

PANAMA *WILD & FREE*



Ocean • Jungle • Movement • Adventure
Urraca Monkey Island Sanctuary
February 6–13, 2027

LET THE WORLD SURPRISE YOU AGAIN.

For one week, life moves differently. The water sets the rhythm. Nature is never merely the background. Days unfold through discovery, shared laughter and the kind of conversations that happen when nobody is rushing away.

This is soul travel—not escaping your life, but returning to it more awake, more connected and full of wonder.

Come curious. Leave a little more alive.



THE SANCTUARY

MORE THAN AN ISLAND

Urraca is home to a dedicated rescue centre for monkeys injured, orphaned, displaced or rescued from the pet trade. Some may eventually return to the wild; others receive lifelong care in a protected environment.

Life on the island is guided by the same respect for nature: solar power, harvested rainwater, local craftsmanship and close partnerships with the neighbouring Ngäbe community.

By choosing Urraca, we support the animals, people and ecosystem that make this place extraordinary.



STAY ON THE WATER

YOUR ROOM, YOUR WAY



SUNRISE BUNGALOW

Double Occupancy

EARLY RESERVATION
\$2,395 USD

STANDARD
\$2,695 USD

GARDEN BUNGALOW

Triple Occupancy

EARLY RESERVATION
\$2,195 USD

STANDARD
\$2,495 USD

HONEYMOON HUT

Double Occupancy

EARLY RESERVATION
\$2,495 USD

STANDARD
\$2,795 USD

BONGO'S LODGE

Shared Accommodation

EARLY RESERVATION
\$1,995 USD

STANDARD
\$2,295 USD

Rustic, authentic and surrounded by the Caribbean.

BEYOND THE ISLAND



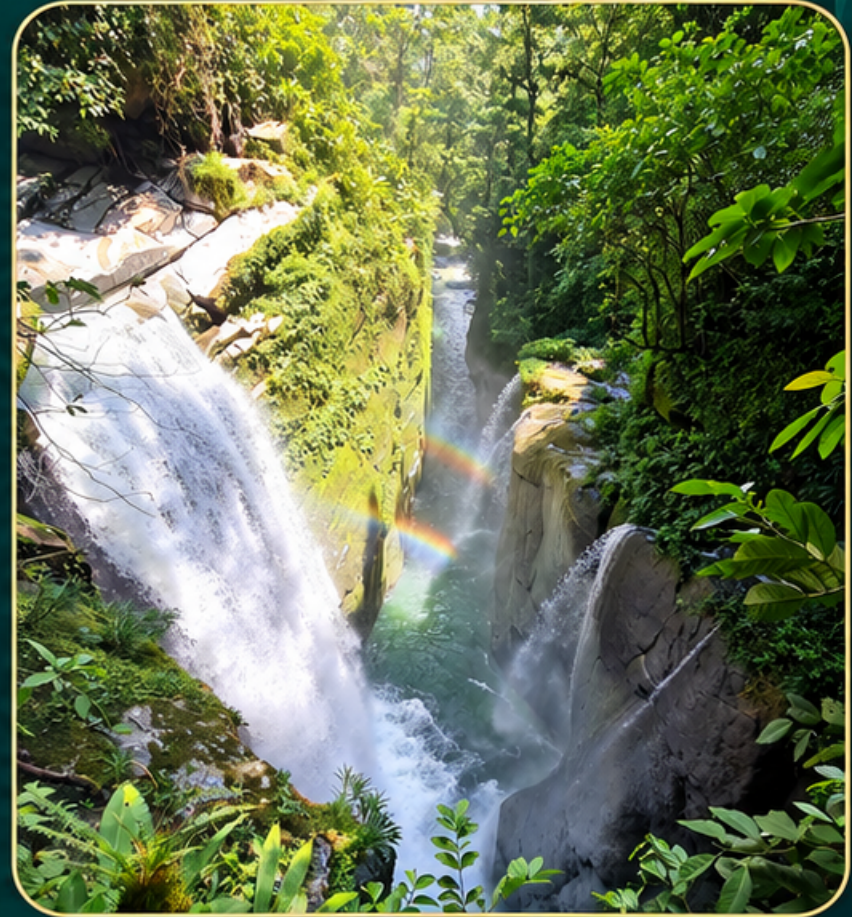
TRADITIONAL COOKING & VILLAGE DISCOVERY

Discover traditional recipes and connect with the Ngäbe community.



SLOTHS & TREE FROGS NATURE TREK

Explore the rainforest with a local guide and discover sloths, tree frogs, and tropical wildlife.



KLOSAY WATERFALL & JUNGLE EXPEDITION

Off-the-beaten-path hike to a hidden jungle waterfall.

THE RHYTHM OF THE WEEK

MORNINGS ON THE ISLAND

Sunrise yoga, a beautiful breakfast and time with the monkeys



ISLAND DAYS

Three fresh meals each day, excursions, kayaking, paddleboarding, beach volleyball, hammock time and siestas



AFTER DARK

Starlit conversations and the magic of bioluminescent waters



WHAT'S INCLUDED



INCLUDED

- ✓ Yoga classes
- ✓ One Thai massage session with Jodie
- ✓ Three excursions
- ✓ Three meals each day
- ✓ Boat shuttle from Bocas del Toro to Urraca Island
- ✓ Yoga supplies
- ✓ Paddleboards, kayaks & hammocks
- ✓ Wi-Fi

NOT INCLUDED

- Additional spa services
- Extra excursions
- Airfare
- Travel insurance
- Alcoholic drinks
- Extra food
- Tips



MEET YOUR HOST

JODIE DUPLISEA

Jodie brings together yoga, Thai massage and meaningful travel, creating retreats where movement, adventure and unhurried time belong together.

Panama: Wild & Free is an invitation to experience the world with curiosity, connect with nature and share something unforgettable with a wonderful group of people.



jodie@jodieduplisea.love



+1 514 995 6343



www.jodieduplisea.love