



YOGA ADVENTURE TO PANAMA

FEB 24 – MAR 3, 2018

Discover the best of Panamanian culture:
serene beaches, lush rainforest, indigenous tribes, and charming city life

All levels of yoga experience and ability are welcome



TRIP ITINERARY

Feb 24: Arrival into Panama City

Feb 25: Panama Canal and Casco Viejo City Tour

Feb 26: Beach day and optional tours

Feb 27: El Valle Mountain and Handicraft Market Tour

Feb 28: Beach day and optional tours

Mar 1: Embera Indian Village and Rainforest Tour

Mar 2: Beach day and optional tours

Mar 3: Departure from Panama City

The itinerary listed gives a general layout of the day and schedule. It is subject to change. Optional tours include hiking, zip lining, SUP (stand-up paddleboard) trips to mangroves, cave exploration, and more

LOGISTICS

This is an 8-day/7-night retreat. We will stay one night in a hotel in Panama City and six nights at a yoga retreat center in Playa Grande (a private beach about 1 hour from Panama City). We will have one yoga session per day. An English-speaking guide will accompany us on each planned tour. All travel (airport transfers, tour excursions, travel between lodging locations) will be by private transportation.

Late February/early March in Panama is dry season, but do note that Panama has a tropical climate and is humid. Daytime temperatures range from 75-85 degrees (Fahrenheit), and night temperatures range from 60-70 degrees.



INVESTING IN YOU

\$1500 for triple/quad occupancy with private bathroom*

\$1650 for double occupancy with private bathroom

*please note for our first night in Panama City, all rooms are double occupancy with private bathroom

Included: Accommodations in hotel (Panama City) and yoga resort (Playa Grande) all with AC, one daily yoga session, meals (7 breakfasts, 4 lunches, 4 dinners), all inter-country transportation, airport transfers, a professional tour guide, planned excursions, tips for planned tour guides and drivers. *Optional tours and housekeeping tips are not included.

\$300 deposit is required to reserve your spot. Balance is to be paid by Dec 30, 2017. Payment plans are available. To register, email: chiati@onelovewellness.com or call: 917-348-5757

Your passport must be valid for 3 months before its expiration date for this trip. If you hold a US Passport, you do not need to apply for a visa for Panama. You will be issued one upon arrival.

Cancellation Policy: Retreat fee minus the \$300 deposit will be returned if you cancel before 45 days of the retreat. Between 44-15 days of the retreat, you will receive 50% of the retreat fee. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

Airfare to Panama is not included. Your final destination is Tocumen International (PTY). There will be two designated airport pick up times on Feb 24 and one airport transfer on Mar 3. In order to qualify for the airport transfers, please plan on arriving by 4 pm on Feb 24 and choose a departing flight after 11 am on Mar 3.

Chia-Ti Chiu is a certified yoga teacher and Thai bodyworker. She received her first teacher certification in Bangalore, India in 2003 and has been teaching for over 15 years in New York City and around the world. She teaches elders, adults, and court-involved youth. She believes that yoga is a privilege that should be accessible to all.

