



WATAMU
TREEHOUSE



PEACE BEGINS WITH ME

DIVING THE INNER OCEAN, WITH MANDY PARKIN

Join us in pulling your antennae out of the world of mind and construct for a few days and tuning in to the silence of Nature and the peace in your own heart.

We'll talk about the workings of the mind and practise mindfulness, spend time in silence, immerse ourselves in the life at the beautiful Indian Ocean and enjoy some Yin Yoga at the end of each the day.



BREATHWORK, RELAXATION, MEDITATION
INTRO TO AYURVEDA, TIDAL CREEK FLOAT, MASSAGES

Shared accommodation price: \$1280
Single supplement price: \$1850

11TH - 15TH JANUARY 2024

www.treehouse.co.ke