

PANAMA AERIAL + SAIL RETREAT



RETREAT SCHEDULE | OCTOBER 2022

**Sunday
October 9th**

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

Check-in
Dinner & Welcome Meeting

**Monday
October 10th**

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

**Tuesday
October 11th**

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!

**Wednesday
October 12th**

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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Thursday
October 13th

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

Friday
October 14th

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

Saturday
October 15th

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 Zapatilla
Dinner

Sunday
October 16th

8:00 - 9:00am

Breakfast

