

Discover the Perfect Venue

2019 GUIDE TO **PANAMANIAN** RETREAT VENUES

For Your Next Retreat



RETREATS AND VENUES



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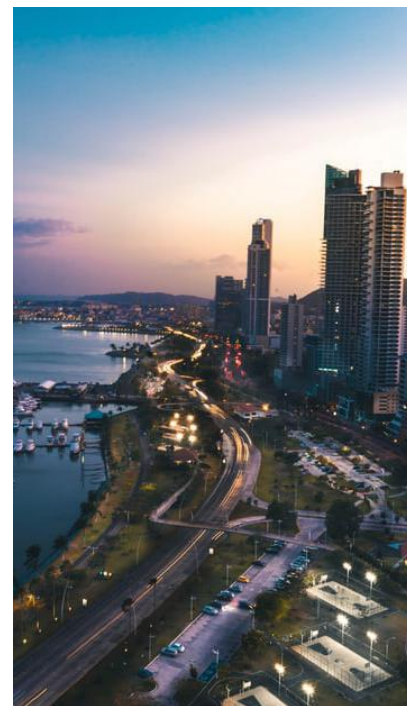


Discover leading retreats,
stunning venues
and welcoming hosts
AROUND THE WORLD



RETREATS AND VENUES

510 W Hastings St, Vancouver, BC V6B 1L
Phone: +1 604 779-1459 Email: matt@retreatsandvenues.com
www.retreatsandvenues.com



Discover Your Next Retreat

PANAMA

Discover leading retreats,
stunning venues and
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around the world



Eco Horqueta

 9 PEOPLE

 4 ROOMS

 PANAMA CITY

 ECO VILLAGE

 CHIRIQUÍ, PANAMA

Our project has four Bungalows, with a private bathroom, terrace and hot water shower, reserve-only restaurant and Main Cabin and wifi, Holistic Spa and Yoga Room, Thousand Tire Hiking Trail, Stairway to Heaven, Hiking Trail and Camping area, and Private Tours. We are perfect if you want to experience a Light-Free ambiance (limited electricity), No noise pollution, Disconnect from the Chaotic world, Find Inspiration, Find and obtain Clarity, Experience living within natural flora and fauna, and Improve your health.



 www.ecohorqueta.com

 [.instagram.com/boquete_natural/](https://www.instagram.com/boquete_natural/)

Red Frog Beach Island Resort

 160 PEOPLE

 60 ROOMS

 PANAMA CITY

 RESORT

 BOCAS DEL TORO, PANAMA

30 miles off the Caribbean side of Costa Rica, the isles of Bocas del Toro in Panama offers the combination of upscale villas, stunning beaches, and nature at its very finest. From a 1.5hrs zipline tour to underground caves, chocolate farm tours to snorkeling, kayaking, hikes and more. See sloths, monkeys, birds and red frogs in their primary tropical forest habitat. Swim with sunfish in coral beds or just soak in the world-renown vistas.



 [instagram.com/redfrogbeachresort](https://www.instagram.com/redfrogbeachresort)

 www.redfrogbeach.com



Cala Mia Island Resort

 THE GULF OF CHIRIQUI,
PANAMA

 32 PEOPLE

 14 ROOMS

 PANAMA CITY

 RESORT

Cala Mia Island Resort is a luxury resort in Panama where you can enjoy an adventurous, romantic, or relaxing beach vacation with warm Panamanian hospitality. We are a leading resort in Panama, Central America, where you can feel at home in our beautiful well appointed tropical Casitias & Villas. They are freestanding, air-conditioned, and

 www.calamioresort.com

FEATURES

- Yoga Structure
- Infinity Pool, SPA
- Ping Pong Table
- Kayaks
- Paddleboards
- NAUI Destination - diving
- Fishing operation
- Hiking and horseback riding trails

have unique outdoor terraces complete with swinging hammocks and lush landscaped gardens. At Cala Mia you will find an endless list of exciting activities and adventures. We have received several accolades and awards and our love and passion for relaxing adventure has been a lifelong pursuit.

 www.instagram.com/calamioresort

Eco Venao Lodge

 24 ROOMS

 ECO VILLAGE

 PANAMA CITY

 PLAYA VENAO, PANAMA

Eco Venao is set within a 140 hectare (346 acre) reforestation project. With a choice of low impact accommodation to suit every guest's needs, Eco Venao promises the luxury traveler, eco-tourist or surfer a wonderful experience. We have a beautiful palm roofed deck on the beach, with a 180° view of the ocean, trees, and sand. The sturdy polished teak floor and the high roof provides an ideal space for a wide range of activities.



 [instagram.com/eco_venao](https://www.instagram.com/eco_venao)

 www.ecovenao.com

Popa Paradise Beach Resort

 34-50 PEOPLE

 17 ROOMS

 PANAMA CITY

 RESORT

 BOCAS DEL TORO, PANAMA

Popa Paradise is located on the northeastern tip of Isla Popa. Our exquisite location, fronted by two white sand beaches and aquamarine waters is backed by lush, tropical rainforest. Our accommodations range from nine individual private casitas with air conditioning and private balconies, to a group of five attached lodge rooms, with simple decorations, private bathrooms and A/C, perfect for small groups or moderate budget travelers.



 popaparadisebeachresort.com

Mount Totumas CCloud Forest

 30 PEOPLE

 12 ROOMS

 PANAMA CITY

 ECO VILLAGE

 CHIRIQUI, PANAMA

Mount Totumas Cloud Forest is located in far Western Panama in the province of Chiriqui. We are 20km west of Volcan. At Mount Totumas Cloud Forest we offer a variety of accommodations and packages depending on guests' preferences and budget. All of our accommodations have electricity, hot water, linens and towels, internet and open decks and common living area. The Bellbird Lodge is open to all our guests regardless of which accommodation they choose.



 www.mounttotumas.com

 [instagram.com/mount.totumas](https://www.instagram.com/mount.totumas)

Casa Cayuco Eco Adventure Lodge

 24 PEOPLE

 6 ROOMS

 PANAMA CITY

 RESORT

 BOCAS DEL TORO, PANAMA

Nestled at the edge of the jungle, just steps from the beach. Our remote location offers guests the opportunity to truly getaway. Be part of the adventure while cultivating harmony with the planet, local community, and those around you. We strive to be as low-impact as possible in an effort to conserve our natural world by carefully weighing the environmental impact of every decision we make, from the supply chain of our food to the electricity that powers the resort.



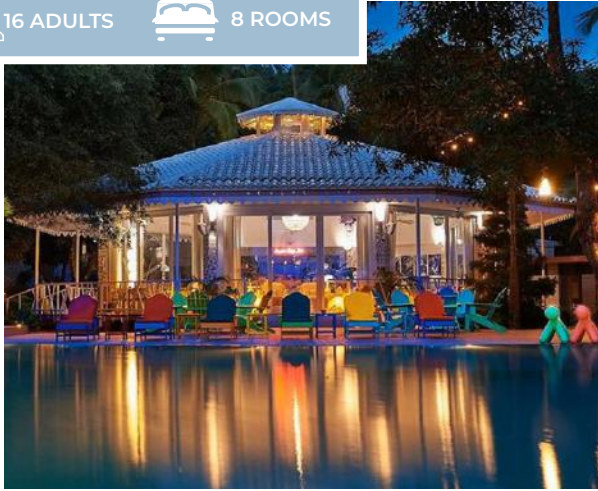
 [instagram.com/casacayuco](https://www.instagram.com/casacayuco)

 www.casacayuco.com

VENUES & RETREATS

EL OTRO LADO PRIVATE RETREAT

16 ADULTS 8 ROOMS



PANAMA CITY

PORTOBELO, PANAMA

instagram.com/elotroladoportobelo

FEATURES

NON-FOR-PROFIT PRIVATE RETREAT

El Otro Lado is a private retreat situated in an exceptional enclave of Portobelo Bay, mixing design, culture, nature, and luxury in a unique manner in order to offer its guests authentic, exclusive and custom-made experiences. Situated just over an hour from Panama City and within Portobelo National Park, El Otro Lado will take you to a harmonious and dreamlike place, which is equipped with all the comforts of modern life.

www.elotrolado.com.pa

Istmo Yoga and Adventure Retreata

22 PEOPLE 7 ROOMS



PANAMA CITY RETREAT CENTER

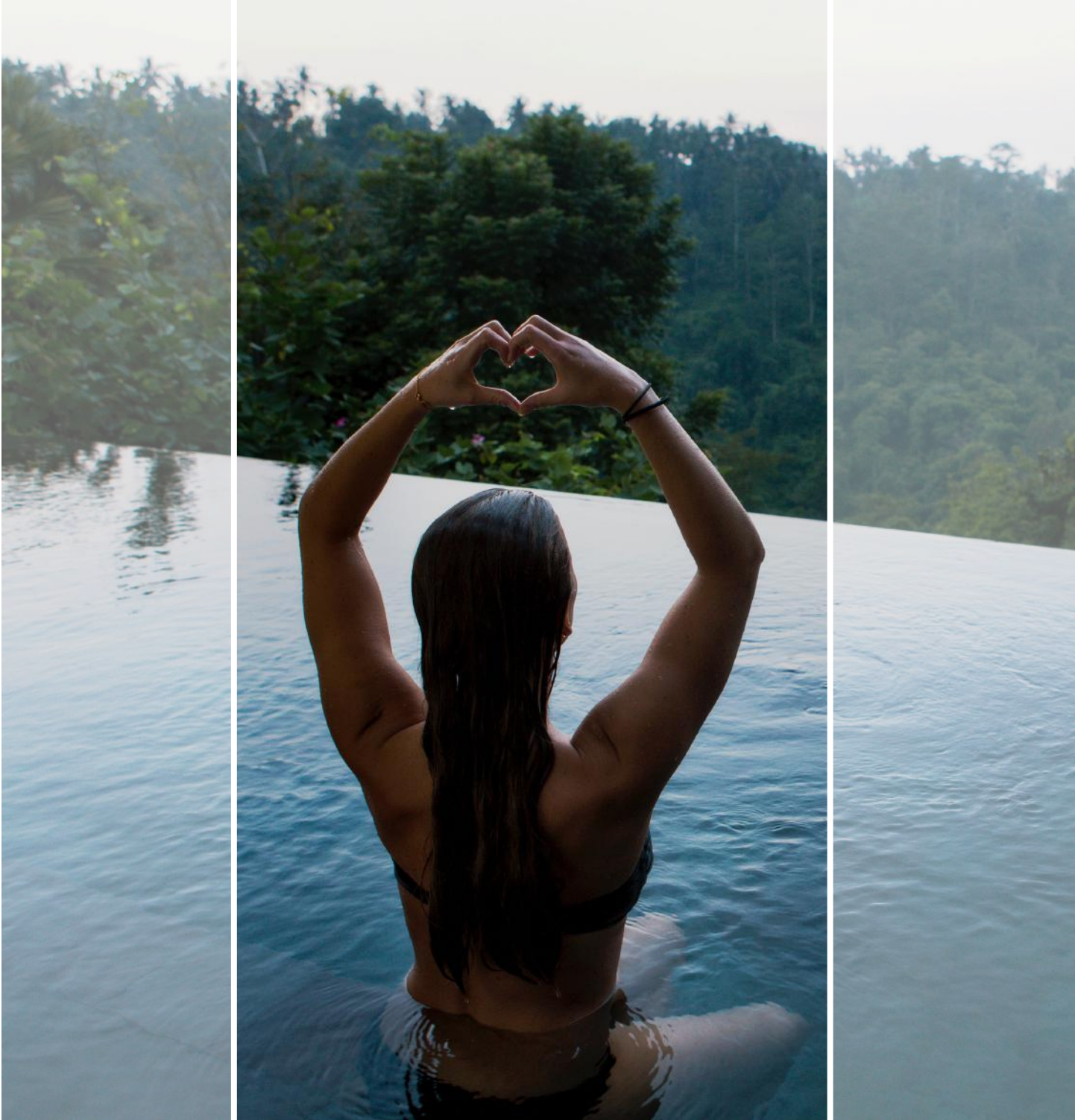
SAN CARLOS, PANAMÁ

FEATURES

ISTMO's jungle and beach retreat center feature air-conditioned bungalows with pillow-top mattresses and luxury linens, a fully-equipped Yoga Studio nestled in the jungle, a Walking Labyrinth, a Nature Trail, and a Family Dining Area. ISTMO's farm/sea to table tropical fusion cuisine can accommodate gluten-free, vegan, and allergies. Our location provides close access to Beaches, Rain/Cloud Forests, Indigenous Tribes, Local Markets, Mangroves, Mountain Lakes, Waterfalls, Islands, Panama City, and the Canal. Istmo is the perfect location for your retreat!

instagram.com/IstmoRetreat/

https://istmoretreat.com



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510 W Hastings St, Vancouver, BC V6B 1L
Email: matt@retreatsandvenues.com
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