
Flow & Let Go

'Where the Jungle meets the Sea'

Panama Yoga Retreat **Brochure** -



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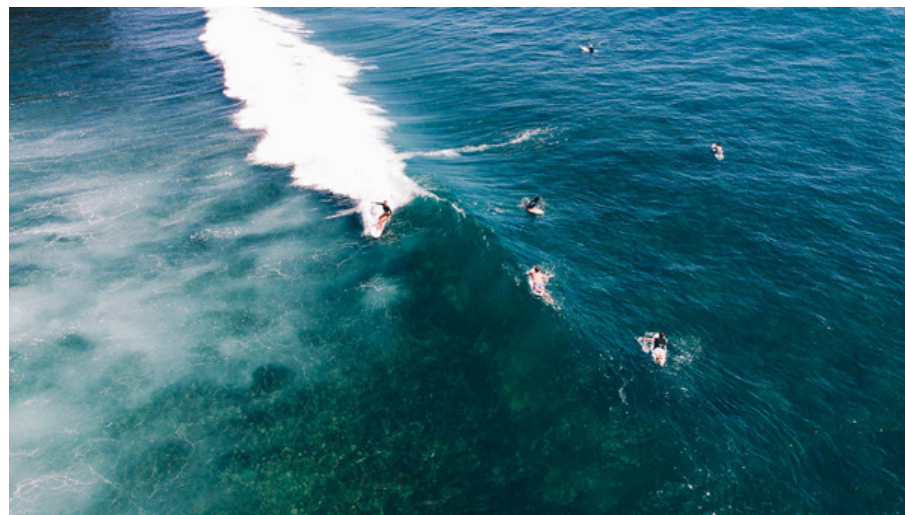
Our Retreat Home...



Nestled in lush greenery and serene landscapes, our hideaway is a sanctuary where nature and tranquility converge. our home for the week boasts spacious, light-filled yoga studios with panoramic views and cozy living spaces adorned with modern furnishings.



During the stay, we'll have the opportunity to take advantage of the private boat dock for peaceful moments on the water, enjoy snorkel gear, paddle boards and kayaks at our leisure. The retreat center also features scenic walking trails, outdoor meditation areas, and cozy nooks for quiet reflection.



We have the luxury of practicing at the beautiful Yoga Shala on grounds. It features a large space with Yoga mpas and props as well as expansive windows that offer panoramic views of the surrounding nature. From the Shala, you can gaze out toward the vast ocean. We couldn't think of a better place to connect and begin our day with intention.





'JUNTOS' the dining space, features large windows that invite the beauty of the outdoors inside. It's the perfect space for conscious dishes are included and prepared with fresh, locally-sourced ingredients prepared with love.



THE ROOMS: Casa Florecer



A private bungalow that resides at the edge of the sea. This space is simple yet elegant. This peaceful space boasts stunning views & a coral reef right in the front yard. Perfect for a solo traveler or a couple that would like a quiet space.

- **Private Studio**
- **1 bed**
- **Private bathroom**
- **Private kitchen**

Single occupancy: \$3,100

Double occupancy: \$2,400 (per person)



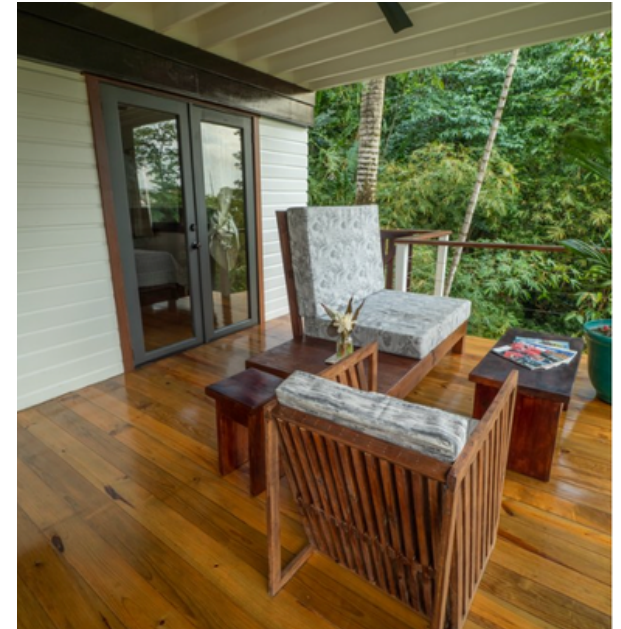
THE ROOMS: Apartamento Amancer

A double room that doesn't only have jungle views but it boasts stunning ocean front views as well. This room is perfect for friends, a couple, or solo travelers that don't mind sharing space.

- **Private Bathroom**
- **2 memory foam beds**
- **Shared Kitchen**

Single occupancy: \$2,500

Double occupancy: \$2,150 (per person)



THE ROOMS: Apartamento Agredecer

Get the best of both worlds with jungle & ocean views. This special space adorned with flowers, creates the perfect setting for friends or a couple.

- 1 Caribbean Queen Bed
- 1 Single memory foam bed
- Private bathroom

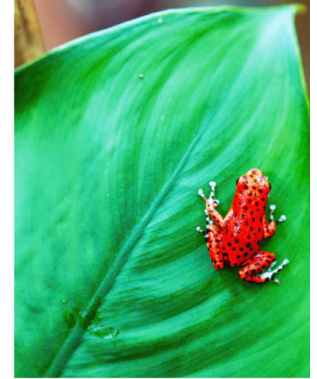
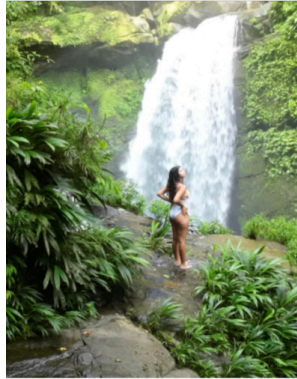
Single occupancy: \$2,800

Double occupancy: \$2,300 (per person)



EXCURSIONS:

Bocas del Toro creates the perfect atmosphere for adventure! Between the lush jungles and clear blue waters, we never run short of fun places to explore and things to do! Some of the included excursions are, boating to 'secret' spots, snorkeling, Red Frog beach, jungle tour, bioluminescence, Cacao Farm, Starfish Beach, ATV rides, Waterfall hikes, a beach BBQ, & more!



What's Included:

- Daily Yoga & Meditation
- All meals served at Roam
- All group excursions
- On-site amenities
- Dinner in Panama City (first night)



Interested in joining?

Please note that we operate on a first-come, first-served basis. To reserve your room and secure your spot, a \$500 deposit is required. Act now to guarantee your place in this transformative retreat. We look forward to welcoming you to a journey of relaxation, renewal, and discovery where the jungle meets the sea!



To secure your space, send a Zelle to: flowandletgoyoga@gmail.com or reserve through our website: flowandletgoyoga.com . If you have any questions, feel free to reach out via our website or send an email to flowandletgoyoga@gmail.com.



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