

Beach Yoga Retreat Playa Grande, Panama

Relax · Restore · Renew

January 11, 2020 - January 18, 2020

Join us for an energizing, relaxing and restorative yoga retreat in Playa Grande, Panama. Nestled in the jungle and just steps away from a secluded tropical beach, the retreat center is the perfect place to unwind and bask in the natural beauty of this lush, tropical setting. The retreat offers something for everyone.

In addition to daily yoga classes and healthy, international cuisine, you can choose to do as little or as much as you desire. When not practicing yoga, you can take a walk on one of the many trails on the property, take a swim at the secluded beach nearby, or just unwind in one of the hammocks on site.

Spend eight days and seven nights in paradise

A delightful oasis of comfort and tranquility, Istmo offers luxurious, air-conditioned accommodations. You'll feel yourself unwind as you enter one of the stand-alone bungalows that blend seamlessly into the natural backdrop of the jungle surrounding the property.

All rooms come equipped with two full-sized beds outfitted with pillow-top orthopedic mattresses and luxurious linens for your ultimate comfort (additional rooms can accommodate 3 or more people). All bungalows feature balconies with seating and hammocks, air-conditioning, ceiling fans, mini-refrigerators, in-room safes, complimentary drinking water, and private bathrooms with hot water showers. Stay connected with free wireless in our centrally located hammock gazebo.



Your Week Includes

- Accommodations at Istmo
- Twice-daily yoga classes
- 3 healthy meals served daily (gluten-free and/or vegan diets upon request)
- Airport transfer roundtrip to/ from the Tocumen Airport (PTY); additional transfer fee if not arriving by 4 pm 1/11/20
- Daily water, coffee, tea and fruit (alcoholic beverages, fruit juices, smoothies and snacks are available for purchase)
- Wi-Fi
- Evening bonfire on the last day of retreat
- Use of Aromatherapy diffusers in the rooms
- Secluded Playa Grande beach
- Introductory SUP (standup paddle board) class and use of SUP boards at Playa Grande beach
- Excursion to El Valle, a small town located in the crater of an extinct volcano; visit the Chorro El Macho waterfall and outdoor vegetable/artisans market (lunch not included)
- Beach Outing – Spend the day at a local beach and have lunch (not included) at a nearby restaurant



Cost of Panama Yoga Retreat (per person)

- Single occupancy \$1695
- Double occupancy \$1395
- Triple occupancy \$1095

Our retreat is open to non-yoga participants. Non-yoga guest rates available; please inquire.

Non-refundable deposit of \$700 must be received by July 1, 2019.

Balance due by November 15, 2019.

For questions, registration forms and deposit information, email: janegorman13@gmail.com

Items not included in retreat cost are:

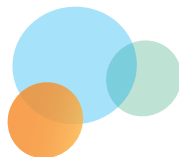
- Airfare
- Trip insurance
- Additional excursions

Tips are completely optional, but much appreciated by the staff.

Istmo Yoga and Adventure has been awarded "Travelers' Choice 2019 Winner" and "Certificate of Excellence" by  tripadvisor

Additional excursions/activities will be offered during your stay; these may include:

- Massage
- Panama City Tour
- Lagunas de San Carlos SUP Tour
- Local Fish and Vegetable Market Tour and Cooking Lesson
- Surfing Class
- Excursion to Embera Indigenous Village



About the Instructor

Valerie Rushmere, owner of Studio 1831 in Philadelphia, has enjoyed a lifelong passion for yoga, dance, fitness, and other modalities that promote health and well-being. With over 40 years as a fitness and yoga teacher and practitioner, Valerie teaches from a deeply intuitive place. She draws from a lifetime of movement experience including yoga, pilates, jazz dance, belly dance, and aquafit. Through her extensive knowledge of movement she is able to tailor each class to accommodate students of all levels, from absolute beginners to seasoned yogis. Through the use of props such as blocks, straps, and bolsters, Valerie is able to make the yoga practice accessible to all.

Students of any age or fitness level will feel welcome and supported in this safe and nurturing environment. Participants often experience increased self-awareness, improved alignment resulting in pain reduction, enhanced range of motion, increased strength and flexibility, and a greater sense of tranquility. Don't miss this transformative experience!