



# Whale and Dolphin Wisdom Retreat Itinerary

September 3 - 9, 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 2: Sunday 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 3: Day 1 Monday

Depart early to connect with the charter flight at 8:30 for a 20-minute flight over to Pearl Islands where we will settle in the beach front hotel, [Mar y Oro](#), on Contadora Island. At 10:00 AM head out for the boat and our first visit with the dolphins and Whales. Lunch on the boat.  
4:00 pm Return to the hotel. Free time to explore the beaches and island.  
6:30 pm Dinner on your own. Optional evening meditation and Energy Healing.



## Sept 4: Day 2 Tuesday

Breakfast at the 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 3 Wednesday

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 6: Day 4 Thursday

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 7: Day 5 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



## Sept 8: Day 6 Saturday

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. Then we go back to Magnolia Inn.



## Sept 9: Departure Day or

### Optional Embera' Village Day or Overnight Tour

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](http://www.EmberaVillageTours.com)

