

PANAMA AERIAL + SAIL RETREAT

RETREAT SCHEDULE | 2023



Sunday
October 8th

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

Check-in
Dinner & Welcome Meeting

Monday
October 9th

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

Tuesday
October 10th

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

Wednesday
October 11th

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!

Thursday
October 12th

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

Friday
October 13th

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

Saturday
October 13th

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

Sunday
October 15th

8:15 - 9:15am

Breakfast

