

YOGA INCLUDES:
YIN-YANG
DRU YOGA & MEDITATION
POWER YOGA
SUP YOGA



LIVING YOUR PRACTICE: FINDING YOUR STILL POINT ON AND OFF THE MAT

*A New Moon retreat at Watamu Treehouse,
featuring Yoga, Meditation,
Massage, Nature,
Nourishment, Friendship
Adventures (SUP and
Mangrove Float)*

Thurs 17 Sept -
Sun 20 Sept 2020
details on
website



Shs 53,000/- for 3 nights all inclusive.
Two night option and non-residential options available.
www.treehouse.co.ke