

You are ready now

A POWER YOGA RETREAT with Catherine Njeri @ Watamu Treehouse

Disrupt business as usual

with 4 days of yoga, meditation, and nature activities
at the scenic Watamu Treehouse

Thursday December 13 - Sunday December 16, 2018

About the Retreat

We will dive deeper into **Asana** as an access to Vitality, Power and Freedom, **Meditation** as an access to getting present and Awakening and **Inquiry** as an access to new personal discoveries.

This retreat is suitable for all levels. You have an open invitation to experiment with and deepen your practice.

Retreat Charges

Ksh 48,000 per person all inclusive – sharing in unique full board Treehouse accommodation and food. Including all daily meditation and two yoga sessions a day, adventures in nature, complementary



www.treehouse.co.ke

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