



Sweet Release Retreat in Watamu with Jadie McDonnell

3 days / 2 nights of yoga, meditation, relaxing, & activities
for body, mind and spirit on the beach at Watamu Treehouse

1 – 3 September 2017

About the Retreat

Join Jadie for this 3 day/ 2 night weekend retreat that combines an active vinyasa flow and restorative practice to release tension and bring us closer to our authentic self- in body, mind and spirit. The natural setting of Watamu Treehouse is a perfect location to breathe in the beauty of the Kenyan coast, surrender to the sounds of the ocean while letting go of all things that no longer serve you, enabling you re-energize and reconnect.

This retreat is designed for East African Residents – 2 days held over the public holiday. It starts at lunchtime Friday 1st September, and finishes on Sunday 3rd September after brunch. **You also have an option of coming early or staying on after the retreat at Treehouse at a discounted rate.**

The yoga is complemented by the amazing setting of Treehouse and the superb fresh and healthy food.

The Venue:

Watamu Treehouse on the beach in Kenya

- the perfect spacious open air house to be in touch with the elements
- unique architecture-rooms have views of sunrises or sunsets (or both!)
- set in a coastal forest on one of the best white-sand beaches in Kenya
- swimming in the warm healing waters
- for more details link to www.treehouse.co.ke

About Jadie

Jadie has been practicing teaching and practicing yoga internationally for 12 years, with the past 3 in the private and NGO sector in Kenya. She is trained in Ahimsa yoga (Toronto) in both an active and restorative practice, and also holds a Trauma-informed Yoga teaching certificate from New Leaf Foundation (Canada). Jadie's teaching style is playful, creative, adaptable and energetic, offering physical, emotional and spiritual release and growth. She believes in yoga as a healing methodology, and should be accessible and safe for all.



RETREAT COSTS

Full Package is Shs 33,000 per person sharing. Included:

2 nights shared accommodation at magical Watamu Treehouse, All meals—delicious, fresh and nutritious vegetarian food, 3 yoga sessions and meditation taught by Jadie, 1 yoga class on Stand Up Paddleboards (SUP) , a complementary massage, Walks, swims and time to relax in this serene setting, (transfers from Mombasa/Malindi airports not included, but we can arrange)

Yoga / Breakfast Package is Shs 3,500 per person per day. Included:

Morning yoga session and full, nutritious breakfast

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