

ELEVATE & EVOLVE

BOCAS DEL TORO, PANAMA
DECEMBER 5-9



JOIN US! REJUVENATE YOUR MIND, BODY AND SPIRIT

Relaxation, self discovery, & holistic health retreat

Activities include:

- ✦ Exercise
- ✦ Yoga & Meditation
- ✦ Cacao Experience
- ✦ Healthy Cooking & Longevity Class
- ✦ Boat Excursion

SIGN UP NOW

for **early bird** discount through 8/1/2024

For information

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SPACES ARE LIMITED

