

PANAMA AERIAL + SAIL RETREAT

RETREAT SCHEDULE | 2023



Saturday September 30th	3:00 - 7:00pm 7:30 - 9:00pm	Check-in Dinner & Welcome Meeting
Sunday October 1st	8:15 - 9:15am 9:30 - 10:00am 10:15 - 12:15pm 12:45 - 1:45pm 1:45 - 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 Sangria Party
Monday October 2nd	8:15 - 9:15am 9:30 - 10:00am 10:15 - 12:15pm 12:45 - 1:45pm 1:45 - 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 - Mermaiding at the Beach (optional) Afternoon Warm-Up at the Yoga Shala Workshop 2 Dinner
Tuesday October 3rd	8:15 - 9:15am 9:30 - 10:00am 10:15 - 12:15pm 12:45 - 1:45pm 1:45 - 3:00pm 3:15 - 3:30pm 3:45 - 5:45pm 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 out on the town!
Wednesday October 4th	8:15 - 9:15am 9:30 - 12:30pm 12:45 - 1:45pm 1:45 - 3:00pm 3:15 - 6:30 7:00 - 8:00pm	Breakfast Free Time - Island Adventuring Lunch Photo Shoot prep - Self-led warm-up Photoshoot! Dinner
Thursday October 5th	8:15 - 9:15am 9:30 - 10:00am 10:15 - 12:15pm 12:45 - 1:45pm 1:45 - 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 6th	8:15 - 9:15am 9:30 - 10:00am 10:15 - 12:15pm 12:45 - 1:45pm 1:45 - 2:45pm 3:00pm - 6:30pm 7:00 - 8:00pm	Breakfast Warm-Up at the Yoga Shala Workshop 1 Lunch Free Time Group Island Adventure (Sailing Trip) Dinner
Saturday October 7th	8:15 - 9:15am	Breakfast

