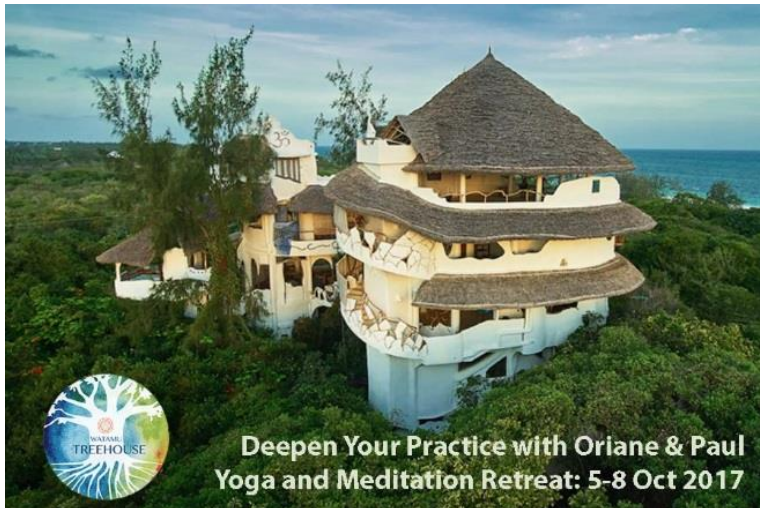




Watamu Treehouse

Yoga and Meditation Retreats in Nature

YOGA and MEDITATION RETREAT with Oriane and Paul 5 – 8 October 2017



Deepen Your Practice with Oriane & Paul
Yoga and Meditation Retreat: 5-8 Oct 2017



Yoga, Meditation, Massage, Healthy
Food and Cooking Demonstrations
Wonderful Activities in Nature, Friends

ABOUT THE RETREAT

Two Yoga and Meditation
Practices Daily

Full board accommodation
at Watamu Treehouse

Healthy Nutritious Meals

Activities in Nature

Complementary Massage

RETREAT COSTS PER PERSON

Full package - Shs 49,000
includes shared
accommodation, food,
yoga, selected activities and
complementary massage.

Yoga/Breakfast package
Shs 13,800 for 3 mornings
yoga and breakfast

For more information

Oriane - 0735-096348

oriane.torode@gmail.com

Paul -0720-628490

watamutreehouse@gmail.com

www.treehouse.co.ke



Oriane in Watamu



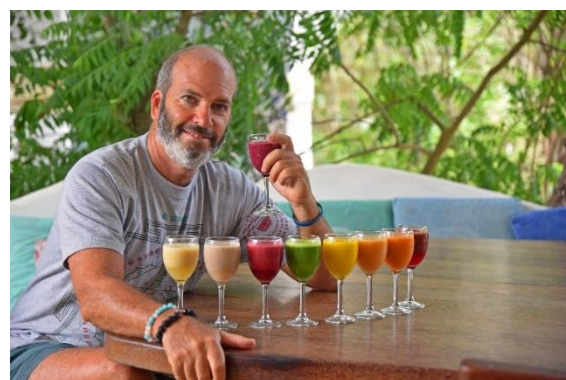
Treehouse Rooftop Yoga Studio



Another "Yoga Studio" on a sandbar way out at sea completely surrounded by water



Sunset after a yoga session on paddleboards



Paul tasting Treehouse's Chakra Smoothies

***Watamu Treehouse
Yoga Retreat Centre
In Nature***

www.treehouse.co.ke

Yoga and Meditation Retreat with Oriane & Paul 5-8 October 2017

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!)
- The yoga is complemented by the amazing setting of Treehouse and the superb fresh and healthy food.
- set in a coastal forest on one of the best white-sand beaches in Kenya
- swimming in the healing waters; walk in the forests
- for more details link to www.treehouse.co.ke

Full Package is Shs 49,000 per person sharing. Included:

- 3 nights shared accommodation (single supplement available)
- All meals—delicious, fresh and nutritious food that energizes— natural and healthy cooking with fresh ingredients each day.
We are happy to cater for special diets e.g: gluten or dairy free.
- 2 yoga / meditation / relaxation sessions each day
- Selected activities each day
- a complementary massage
- (transfers from Momasa/Malindi airports not included, but can arrange)

Yoga / Breakfast Package is Shs 13,800 per person. Included:

- 3 mornings of yoga and breakfast at Treehouse

Retreat Duration

- The retreat starts at 5.00 pm on Thursday 5th October
You can arrive on 1st at Mombasa or Malindi airport and we can arrange pickup
- The retreat runs the full day Friday and Saturday and finishes after brunch on Sunday 8th October. You are welcome to stay at Treehouse as long as you want on Sunday after the retreat
- To extend your break, it is also possible to arrive a few days early or stay a few days after the retreat.

Booking and more information:

- To book, please contact
- Space is limited so book now.
- Contact:
 - Oriane - 0735-096348 oriane.torode@gmail.com
 - Paul - 0720-629490 watamutreehouse@gmail.com

www.treehouse.co.ke