



Panama Yoga Retreat



May 4 - May 10, 2025

Escape to the hidden paradise in Santa Catalina Panama where the Jungle meets the Ocean! Maki & Caroline will guide you for a week of yoga and meditation along with some adventure and fun. You will find peace and serenity, reconnect with yourself, recharge, and renew your soul.

The 7 Day Retreat includes:

- 6 nights luxury accommodation
- 3 nourishing meals and a snack per day
- Transportation to/from Panama City
- Daily Yoga (morning and evening most days)
- Spiritual Healing Cacao ceremony
- Full Day Snorkeling Trip to Coiba National Park, UNESCO World Heritage Site

*Alcohol and special drinks available for purchase.

Optional activities NOT included in the pricing: Massages, SUP, Horseback riding, & Surf lessons

Accommodations

The serene boho-chic casitas are situated across their 2.5 acre beachfront property, ensuring ultimate privacy.

The interiors are complemented by beautifully handcrafted art and finishes from a Canadian company focused on sustainability and ethical sourcing from around the globe. Sleep easy on memory foam beds, heavenly pillows and 100% cotton linens.

All rooms have air conditioning, ceiling fan, body soap, shampoo & conditioner, beach towels, hairdryer, safe, kettle & french press along with complimentary coffee/Tea & milk, mini-fridge, free WiFi, and daily housekeeping.



***Accommodations are for double occupancy except two units (Luxe Inn and Treehouse). Triple occupancy can be arranged with Beachfront Casitas. Please contact us.**

Beachfront Casita



Drift off and awaken to the mesmerizing sounds of the ocean. Rejuvenate yourself in the exquisite outdoor garden shower. Enjoy your morning coffee or evening cocktail while watching the tide rise and fall on your private furnished patio or read a book in your own luxe-hammock.

These spacious casitas are an ideal refuge from the outside world and are footsteps from the beach.

1 King bed with a loft space with 2 twin beds
*Steep stairs to the loft space.

Beachfront Casita (2 units): 2,840pp

Junior Beachfront Casita (1 unit) features a soaker tub under the stars:

\$2,920pp shared king double occupancy (or \$3,170 for King bed and \$2,670 for Loft bed)

Garden Casita



Situated in the middle of this garden hideaway, the garden casitas feature private furnished patios and revitalizing outdoor garden showers. Each room is surrounded by lush tropical gardens, and is an oasis of ultimate privacy.

1 King bed or 2 twin beds with a loft space with full/double bed

Garden Casita (2 units): \$2,690pp double occupancy

Treehouse



Wake-up in the treetops! Our canopy treehouse was specifically designed for you to immerse yourself in nature with floor-to-ceiling sliding glass doors that open up to the surrounding jungle.

Elevated and overlooking our freshwater pond, your only neighbors will be bright-colored parrots and other exotic birds on your private jungle patio.

1 King bed

Treehouse (1 unit): \$3,190 single occupancy

Shared King double occupancy is available. Please contact us.



Arbolita Treehouse



Wake up in the jungle and steps from the beach! Our "Arbolita" treehouse was designed for you to immerse yourself in nature with floor-to-ceiling sliding glass doors that open up to the surrounding jungle and an outdoor garden shower.

Overlooking our freshwater pond, your only neighbors will be bright-colored parrots and other exotic birds on your private jungle patio.

1 King bed or 2 twin beds

Arbolita (1 unit): \$2,690pp double occupancy

BELLWOODS INN



Spacious hideaways with luxury furnishings, these rooms are for the wildlife lovers. The private screened-in porches overlook the pond and are the perfect place to unwind and experience all of the natural flora and fauna.

Luxe Inn private outdoor garden showers, 1 King bed or 2 twin beds

(2 units): \$2,590pp double occupancy, \$2,980 single occupancy

Standard Inn 1 King bed or 2 twin beds

(2 units): \$2,450pp double occupancy, \$2,740 single occupancy

Please contact us at info@renewyoga.net for any questions. Please do not book flights or the hotel in Panama City until you receive the confirmation of your reservation with the non-refundable \$500 deposit.