

Discover the Perfect Venue

GUIDE TO PANAMANIAN RETREAT VENUES

For Your Next Retreat



RETREATS AND VENUES





RETREAT AND VENUES
www.retreatsandvenues.com

Contents

02 - 03

04 - 05

06

07

08 - 09

10 - 11

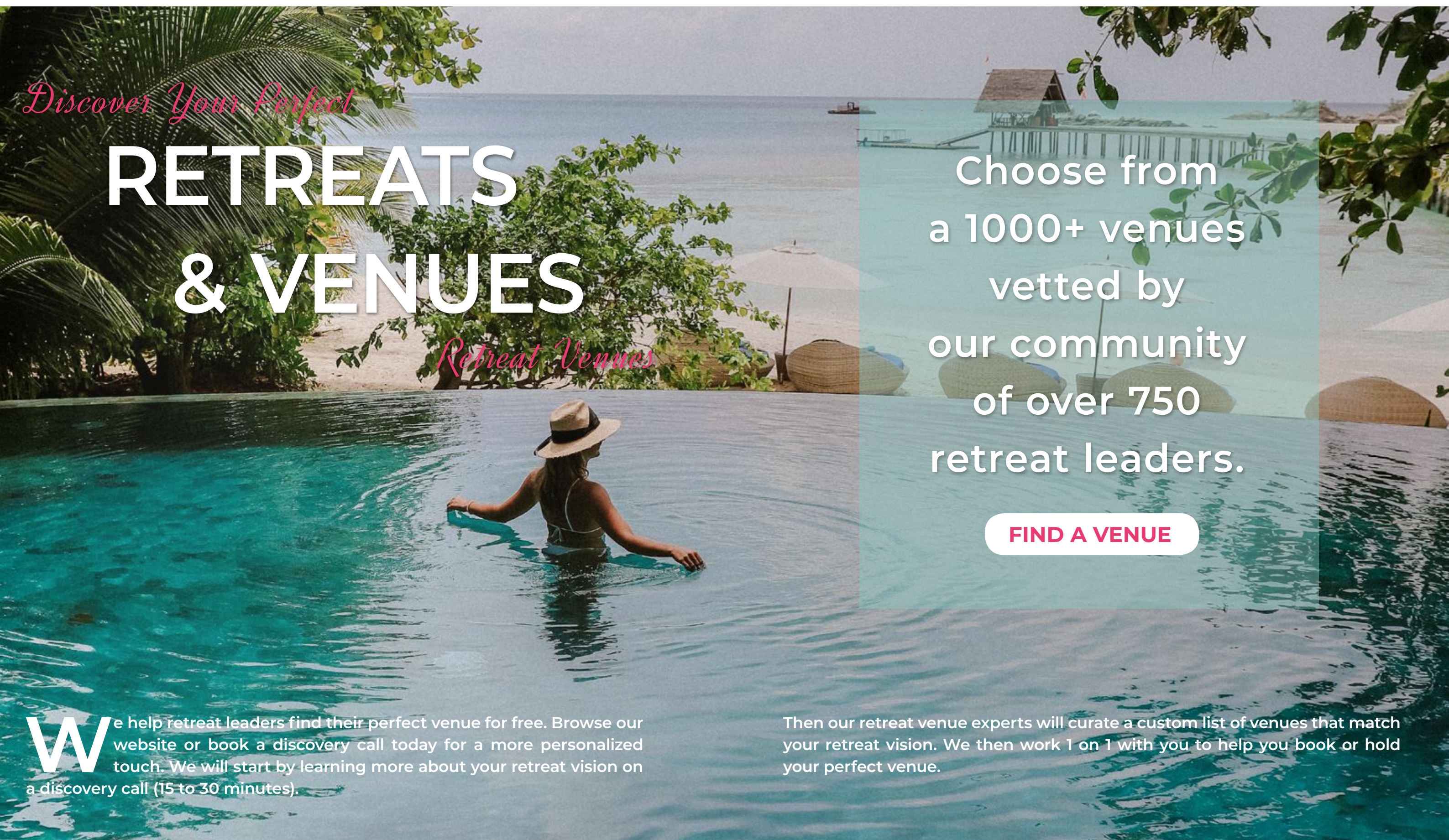
12

13 - 21

22



Choose from a 1000+ venues vetted by
our community of over 750 retreat leaders.



Discover Your Perfect

RETREATS & VENUES

Retreat Venues

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We help retreat leaders find their perfect venue for free. Browse our website or book a discovery call today for a more personalized touch. We will start by learning more about your retreat vision on a discovery call (15 to 30 minutes).

Then our retreat venue experts will curate a custom list of venues that match your retreat vision. We then work 1 on 1 with you to help you book or hold your perfect venue.



*Discover Your
Next Retreat Venue*

PANAMA

Discover leading retreats,
stunning venues and
welcoming hosts
around the world



Casa Sagapo

6 PEOPLE

2 ROOMS

PTY

VACATION
RENTAL

SORA, PANAMA

LEARN MORE

Located approximately 450 m above sea level provides Casa Sagapo with perfect year round, (80's) temperatures. Being surrounded by the rain forest supports you & your guests by allowing you to disconnect & reconnect with yourself and nature. Relax and sink into the tranquility of this truly magical and healing environment.





Ataraxia Bocas Del Toro



BOC



6 ROOMS



13 PEOPLE



BOCAS DEL TORO,
PANAMA



RESORT

“Ataraxia Lodge offers an authentic experience in a beautiful environment where your guests can escape from the outside world into a haven filled with fun, friendship, laughter and renewal. Enjoy our beautiful 13 acres jungle property facing the Caribbean sea and coral reefs in the archipelago of Bocas Del Toro. The lodge is energetically self-sufficient so we ask all of our guests to be mindful of their water and electricity consumption. Our location on Isla Bastimentos allows you to do as little or as much as you desire. You can choose between practicing yoga in our yoga shala overlooking jungle and sea, or spending all day lounging in

ACTIVITIES

- Beach
- Exploration
- Hiking
- Language Class
- Meditation
- Paddle Boarding
- Permaculture
- Sailing
- Scuba Diving
- Salsa
- Surfing
- Swimming
- Walking Tour
- Yoga
- kayaking
- snorkeling
- disc golf

LEARN MORE

a hammock, swimming & snorkelling the neighbouring reef, take a kayak adventure, go diving, surfing or go explore all that Bocas archipelago has to offer and keep your eyes out for the sloths, monkeys, and other wildlife that live in the area. Whatever type of retreat you are looking to host, we aim to provide a perfect retreat experience. Ataraxia is a family-run business, with owners Pierre & Manon living on the property. We strive to be welcoming, accommodating to your requests, and to make you feel at home while being discreet. We look forward to having you here, and sharing our piece of paradise with you!”



Cala Mia Island Resort

 CHIRQUI, PANAMA

 32 ROOMS

 14 PEOPLE

 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 Casitas & Villas. They are freestanding, air-conditioned, and have unique outdoor terraces complete with


ACTIVITIES


LEARN MORE


- Hiking
- Zip Lining
- Kayaking / Whitewater Rafting
- Birdwatching
- Coffee Farm Tours


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.


Red Frog Beach Island Resort

 160 PEOPLE

 60 ROOMS

 BOC

 RESORT


 BOCAS DEL TORO, PANAMA


[LEARN MORE](#)


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.



Eclypse de Mar Acqua Lodge

 35 PEOPLE

 11 ROOMS

 BOC

[LEARN MORE](#)


Eclypse de Mar Acqua -Lodge is a company committed to the environment and to biodiversity. Eclypse de Mar Acqua-Lodge is an Eco-Resort with seven overwater bungalows, carefully decorated. Each bungalow features a private deck, perfect for diving into the sea or relaxing while watching the most unique and romantic sunsets over the Caribbean paradise. It has a Botanical Garden and protected private area which hosts unique animals such as sloths, red frogs and caimans.





 ECO VILLAGE

 BOCAS DEL TORO, PANAMA

Tranquilo Bay Eco Adventure Lodge

 36 PEOPLE

 9 ROOMS

 BOC

[LEARN MORE](#)


People are tethered to their habits and technology - so much so that they rarely turn off. At Tranquilo Bay Eco Adventure Lodge, your vacation experience disconnects you from the everyday. After spending unplugged time in nature, you return home renewed and personally connected. Tranquilo Bay is an all-inclusive resort in Bocas del Toro, Panama located on a private conservation reserve of over 200 acres with more than a kilometer of Caribbean coastline.




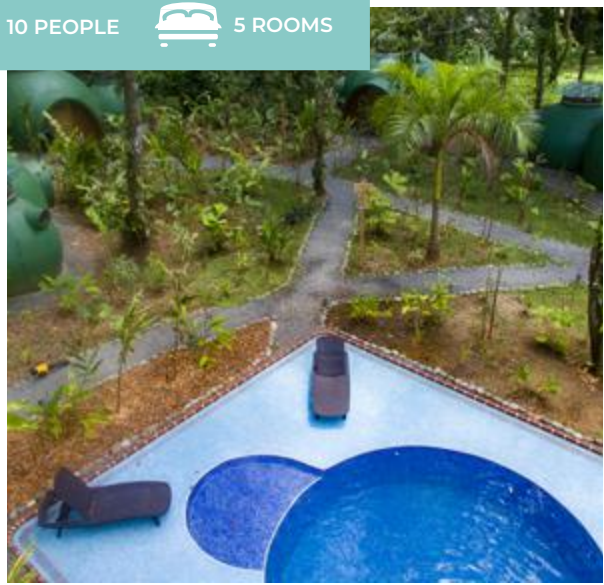
 RESORT


 BOCAS DEL TORO, PANAMA


Nowhere Panama

 10 PEOPLE


 5 ROOMS



 ECO VILLAGE

 BOCAS DEL TORO, PANAMA


FEATURES


 BOC

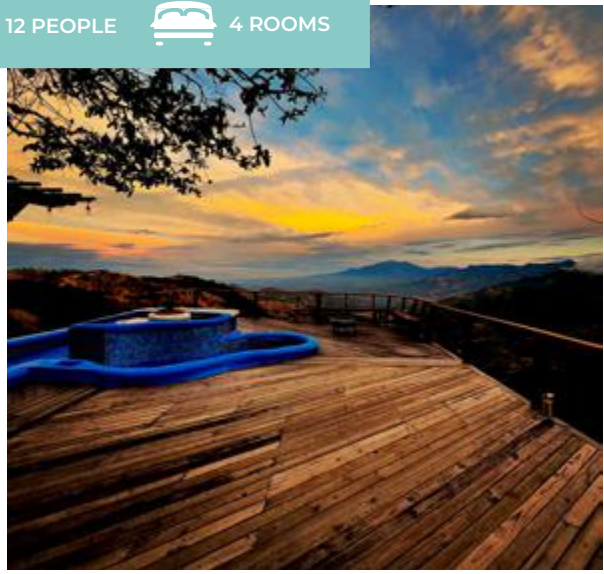
LEARN MORE


We are NOWHERE. We believe that in nature, we can find a connection to ourselves again. In the jungle of Bocas del Toro, Panama, we have created a place that is dedicated to preserve the ecosystem and the environment. The structure of our domes is made out of recyclable, non toxic and non corrosive materials. We didn't cut a single Tree trough the whole building process and when you are here, you will hear no cars and human noise, but the sound of the nature. When we can manage to eliminati


El Refugio la Brisa del Diablo

 12 PEOPLE


 4 ROOMS



 HOTEL WITH 2 BEDROOMS AND 2 COMPLETE HOUSES FOR RENT

 CHIRIQUÍ PROVINCE, PANAMA

FEATURES

 DAV

LEARN MORE

For Nature and Foods Lovers! We are a mountains refuge at 1200mts altitude at the entrance of Fortuna Forest Reserve. We have the more spectacular views of Baru Volcano and the Pacific Coast, stepping terraces, heated swimming pool, beautiful garden, coffee plantation. We offer you two beautiful and comfortable houses. We are recognized for our Gourmet Cuisine, in our exclusive restaurant La Gula

Surfcamp Guanico Surf & Yoga Hostel

 30 PEOPLE


 8 ROOMS



 BOUTIQUE HOSTEL

 LOS SANTOS PROVINCE, PANAMA


FEATURES


 PTY

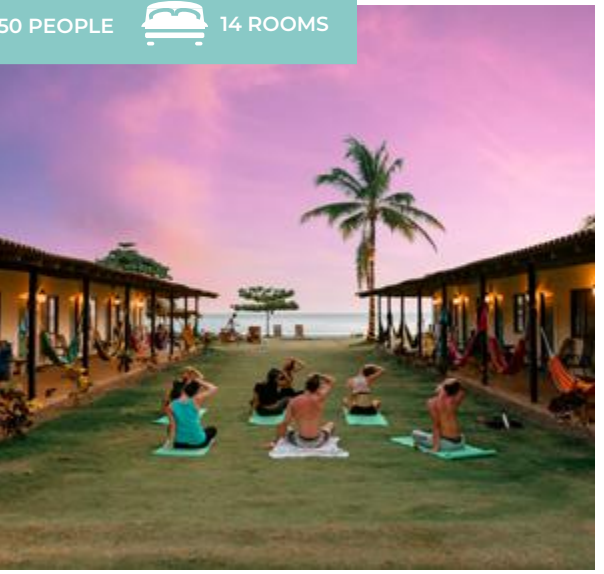
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Surfcamp Guanico is located directly at the beach with a breath-taking view on the Pacific Ocean, the green hills of the natural turtle park and the great surf break of Guanico Beach. The camp provides a wide range of accommodations for individuals, backpackers and groups at different price levels. The bar and lounge create a wonderful mix of chill out atmosphere surrounded by the exotic paradise of Guanico Beach.


Beach Break Surf Camp

 50 PEOPLE


 14 ROOMS



 HOTEL

 LOS SANTOS PROVINCE, PANAMA

FEATURES

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LEARN MORE

Welcome to your happy place. Beach Break Surf Camp is located in Playa Venao, Panama. We offer clean, comfortable, beach front accommodations, just steps out of your door is one of the country's most consistent beach breaks suitable for all levels of experience. In addition to this, our brand new fitness facility offers the perfect venue for retreats, yoga, meditation, group fitness, kickboxing and Brazilian Jiu Jitsu.

Cabanas Los Colibris

 25 PEOPLE

 5 ROOMS

 PTY

[LEARN MORE](#)

Los Colibris welcomes you ... in its 6,000 m² estate, with lush vegetation, where calm and tranquility reign.

For your family vacation in Panama, for the organization of a business seminar or your honeymoon, our hotel is suitable for all types of stays in a relaxing setting conducive to the discovery of the Coclé region, 10 minutes from the beaches of the Pacific Ocean and 15 minutes from the mountains of Valle de Anton.



 VILLA

 COCLÉ PROVINCE, PANAMA

Roxy Fishing Club

 26 PEOPLE

 8 ROOMS

 DAV

[LEARN MORE](#)

Small cozy hotel, located at the heart of Boca chica village, close to the port and surrounded by nature. We organize island hopping, fishing tours, snorkeling and more.



 HOTEL

 CHIRIQUÍ, PANAMA

Turtle Beach House

 11 PEOPLE

 4 ROOMS

 BOC

[LEARN MORE](#)

Turtle Beach House is the perfect place to get away from the hustle and bustle of everyday life and emerge yourself in the tranquility of nature. Ideally situated in the luscious green jungle, the Beach House is steps away from the pristine white sands and clear blue waters of Playa Bluff.



 ECO VILLAGE

 BOCAS DEL TORO PROVINCE, PANAMA

Geoversity's Science and Leadership Training Center

 55 PEOPLE

 12 ROOMS

 PTY

[LEARN MORE](#)

A not-for-profit with a sustainable rainforest campus and research site where your visit supports our large-scale land conservation, habitat restoration, educational and community programs within a globally important wildlife corridor that connects 2 biologically rich—yet threatened—terrestrial regions.

Immerse in natural environments that lie in the narrowest part of all the Americas. Our Mamóní Valley Preserve is the only place on earth where the Pacific and Atlantic come so close!



 RAINFOREST LODGE (WITH SCIENCE CENTER AND EDUCATIONAL CAMPUS)

 MAMONÍ VALLEY PRESERVE, PANAMA

Eco Horqueta

 9 PEOPLE

 4 ROOMS



 ECO VILLAGE

 CHIRIQUÍ, PANAMA

FEATURES

 PTY


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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.

Eco Venao Lodge

 24 ROOMS



 ECO VILLAGE

 PEDASÍ, PANAMA

FEATURES

 PTY

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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.

Popa Paradise Beach Resort

 17 ROOMS



 RESORT

 BOCAS DEL TORO, PANAMA

FEATURES

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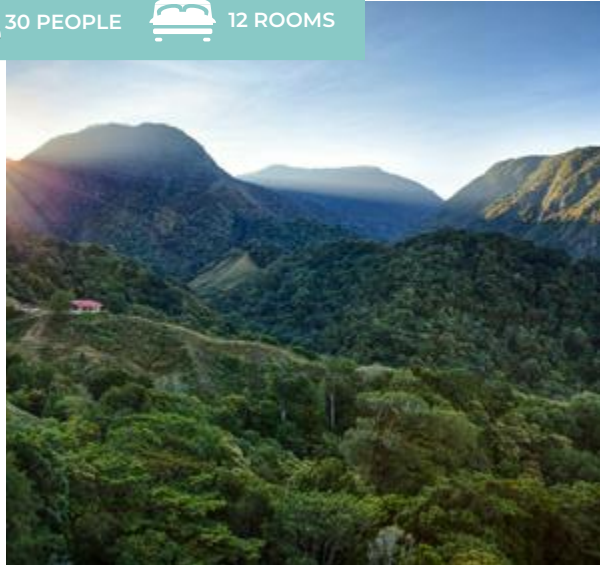
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Popa Paradise is located on the northeastern tip of Isla Popa. Our exquisite location,fronted bytwo white sand beaches and aquamarine waters is backed by lush, tropical rainforest. Our accommodations range from nine individual private casitas with 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.


Mount Totumas Cloud Forest

 30 PEOPLE

 12 ROOMS



 ECO VILLAGE

 CHIRIQUÍ, PANAMA

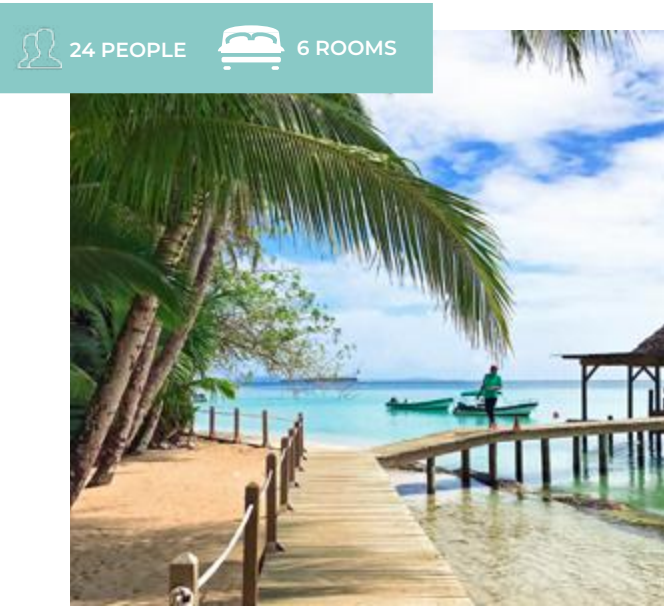
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Mount Totumas Cloud Forest is located in far Western Panama in the province of Chiriqui. We are 20km west of Volcan. At Mount Totumas Cloud Forest we offer a variety of accommodations and packages depending on guests' preferences and budget. All of 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.

Casa Cayuco Eco Adventure Lodge



24 PEOPLE 6 ROOMS

RESORT
BOCAS DEL TORO, PANAMA

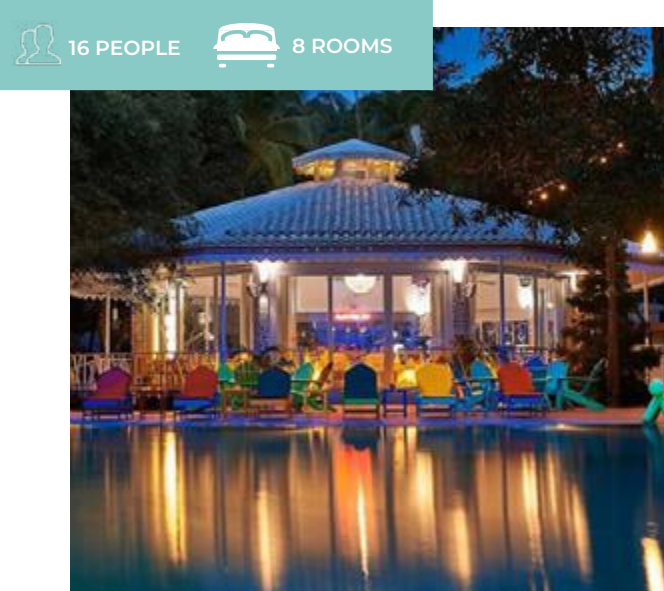
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Nestled at the edge of the jungle, just steps from the beach. Our remote location offers guests the opportunity to truly getaway. Be part of the adventure while cultivating harmony with the planet, local community, and those around you. We strive to 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.

El Otro Lado Private Retreat



16 PEOPLE 8 ROOMS

NON-FOR-PROFIT PRIVATE RETREAT
COLÓN, PANAMA

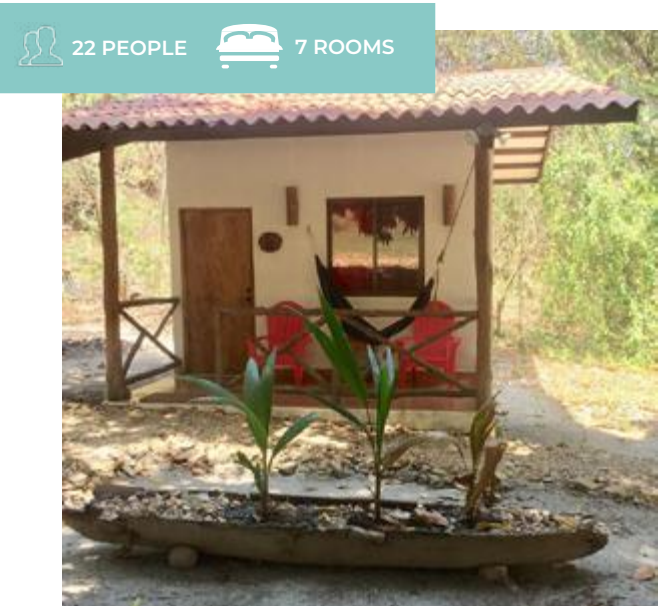
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El Otro Lado is a private retreat situated in an exceptional enclave of Portobelo Bay, mixing design, culture, nature, and luxury in a unique manner in order to offer its guests authentic, exclusive and custom-made experiences. Situated just over an 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.

Istmo Yoga and Adventure Retreat



22 PEOPLE 7 ROOMS

RETREAT CENTER
PANAMÁ OESTE, PANAMA

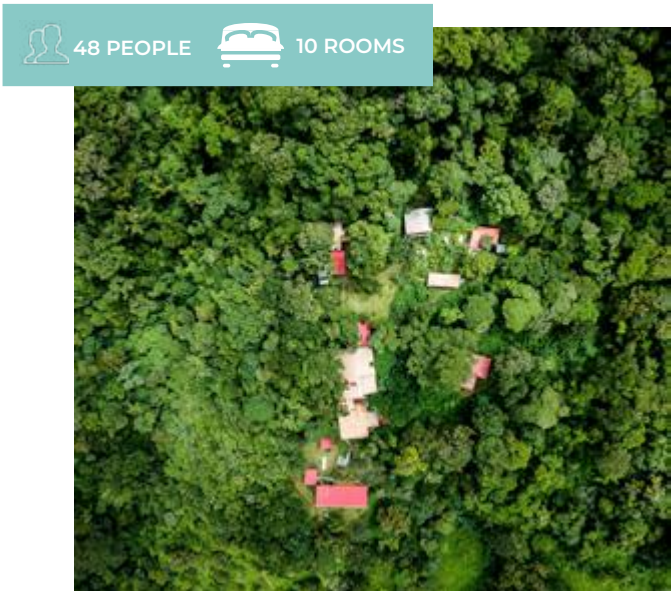
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ISTMO's jungle and beach retreat center feature air-conditioned bungalows with pillow-top mattresses and luxury linens, a fully-equipped Yoga Studio nestled in the jungle, a Walking Labyrinth, a Nature Trail, and a Family Dining Area. ISTMO's farm/sea 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!

Lost and Found Hostel



48 PEOPLE 10 ROOMS

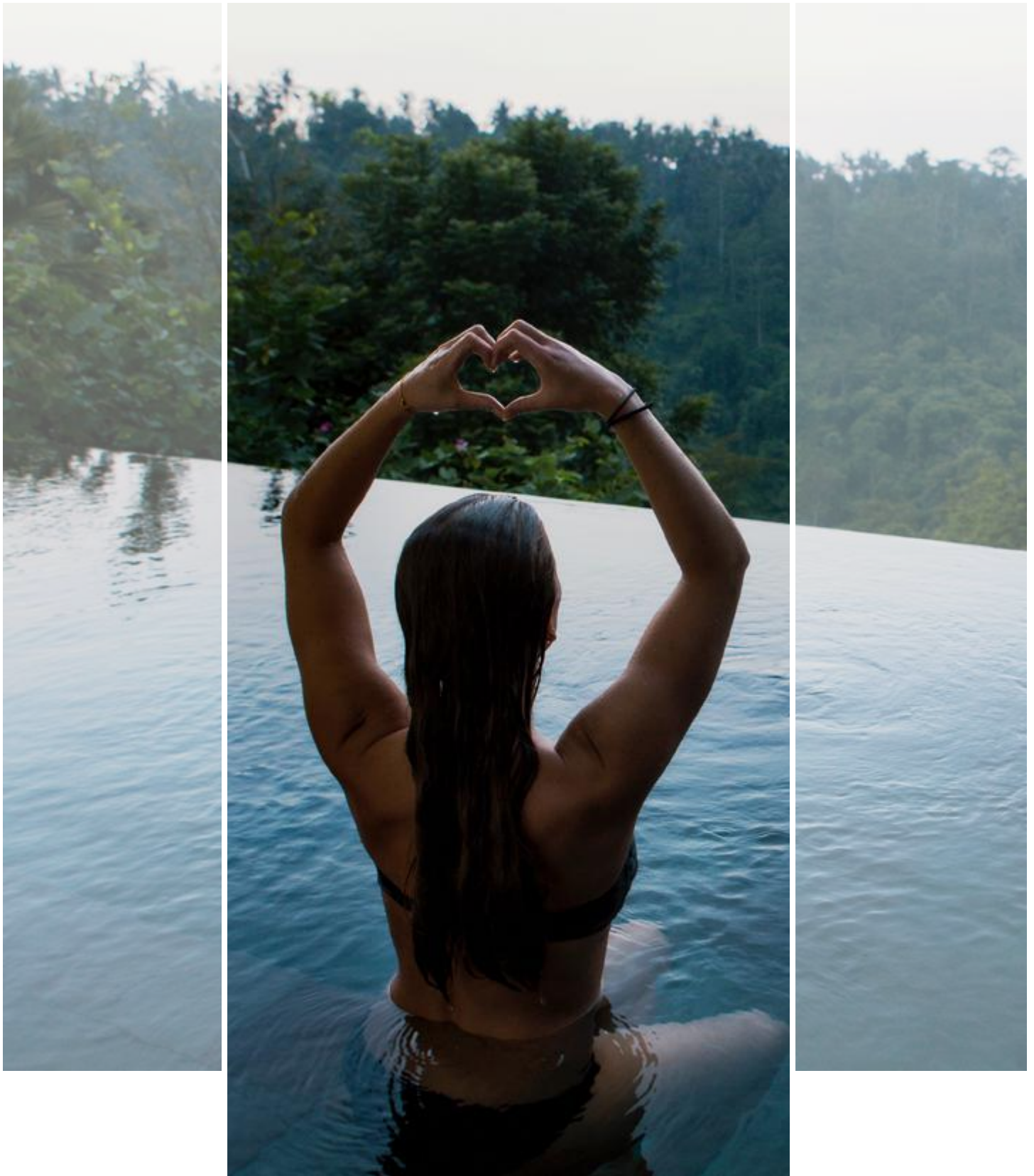
ECO VILLAGE
CHIRQUI, PANAMA

FEATURES

PTY

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The Lost and Found Hostel is Panama's only hike-in jungle retreat located in the cloud forests of the Chiriquí Province. Stunning views of Volcan Baru set the backdrop for this jungle lodge. Located inside the La Fortuna Nature Reserve, we offer a unique social housing experience. Immerse yourself in nature by exploring the miles of trails inside the park, let our guides show you the real Panama, join us for family dinner every night, and enjoy an enchanting evening in the jungle



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