

D5B5A 5' MC; 5' 58J 9BHI F 9'
6cVWg' 8Y` 'Hcfc' `g` UbXg`
CZZ` h\ Y` 7Uf] VVYUb` 7cUgh`
: YVfi Ufm&&!` A UfV\` %ž` &\$%{



a tropical island adventure in 2014

www.elaineorourke.com

g`U` 7c`cbž` 6cVWg`
DUbUa Už` &\$%{

Feb 22 - Mar 1, 2014

Bluff Beach Retreat

Bocas Del Toro

Panama

www.bluffbeachretreat.com

\$1575 per person
(early bird rate)

PRICE INCLUDES:

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- Choice of therapeutic massage, thai yoga, or energy work with Julie
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*Prices are based on shared occupancy and do not include international airfare, ground transportation or gratuities. You will need to arrive in Panama City the night before. We are happy to help book hotel for you.



Panama Yoga Adventure with Elaine O'Rourke & Julie Cooper

8]gWtj Yf`h\ YgY` VYUi h]Z` `]gUbXg'cb`h\Y`
7Uf]VWYUb` VtUgh`cZDUbUa U`k` \]Y`k`Y`
Ja a YfgY`]b`h\Y` \YU`]b[`dfcdYfh]Yg`cZ`
nc[Už`a YX]hUj]cbž`a UbhfUž`VWUbh]b[`UbX`h\YfUdYi h]Wā UggU`Y`
@cVWhYX`cb`h\Y` `a]Y`6`i ZZ`6YUWž`h\Y`fYhfYUh` \ci gY`cZZYfg`U`
hfUbei]`Ybj]fcbā YbhUbX`]g`g` ffcī bXYX`Vm`i gY`ZcfYghUbX`
a U[b]Z]VWbh`cWUb` `Mēi` k`]`ei`]W`mYa VcXmh\Y`g`ck Yf`dUW`cZ`
Ī]gUbX`]ZŸ` `

9i dYf]YbW`h\Y`a YX]hUj] Y`g`ch\gž`gd]f]hYX`a cb_Yngž`hfcd]WŸ`Z]gV`
UbX`Yi ch]VW]fXg` `

9b`cmih\Y`dfUW]W`cZ`nc[U`]b`
bUhi fY` `H\YfY`UfY`a UbmV\c]Wg`cZ`
Yi Wfg]cbg` gbcf`Y` /` XYgYfhYX`
]gUbX`hf]dgž`g` fZ]b[ž`V`]b[ž`VtVtU`
cf[Ub]WZUfa gž`h\Y`Vt`cfZi` `cWŸ`
hck b`UbX`Zf]YbX`mdYcd`Y`cZ`6cVWgž`
VYUWYg`cf`fY`Ui` Vmh\Y`dccc`UbX`a i W`a cfY`Ā



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