

DENNICE SANHUEZA
& JACK DUFOUR
Yoga Retreat
Sept. 23 - 27

Details	# ppl /room	Cost
Beach view front suite - King size bed (private room)	1	\$1550
Back suite - King size bed (private room)	1	\$1415
Beach view bottom room - King bed (shared room)	2-3	\$1200
Beach view bottom room - Single bed (shared room)	2-3	\$1105
Beach view bottom room - Queen bed (shared room)	3 - 4	\$1105
Beach view bottom room - Bunk bed (shared room)	3 - 4	\$1060
Small back room - Queen bed (private room)	1	\$1260
Small back room - Single bed (shared room)	2	\$1080
Hostal room, shared bathroom - Queen bed (private room)	1	\$1080
Hostal room, shared bathroom - Single bed (shared room)	2	\$995

- ✦ **Fill out our form at:** <http://goo.gl/forms/BjG9ghYABP>
- ✦ \$100 early bird discount for registration before July 18, 2015.
- ✦ Price includes 7% tax, yoga workshops, room & board.
- ✦ You may reserve your spot with 50% down. Final payment must be made before August 31, 2015.
- ✦ Please write us if you are interested in getting a room with a group of friends
- ✦ Please write us for special pricing if interested in sharing a bed.
- ✦ Please write us if interested in special pricing for adding an auxiliary bed to one of the suites.
- ✦ We accept money transfers, check or credit card.
- ✦ Bank transfer from Pma: BGeneral, Yoga Element SA, Checkings #0305010707431
- ✦ Bank transfer from the U.S.: Wells Fargo, Jack Dufour, Checkings #6441656375

Frequently Asked Questions

How far is it from the airport to the resort?

The airport is 5 hours away from the resort where we will hold the yoga retreat. We will recommend you stay the night prior to the start of the retreat in a hotel in the city where we will arrange a special fee (email us for details). We will be leaving all together on the morning of Wednesday, September 23. We will have the option of carpool arrangements with the panamanians at the retreat and/or private bus service.

What is the food like, do you have a menu?

Yes we do, and we could gladly email it to you. But it is basically a morning muesli bar with a green juice prior to the start of our workshop. We will have a healthy light lunch after the workshop. For dinner we will have a hefty healthy dinner with a delicious dessert. You will also be able to order anything from the menu at any time throughout the day at a 15% discount. Any one who has a special diet (vegetarian, vegan, etc.), please inform us through the provided form so that we can accomodate.

How close is the ocean to the resort?

The hotel is in front of the beach. The pool is three steps away from the beach and your rooms will be an average of 20 steps away from the beach. You may find more photos at <http://www.elsitiohotel.com/>

Is there surfing near by?

Playa Venao is one of the best surf beaches in Latin America. The beach in front of the hotel will have constant great waves, and many options for surf board rental. You may find a blog post about Playa Venao as an international surf destination: <http://thepanamaportal.com/playa-venao/>

Do I need to rent a car?

No, you do not need to rent a car. You may find a cab easily at the airport. They are all part of a cooperative and will charge you \$30 per person. They are all very safe. Once in the city, cabs are cheap and easily found. We also have UBER in Panama and it works great.

Once in Playa Venao we will walk to most places, and the activities that are further away, such as kayaking and paddleboarding to Cañas Island, have the option for transportation at \$10 per person.

If you prefer to rent a car, it is of course an option and you may do so prior to your arrival through your provider of choice. We have most of the US options available such as Hertz, etc.

What is the schedule like?

The schedule is packed with yoga!

Wednesday: One afternoon practice, 2 hours.

Thursday - Saturday: daily, 2 hour morning practice, 2 hour morning practice.

Sunday: Morning practice, 2 hours.

There will be a meditation option in the morning prior to your breakfast and yoga workshop. After, you will be offered a delicious lunch, followed by a long break with the alternative of several activities such as: surfing, surfing lessons, horseback riding, a beautiful hike to a waterfall, and paddleboarding/kayaking to a beautiful island that will be in turtle season on that particular weekend, expecting thousands of turtles. We will then have the second workshop of the day, followed by shower time and dinner. The hotel has a very nice restaurant and sunset deck for our enjoyment after dinner.

Do I need to have an advanced practice to come?

No, we will always give you an asana option for your practice.

What is the yoga room like?

The workshops will be held at our resort and it is a beachfront, wooden floor, roofed space that has been accommodated for our practice.

Will I be able to drink the Panama/Venao water?

The water in Panama is really great. One example is how the owners of the hotel are Israelis, who lived for many years in Los Angeles. They now live in Playa Venao and they, along with their three kids, drink the water comfortably. For this reason the retreat will not provide bottled water, but it will be offered as an option at the hotel at a 15% discount for those who prefer bottled water.

Do I need speak Spanish or English?

The workshops will be instructed in English. However, after specifying your level of English/Spanish on our form, we will accommodate and facilitate certain explanations in Spanish for those who need them.

