



We warmly invite you to
a **yoga and meditation** retreat...

Reconnecting to Essence

An invitation to slow down...

deep stillness
joyful movement
simple living
healthy eating
exploring nature
Yogic philosophy,
ancient wisdom
Ayurveda
daily rituals
down time and massages

27.01.2023 - 01.02.2023

5 nights full board!

Shared room:

- Resident: KSH 110,000
- Non resident: \$1100

Single room:

- Resident: KSH 135,000
- Non resident: \$1300

At Watamu
Treehouse

visit www.treehouse.co.ke

email us at watamutreehouse@gmail.com