPHYSTUDIO



About Steel Horse Colombia



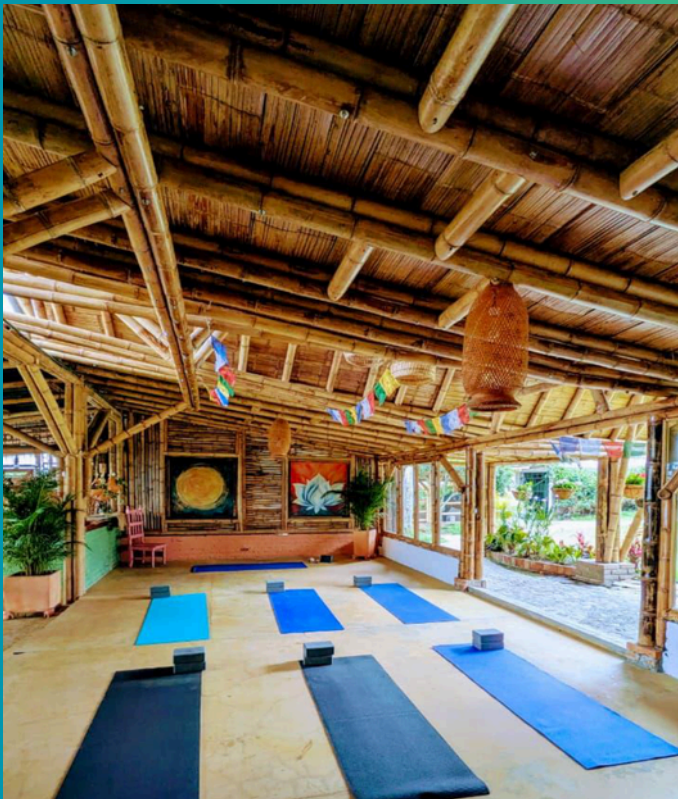
Steel Horse Colombia creates unforgettable, authentic experiences that showcase the extraordinary beauty, culture and spirit of Colombia. Based in the heart of the country's Coffee Region, the team specialises in thoughtfully curated equestrian adventures and bespoke travel experiences that connect visitors with the landscapes, people and traditions that make Colombia so unique.

With a deep knowledge of the region and a genuine passion for sharing it, Steel Horse Colombia offers far more than guided tours. From horseback rides through the Andes and hidden waterfalls to colourful colonial towns and local coffee farms, every experience is designed to immerse guests in the warmth, beauty and authenticity of Colombian life.

Together, Steel Horse Colombia and Liz Murphy have created a retreat where creativity and adventure unfold side by side. It's an experience designed not only to showcase the beauty of Colombia, but to inspire a deeper connection with nature, creativity and yourself.

Instagram: <https://www.instagram.com/steelhorsecolombia/>
website: <https://steelhorsecolombia.com>









Is This Retreat for You?

This retreat is for you if you are wanting to:

- Ignite your creativity for the first time.
- Reconnect with your creative spirit after time away.
- Refresh and expand your creative practice in a beautiful, inspiring setting.
- Let go of perfection and rediscover the joy of making.
- Explore, experiment and create in a relaxed, supportive environment.
- Be inspired by Colombia's extraordinary landscapes, culture and natural beauty.
- Experience adventure, connection and creativity alongside a small group of like-minded people.

Who Is It For?

- Complete beginners are warmly welcomed.
- Suitable for all experience levels.
- No previous painting experience is required.
- More experienced artists are encouraged to bring their own materials if they'd like to continue developing their personal practice during studio sessions.

What to Expect

The creative sessions focus on:

- Creative play over perfection.
- Curiosity over criticism.
- Exploration over expectation.
- Expressive mark-making, mixed media, monoprinting and playful techniques.
- Discovering your own creative voice rather than following step-by-step instruction.

Liz will offer individual encouragement and guidance throughout the week while keeping the emphasis on a shared, inspiring creative experience.

Please Note

This retreat is intentionally different from Liz Murphy's advanced 3C workshops. Rather than intensive technical instruction, the focus is on slowing down, embracing adventure, absorbing the extraordinary beauty of Colombia, and allowing those experiences to spark fresh inspiration and joyful creative expression.



CREATE AND BE INSPIRED

what's Included

- 8 nights accommodation in private room with ensuite bathroom.
- 7 days of activities including:
- 3 full days of art workshops with Liz and 3 half day creative sessions.
- 3 optional sessions of morning yoga, breathwork and meditation.
- Breakfast and either lunch or dinner at the finca are included. Light snacks, juices and teas throughout the day.
- 2 half day horse rides, horse care and handling.
- Swimming in a private, hidden waterfall in the jungle.
- Afternoon trip to Filandia and a beautiful local coffee finca.
- Full day trip to Salento and Cocora Valley.
- Airport transfers are available separately (approximately £45GBP, \$61USD per taxi).
- Massages and treatments (approx. £20GBP, \$27USD per treatment)
- Meals in local restaurants are paid for individually.
- Meals out in the town of Filandia and Salento are payable individually (approx £20GBP).# Alcoholic drinks.

DATE: SEPTEMBER 4TH to 12TH 2026

TOTAL PRICE OF RETREAT:

Option 1: PRIVATE ROOM and PRIVATE BATHROOM
\$3500 USD, £2,625GBP per person

Option 2: PRIVATE ROOM and SHARED BATHROOM
\$3000 USD, £2250 GBP per person

TO RESERVE YOUR SPOT GO TO
[HTTPS://STEELHORSECOLOMBIA.COM](https://steelhorsecolombia.com)

Reserve your place now. With just 14 participants, this super unique and exciting opportunity is expected to fill quickly.

PLEASE NOTE: To ensure the best possible experience, this retreat requires a minimum of 8 participants. Should the minimum not be reached, your deposit will be fully refunded or, if you prefer, transferred to the 2027 retreat.



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