



# Yoga and Meditation Retreat

## Watamu Treehouse

3 days of yoga meditation and nature activities  
nourishing body, mind and spirit  
on the beach at Watamu Treehouse

**15 – 18 December 2017**

### About the Retreat

Join us for our last retreat of 2017 and spend 3 days getting what you need to relax and revitalize in preparation for your holidays and 2018. This retreat is about giving yourself the time you need for self-renewal.

### 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

### The retreat offers

Two yoga/meditation sessions each day including:

- Dru yoga asanas and sequences
- Breathing and guided relaxations
- Meditation
- All meals—delicious, fresh and nutritious vegetarian 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.
- Joyful activities in Nature
- A complementary massage



### RETREAT COSTS

**Full package** is Shs 49,000 per person sharing  
for all accommodation, food, yoga and complementary massage

**Yoga/Breakfast package** is Shs 13,000 per person  
for people with accommodation in Watamu or Malindi/Kilifi

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