

# PANAMA AERIAL + SAIL RETREAT



RETREAT SCHEDULE | OCTOBER 2022

**Saturday  
October 1st**

3:00 - 7:00pm  
7:30 - 9:00pm

Check-in  
Dinner & Welcome Meeting

**Sunday  
October 2nd**

8:00 - 9:00am  
9:15 - 9:45am  
10:00 - 12:00pm  
12:30 - 1:30pm  
1:30 - 3:45pm  
4:00 - 4:15pm  
4:30 - 6:30pm  
7:00 - 8:00pm  
8:00 - 10:00pm

Breakfast  
Warm-Up at the Yoga Shala  
Workshop 1  
Lunch  
Free Time  
Afternoon Warm-Up at the Yoga Shala  
Workshop 2  
Dinner  
Cocktail Party

**Monday  
October 3rd**

8:00 - 9:00am  
9:15 - 9:45am  
10:00 - 12:00pm  
12:30 - 1:30pm  
1:30 - 3:00pm  
3:15 - 3:30pm  
3:45 - 5:45pm  
6:30 - 8:00pm

Breakfast  
Warm-Up at the Yoga Shala  
Workshop 1  
Lunch  
Free Time  
Afternoon Warm-Up at the Yoga Shala  
Workshop 2  
Dinner out on the town!

**Tuesday  
October 4th**

8:00 - 9:00am  
9:15 - 9:45am  
10:00 - 12:00pm  
12:30 - 1:30pm  
1:30 - 3:45pm  
4:00 - 4:15pm  
4:30 - 6:30pm  
7:00 - 8:00pm

Breakfast  
Warm-Up at the Yoga Shala  
Workshop 1  
Lunch  
Free Time  
Afternoon Warm-Up at the Yoga Shala  
Workshop 2  
Dinner



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**Wednesday  
October 5th**

8:00 - 9:00am  
9:15 - 12:30pm  
1:00 - 2:00pm  
2:00 - 7:00pm  
7:00 - 8:00pm

Breakfast  
Photo Shoot!  
Lunch  
Free Time/ Excursions  
Dinner

**Thursday  
October 6th**

8:00 - 9:00am  
9:15 - 9:45am  
10:00 - 12:00pm  
12:30 - 1:30pm  
1:30 - 3:45pm  
4:00 - 4:15pm  
4:30 - 6:30pm  
7:00 - 8:00pm

Breakfast  
Warm-Up at the Yoga Shala  
Workshop 1  
Lunch  
Free Time  
Afternoon Warm-Up at the Yoga Shala  
Workshop 2  
Dinner

**Friday  
October 7th**

8:00 - 9:00am  
9:15 - 9:45am  
10:00 - 12:00pm  
12:30 - 1:30pm  
1:30 - 7:00pm  
7:00 - 8:00pm

Breakfast  
Warm-Up at the Yoga Shala  
Workshop 1  
Lunch  
Group Island Adventure to Starfish Beach  
Dinner

**Saturday  
October 8th**

8:00 - 9:00am

Breakfast

