

A SMALL-GROUP RETREAT FOR GAY MEN

**Solo is how  
you arrive.**  
*Connected is  
how you leave.*

MOVE / DISCOVER / RESTORE / BELONG

COME HERE

# A trip can change the scenery. This is built to *make room for you.*

Owa He means come here in Wañdat. It is an invitation to step away from the noise, travel with intention, move your body, rest without apology and meet people without having to perform for them.

*You can arrive on your own. You  
will not have to figure everything  
out alone.*



## SMALL BY DESIGN

Enough structure to feel held.  
Enough choice to keep the  
experience your own. Enough time  
for real conversation to happen  
naturally.

# Connection is *never manufactured.*

Owa He is not a party trip, a boot camp or a room full of strangers forced into vulnerability. The experience is carefully held, then allowed to unfold at a human pace.

01

## *Known before arrival*

A real application and conversation help us understand what you need before the trip begins.

02

## *Your pace belongs*

Movement and activities are guided, but the goal is never comparison or performance.

03

## *Room to be real*

Shared experiences open the door. Conversation and belonging are allowed to grow naturally.

04

## *A place to return*

The relationship does not have to end at checkout. Owa He is building community beyond the retreat.

# Four ways *back to yourself.*



01

## *Move*

Daily guided movement is scaled to your body, your experience and the goals you bring with you.

02

## *Discover*

Thoughtful excursions create a deeper relationship with the landscape, culture and story of each destination.

03

## *Restore*

Good food, open time, water, quiet and restorative experiences give your nervous system room to settle.

04

## *Belong*

A deliberately small group creates space for natural conversation, shared experience and relationships that can continue.

# There is a rhythm.

## *Not a race.*

7:30

### Wake + move

Guided movement scaled to your body and goals.

9:30

### Gather + nourish

Breakfast, coffee and a gentle start together.

11:00

### Go somewhere

A destination experience with room to notice it.

4:00

### Choose your pace

Pool, quiet, conversation or time on your own.

7:00

### Come back together

Dinner that feels relaxed, generous and real.



EVERYTHING IS INVITATIONAL

Some days hold more movement. Some hold more stillness. You are encouraged to participate, but you never have to prove that you belong.

# Desert light. *Fresh perspective.*



FIVE NIGHTS / SMALL GROUP / PRIVATE HOME

The first Owa He journey brings together movement, modern design, desert landscape and deep rest. Days are shaped around guided experiences, good meals and enough open space to actually absorb where you are.

Joshua Tree

Architecture + design

Mountain perspective

Spa + restoration

## WHAT IS INCLUDED

# The details are *already cared for.*

Every retreat page will confirm its exact itinerary. These are the essentials you can expect Owa He to thoughtfully arrange.

### Your stay

A comfortable private or shared room in a carefully selected home or villa. Shared rooms include shared space and bathrooms, never a shared bed unless requested by a couple.

### Movement

Daily guided movement and personal training adapted to individual ability, experience and goals. This is supportive fitness, not a competitive boot camp.

### Meals

Breakfast, lunch and dinner are provided on every full day, plus an arrival dinner, farewell brunch, daily coffee and tea. Dietary needs are collected in advance.

### Experiences

Planned group excursions, guides when appropriate, admission fees and transportation connected to the published retreat itinerary.

### Time to restore

Dedicated open time alongside restorative experiences such as the pool, spa, quiet mornings and room to choose your own pace.

### A thoughtful welcome

A tailored welcome bag and the practical information you need before arrival, including packing guidance and the final participant itinerary.

## ROOM OPTIONS + PAYMENT

**\$6,000 private**

*\$4,500 shared*

A \$500 deposit secures your place after the application and conversation. Payment plans may be arranged. Airfare, transportation to and from the destination, personal purchases, independent activities and outside excursions are not included.

# Care is not *an extra detail.*



BILLY MAWHINEY / FOUNDER

Billy created Owa He for gay men who want more than a vacation but do not want to be managed, fixed or pushed into someone else's idea of transformation.

His approach combines thoughtful travel planning, personal attention and a belief that the most meaningful moments often happen between the scheduled ones.

*The experience begins before arrival: with listening, preparation and the trust that lets you finally relax once you are there.*

# The experience *begins with trust.*

*“Working with Billy made the entire experience effortless. Every detail was thoughtfully handled, and the recommendations felt personal, not generic.”*

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Jordyn T.

*“Billy anticipated needs I did not even know I had. It was the first time I truly relaxed on a trip because I trusted every detail was handled.”*

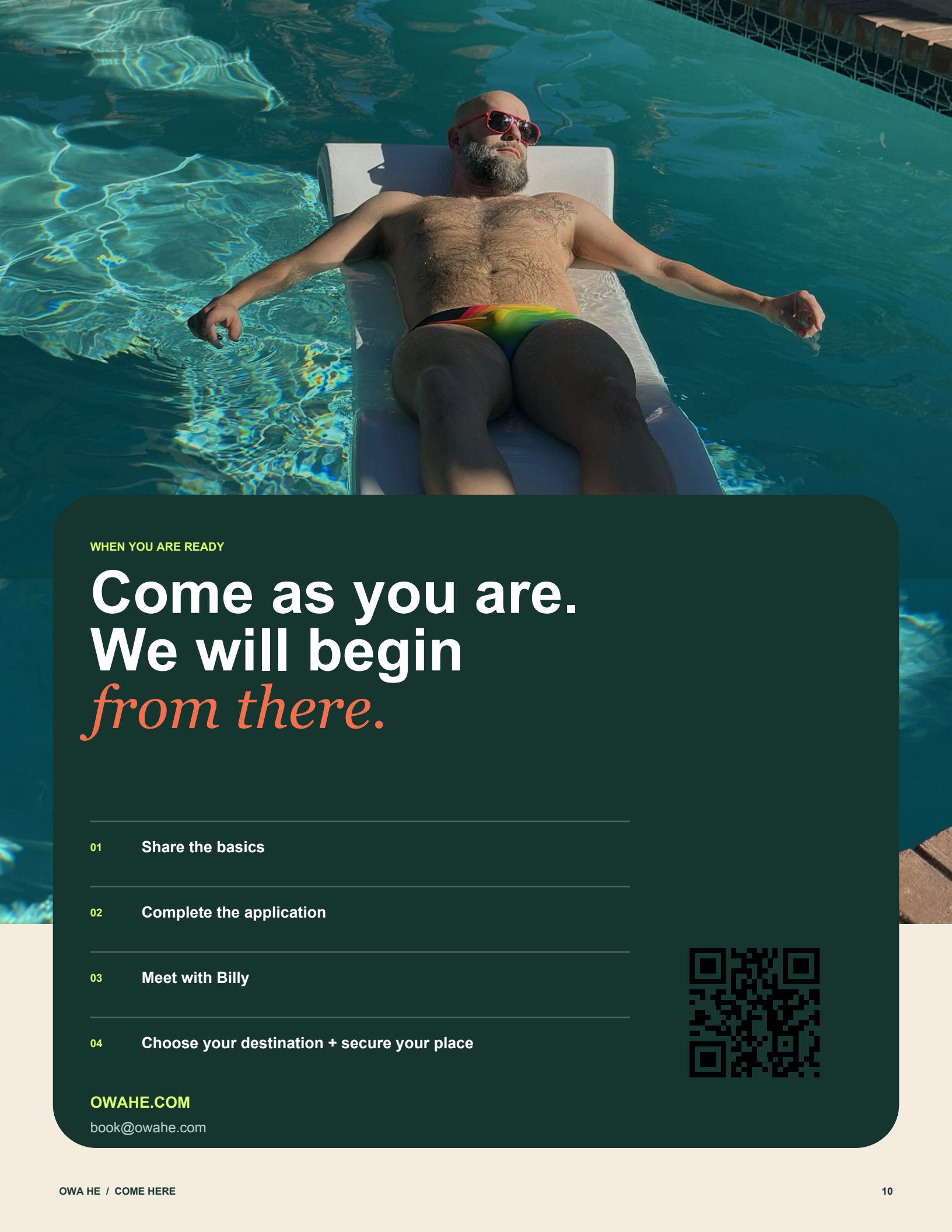
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André C.

*“From the first conversation to the final flight home, everything felt cared for. Billy turned a good vacation into an unforgettable experience.”*

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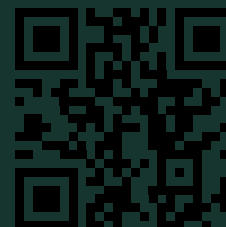
Matteo V.



WHEN YOU ARE READY

# Come as you are. We will begin *from there.*

- 
- 01 Share the basics
- 
- 02 Complete the application
- 
- 03 Meet with Billy
- 
- 04 Choose your destination + secure your place



**OWAHE.COM**

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