

Sink in. Revitalize. Discover. Connect

PANAMA 2018

Yoga- Sea Kayak – Snorkel – SUP

DAY 1: PANAMA CITY TO PLAYA GRANDE

We will meet at 11:00am for introductions and a brief overview of the trip, then head to Playa Grande for our first yoga session. We'll begin our exploration of prana to shake off any travel dust and help you arrive into the lush tropics of Panama's Pacific coast.

After revitalizing enjoy the facilities, relax, swim, or get a stand-up paddle board lesson. Enjoy your first nutritious dinner with new friends and sink in to your surroundings.

DAYS 2 AND 3: PLAYA GRANDE RETREAT CENTER

Enjoy a morning yoga session exploring your subtle body and helping you energize and prepare for the day followed by a wholesome breakfast. Between yoga sessions you'll have plenty of time to use the hammocks, hang out or SUP on the neighboring beach.

You can also pack a lunch and take a SUP to explore the calm waters of lagoons or mangroves. Our afternoon yoga session will focus on vayus that help us integrate and synthesize the adventures, insights, and peace of the day.

DAY 4: PLAYA GRANDE TO SAN BLAS

Wake up to a practice that helps you expand, enjoy a fresh breakfast and head back to Panama City and through the heart of the country for our first glimpse of the Caribbean. We'll arrive at port in time to catch a local Guna boat out to the beautiful Island of Nurdup. We'll practice sea kayaking skills while going for our first paddle together, have dinner and settle into our quaint cabañas by the sea.

DAY 5-7: EXPLORE THE SAN BLAS ISLANDS

We'll immerse ourselves in the island lifestyle of this tropical paradise. We have a perfect location to kayak in the ocean, rivers and mangroves, snorkel, island hop, practice beach yoga, watch Guna traditional dance, delight in Guna cuisine, relax in hammocks, and seep in the calm strength we cultivated while practicing near the Pacific. We'll connect to nature's vayus and go with the flow of earth, sea, and the local Guna culture.

DAY 8: SAN BLAS TO PANAMA CITY

After breakfast we'll head back to the mainland and travel through the interior with a new perspective on Panama and its diverse culture. We'll tour The Panama Canal and contemplate its engineering. It is a true wonder as you watch the ships move through the locks. Round out your Panamanian experience with a few hours to enjoy the sites and essence of Casco Viejo, Panama's old city. We'll celebrate and relive our adventures with a fabulous farewell dinner.

DAY 9: TRANSPORT TO AIRPORT

Enjoy a morning yoga session to prep you for travel, breakfast, final goodbyes, and transport to the airport.

INCLUDED

No experience necessary!

- ❖ Inspiring and restoring yoga practices to activate your strength and connect you to your own fluidity and ease.
- ❖ Stand-up paddle board gear, lessons, and excursions.
- ❖ Sea kayaking gear and trips exploring a Caribbean paradise.
- ❖ Visits to Guna communities and cultural events.
- ❖ Three exceptional Guides!
 - ♦ Leigh Lubin (yoga), Ilene Price (kayak/cultural), Nemesio Alfaro (kayak/cultural)
- ❖ All lodging, transportation, meals, yoga, and guides.

\$2500 before September 15th, \$2950 after
Deposit: \$600

YOGA

The retreat center is an opportunity to discover and integrate our vitality into our practice. Vitality and the vayus: Tap into your prana currents and ride your inner winds. During the sea kayaking portion we have time to be casual and playful practicing with these inner waves by the sea. Leigh is an exceptional yoga teacher and a seasoned guide. She has a special gift for helping people access their subtle bodies and optimal alignment. Leigh leads teacher trainings, workshops, and private and group classes. Expect anything from form, to flow, to energy in her dynamic, enlightening, and anatomy-based classes.

KAYAKING

"Imagine a turquoise archipelago with one island for every day of the year. With white sand and waving palms, these Caribbean islands cheat no one's version of Paradise. San Blas is home to the Guna, an autonomous indigenous group who run San Blas with minimal interference from the national government." – Lonely Planet
We have obtained special permission from the local Chiefs to paddle and explore this biologically diverse archipelago. The region has been the subject of numerous scientific studies, many of which suggest that San Blas has the highest diversity of coral species in Panama. Ilene and Nemesio have been kayak guiding for 26 years combined and make a great team, offering a unique glimpse into the fascinating Guna culture.

ACCOMMODATIONS

Retreat evenings are spent in clean roomy quad bungalows. Kayaking evenings are spent in simple double cabañas by the sea with clean shared facilities and fresh water showers. Our final evening includes double occupancy in a modern hotel in Panama City. Our lodging provides friendly and comfortable locations for yoga practice, relaxation, and discovery. Price based on quad/double/double occupancy.
Double/double/double supplement + \$160
Single supplement + \$600

NOT INCLUDED

Transport to and from Panama City, pre-trip lodging, snorkel gear, personal expenses, 7% Panamanian sales tax, breakfast Day 1, lunch and dinner Day 9, gratuities (tipping guidelines provided in pre-departure packet), and travel insurance, which is recommended.

www.yogacurrents.com

www.ileneinakayak.com

We look forward to amazing you!