

slow current

SAMPLE



SLOW CURRENT YOGA PRESENTS

Salt and Stillness

Slow flow, yin, and long afternoons with nothing on the calendar

Saturday, March 6 to Saturday, March 13, 2027 · A private island in Bocas del Toro, Panama

with Juniper Lark



Hosted at [Dia Bonito Solarte](#), a private staffed island off Isla Solarte, Bocas del Toro, Panama
Sample brochure. The leader, studio and retreat are fictional.

A whole island, and nobody else on it



Every year my students ask when we're going somewhere together. So here it is: seven days, one small island, two classes a day, and a lot of hammock time in between. Come as you are. Bring a book you've been meaning to finish.

Juniper

For seven nights, the island belongs to this group. No other guests, no restaurant open to the public, nobody at the next table. There are two houses, three docks, a pool, a hot tub, a roofed pavilion, and two and a half acres of Caribbean island, fifteen minutes by boat from Bocas Town. The island's team cooks, cleans, and runs the boat, so the only thing on your schedule is the retreat.

IN YOUR TICKET

- 7 nights on a private island
- Three meals a day from the island's chef
- Coffee, tea, and juices
- Boat transfers to and from Bocas del Toro airport
- Two classes a day with Juniper
- Kayaks, paddleboards, and snorkel gear
- A group boat day to Cayo Zapatillas

NOT IN YOUR TICKET

- Flights to Bocas del Toro
- Travel insurance
- Drinks from the bar
- Massage and other boat trips

THE ISLAND AT A GLANCE



Eight bedrooms, each with its own full bathroom and air conditioning



A chef cooking three meals a day around the schedule



Fifteen minutes by boat from Bocas Town



Runs on the sun: thirty-three solar panels and a battery bank



Rainwater, triple filtered and UV purified



Starlink Wi-Fi across the island



The island from above: the main house and pool, the smaller house, a dock, the channel and the mangroves.

Where you'll be

Bocas del Toro is a Caribbean archipelago off Panama's northwest coast. The island sits just off Isla Solarte, on the mangrove pass the locals use to reach the surf on the other side. It's two and a half acres, with two houses, three docks, and a pavilion in the middle. Everything is a short walk on concrete paths, and the water is never more than a minute away.

It runs on the sun. Thirty-three solar panels on the pavilion roof feed a battery bank that powers the whole island, air conditioning included. The water comes from the sky: rain catchment, triple filtration, and UV purification.

What you'll hear: toucans and parrots at first light, dolphins splashing and breathing, water against the dock, frogs after dark. What you won't: car horns, traffic, crowds.

People from Bocas del Toro built the place. Local craftsmen made the furniture in both houses by hand.

Where you'll practice

The pavilion is open on the sides and fully roofed, twenty feet by fifty, with room for sixteen mats and space to walk between them. This is a tropical rainforest, so it rains. The showers usually pass within the hour, and the class carries on under the roof. The lawn and the docks are there for sunrise.

It's swimsuit weather every month, seventy-five to eighty-five degrees Fahrenheit (24 to 29 Celsius).





Your room

There are eight bedrooms across two houses, and every one has its own full bathroom and its own air conditioning, which is rare in Bocas. Seven have king beds. One has two twin XL beds.

The main hacienda has six of them. The four downstairs king rooms open straight onto the porch, and each has a futon that folds down into a double bed, which is how two friends share a room without sharing a bed. The waterfront bungalow sits apart from the main house, with two king rooms, its own dock, its own kitchen, and a porch made for watching the boats go by.

There's a pool big enough for the whole group, and a hot tub for the evenings.

Room options for this retreat



Private room

A bedroom and bathroom of your own.



Shared room

Two to a room, each in your own bed: the king, or the futon that folds into a double.



Couple's room

You and your partner share a king.

Rooms are given out in the order people sign up.



The island has some slopes and steps along its paths. If stairs are hard for you, say so when you sign up. The downstairs rooms open straight onto the porch, and the rooms and the boat get planned around it.

Someone else is cooking

The island's chef, Ruben, cooked his way through Ibiza's Ushuaia Group kitchens, Bali, and Thailand before he landed in Bocas. He bakes bread every morning from a sourdough starter he's kept alive for years. Nobody in this group will section a mango or wash a dish all week.

Breakfast Tropical fruit cut that morning, eggs however you take them, and strong Panamanian coffee.

Lunch Lighter, often seafood from a boat that came in that morning, with salads from the garden, served on the porch, by the pool, or at the table.

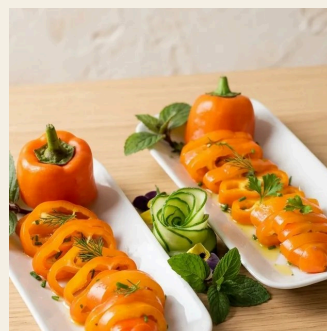
Dinner The chef's call, based on what the group eats and what the boats brought in. Three or four courses, on the deck under the lights.

Meal times move around the retreat schedule. Everything on the table comes from local farms, the island's own garden, or the fishermen dropping off the day's catch.

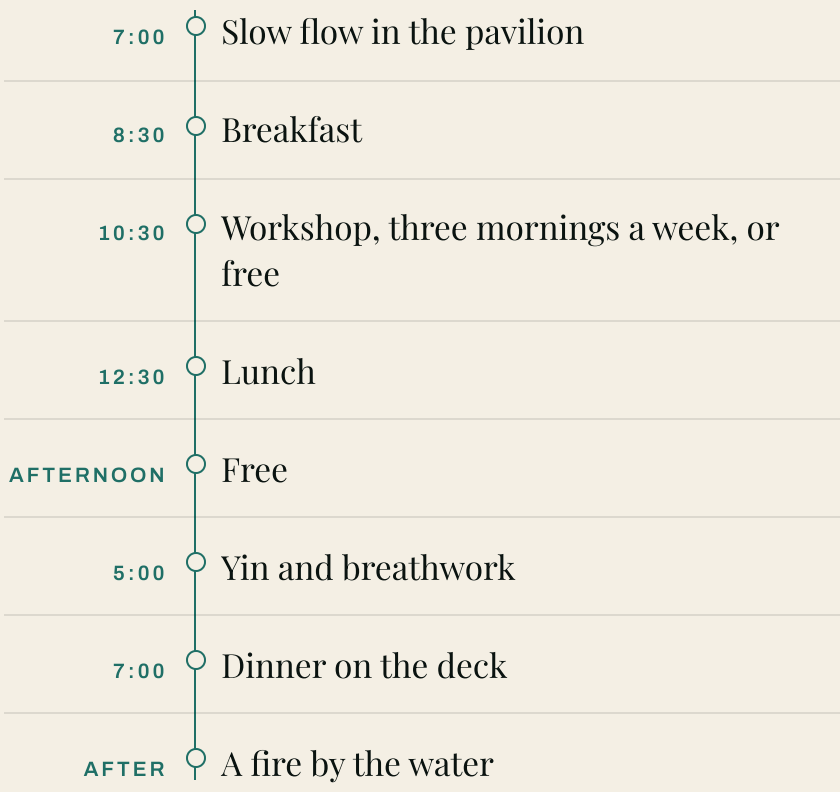
Plant-based, gluten-free, dairy-free, allergies, cleanse-style: the menu is planned before you arrive. Tell Juniper what you eat, and what you won't, when you sign up.

The bar builds cocktails around fruit harvested on the island, and the rum is Caribbean. Coffee, tea, and juices are always there; ask Juniper how bar drinks work on this retreat.

If you want to learn, Ruben will happily put you to work as his sous chef.



A day, roughly



In your free time

ON THE ISLAND

Snorkel straight off the dock, where you're already over the reef. Take a kayak or paddleboard into the mangroves. Float in the pool. Learn sourdough, cheese making, or soap making. Or do nothing, which counts.

OFF THE ISLAND

Cayo Zapatillas
IN YOUR TICKET

Bioluminescent swim
OPTIONAL

Cacao farm
OPTIONAL

Bocas Town dinner
OPTIONAL

Some of these depend on weather and season, so the days get built around the conditions.



Getting there

Most people fly into Panama City, take a one-hour flight to Bocas del Toro, then a fifteen-minute boat ride. Plan to land in Bocas del Toro by early afternoon on March 6.



1

Fly to Panama City.

Tocumen International (PTY) has direct flights from Miami, Houston, Atlanta, JFK, Newark, LAX, and Orlando. Copa Airlines, Panama's flag carrier, connects from most major US and Latin American cities and is the usual recommendation.

2

Cross town to Albrook.

The Bocas flight leaves from a different airport, Marcos A. Gelabert (PAC), in the Albrook district. It's thirty to forty minutes by rideshare. Leave two to three hours between landing and your Bocas flight.

3

Fly to Bocas.

Air Panama flies from Albrook to Bocas del Toro (BOC) in under an hour, several times a day. Get the window seat for the descent over the islands.

4

The boat.

The island's team meets every participant at the Bocas airport with umbrella drinks, takes your bags, and walks you to the boat. The boat runs at set times rather than for each flight. If you land early, you wait at the Jungle Hotel in Bocas Town until the next one. Then fifteen minutes through calm water and a mangrove pass, and you're there.

Passports

Most nationalities, including the US, Canada, the UK, and the EU, enter Panama visa-free as tourists. Travel with a passport valid six months past your entry date. Immigration can ask for a return or onward ticket and proof of funds for your stay. Check your own country's current guidance before you book.

Packing

Light clothes, a swimsuit or two, a rain layer, reef-safe sunscreen, repellent, and shoes you don't mind getting wet. Laundry is done off the island, so pack enough that you're not borrowing someone's shorts. Your leader will tell you what to bring for the sessions. Your own mat if you love it, a journal, a warm layer for the evening class.

Good to know

- Starlink Wi-Fi reaches the whole island.
- The hosts speak English, German, Spanish, and French.
- Bocas Town has a walk-in clinic fifteen minutes away, and the boat is on the island around the clock. Travel insurance with medical coverage is a good idea, as for any trip to a tropical island.
- It's the tropics, so there are bugs at dusk and after rain. Bring repellent. The bedrooms are air-conditioned, so you sleep with the doors shut.
- The dry season runs November through April. The rest of the year mostly means afternoon showers and morning sun.

Travel questions: write to Karen Howe at ops@diabonitoresorts.com.



About Juniper

Juniper Lark is an imaginary yoga teacher who exists only to show you how this page looks. In her made-up life she has taught slow flow and yin for twelve years, runs Slow Current Yoga out of a converted boathouse that also doesn't exist, and believes most people need less effort and more naps. Your real bio goes here, in your words, up to about ninety words.

"I came for the yoga and stayed for the naps. Also the yoga."

Sample Student, a made-up person

slow current

Private room	\$0,000
Shared room	\$0,000
Couple's room	\$0,000

14 spots · Sign up by December 1, 2026

BOOK YOUR SPOT

example.com/salt-and-stillness

Your own booking terms go here, in your words.

Join us



SCAN TO BOOK

Questions?

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This retreat is run by Slow Current Yoga, who handles every booking. It takes place at [Dia Bonito Solarte](#), a private staffed island off Isla Solarte, Bocas del Toro, Panama. Island photography courtesy of Dia Bonito Solarte.

Sample brochure. The layout adapts when a leader has no logo or no headshot.