

Grace & Glory Yoga

GLORY EXCURSIONS 2022

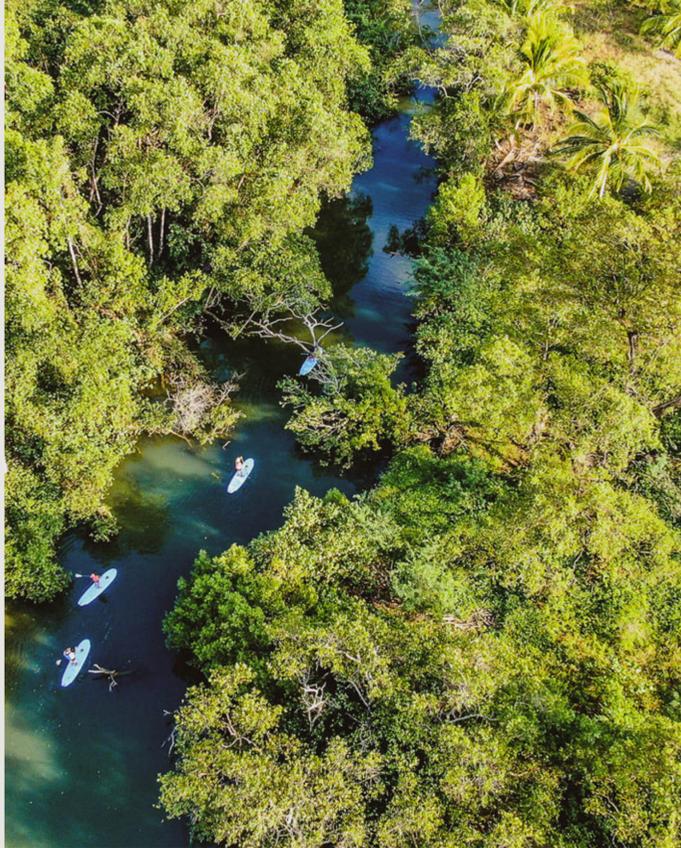
Saturday, September 17- Saturday, September 24

Panama





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TRIP OVERVIEW

Included:

- 6 nights stay at 5-star Sansara Resort
- 1 night stay in Panama City
- Daily meals (Dinner Saturday, September 17- Breakfast Saturday, September 24)
- Daily Yoga and Meditation
- Inquiry & Development Workshops
- Complimentary Surf Lessons (1 on Land, 1 in water)
- Complimentary bike and SUP rentals

What's Not Included:

- Airfare
- Alcoholic Beverages
- Additional Snacks
- Additional Surf Lessons
- Additional Excursions (Horseback riding, etc.)
- Spa Services
- Travel Insurance (Required)

AVAILABLE ROOMS

QUAD ROOM
TRIPLE ROOM
DOUBLE ROOM
DELUXE DOUBLE ROOM
SINGLE ROOM
PRANA SUITE
APANA SUITE
CASA OM
CASA ZEN

QUAD ROOM

Sleeps: 4

Bringing the relaxing and revitalizing atmosphere of the beach to these artfully designed loft cabanas; our Quad Rooms are the perfect getaway rooms for friends or family. Our local artisans of Cambutal have incorporated the traditional techniques of using renewable materials such as clay tiles, local woods and palm leaves to create these special cabanas. This spacious room offers the best atmosphere to kick back and relax.

Each Quad Room is equipped with two king size beds, which can be converted into four twin size beds, a private terrace facing the luscious tropical vegetation and exotic plants, fine linens, organic bath products, air-conditioning, and a mini bar to keep your refreshments cold.

Rate Per Person: \$2,600



TRIPLE ROOM

Sleeps: 3

Anahata is a Sanskrit word meaning “heart-lotus”; the perfect name for this beachfront cabana, as it is the core of our spirit, nestled in the heart of Sansara.

This tranquil master bedroom suite is located on the ground floor, and steps away from sinking your toes into the warm black sand. Inside this beautiful cabana includes one king bed, and a handcrafted twin bed for a third guest. The king bed can be converted into two twins, dependent on the room occupants preferences. Luxurious textures and delicate color palettes create a warm and welcoming stay. This cabana is equipped with a tastefully designed open concept bathroom, private patio, and outdoor shower to rinse the salt-water away.

Anahata is outfitted with luxurious bath products to soften your skin, high quality linens, air-conditioning, and a mini bar to keep your refreshments cold.

Rate Per Person: \$2,990



DOUBLE ROOM

Sleeps: 2

Each cabana at Sansara offers personal touches for a stay that defies the ordinary.

Our plush-king bedded Double Rooms provide the perfect respite for a day out in the surf, ocean or on the yoga mat. The king bed can be converted into two twin size beds, dependent on room occupant preferences.

Each Double Room is equipped with stone showers, and surf inspired furnishings along with fine linens, organic bath products, air-conditioning, mini bar to keep your refreshments cold, and a safety deposit box to stow your valuables away.

Rate Per Person: \$3,150



DELUXE DOUBLE ROOM

Sleeps: 2

One of our most luxurious rooms, our Deluxe Double cabana is truly a magical space, located directly in front of the Pacific Ocean and right next to our pool, this romantic cabana allows you to wake up to the view of the most magnificent outer reefs directly in front of Sansara.

There's no better way to start your day then to sip a cup of coffee on your private terrace, or end your adventurous day with Ganesha's large stone and subway tiled shower, equipped with all organic spa products to soften your skin, followed by a restful night's rest in the plush king sized bed with fine linens and five-star pillows. Inside this private cabana receives sunlight from all directions, with beautifully handcrafted tropical wood ceilings, and handcrafted drift wood furniture to place your belongings.

This cabana is equipped with fine linens, organic bath products, air-conditioning, and a mini-fridge to keep your refreshments cold.

Rate Per Person: \$3,300



SINGLE ROOM

Sleeps: 1

Having such beautiful and dramatic tidal changes in Cambutal, we felt this was the perfect name for one of our oceanfront, luxurious cabanas. This private, single occupancy cabana is accessed by a hand-laid stone pathway that meanders through the leafy vegetation.

La Marea, a ground floor cabana, comes equipped with custom pieces designed by the owners and hand crafted by local artisans from the country-side.

La Marea features a very large private terrace with a nice view of the surrounding trees along with the sounds and view of the ocean's tide. Outfitted with one king bed, luxurious bath products to soften your skin, high quality linens, air-conditioning, and a mini bar to keep your refreshments cold. This is the perfect room for a solo traveler looking for privacy.

Rate Per Person: \$4,000



PRANA SUITE

Sleeps: 2

Our most luxurious suite – PRANA will take your breath away! Awaken from your luxury king bed with soft and sustainable linens to a 180-degree oceanfront view, with abundant natural light.

Local craftsmen have made the natural wood, colonial tile, and stone shine in this artfully decorated honeymoon suite. Enjoy a deluxe bathroom with dual rainfall showers, as well as organic shampoo, conditioner and soap. The coffee station and minibar allow you to enjoy your morning brew or evening cocktail on the expansive private patio. Our honeymoon suite will leave you wanting to move in forever!

This cabana is equipped with dual rainfall showers, luxury king bed, direct beach access, fine linens, organic bath products, air-conditioning, large private patio, coffee station, and a mini-bar with refreshments.

Rate Per Person: \$3,450



APANA SUITE

Sleeps: 2

Apana is the result of finely tuned Sansara style – rustic elegance and the height of beach luxury. True to its namesake, this gorgeous cabana will have your energies rising.

Beautifully landscaped exterior walkways lead to the private entrance of your luxury cabana, where a large floor plan and king size bed look out over the beautiful Pacific Ocean. Take in the sun or swing in a shaded hammock on your private patio, or soak in your own outdoor bathtub as you listen to the sound of the waves crashing only steps in front of your room.

This cabana is equipped with dual rainfall showers, luxury king bed, beach access, expansive private terrace, fine linens, organic bath products, air-conditioning, coffee station, and a mini bar with refreshments.

Rate Per Person: \$3,450



CASA OM

Sleeps: 2

The Ultimate Panama has to offer, here at Sansara. Cultivated from a pure love for nature, The Om Suite was designed with luxury and opulence in mind. Located directly on the beach, in front of a protected bay, the suite has unobstructed views of the Pacific and the mountainous lush tropical rainforest of Cambutal. Immerse yourself in your private infinity pool surrounded by beautifully landscaped gardens and tropical design.

This spacious suite boasts over 700 square feet of handcrafted details that you will love. Carefully curated handmade furniture, enormous glass windows and doors with vast views of the stunning black sand beach with a huge soaker tub and separate marble shower to rinse away the day. A mini bar with an assortment of beverages, Wi-Fi, Turkish bath robes, AC, hot water, sustainable ultra-lux linens and an expansive outdoor private terrace with lounge chairs and hammocks for ultimate relaxation. Treat yourself to the best Panama has to offer.

Rate Per Person: \$3,700



SOLD OUT



CASA ZEN

Sleeps: 2

Casa Zen sits on the edge of the property at Sansara where you will have complete privacy. Minimal, modern, and deeply serene: Casa Zen is a clean-lined take on traditional Panamanian aesthetics, with expanses of tropical, locally sourced woods, low bespoke furnishings, a cloud-like bed, and natural stone. The large bathroom feels spa like in design with a huge freestanding soaker tub coupled with unsurpassed views of the ocean along with a huge outdoor covered shower with tropical plants and even a huge palm tree growing through the roof. The lower level living and dining open onto a private salt water pool and outdoor living area nestled a tropical garden complete with a private staircase down to arguably one of the most incredible black sand beaches in the world.

Rate Per Person: \$4,000



THINGS TO DO

The Glory Excursions Team is thrilled to offer our community a world class experience at Sansara Surf & Yoga Resort.



YOGA

Yoga will be guided by BB and Kayleigh throughout the week. You can expect asana workshops, power yoga, FIIT + Flow, and yin yoga. The beautifully designed Yoga Shala is an open air space with tropical hardwood floors, a traditional thatched roof, and a 10,000 Buddhas mural, overlooking the Pacific Ocean. It has even been featured in Architectural Digest as one of the world's best open-air Yoga Shalas. Usable year-round, Sansara's Shala comes fully stocked with mats, bolsters, handcrafted wooden blocks, straps, blankets, and a sound system ready for you to enjoy.



SURFING

Sansara Surf is our in-house, world-class surf school which offers programs for everyone, no matter whether you are able to swim or not. If you are a beginner wanting to stand up on the board for the first time, an intermediate surfer wanting to increase your wave count or an advanced surfer looking to test your skills on our empty point breaks, you will find the guidance and support you need from our awesome and attentive surf coaching team.

THINGS TO DO



SUP

Enjoy a paddle in the bay directly in front of Sansara. Take advantage of the complimentary SUPs and head out for a low or mid-tide paddle, stealing a glimpse of the beauty of the coast from the water looking in.



SPA

The Glory Excursions and Sansara teams believe in the importance of taking care of mind and body for a complete wellness experience. Reach the point of ultimate relaxation as our passionate and professionally accredited therapists work with you at a beautiful oceanfront massage shala, which has been intentionally designed to create the perfect, calming ambience. Choose from an array of spa packages, including energy healing and deep tissue work, to complete your wellness getaway.

THINGS TO DO



POOL

Take a dip in our oceanfront saltwater pool and let your skin rejuvenate after a day out in the sun. Watch the calming waves of the Pacific as you immerse yourself in our chemical-free saltwater pool or just relax on our poolside lounging chairs with a Pina Colada or Kombucha in hand.

SHOPPING

Sansara has a fabulous boutique on property that will be open throughout the week. We also recommend hopping on one of the complimentary beach cruisers and stopping next door to Cambutique, where you can find beach clothing, surf gear, wines, and local made Panamanian products.



HORSEBACK RIDING

A Coastal Cowboy Experience

Experience a unique ride along the remote beaches of Panama's Pacific coast. Our Sunset Beach Horseback Rides are one of the best ways to enjoy the wild coastline of Cambutal with spectacular views of Los Buzos Bay.

BIKE CRUISING

Hop on a bike and ride along the beach on paved and dirt roads as you explore beautiful Cambutal. You can look forward to encounters with monkeys, iguanas and other interesting wildlife during your excursion. We recommend visiting our surf instructor friends, Kenny & Cristina, at their coffee shop!

PANAMA TEAM



BB KOZEK

Grace & Glory Yoga co-owner BB Kozek was born in South Jersey and raised near the beach. Yoga has been a practice for BB for half of her life and naturally, she expanded upon this passion and became a teacher in 2015. Her second passion is music. As a teen, BB was the lead singer of a rock band with her now-husband, Jeff. Practicing with BB is always fun, soulful, sweaty, and typically powered by a killer playlist. BB believes that traveling to places for no other reason than to do something good for your own soul is a health secret. Glory Excursions is a life goal realized.

To create trips for people to connect with themselves and the world around them by being inspired by her own experiences is BB's mission with every trip. She believes that when you travel outside of your comfort, it expands your awareness of what's out there and enriches your entire life.

Outside of yoga, BB is a proud dog mom to Penny. Her go-to coffee order is a cortado with almond milk.



KAYLEIGH FRIEND

Kayleigh Friend is the Director of Offsite Events & a power yoga instructor for Grace & Glory Yoga. This South Jersey native has lived in the valley of Pennsylvania, Rocky Mountain west, and coastline of New England, before the sandy shore of New Jersey called her home. As a dancer, movement has always been part of Kayleigh's life. She became a Power Yoga instructor in 2017 and has had the privilege to collaborate with and lead programs all over the United States.

Immersive travel is an essential value to Kayleigh.

Everywhere she visits, Kayleigh looks for unique history, food, beverages and experiences but it's the people that she meets and travels with that truly make the impact for her. She believes that traveling makes the world feel smaller and more connected, in the most wonderful way.

You can typically find Kayleigh with an Americano in hand, her go-to coffee order. No sugar, no milk- just the pure beverage, please. Kayleigh is the proud cat-mom of a very vocal beauty, Darla.

FAQ

Q: What airport do I need to fly to?

A: You should fly to Panama, City Panama (PTY).

Q: Can we fly out the same day as checkout from Sansara?

A: Yes, you may fly out of PTY on Saturday, September 24. Departing flights must be no earlier than 6:00 pm. If you would like to extend your trip, we can make recommendations in Panama City.

Q: What airport near the Grace & Glory Yoga studios do you recommend I fly out of?

A: We recommend flying out of Newark Liberty International Airport (EWR) or John F. Kennedy International Airport (JFK) as they offer direct flights to Panama City (PTY)! You can also fly out of Philadelphia International Airport (PHL), but will need to connect.

Q: Do I need to fly out of Newark Liberty International Airport (EWR), John F. Kennedy International Airport (JFK), or Philadelphia International Airport (PHL)?

A: No, you do not need to fly out of a local airport to Grace & Glory Yoga. Please use the airport that is most convenient to you!

Q: Do I need to practice yoga to come on this trip?

A: No! While the Grace & Glory Yoga instructors will be offering yoga each day, all yoga is optional. If you'd prefer to sleep in or yoga is not your thing, we're happy to have you in our Glory Excursions community.

Q: Do I need to be a Grace & Glory community member to attend?

A: Anyone 18+ is welcome to attend a Glory Excursion! You do not need to be a practicing member of a Grace & Glory Yoga studio.

Q: Are activities included in the trip mandatory?

A: No- this is your vacation. All activities offered by the Glory Excursions team are included in your stay but are not mandatory. Come to as little or as many activities as you enjoy throughout the weekend.

Q: How often will yoga be offered?

A: Yoga will be offered at least once per day, including on check-in and check out days! We'll offer a variety of power yoga and yin practices.

Q: Can I do laundry?

A: Yes, laundry is available at an additional charge.

Q: Does Sansara serve alcohol?

A: Yes, Sansara has a full-service bar with a fabulous mixologist on staff! Alcohol is not included in the Glory Excursions pricing and will incur an additional charge.

Q: Can Sansara accommodate dietary restrictions?

A: Yes, the staff at Sansara can accommodate dietary restrictions. Please ensure that all dietary restrictions are communicated to the Glory Excursions team prior to departure.

Q: Does Sansara have TV and Wifi?

A: Sansara believes in the importance of disconnecting to reconnect. Wifi is available through many parts of the resort and is available for all guests. Televisions are not available in the individual rooms.

Q: Do the staff members speak English?

A: The vast majority of the Sansara staff speak fluent English. This is also a great opportunity to test out your Spanish if you wish!

Q: Do the rooms have air conditioning?

A: Yes, all cabanas have air conditioning!

Q: Will you provide a suggested packing list?

A: Once you enroll in the trip, we will provide a suggested packing list to make your week the most comfortable.

Q: What is the currency in Panama?

A: Panama conveniently uses US Dollars. There is no need to convert any currency for this trip.

Q: What is the required deposit to secure my spot?

A: A \$1,000 non-transferable, non-refundable deposit is due at booking to secure your space on this trip.

Q: When is my final payment due?

A: Final payments are due on or before Wednesday, August 3, 2022.

Q: Do I need a passport for this adventure?

A: Yes, you do need a passport to travel to Panama. Your passport must be valid for at least 3 months after you depart.

Q: Can I travel alone?

A: Yes! Although our solo room is sold out, we will pair solo travelers in other rooms.

Q: What does a Glory Excursion workshop entail?

A: Workshops on Glory Excursions vary and participants will be offered an opportunity to provide input on what type of workshops they're hoping for before trip departure. Meditation, vision & goals, self-inquiry, and yoga asana will be included.

Q: Does Panama have any Covid-19 travel restrictions?

A: Yes, Panama does have Covid-19 travel restrictions which can change quickly. The Glory Excursions Team will be honoring all Panamanian Covid-19 regulations and advises that all participants be vaccinated fully for Covid-19.

Q: What is Glory Excursions Covid-19 policy?

A: Our goal is to offer all of our travelers an unforgettable and safe travel experience. We will be following the required guidelines for Panama for this trip.

Q: Is travel insurance required for this excursion?

A: Yes, the Glory Excursions team requires travel insurance for all participants. Our preferred Travel Agency is We Shell Travel. Please feel free to contact Sue Burns at Sue@WeShellTravel.com or 609-916-6700. Upon paying your deposit, the We Shell Travel team will send you a quote. You are not required to use We Shell Travel, but you are required to purchase travel insurance. Proof of insurance will be required.