

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

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

