

# PANAMA YOGA ADVENTURE

## Bocas Del Toro Islands

### Off the Caribbean Coast

Feb 25 - Mar 3, 2012



peace, well-being, and a tropical island adventure in 2012

### *Isla Colon, Bocas Panama, 2012*

Feb 25 - Mar 3, 2012

#### Bluff Beach Retreat

Bocas Del Toro

Panama

[www.bluffbeachretreat.com](http://www.bluffbeachretreat.com)

**\$1450 per person  
(early bird rate)**

#### PRICE INCLUDES:

- Shared Accommodation
- Three daily delicious meals
- 1 or 2 daily yoga classes, meditation & pranayama with Elaine
- Choice of therapeutic massage, thai yoga, or energy work with Julie
- Domestic flights from Panama City to Bocas

*\*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

Discover these beautiful islands on the Caribbean coast of Panama while we immerse in the healing properties of

yoga, meditation, mantra, chanting and therapeutic massage.

Located on the 3 mile Bluff Beach, the retreat house offers a tranquil environment and is surrounded by lush forest and magnificent ocean. You will quickly embody the slower pace of "island life".

Experience the meditative sloths, spirited monkeys, tropical fish and exotic birds.

Enjoy the practice of yoga in nature. There are many choices of excursions: snorkel & deserted island trips, surfing, biking, cocoa organic farms, the colorful local town and friendly people of Bocas, beaches or relax by the pool and much more.



#### Incentives

Register by 6/15/11 & SAVE \$100 (total \$1450, regular price \$1550), pay by cash, check, paypal

\*\$375 non-refundable deposit required

\*\*Balance must be paid in full by 12/10/11

To register or for more information, contact:

Elaine O'Rourke 978-281-6126 [yogawaves@hotmail.com](mailto:yogawaves@hotmail.com)

