



SPARK

JANUARY 7-13, 2024

Bluff Beach Retreat

Bocas del Toro, Panama

A week surrounded by nature, to rest and recover from the holiday season, to reflect on your goals, and to ignite your body and mind.

Nourish yourself with three gourmet, locally sourced meals prepared by our private chef, gather twice daily for yoga and fitness classes, and enjoy lots of time to relax and explore the islands!

INCLUDES

- Round-trip airfare and ground transportation from Panama City
- Twice daily yoga, HIIT classes, aqua aerobics, pilates, meditation
- Breakfast, lunch and dinner (vegetarian/vegan/gf accommodated)
- Daily cocktail or mocktail during happy hour
- Full-day boat trip for snorkeling and exploration of islands
- Lime farm and jungle tour
- Cooking class



OPTIONAL ADDITIONS

- Daily massages
- Horseback rides
- Guided local tours





BLUFF BEACH RETREAT FEATURES

- Each of the 3 houses has full kitchens
- Hot water in all rooms
- Wi-Fi available throughout the property
- Powerful ceiling fans, well-ventilated



ROOM RATES (includes all taxes & fees)

Private \$3,199

- Queen size bed, spacious dressing area
- En suite bathroom

Double \$2,799

- Two singles or a king-sized bed
- En suite bathroom

Double \$2,799 with shared bath

- Two single beds or a queen-sized bed
- Shared bathroom with other room

Triple \$2,499

- Three twin-sized beds
- En suite bathroom



Led by Erika Gerhardt

Personal trainer, coach, motivator

Fitness, reflection and fun is what is promised during a retreat with Erika. Her last retreat at BBR was sold out at max capacity.

"Such a great trip and beautiful venue!" Annette W.M.

"Loved every moment" Melissa R.