

# Yoga Retreat in Panama ~ ~ ~ March 2 – 9, 2019

## with Vickie & Jerry Aldridge

Casa Cayuco, an Eco Adventure Resort nestled in the wilds of the Bocas Del Toro, Panama, solar powered and with a water source from purified rainwater.

High Season with the best weather and we'll have the entire resort to ourselves with free use of all facilities.

### INCLUDED:

- Roundtrip transportation via boat from Bocas Town-Isla Colon;
- Comfortable, spacious accommodations with daily cleaning service
- Three meals per day, plus snacks
- Beer and wine included with dinner
- Use of Casa Cayuco's recreational equipment including kayaks, snorkel gear, surf and boogie boards, SUP boards, fishing gear, hiking, yoga mats, blocks and straps
- 24-hour on-site staff
- High-speed Internet/Wifi throughout property
- Two, half-day, group snorkeling excursions with boats, guides and equipment

\* Optional/Free tour of local indigenous village, learning about the indigenous way of life there and a view of Casa Cayuco guest funded projects where a percentage of the group fees go, currently a new high school classroom.

\* Daily Yoga Classes with Vickie

### NOT INCLUDED:

\* Airfare

- Alcoholic beverages, juice and soda (except for beer/wine with dinner).
- 7% ITBMS tax on extra guided excursions and beverages.
- Extra guided excursions and unscheduled boat trips.
- Gratuities for staff.

We need at least 10 students to make it work and could accommodate as many as 18. The cabins can sleep 1 – 6 people, depending on our needs and all have a private porch and private bath. Most participants will need to have at least one roommate to make the retreat affordable. There's plenty of space for everyone to relax on their own during the day and at night you'll be lulled to sleep with the sound of the ocean to soothe you. Since we'll have the whole place to ourselves, all the porches, buildings and facilities will be for our private use. Yay!!  
Visit: [Casacayuco.com](http://Casacayuco.com) to see more of this dream vacation!

Vickie will assist you with travel plans, answer any questions, and guide you to the best travel options as the time gets closer to schedule flights. It's always recommended to try and fly in a day early so you're not left on the dock because your plane didn't arrive as scheduled. We'll figure out the best options. Round trip flights from Boise should be around \$800, **travel insurance highly recommended**. If you don't specify a roommate, I will most likely assign one to you, but would let you know ahead of time as I try to figure it all out once sign-ups start happening. More info to follow once you sign-up, like what to bring and how to plan.

**Registration: Early Bird - \$1850 (\$250 savings), paid in full by April 25, 2018**  
**Or---\$2100 with Non-refundable Deposit of \$200 to hold your spot with the balance due by January 5, 2019**

**Cancellation Policy: Full Refund, less \$200, before September 30, 2018**

Mail completed form: Vickie Aldridge, 3541 S. Ticonderoga Way, Boise, 83706

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NAME \_\_\_\_\_ ROOMMATE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

FOOD ALLERGIES OR SPECIAL DIET \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PASSPORT # \_\_\_\_\_

