



# WATAMU TREEHOUSE RETREAT CENTRE

## INFORMATION PACKAGE

[TREEHOUSE.CO.KE](http://TREEHOUSE.CO.KE)



## WATAMU TREEHOUSE

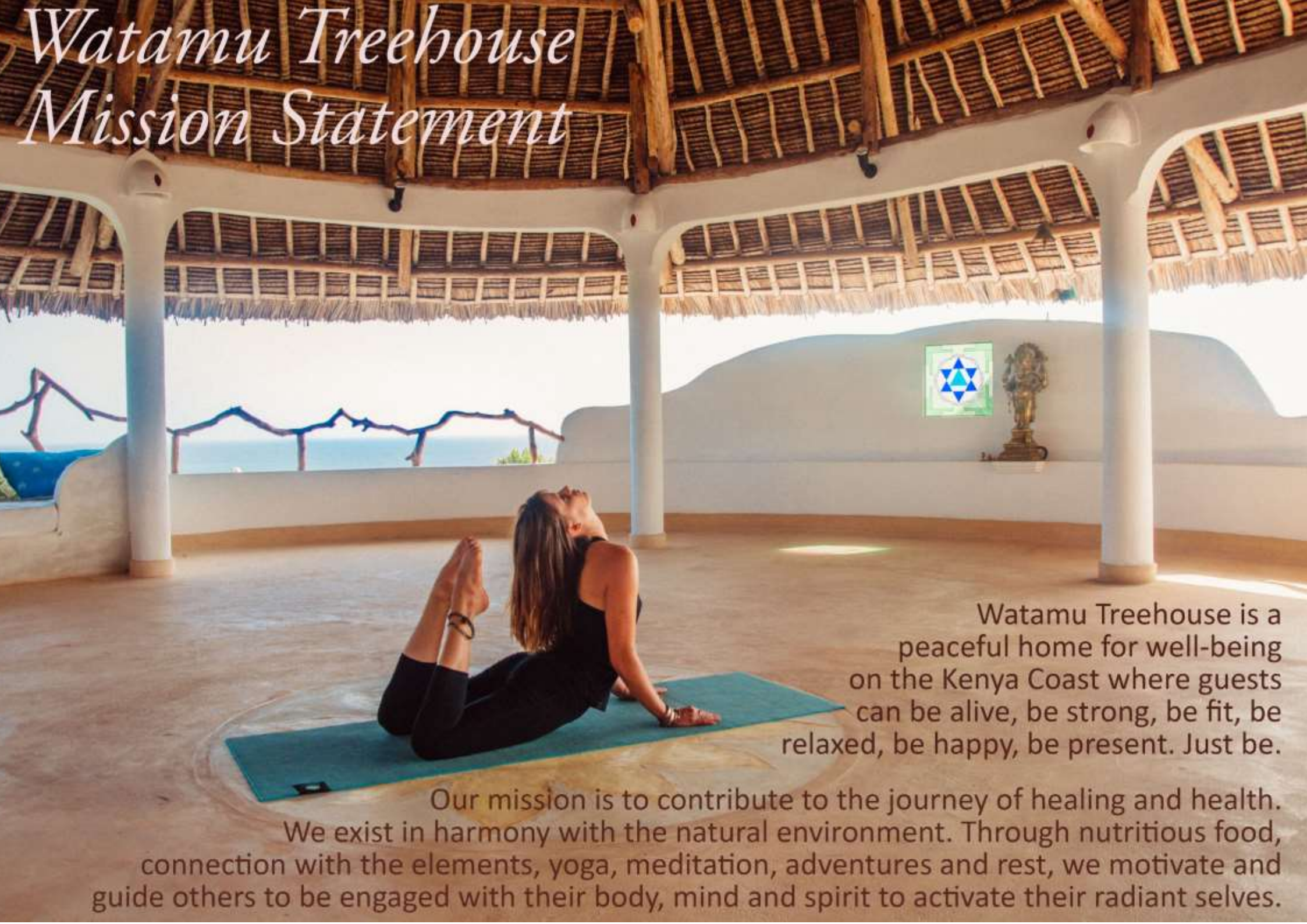
Watamu Treehouse is a truly unique retreat centre situated on the nicest and quietest part of Watamu Beach – a beautiful stretch of white sand and warm blue water on the Kenya Coast.

Staying at Treehouse is unlike any other Coastal house or hotel. In fact in 2014, a weekend at Watamu Treehouse was chosen by Kenya Airways Msafiri Magazine as one of the “**100 UNFORGETTABLE EXPERIENCES**” available at the 60-plus Kenya Airways destinations worldwide! In 2015 Harper’s Bazaar UK listed Treehouse first in their feature “**THE WORLD’S BEST TREEHOUSE HOTELS**”. And in 2016, the Telegraph Travel included Treehouse amongst their “**BEST HOTELS IN KENYA**”

The “Treehouse Effect” of a peaceful restful break combines the following key elements:

- BEAUTIFUL AND UNIQUE ACCOMODATION
- HEALTHY AND FRESH MEALS
- YOGA AND MASSAGE OPTIONS WITH A VIEW
- BEACH AND NATURE ACTIVITIES
- GENTLE ADVENTURES IN NATURE
- AND MUCH MORE

# *Watamu Treehouse Mission Statement*



Watamu Treehouse is a peaceful home for well-being on the Kenya Coast where guests can be alive, be strong, be fit, be relaxed, be happy, be present. Just be.

Our mission is to contribute to the journey of healing and health. We exist in harmony with the natural environment. Through nutritious food, connection with the elements, yoga, meditation, adventures and rest, we motivate and guide others to be engaged with their body, mind and spirit to activate their radiant selves.



*THE HOUSE*

## ABOUT THE TREEHOUSE

Treehouse was built in 1994 on one of the few plots that still maintains the original coastal forest. To keep the forest intact, the house was built as towers coming up from the small piece of land that had previously been cleared. Extensions were done in 2001, 2011 and in 2014 we built the Yoga Centre, cool-pool and 4 new bedrooms. More details and pictures of Treehouse can be found on our website [www.treehouse.co.ke](http://www.treehouse.co.ke) or Watamu Treehouse on Facebook or Instagram

## WAYS TO RENT

You can stay at Treehouse in a number of ways:

**Catered basis** - where you take one, two or more bedrooms and everything is done for you – full board, half board or bed and breakfast. (When you do not take a whole tower, and are sharing with other groups, then only these catered options are available)

**Self-catered basis**- where you buy all the food and consumables yourself and organize your meals with the help of our team. You can rent the whole of North Tower, or both towers together.

Join one of our scheduled **Yoga Retreats** (8 days) or one of our Yoga Weekends (2,3 or 4 days). We also have other retreats including meditation, adventure, detox and healthy cooking.

**Create your own retreat** for your group. As a group leader or yoga or other instructor, you can let the Treehouse team organize the cooking, activities and all logistics for you and you can concentrate on your group and your programme.



## THE TWO TOWERS

Treehouse is comprised of two separate towers that can be rented separately or rented together for large groups. We also rent out individual rooms for smaller groups on a catered basis.

**KASKASI (NORTH) TOWER** has three double rooms - each one is self-contained with its own double bed, bedroom, balcony, toilet, and shower. Two of the bedrooms have beautiful 360 degree views of the sea and forest and all of Watamu - including the sunrise, sunset, moonrise, stars, etc. The third bedroom has an incredible view of the forest and sunset. The house also has a kitchen, living/dining room and rooftop lounge area. There are additional sleeping areas and the tower holds 6 to 8 people

**KUZI (SOUTH) TOWER:** This tower has 4 bedrooms, and all the rooms have 2 or 3 beds, balcony, bathroom, shower and private dining space. All the bedrooms have incredible sea views, and three of them also have views of the sunset and forest. The house also has a kitchen, two group dining areas, plus lounges and additional sleeping space for a 8 - 12 people.

Treehouse has a pool and our own private path through the forest straight down to the beach, and walking through the natural forest is one of the best parts of the Treehouse experience.





## THE ROOMS

All seven bedrooms are unique, refreshing and inspiring. Made with all local materials and dalles (recycled glass).





## EFFORTLESS

Treehouse has excellent cooks and waiters, guides and watersports leaders, cleaning and security staff, yoga instructors and masseuses. And everything you need for your holiday like sheets, towels, nets, shampoo and soap. We try to outfit the kitchen and dining room with items of a standard with which guests will be truly happy. A holiday at Treehouse is as effortless as a hotel, but with the convenience of making your own schedule – or no schedule!





*THE WAY WE EAT*



## FOOD

Whether on full board or half board or a retreat, our food is healthy fresh and delicious. The menu can be pure vegetarian, vegan or a mix of vegetarian and amazing seafood. Our cooks and staff will ensure that all your meals will be fresh and excellent and will be prepared when and where you want them. We cater for dairy and gluten free, and the meals can be customized to your needs.

## SAMPLE MENU

**Early morning** fruit & freshly squeezed juice

A bit later in the morning, a **full breakfast** including specials like coconut or buckwheat pancakes, coastal coconut beans, avocado toast, quinoa breakfast porridge, home-made muesli and yoghurt, eggs any-style, teas, masala tea, coffee

**Lunch** delicious and nutritious soup, salads and main courses including whole grains and proteins – and a daily glass of madafu - FRESH coconut water

**Sundowner** snacks and smoothie as you enjoy the magic of sunset

**Supper** again a healthy dinner. Mostly sugar-free, wheat-free, nutrient-rich, very fresh, very energizing.

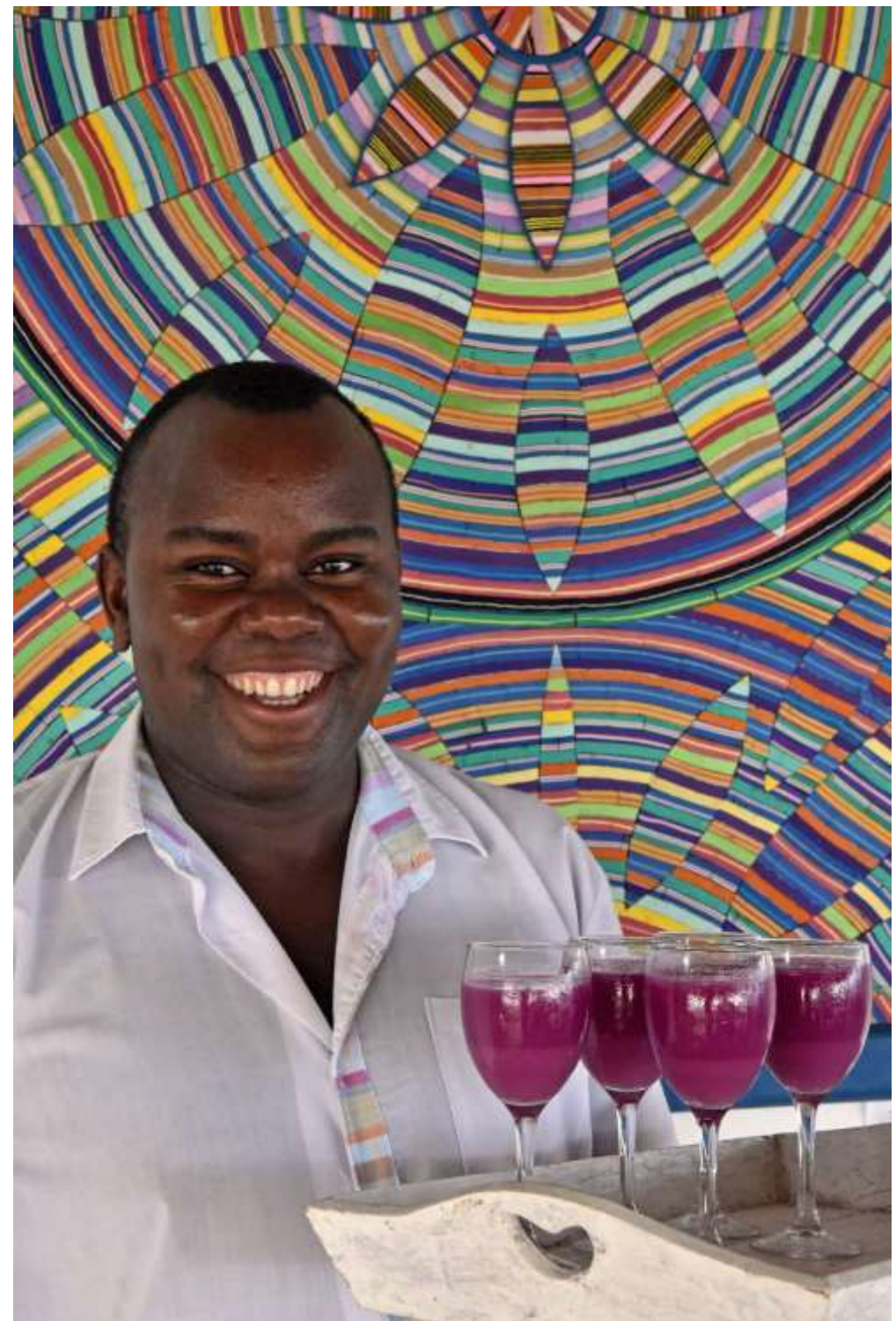
Treehouse has five dining areas seating 14, 10, or 20 at the main table and we add additional tables as required. There are great outdoor dining spots as well, including some very romantic ones.





### Guest Comment on the food:

“Of course everything is beautiful. Even the ocean with its many moods from bright blue to thunderous storms. BUT my stay was made spectacularly memorable thanks to the generosity and hospitality of the staff. I experienced genuine LOVE in the food that gentle Jackson prepared. I loved being at his kitchen table. Home away from home 😊 Thank you to all the gentle and generous spirits that make the Treehouse an incomparable experience –a spiritual delight” S.R. November 2015





*TREEHOUSE YOGA*



## YOGA AT TREEHOUSE

Watamu Treehouse is the perfect place for a relaxing and energizing yoga class or a full yoga retreat. In harmony with the elements, nature is a huge part of each retreat. We run eight day retreats and long weekends. Participants can stay at Treehouse on a full package including spacious accommodation, nutritious food, complementary activities and the yoga – or can stay elsewhere and do a yoga-only package. Please see the website for the latest schedule or inquire to create a custom retreat for your group.

## 360-DEGREE YOGA ROOM

The top floor yoga room was purpose built for yoga at the highest point in Watamu. Literally salute the sun! You are always surrounded by the sun, the sea, the forest.

## MORE YOGA LOCATIONS

Exposed sandbars, in the forest, on paddleboards, with the sunrise, sunset, or moonrise - there are endless places to do yoga in Nature





An aerial photograph of a person standing on a wide, white sandy beach. The person is in a wide-legged stance with arms outstretched, facing away from the camera towards the water. The beach is marked with footprints and some debris. The water is a vibrant turquoise color, transitioning to a deeper blue further out. The shoreline is curved, and the overall scene is bright and sunny.

*WHERE TO PLAY*





## CHILL ZONE

Everyone loves the cool-pool!

The cool pool in a natural clearing in the forest. Day and night, the pool is a great place to chill.



*WHAT TO DO*



## SO MANY ACTIVITIES

Treehouse organizes a number of optional activities, whether you are here for a weekend or on a retreat.

Gentle **kayak expeditions** or **sunset dhow trips** up Mida Creek including sundowners

**Massages** Throughout your stay we have masseuses that massage clients in their rooms or on the roof at very affordable prices

**Walks** on the beach, through magical mangrove forests, the Arabuko forest reserve, or through the local villages.

**Snorkeling** and dolphin watching / swimming with dolphins if possible

**Yoga on SUP** (stand-up-paddleboards) or on **exposed sandbars**

**Seva** (service) – many opportunities to volunteer at a local primary school, children's home or one of the environmental or educational organizations nearby

The house is great for relaxing, as well as walking on the beach and swimming. Guests walk through our own private forest path to the beach – approximately 120 metres. The Coral Gardens - the part of the Marine Park that has the most fish and coral - is just in front of the house, so you can snorkel whenever you want.

Watamu is also great for kite-surfing, scuba diving, stand-up paddle-boarding and deep-sea fishing.



## FLOATING WITH THE TIDES ...

If you come on or just after a Full Moon or New Moon, it may be possible to do an adventure that only happens two times a month, and that is to float in the water through the Mangrove Forest down Mida Creek and have breakfast on the most beautiful peaceful beach early in the morning. This activity has to be experienced to be believed. Totally unique! Great for teaching about 'going with the flow' on a yoga or meditation retreat.





## TREEHOUSE IN THE PRESS

Treehouse features prominently and social media and in the local and international press. Here are a few of the publications that have recently published articles or released videos about Treehouse.



**The  
Telegraph**  
Best hotels in Kenya

**africa**  
GEOGRAPHIC  
magazine

UNIQUE PLACES  
TO SLEEP

**BAZAAR**

THE WORLD'S BEST TREEHOUSE  
HOTELS

Why don't you sleep among the stars at  
one of these incredible properties?

BY REBECCA COPE 2 JULY 2015



Treehouse was listed first  
in the feature  
"The World's Best Treehouse Hotels"  
in **Harper's Bazaar UK**  
July 2015

THE TRAVELLER  
**msafiri**  
Kenya Airways' in-flight magazine



A weekend at Watamu Treehouse was chosen by  
**Kenya Airways Msafiri Magazine**  
as one of the  
"100 Unforgettable Experiences"  
available at the 60+ Kenya Airways  
destinations Worldwide

**elephant**  
dedicated to the mindful life

**omyoga**  
& lifestyle

Treehouse has been featured in 2015  
in major articles in  
**Elephant Journal** and  
**Om Yoga Magazine**



Also featured in  
Home & Garden's Television Network's  
"World's Most Extreme Homes",  
"Kenya Travel Diaries", **The Guardian (UK)**  
and many other TV shows and publications



## Reviews of Watamu Treehouse February 2017

### ***"My yin found its yang"*** Reviewed 19<sup>th</sup> Feb 2017

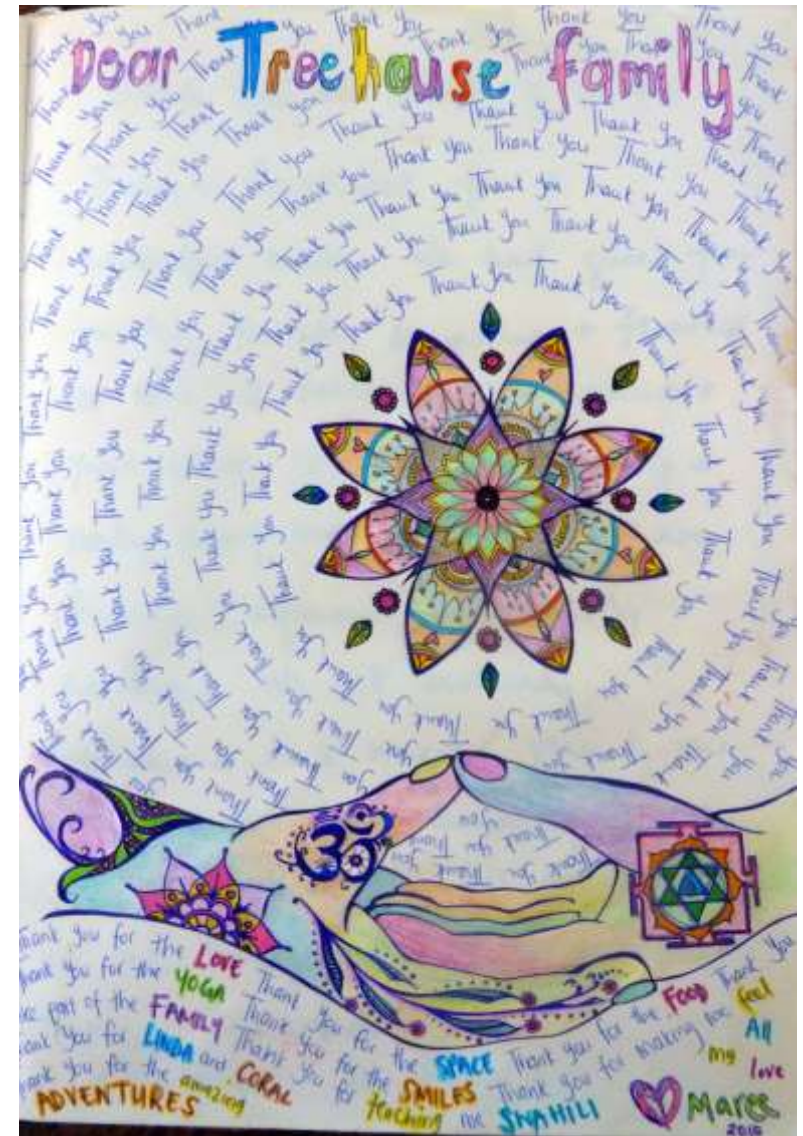
Not often are we witness to eclectic design and a blissful haven merging so magically. The Treehouse in itself is an architectural delight, placed just perfectly at the shore to allow for 360 views and incorporate more than just the magnificent beach. The white coral powder sand is sublime, the water is crystal clear, blue and offered a plethora of fish just 500m away by a coral reef. You'll most certainly find Nemo there. The senses were tickled in all aspects and having been here attending a yoga retreat, the palate was satiated with a fulfilling culinary journey. Fruits, smoothies, organic salads, the best quinoa cauliflower or beet patties ever, and the freshest catch of the day ensured we did not shed a pound, but topped up our vitamins and enzyme intake by 1000% daily.

The rooms were quirky, not two are identical, open ceilings, glass and mozaic designs embedded into the adobe styled walls, ceiling and floors. Comfy reading nooks all over the place, multiple dining areas and a cooling pool. Amazing shower gel and shampoo, comfortable beds and very sturdy mosquito netting, though the never ending breeze kept them at bay.

The staff are the highlight. From Josephate to Shapira to the Kings in the kitchen, or Kingi and Barack the guides, their ear to ear Colgate smiles are contagious and give the whole ambiance it's positive and energetic vibe. Paul, the owner keeps this ship sailing in an efficient and creative way and with the unique activities on offer, complements the impressive creativity of the experience as a whole. The yoga retreat was a smashing success, thank you to all !!

### ***"If there is heaven on earth, this is it!"*** Reviewed 21st February 2017

After four years of living in Kenya and frequent trips to Watamu, my best friend and I decided to change up our typical "Coast itinerary" to stay in the Tree House, which we had always heard fantastic things about, but due to our last minute planning, were never able to secure a spot. I cannot put into words how magical our weekend was and in large part, to the incredible team, facility, and services of Tree House. From sunrise paddle boarding with Paul, the owner (who kindly took his fancy camera and captured amazing photos for us!), to evening yoga followed by delicious "sunset smoothies" to everything in between, our days were filled with plenty of activities, lots of lounging, and an overall sense of peace and tranquility, which Tree House exudes. The staff was always one step ahead of us -- they knew what we wanted before we even knew it ourselves. Paul was fantastic -- always available for any question, conversation, or request (massage? no problem! taxi? done! turtle hatching? I will check with all of my contacts!). The food was absolutely delicious too -- healthy, clean, and fresh! It could not have been a more perfect weekend in a more perfect location with a more perfect team! Highly recommend!!





[www.treehouse.co.ke](http://www.treehouse.co.ke)