

MIASANA

WELLNESS ✦ YOGA ✦ ADVENTURES



DISCOVER THE MAGIC OF PANAMA: DIVE INTO TAILOR-MADE MINDFUL EXPERIENCES AND RELAX YOURSELF IN PARADISE.

LET US ASSIST YOU



(+507) 65750-5092



INFO@MIA-SANA.COM
WWW.MIA-SANA.COM



YOGA BY GATUN LAKE

INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- SNACKS & BEVERAGES
- YOGA MATS

****Duration: 5 hours**

2-3 PERSONS

\$ 160 PP

SPECIAL RATE!

4-9 PERSONS

\$ 130 PP

Short on time? We got you! Join us on our private boat for a halfday wellness excursion tailored for nature lovers like you. Your first stop would be to enjoy a relaxing yoga and meditation session right in the heart of the biggest lake of the region, followed by healthy snacks and a refreshing natural juice.

As we stroll through virgin corners of the lake, be fully present to spot playful monkeys, colorful birds, and other tropical creatures that call this place home. You will also catch a up-close view of the huge ships passing through the Panama Canal before returning back to the city.

JUNGLE JOURNEY HIKE & WATERFALLS

Yoga in the Outdoors! Join us for a fun and mindful one day journey through the iconic Chagres National Park. Refresh by the river, tune your breath into the trees and savor a good stretch in route to the waterfalls. After this activities, find peace with a calming Yoga session on a private beach, effortlessly transitioning from the adventures to a serene moment.

We'll pause to enjoy fresh seasonal fruits and the authentic flavors of the local indigenous tribe's cuisine— highlighting banana plantains, cassava, and fresh fish (vegetarian/vegan options are available). This combination of outdoor activities and wellness experiences guarantees a complete and memorable adventure.

INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- TRADITIONAL LUNCH
- YOGA MATS

****Duration: 1 day**

2-3 PERSONS

\$ 180_{PP}

4-9 PERSONS

\$ 160_{PP}





CARIBBEAN BLISS

Get your favorite tropical apparel together for our ultimate wellness adventure at a paradise where calmness is everywhere along the coast. You will head first time in the morning to the Pirate Islands, an untouched oasis of white sand beaches, cristal clear natural pools located only 1:30hrs away from the city.

This is the perfect place to recharge your batteries by the sea, drink fresh coconut water and get spoiled with a soothing Yoga and meditation session with a view. To enhance this trip, you will cross the “Tunnel of Love” a romantic pathway through the mangroves in direction to an island that have been taken by lovely spiders monkeys. Before the trip ends, we can make an optional stop at a local restaurant so you can taste our famous caribbean dishes.

INCLUDES

- PRIVATE YOGA CLASS
- TOUR GUIDE
- TRANSPORTATION
- SNACKS & BEVERAGES
- YOGA MATS

Duration: 1 day

**Lunch is not included



2-3 PERSONS

\$ 240_{PP}

4-9 PERSONS

\$ 200_{PP}

WELLNESS MORNING

Escape the city hustle and bustle by joining me for a mindful walk through the Metropolitan National Park, The only wildlife refuge in Panama City. This is by far my favorite park and is located only 20 mins away from the downtown. There are 4 main trails from which we will choose one according to your group's energy level, Then, at the top of the mountain, we'll have a calming Yoga and meditation session to finish off our adventure.



INCLUDES

- PRIVATE YOGA CLASS
- PARK FEES
- TRANSPORTATION
- TRAIL SNACKS
- YOGA MATS

Duration: 2.5 hours

**Lunch is not included

2-3 PERSONS | **\$65** PP

4-9 PERSONS | **\$50** PP

PRIVATE CLASS

● DROP IN
\$65 PP



CHOOSE YOUR FAVORITE YOGA STYLE. 1:1 SESSIONS ARE TAILOR MADE, WITH ADJUSTMENTS. FLEXIBLE SCHEDULES ALL THE WEEK UPON REQUEST.

This classes can be held at:

- YOUR HOTEL , (PANAMA CITY)
- PURO LOVE SPACE, SAN FRANCISCO
- LOS LAGOS PARK, CIUDAD DEL SABER

GROUP CLASSES

● DROP IN
\$20 PP



-PURO LOVE SPACE, SAN FRANCISCO

Power Yoga / Sundays 8:30 am

-EMBASSY CLUB, CLAYTON

Hatha Yoga / Saturdays 11:00 am

DURATION: 1 HOUR / YOGA MATS ARE INCLUDED



“As a teacher and eternal student, I seek to embrace mindfulness, philosophy, and strive for a better version of self. Yoga represents both a physical and spiritual journey. I guide my students in cultivating their practices for profound healing, transformation, and above all, relaxation. Mindful sequences, focused on alignment and the harmony of breath and movement, empower practitioners of every level to discover and express themselves through yoga.”

LETS FLOW,



(+507) 65750-5092



INFO@MIA-SANA.COM

WWW.MIA-SANA.COM



MI ASĀNA

WELLNESS ✦ YOGA ✦ ADVENTURES