

# MINDFUL EXPERIENCES IN PANAMA



MI ASANA

YOGA & WELLNESS ADVENTURES

# RELAX & RESTORE

Take a moment to reset and refresh your energy!

**MEDITATION**

**POOL DAY PASS**

**TRADITIONAL YOGA**

**FREE TIME TO ENJOY  
AT MONKEY LODGE!**

**\$50/pp**

AVAILABLE 7 DAYS A WEEK  
in Monkey Lodge Panama  
Duration: 5 hours

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# WELL NESS

EXPERIENCE

MEDITATION  
ICE BATH THERAPY  
TRADITIONAL YOGA  
POOL DAY PASS

A group of five women in swimwear are gathered around a hot tub in a tropical setting. Two women are crouching on the edge of the hot tub, while three others stand behind them. One woman in the center is looking at her phone. The background is filled with lush greenery and tropical plants.

Mindful package designed to create calm & deepen your connection to mind and body.

**\$70/pp**

**AVAILABLE 7 DAYS A WEEK**  
**in Monkey Lodge Panama | Half Day**



## PRIVATE CLASS

Tailor-made 1:1 session with personalized adjustments and guidance. Flexible schedule all week upon request. 60 mins.

AT MONKEY LODGE

\$30 pp / special rate *only*  
for Monkey Lodge guests

AT PANAMA CITY

1 class —\$65

4 classes —\$240

8 classes —\$350



## GROUP CLASS

You will learn breathing techniques for stress control, postures to align your body & meditation to calm your mind. No adjustments.

SUNDAYS, 8:30 AM  
PURO LOVE SPACE.

45 mins | \$25 pp.

\*MIN. 3-8 participants



# YOGA BY GATUN LAKE

## INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- SNACKS & BEVERAGES
- YOGA MATS

**\*\*Duration: 5 hours**

2-3 PERSONS

**\$ 160** PP

SPECIAL RATE!

4-9 PERSONS

**\$ 130** PP

Short on time? We got you! Join us on our private boat for a halfday wellness excursion tailored for nature lovers like you. Your first stop would be to enjoy a relaxing yoga and meditation session right in the heart of the biggest lake of the region, followed by healthy snacks and a refreshing natural juice.

As we stroll through virgin corners of the lake, be fully present to spot playful monkeys , colorful birds, and other tropical creatures that call this place home. You will also catch a up-close view of the huge ships passing through the Panama Canal before returning back to the city.

# JUNGLE JOURNEY HIKE & WATERFALLS

Yoga in the Outdoors! Join us for a fun and mindful one day journey through the iconic Chagres National Park. Refresh by the river, tune your breath into the trees and savor a good stretch in route to the waterfalls. After this activities, find peace with a calming Yoga session on a private beach, effortlessly transitioning from the adventures to a serene moment.

We'll pause to enjoy fresh seasonal fruits and the authentic flavors of the local indigenous tribe's cuisine— highlighting banana plantains, cassava, and fresh fish (vegetarian/vegan options are available). This combination of outdoor activities and wellness experiences guarantees a complete and memorable adventure.

## INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- TRADITIONAL LUNCH
- YOGA MATS

**\*\*Duration: 1 day**

2-3 PERSONS

**\$ 180** <sub>PP</sub>

4-9 PERSONS

**\$ 160** <sub>PP</sub>





# CARIBBEAN BLISS

Get your favorite tropical apparel together for our ultimate wellness adventure at a paradise where calmness is everywhere along the coast . You will head first time in the morning to the Pirate Islands, an untouched oasis of white sand beaches, cristal clear natural pools located only 1:30hrs away from the city.

This is the perfect place to recharge by the sea, drink fresh coconut water and get spoiled with a soothing Yoga and meditation session with a view. To enhance this trip, you will cross the "Tunnel of Love" a romantic pathway through the mangroves in direction to an island that have been taken by lovely spiders monkeys. Before the trip ends, we can make an optional stop at a local restaurant so you can taste our famous caribbean dishes.

## INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- SNACKS & BEVERAGES
- YOGA MATS

**Duration: 1 day**

\*\*Lunch is not included



2-3 PERSONS

**\$ 240** PP

4-9 PERSONS

**\$ 200** PP

A woman with long dark hair, wearing a black halter-neck top and black pants, is sitting in a meditative pose on a pink mat on a wooden deck. She is in a wooden structure with a wall made of vertical bamboo stalks. To her right is a stone Buddha statue. The background is filled with lush green trees.

**MIA YANOPULOS**

**+500 HRS RYT**

**Himalaya Yoga Valley, Goa**

**Yog Nirvana, Rishikesh**

**Sharath Yoga Centre, Mysore**

“As a teacher and eternal student, I seek to embrace mindfulness, philosophy, and strive for a better version of self. Yoga represents both a physical and spiritual journey. I guide my students in cultivating their practices for deep healing, transformation and above all, playfulness and relaxation. Mindful sequences, focused on alignment and the harmony of breath and movement, empower practitioners of every level to discover and express themselves through yoga.”



# LETS FLOW..



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