



# Wellness & Culture in Panama

March 2026 Study Tour

## What's Included

**Explore what Wellness means in a multicultural context!**

Program includes:

- Waterfall hike & volcano access
- Stand-up paddleboard & surf lessons
- Day trip to a local Indigenous village
- Service learning activity
- Tour through Panama City & visit to the Panama Canal
- Evening yoga classes
- Airfare, accommodations, and group meals
- Local guides & transportation
- Two Loyola staff members for 24/7 support

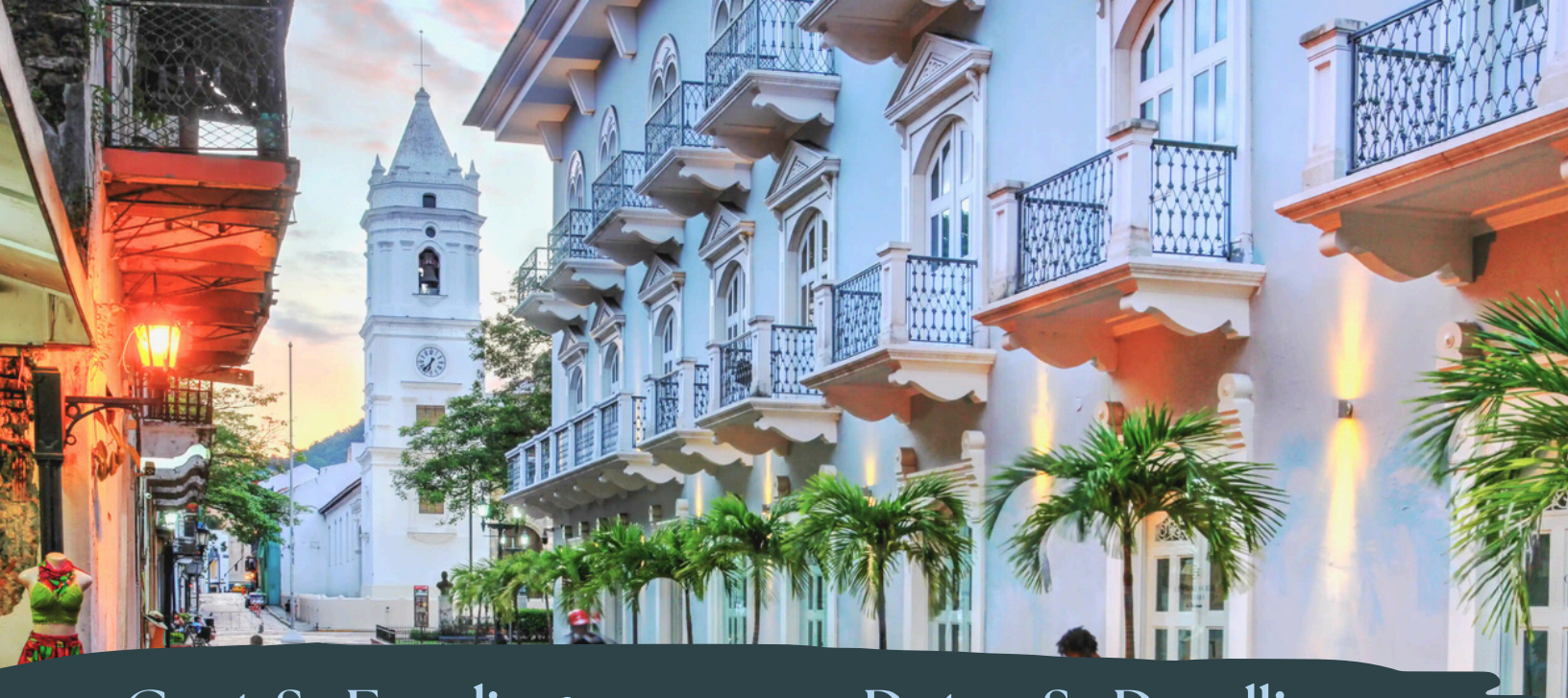


## ISTMO Retreat Center

- Private retreat with beach access, in-house chef & freshly prepared meals each day, comprehensive support & local guides.
- Double or triple bungalows featuring A/C, Wi-Fi, cleaning services, patio & hammock.







## Cost & Funding

**Program Cost: \$3,400**

Includes:

- Roundtrip airfare
- Bungalow lodging (A/C, Wi-Fi)
- Meals (*prepared fresh with local ingredients*)
- Activities & Excursions
- Loyola & local support

## Contact

Email: Madison Leadley or Kim Sorlin in Office of International Programs with questions!



## Dates & Deadlines

**Apply:** September 1 - October 31

*Rolling admission until program capacity is reached.*

### Informational Webinars:

Mon. Sep 15 - 6 pm

Thurs. Sep 18 - 12 pm

## Learn More & Apply

Visit our webpage to read more about the program, register for webinars and apply online!



**ISTMO**  
RETREAT & ADVENTURES

PLAYA GRANDE, SAN CARLOS, PANAMÁ



**DISCOVER  
OUR  
WORLD**