



Two-Day Yoga Retreat

A perfect, healthy, and fun YOGA getaway to a boutique EcoResort on a private Caribbean Beach cove, just a few hours from Panama City.



4



ECO RESORT & BEACH




Camaroncito

4 Yoga Classes
All Meals and Drinks
Ocean Transport

\$200 per Guest (4 - 8 Guests)

www.camaroncito.net/mini-yoga-retreat

Included in Your Retreat

- ONE night in a beachfront cabana (double occupancy) with terrace, queen bed with quality linens, en-suite bathroom with hot shower (including toiletries)
- FOUR delicious and generous meals (lunch, dinner, breakfast, lunch)
- FOUR one hour + yoga lessons with Sarah, customized to your needs
- Coffee, soft drinks, juices, milks, beer, wine, liquor, coconut water   
- Free secure parking and roundtrip ocean transport (45 minutes)
- 600-meter sand beach cove and 16-acre rainforest
- Evening bonfire and/or music, stargazing, incredible sleep
- Beautiful drive on newly paved roads with NO TRAFFIC from Panama City.
- Add a night (including meals and 2 yoga lessons) only \$120 per person
- Spa services and horseback riding may be booked in advance.
- This price assumes double occupancy and includes taxes.

Our Boat normally leaves Mansueto at 9am and returns next day at 3pm

- Directions to Mansueto: <https://goo.gl/maps/i1WRbeJpfr8yQegk8>
- Round trip minibus from Panama City is available at an added cost.





About Your Instructor

Sarah has been practicing yoga for more than 20 years, having started on the advice of her physical therapist after a traumatic car crash. She started teaching in 2014 both in schools and for small private groups.

Sarah's focus is on ensuring that each Yogi finds the right balance of comfort and challenge, using gentle hands-on guidance to help you adjust your positioning, and detailed verbal explanations of what you should be feeling where, and the intent of each position.



Your private yoga retreat for only 4 to 8 friends and family ensures highly personalized and attentive instruction and care. Sarah uses mostly the Vinyasa flow style, though she can also provide classes in Ashtanga, Yin and Hatha styles. It is up to your group to decide how much you want to learn, sweat, or meditate.

Reserving your Retreat

This is a private yoga retreat with a dedicated yoga instructor. It is designed for groups of 4 to 8 guests. If you are a single or a couple, message us to be contacted if we can combine you with others. We have four beachfront cabanas, each with a queen bed. Single occupancy of a cabana as part of a group of 4 or more is \$60 extra per night.

Once a date has been booked, a short survey will be sent to all retreat participants to complete regarding food and drink preferences, level of previous yoga experience, and any requests for special treats such as massage, facials, or horseback riding.

A deposit of 50% is required to secure a date. We accept bank transfers or yappy. A credit card may be used for a 3% processing fee.

- Payment in full for the retreat and any additional pre-booked services such as horseback riding or spa services must be received 7 days prior to arrival.
- If a cancellation is needed prior to 7 days in advance, 100% of payments may be applied for a future stay within 6 months.





Preparing for your Retreat

If you are completely flexible with your yoga practice 😊 and your diet, then there is no need to complete the 3 minute questionnaire. For most people, you will maximize your enjoyment if you help us prepare for you. Here is the survey we will ask you to complete: <https://forms.gle/WfCmdLpQDJ5dUGFXA>

All menu suggestions in this agenda are just for example and will be modified per guest preferences. The level and style of classes will be designed specifically for your group of 4 to 8 participants as well.

Note, this same retreat schedule may be set for any days of the week, not just Saturday and Sunday. You may also extend the length of the retreat for the group as a whole.

Retreat Schedule

Day 1 - Saturday

9:00 AM - Board the boat to Camaroncito EcoResort & Beach



- Plan to arrive no later than 8:45 to park your car and walk 5 minutes to the boat launch area. While you can make it in 2 hours from Panama City if you stay focused, we recommend allowing 3 hours in order to enjoy the scenery and arrive relaxed.
- A later boat time is possible, but it will impact your available free time.
- It is a beautiful drive north one hour to cross the Panama Canal over the new Atlantic Bridge, then another hour west through lush rainforest, rolling cattle pastures and along stunning coastline. You will even pass by the cattle ranch owned by Panama's president Nito Cortizo!
- Directions: Mansueto ... <https://goo.gl/maps/i1WRbeJpfr8yQegk8>
- More information on our location: <https://www.camaroncito.net/getting-here>

10:00 AM - Arrive at Camaroncito and meet the team

- Settle into your cabana, and explore the grounds a bit.
- Enjoy a refreshing beverage and light snack in the social area.





11:00 AM - Opening Yoga Session

- Start the retreat with a rejuvenating and grounding yoga class to set the tone for the weekend. Guests will have a chance to share their challenges and preferences with the instructor.
- We will keep things slow and easy to ensure Sarah can assess each participant, and so you can get acquainted with her instruction style.

12:30 PM - Lunch

- Sancocho: which is a traditional Panamanian chicken soup with root vegetables
- Mixed salad
- Crackers, cheeses, fresh fruit
- Beverages: water, lemonade, iced tea, milks, beer, wine



Free Time

- Use this time to relax, explore the beautiful surroundings, lay on the beach, go for a swim, play board games, play beach volleyball, or find a shaded hammock.
- Those who have pre-booked horseback riding or a spa service may reserve to enjoy those special experiences during free times.
- The bar in La Ensenada is open for self serve drinks during Free Time.

3:00 PM - Yoga!

- The style and level of the practice will be based on group preferences and Sarah's observations in the opening yoga session.

Free Time

6:00 PM - Dinner

- Baked fish, sourced from the local fishing village if possible
- Hot roasted vegetables and cold mixed salad
- Fresh rolls with butter
- Frozen, slightly sweetened coconut milk (made fresh!)
- Beverages: water, lemonade, iced tea, milks, beer, wine





Free Time

- According to group preference, and the weather, we can set up the music system for karaoke and dancing, start a bonfire on the beach, bring out the board games
- OR, we can enjoy a shared evening yoga practice focused on relaxation and stretching. This would not be a lesson, just a shared practice.

Day 2 - Sunday



6:30 AM - Coffee and tea in the social area

7:00 AM - Yoga!

8:30 AM - Breakfast

- Ripe plantain torte: made with flour, eggs, milk and ripe plantains
- Eggs cooked to order
- Fresh fruit

Free Time

11:00 AM - Yoga!

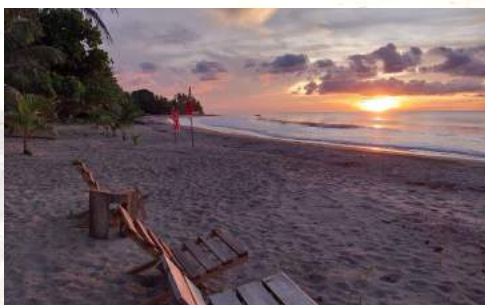
12:30 PM - Lunch

- Tortellini pasta with pesto sauce and chicken filets
- Mixed salads
- Fresh fruit
- Beverages: water, lemonade, iced tea, milks, beer, wine



2:00 PM - Boat leaves Camaroncito

- Arrival around 3pm in Mansueto to enable you to be back in Panama City by 6pm
- The boat may be delayed until 3:00 PM if you don't mind a late return to the city.



Note: This agenda is a general outline and is subject to adaptation per guest preference. The menu will also be adjusted per seasonal food availability and guest request. We strive for a good balance of healthiness and delighted taste buds. Vegetarian options are available.

