

Panama Yoga (& Surf) Retreat!

Sample Itinerary
(times are approximate and will vary subject to tides)



Day 2 Dip Your Toes

- 7:30-9:00 AM: Morning Practice
- 9:00-10:00 AM: Breakfast
- 10:30-11:30 AM: Dry-land surf lesson
- 12:00-1:30 PM: Lunch at venue
- 1:30-4:00 PM: pool, bike, paddle, beach time, first surf lesson* nature walk*, horseback riding*, massage*
- 5:00-6:30 PM: Yin/ Restorative + mini massage
- 6:30 PM: Dinner in Santa Catalina town!



*not included/optional

Day 1 (December 8) Arrive. Welcome. Unwind.

- 9:00AM: shuttle departs Panama City
- 2:00-4:00 PM: Shuttle arrives from Panama City. Check-in at Santa Catalina Hotel (SCH). Welcome drink. Unwind, settle in, pool time, hammock time.
- 5:30-7:00 PM: Welcome Dinner at venue
- 7:15-9:15 PM: Opening Circle & Cacao Ceremony: set intentions for the week ♡



Day 3 Santa Catalina Island!

- 6:00-8:00 AM: Surf lesson*
- 8:30-9:30 AM: Morning Yoga
- 9:30-10:30 AM: Breakfast
- 10:30-11:30AM: Free time ♡
- 11:30AM-3:30 PM: half-day trip to Santa Catalina Island! Beach time, explore, picnic lunch, and paddleboarding
- 3:30-5:30PM: Free time ♡
- 5:30-7:00 PM: Dinner at venue
- 7:30-8:30 PM: Restorative/Yin + Nidra

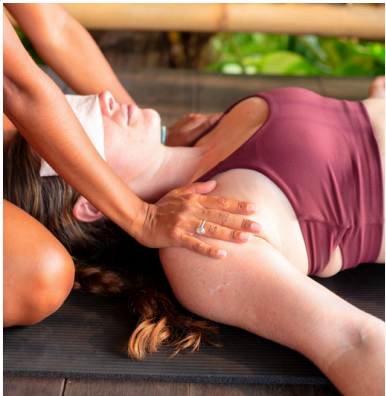
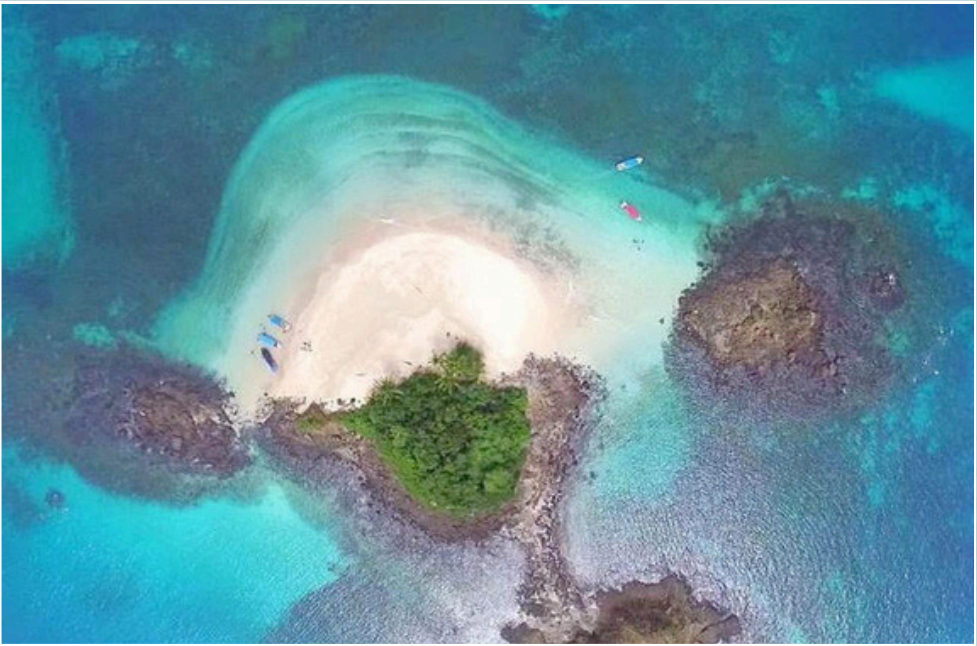
Panama Yoga (& Surf) Retreat

Sample Itinerary
(times are approximate and will vary subject to tides)



Day 5 Coiba National Park!

5:00 AM-7:00AM: *surf lesson
6:00-7:00 AM: Morning meditation
7:00-8:00 AM: Breakfast
8:00AM - 4:00 PM: Explore Coiba National Park! (divers depart at 7:30 AM).
Island hopping, snorkeling or diving
12:00-PM: Picnic lunch in Coiba Park
5:00-6:30PM: Yin/ Restorative + Nidra
7:00-8:00PM: Dinner at Resort



*not included/ optional

Day 4 Explore.Restore.Play.

7:30-8:30 AM: Morning Practice
8:30-10:00 AM: Breakfast
10 AM-12:00 PM: Free time ♡
12:00-1:00 PM: Lunch at venue
1:00 -4:00 PM: Free time: paddle, bike, surf, beach/ pool time, rest, explore town!
4:30-6 PM: Yin/ Restorative + Sound
6:30PM: Dinner in Santa Catalina town!

Day 6 Rest & Reset

8:00-9:00 AM: Morning Practice
9:15 -10:30 AM: Breakfast
11:00-12:30 PM: Sound Bath at our venue (SCH)
1:00-2:30 PM: Lunch in Santa Catalina
2:30-4:30PM: Free time ♡
4:30-6:00 PM: Restorative & mini-massage
6:00-7:30 PM: Dinner at Venue
8:00-10:00PM: Closing Beach Bonfire

Panama Yoga (& Surf) Retreat

Sample Itinerary
(times are approximate and will vary subject to tides)



Day 7 (December 14)

Integrate

7:30-9:00 AM: Morning Practice & Closing Circle

9:00-10:00 AM: Breakfast

10:00AM: Shuttle departs Santa Catalina for Panama City. ETA ~3-4pm.

If you are flying into/ out of the other international airport (Rio Hato/ RIH) please let us know.

