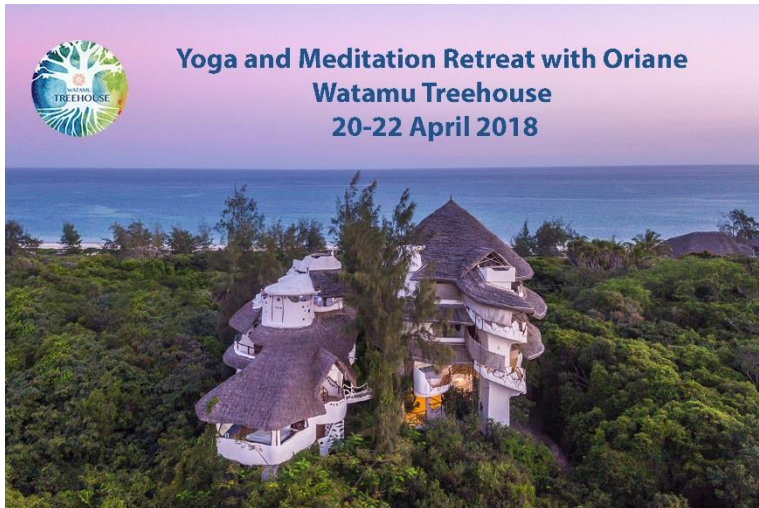




# Watamu Treehouse

Yoga and Meditation Retreats in Nature

## YOGA and MEDITATION RETREAT with Oriane 20-22 April 2018



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 35,000  
includes shared  
accommodation, food,  
yoga, selected activities and  
complementary massage.

Non-residential and yoga-only  
packages also available

For more information

Oriane - 0735-096348

[oriane.torode@gmail.com](mailto:oriane.torode@gmail.com)

Paul -0720-628490

[watamutreehouse@gmail.com](mailto:watamutreehouse@gmail.com)

[www.treehouse.co.ke](http://www.treehouse.co.ke)

[www.yogavinyasa.co.uk](http://www.yogavinyasa.co.uk)





*Oriane in Watamu*



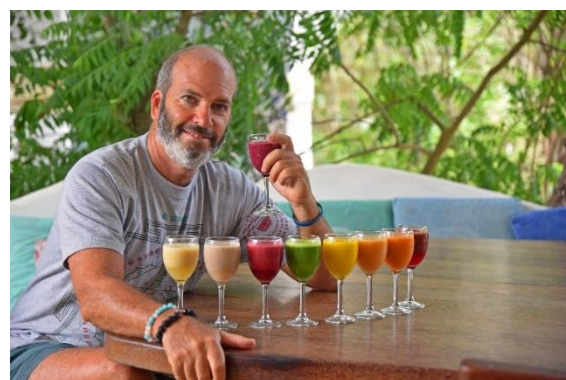
*Treehouse Rooftop Yoga Studio*



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



*Sunset after a yoga session on paddleboards*



*Treehouse's Chakra Smoothies*

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

[www.treehouse.co.ke](http://www.treehouse.co.ke)

[www.yogavinyasa.co.uk](http://www.yogavinyasa.co.uk)

## Yoga and Meditation Retreat with Oriane 20-22 April 2018

**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](http://www.treehouse.co.ke)

**Full Package is Shs 35,000 per person sharing. Included:**

- 2 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 Mombasa/Malindi airports not included, but can arrange)

**Yoga / Breakfast Package is Shs 9,000 per person. Included:**

- 2 mornings of yoga and breakfast at Treehouse

**Retreat Duration**

- The retreat starts at 5.00 pm on Friday 20<sup>th</sup> April  
You can arrive on 1<sup>st</sup> at Mombasa or Malindi airport and we can arrange pickup
- The retreat runs Friday evening, the full day Saturday and finishes after brunch on Sunday 22<sup>nd</sup> April. 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:**

- Space is limited so book now.
- Contact:
  - Oriane - 0735-096348      [oriane.torode@gmail.com](mailto:oriane.torode@gmail.com)
  - Paul - 0720-629490      [watamutreehouse@gmail.com](mailto:watamutreehouse@gmail.com)

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