

Rhythms of Nature Yoga Retreat

KENYA – Watamu

3rd Mar - 10th Mar 2019



Just as the seasons, the sun, the moon, the stars, and the tides have their own cycles and rhythms, so too do our bodies, minds and lives. As we learn to recognise and sync with the rhythms of the universe. We can connect more deeply to our own inner rhythms, cultivating an enduring sense of serenity and harmony to carry us gracefully through the joys and challenges of our daily lives.

Give yourself the opportunity to disconnect from your daily routine, and reconnect with your inner self and the rhythms of nature. Situated on the Kenyan coastal forest on the edge of one of the most picturesque stretches of Watamu's white sandy beaches. This retreat is an intimate unique offering which has been carefully planned to make the most of the natural beauty of Watamu.

ACCOMMODATION

Watamu Treehouse has been custom built for yoga and meditation retreats. Built high in the trees, with 360-degree panoramic views of the Indian Ocean coastline on one side and native forest and mangrove estuary on the other. All bedrooms are en-suite, unique, refreshing and inspiring. Made with local materials and dalles (recycled glass).

Watamu Treehouse was listed as "The World's Best Treehouse Hotels" In Harper's Bazaar UK July 2015



ACTIVITIES

Walks in the forest, on the beach, through the villages and mangroves. SAFE Adventures even non swimmers can join - new moon float down the Mangroves, kayak expedition up the creek, dolphin / snorkeling trip on a boat, SUP (stand-up paddle board) session. (TBC'd nearer to the time of retreat)



FOOD

Fresh delicious vegetarian/vegan meals including - smoothies, fresh juices, masala chai tea, fresh salads, soups and excellent sundowner bitings. Gluten, dairy free and allergies can be catered for.



SEVA 'Selfless Service' *Optional*

Take some time out and give back to the local community/environment

COST OF RETREAT

- EARLY BIRD booked before 25th May 2018
 - £1615.50 p/person based on two sharing a double bedroom
 - £2261.70 p/person solo occupancy in your own double room
- Booked after 25th May 2018
 - £1795.00 p/person based on two sharing a double bedroom
 - £2513.00 p/person solo occupancy in your own double room

COST INCLUDES

- 8 days & 7 nights full board twin shared accommodation
- Fresh healthy vegetarian food/vegan food, including sundowners & snacks
- Daily Yoga & Meditation sessions
- All yoga equipment provided
- 4 Activities
- 3 Guided walks
- 1 Complimentary massage

COST EXCLUDES

Flights, transfers, travel insurance, personal toiletries, laundry service, tips for staff, individual expenses (gifts), extra massage treatments, other extra activities and any items not mentioned in the above inclusions.

BOOKING TERMS

- Accommodation is unique and secluded so places are limited
- 50% deposit required to secure your place*
- Balance of 50% to be paid no later than 31st Oct 2018*

*No refunds, deposit refunds or cancellations are possible once booking has been made.

Full details of what to bring, how to get there, booking massages/ extra activities, will be sent nearer the time once full payment has been made.



Anjna believes that yoga is a practice that grows and develops with time. Along her own personal journey, Anjna has experienced that true wellness comes from a deep connection and balance from within. Anjna is keen to empower and inspire all those around her to become more fearless both on and off the yoga mat. She is passionate

about volunteering, an ambassador and former Trustee of St Luke's Hospice.



Come fall in love with the rhythms of nature and immerse yourself in the practice of yoga, meditation and selfless service with Anjna.

For further information or to book please contact Anjna Vekaria

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