



# MI ASANA

YOGA — RETREATS — WELLNESS

क्षीणवृत्तेरभिजातस्येव मणेर्ग्रहीतृग्रहणग्राह्येषु तत्स्थतदज्जनता समापत्ति

“Free from distractions, the mind and heart of the Yogi become pure, like a crystal reflecting completely and without distortion whatever is in front of it (samapatti).”

-Patanjali Yoga Sutra 1.41

WELCOME EVERYONE!

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# PRIVATE CLASSES

1:1 sessions tailored to you to learn Yoga from the beginning or to deepen your practice. Flexible schedule in Monkey Lodge Panama, your hotel or the comfort of your home.

*packages valid for (1) month  
delivery fees may apply depending on your location.*

**AT MONKEY LODGE**

**1 class —\$30  
only for guests**

**AT PANAMA CITY**

**1 class —\$65  
4 classes —\$240  
8 classes —\$350**

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# PRIVATE GROUP

60mins session tailored to your group of friends or loved ones. Includes Yoga, Crystal Bowl Meditation, corrections and adjustments in Savasana. Flexible hours in Monkey Lodge Panama, at your home, or hotel.

## RATES PER PERSON

**4-6 people —\$20**

**7-12 people —\$15**

**13> people —\$10**

*additional charges may apply in distant locations.*

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# GUIDED MEDITATION

A moment of calm to give a pause to the external noise and clear your thoughts. As you relax, stress will be replaced by a state of tranquility and peace of mind.

**40 mins — \$30 per person**

*Online / In Person at  
Monkey Lodge Panama*

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# GROUP CLASSES

**WEDNESDAY** *ASHTANGA*  
**7:00 AM** *VINYASA*

**SUNDAY** *POWER*  
**8:30 AM** *YOGA*

**1 CLASS**

**\$25** pp

**4 CLASSES**

**\$65** pp

**8 CLASSES**

**\$110** pp

valid for (1) month

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MEDITATION  
ICE BATH THERAPY  
TRADITIONAL YOGA  
HEALTHY FRESH JUICE

\$75/pp

# WELLNESS EXPERIENCE

Mindful package designed to create calm and deepen your connection to mind and body.

AVAILABLE 7 DAYS A WEEK ONLY AT  
MONKEY LODGE PANAMA | 5 HOURS

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# CACAO CEREMONY

This medicine has its roots in shamanic healing to restore balance to the mind, body, and spirit without the use of psychedelics. Ceremonial grade cacao induces us to open the heart, relax the body and restore energy.

You will experience feelings of gratitude, compassion and love, as well as a deep connection with your inner voice. The ritual will sharpen your sixth sense and your power of creation!

**60 mins — \$65 pp**  
**90 mins — \$150 per group**  
max. 6 participants

at Monkey Lodge Panama

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# BIRTHDAY BLESSING

On your birthday, a unique cosmic alignment occurs, providing a special opportunity for reflection and renewal. This is the perfect time to embrace calm, let go of past challenges, express gratitude, and set clear intentions for the year ahead with a focus on clarity & positivity. Experience a rejuvenating birthday blessing with soothing Thai massage, essential oils, and fresh flowers. This ritual can be enjoyed individually or shared with friends and loved ones, making it a meaningful gift for those seeking relaxation and personal growth.

**90 mins | at Monkey Lodge or your Home.  
\$65 pp + \$15 per extra guest (max 5-10)**

Customize your experience:

-Cacao Ceremony: \$50 per group

-Toast + Healthy appetizers \$10 pp

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# CORPORATE YOGA & PRIVATE RETREATS

I offer exclusive space for hosting private wellness events tailored to you, your family, coworkers, or friends. As the host, I specialize in creating bespoke experiences designed to commemorate your special moments in sacred, meaningful and unique ways. My services include Corporate Yoga sessions, Wellness workshops and Retreats, Birthday blessings, Rites of passage & full/new moon ceremonies. Share your intentions, requests, and vision with me and our team will craft an expansive and enriching experience that supports personal and professional development for individuals and groups alike.

**Please write to us by DM, (+507)6570-5092 or our email: [info@mia-sana.com](mailto:info@mia-sana.com) to assist you instantly.**



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“As a teacher and eternal student, I seek to embrace mindfulness, philosophy, and strive for a better version of self. Yoga represents both a physical and spiritual journey. I guide my students in cultivating their practices for deep healing, transformation and above all, playfulness and relaxation. Mindful sequences, focused on alignment and the harmony of breath and movement, empower practitioners of every level to discover and express themselves through yoga.”

**MIA YANOPULOS**

**+500 HRS RYT**

**Himalaya Yoga Valley, Goa**

**Yog Nirvana, Rishikesh**

**Sharath Yoga Centre, Mysore**

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# REQUEST A SESSION

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