

Catalina's
HIDEAWAY



Host your dream **Yoga, Surf, Wellness, Nature or Creative** retreat near Santa Catalina, Panamá

RETREAT GUIDE 2023

HELLO, COMMUNITY LEADER

My name is Anthea Stanley and I am the owner of Catalina's Hideaway, a new eco-friendly boutique hotel just outside of Santa Catalina, Panamá. It is my pleasure to introduce you to our unique space where you can host your DREAM RETREAT ~ YOGA, SURF, WELLNESS, NATURE, or CREATIVE ~ we have something to inspire everyone in your group!

Our hotel is truly located at the edge of the Earth, where the jungle meets the ocean. Here, you will find luxurious private accommodations and an elevated beachfront yoga deck made of 100% almond wood that can hold up to 20 individuals. We are on the way to the popular surf and dive town of Santa Catalina, but also hidden where travelers can immerse themselves in the undisturbed nature of Panama.

Please read on for more information about why you should host with us and contact me directly with any questions. I am here for you!

Anthea Stanley
Owner

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SLEEP EASY | DINE EASY | PLAY EASY



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ACCOMMODATION

YOGA & WELLNESS FACILITIES

SOBREMESA RESTAURANT

CHOOSE YOUR OWN ADVENTURE

The Hideaway was all a **DREAM...**
until one day it became our reality

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BEACH CASITAS >

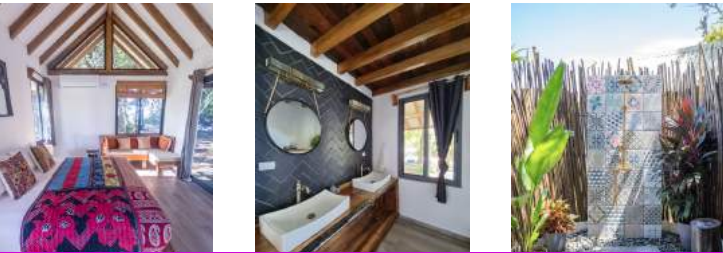
< Bellwoods Inn

< GARDEN CASITAS

Rest your head in one of our serene boho-chic casitas, the jungle treehouse, or the funky Inn, all uniquely designed with striking finishings and luxury furnishings.

ACCOMMODATION

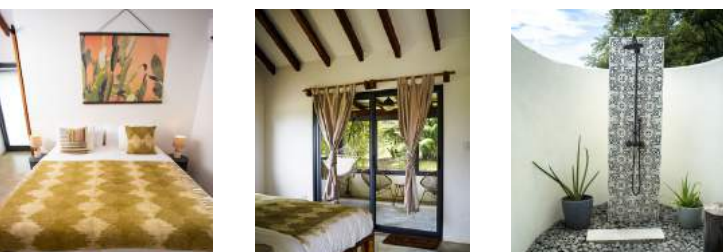
Our luxurious boho-chic casitas and a jungle treehouse are nestled on 2.5 acres of secluded beachfront, where the jungle meets the ocean. We can accommodate groups of up to 20 adults. Each room was designed with unique tiles, handcrafted art, and finishes focused on sustainability and ethical sourcing from around the globe.



BEACHFRONT CASITAS X2



GARDEN CASITAS X2



LUXE INNS X2



STANDARD INNS X2

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JUNGLE TREEHOUSE





ROOM FACILITIES

All our rooms have air conditioning, complete bath products, hairdryer, mini-fridge, kettle and French Press, complimentary coffee/tea/milk, beach towels, Wi-Fi, safety deposit box, ceiling fans and **many of the rooms convert from King beds to two twin XL beds.**

PROPERTY & SUSTAINABILITY

The property also features a 1-acre freshwater pond full of wildlife, a saltwater beachfront infinity pool, sand volleyball court, games room, massage space, DJ Booth (and in-house DJ for hire), and a stargazing platform.

We compliment this with our sustainability practices including 50+ solar panels and battery backup, grey water reuse system, recycling program, copper ionizer pool cleaning system, and no sales or distribution of single-use plastic on the property.

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Manifest your wildest dreams on the edge of the earth where the jungle meets the ocean

YOGA & WELLNESS FACILITIES

YOGA/WELLNESS FACILITIES

Our almond-wood beachfront yoga deck offers stunning ocean views with salty tropical breezes and holds up to 20 yogis. We are complimented by a saltwater swimming pool and miles of private beachfront ideal for organised mindful walks.

Our yoga deck is fully equipped with props and we collaborate with local massage therapists and healers for spiritual ceremonies (additional charges apply).



ELEVATED YOGA SHALA

SALT WATER SWIMMING POOL

PRIVATE BEACHFRONT



A nighttime photograph of a restaurant and pool area. The restaurant, named 'Catalina's Hideaway', is a long, open-air structure with a wooden deck and large glass windows. Inside, tables and white chairs are visible. Outside, there are more tables and chairs, and a swimming pool in the background. The scene is illuminated by warm lights, and a large tree with hanging coconuts is on the right. The restaurant's name is written in a glowing pink and blue neon font on the roof.

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A restaurant with a farm/sea to table philosophy, also serving up a variety of vegan and allergy friendly foods

SOBREMESA RESTAURANT



SOBREMESA



SOBREMESA RESTAURANT

Ranked as one of the best restaurants in the Santa Catalina area, Sobremesa offers snacks and smoothies throughout the day, breakfast, lunch, and dinner; as well as refreshing drinks. We have carefully curated our menu to source as many local and home-grown ingredients as possible in order to satisfy all palates and dietary needs. Our fish is sourced directly from our local fisherman, while our free-range organic eggs come from our local farmers. Our menu has a number of vegan options, and our chefs specialize in offering a variety of delicious vegan and allergy friendly options.

You will provide us with the food restrictions for each of your retreat guests, and we will curate a unique, delicious, and nutritious menu for your entire stay. Included in your retreat package is breakfast, lunch, an afternoon snack, and dinner daily. Each meal will also be served with a non-alcoholic beverage.*

*Specialty drinks, snacks, additional meals, desserts, and alcoholic beverages are not included in our packages

A nighttime scene at Catalina's Hideaway. In the center, a large, round, stone fire pit is lit with a fire. Three people are sitting on green plastic lounge chairs around the fire pit. A man is sitting on the left, a woman on the right, and another person is sitting on the far left. The background shows a wooden building with a balcony and a staircase, surrounded by palm trees and string lights. The overall atmosphere is warm and relaxing.

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Customize your retreat by choosing from a number of our add-on activities. From world-class snorkel trips and surf lessons, to massage and spiritual ceremonies or stargazing. We have it all!

CHOOSE YOUR OWN ADVENTURE



COIBA NATIONAL PARK

An unforgettable memory to add-on to your retreat would be taking your group for the day to Coiba National Park. This UNESCO Heritage Site is a protected marine reserve consisting of 38 islands and 431,000 square acres of natural beauty.

Coiba National Park is ranked as a top diving and snorkel location in the world and is home to the second largest coral reef system in the Eastern Pacific. During certain times of the year large marine animals such as whale sharks, humpbacks, pilot whales, orcas, and many more call this place home. A daily snorkel trip to Coiba almost always guarantees dolphin sightings, snorkeling with large sea turtles, small white tip sharks, rays, and an abundance of tropical fish. We have partnered with the top excursion providers to offer an extraordinary day filled with nature, wildlife, hiking, snorkeling, and lunch on one of the most pristine beaches you have ever experienced.

*Add this day trip onto your retreat for \$120 PP.

SNORKLING TRIPS

SCUBA DIVING TRIPS





SURF

Santa Catalina boasts multiple beach breaks for all levels of surfers. Your first class starts with a 1.5 hour on land training session that teaches you how the ocean, your board, and the body work in unison. We work with certified English-speaking instructors that promise to get everyone in your group standing up on the first day. They also take video footage of the lessons to help you improve or for a fun keepsake.

*Add this activity to your retreat for \$80 PP per class.

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The surrounding area of The Hideaway is full of beauty, adventure and life. We can organize any and all of your adventures through local and reliable amigos!

Massage

Spiritual Ceremonies

Stand Up Paddle Boarding

Horseback Riding

Waterfall Excursion

Live DJ Dance Party

Bird and Nature Watching

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CONTACT US TODAY TO BRING YOUR DREAM RETREAT TO LIFE!

RETREATS@CATALINASHIDEAWAY.COM

