



Whale and Dolphin Wisdom Retreat Itinerary

September 1 - 8, 2018

We are looking forward to sharing the natural beauty of Panama and its whales and dolphins with you. Here is the itinerary of your Whale & Dolphin Wisdom Retreat.



Sept 1: **Saturday Arrival in Panama**

Transfer to the beautiful [Gamboa Rainforest Resort](#) (near Panama city) on the shores of the Chagres river and the Panama canal. Relax in your hammock on your balcony and even hear wild howler monkeys and parrots in the distance.



Sept 2: **Day 1 Sunday**

After breakfast at the hotel, we will depart at 8:00 am for a 3 hour boat tour to connect with the Mer-Goddess of Lake Gatun with water blessing ceremony and view wildlife such as monkeys, toucans, sloths, crocodiles, etc. We will have lunch (not included in package price) overlooking the Chagres river. Then we visit the Panama canal locks and museum and learn about the spiritual significance to the canal. we travel out from Panama city to the Pearl Islands and settle in to your beach front hotel, [Mar y Oro](#), on Contadora Island, with time to explore the island and take a swim and or/snorkel lesson.



Sept 3: **Day 2 Monday**

Breakfast at the the hotel
10:00 am head out for the boat and our first visit with the Whales & Dolphins.
Lunch on board the boat
4:00 pm return to the hotel Free time to explore the beaches and the island
6:30 pm Dinner on your own. Optional evening meditation or Energy Healing.



Sept 4: **Day 3 Tuesday**

Breakfast at the hotel
10:00 am head out for the boat and more time with the Whales & Dolphins
Lunch on board the boat.
4:00 pm return to the hotel Free time to explore the beaches and the island
6:30 pm Dinner on your own. Optional evening meditation or Energy Healing.

Sept 5: **Day 4 Wednesday**

Breakfast at the hotel
Morning meditation at Mermaid beach or a Lemuria portal Free time to explore the beaches and island
12:00 pm lunch on your own on Contadora Island
1:00 pm head out for an afternoon and sunset cruise Dinner on board the boat
7:00 pm return to hotel. Optional evening meditation or Energy Healing.



Sept 6: **Day 5 Thursday**

Breakfast at the hotel
10:00 am head out for the boat and more time with the Whales & Dolphins
Lunch on board the boat.
4:00 pm return to the hotel Free time to explore the beaches and the island
6:30 pm Dinner on your own. Optional evening meditation or Energy Healing.



Sept 7: **Day 6 Friday**

Breakfast at the hotel
9:00 am head out for the boat for our last visit with the Whales & Dolphins
Lunch on board boat
3:00 pm return to the hotel to pack and say good bye to the Pearl Islands
5:30 pm flight or ferry back to Panama City
6:15 pm arrive at the [Magnolia Inn](#) in historic [Casco Viejo](#), Panama City
7:00 pm Farewell dinner as group. (not included in package price)



Sept 8: **Saturday** Departure day or

Optional Embera' Village Day or Overnight Tour (This can be done before or after your whale retreat) Do not miss this unique opportunity to visit a traditional Embera' Indian village, deep in the tropical rainforest. The Embera' tribe still live as they have for millennia and are very warm and friendly and love sharing their culture and traditions with visitors. www.EmberaVillageTours.com

