

Deep Dive Experience

Bocas del Toro, Panama

Hosted by Integrated Wellness Experts:

Stephanie Kemp & Raquel Wynn

Get ready to have the time of your life! You are about to experience another world, another way of life, a new perspective. Kudos for having the courage to explore and seek. Come absorb! An off grid mind, body, & soul experience to dive deeper into nature, botanical medicine, meditation, energy work & chakras, food for prevention and wellness, and letting go of the chaos and electronics that do not serve us to be our best selves. Spark your empathy by engaging with the local indigenous communities with whom we are so involved. An amazing paradise awaits you.

WHAT'S INCLUDED:

- *All meals* (even on excursions) (beginning in Bocas) - you will have the best and the freshest of all locally sourced products
- *All lodging* (even in Panama City and/ or Bocas) are included - while in Loma Partida you will be at a private (only our group of 8!) off-grid space that will truly mesmerize
- *Airport transfers to hotels and to airports* - exceptional service will be provided by colleagues of TrulyWell1 that have been with us since the beginning
- *All boat travel* (there are no cars once you leave the main island- if you are prone to motion sickness bring ginger) - exceptional service will be provided by colleagues and local neighbors of TrulyWell1 that have been with us since the beginning
- *All excursion or event fees* -
- *RT AirPanama flight from Panama City, Panama to Bocas Town*



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AVAILABLE EXCURSIONS (INCLUDED!):

- Casco Viejo (old town Panama)
- Bocas town for the day
- Medicinal Plants Tour
- Coral reef restoration (w/ mother of corals)
- Cacao tour Isla Cristobal (w/ give and surf)
- Papi's Pizza Day: Raquel and Stu's local pizzeria hosts you for an incredible day
- UMeUsLive (our NGO): Intro to our Village: community and school tour (Loma Partida & Cerro Brujo)
- Zapatillas Islands - breathtaking untouched natural islands

DAILY (INCLUDED!):

- Small private resort
- Private chef
- All Meals & Drinks
- Fresh local food (vegan friendly)
- Meditation space
- Yoga
- Swimming in beautiful calm Caribbean waters
- Snorkeling
- Journaling
- Mindfulness
- Energy work
- Marine life: dolphins, fish, turtles, etc
- Relaxing in a hammock
- Exceptional sunrises and sunsets
- Jungle life: - howler monkeys, parrots, geckos, toucans
- Off-grid talks/becoming self sufficient and live with nature
- Bioluminescent swimming
- TrulyWell1 bio hacks
- Alcohol
- All tips

NOT INCLUDED:

- Souvenirs
- Meals on main 2 days of travel
- RT Delta/American/United flight Nashville, TN to Panama City, Panama

*All Inclusive 9 Nights \$5,600. Deposit of \$2,600 to reserve your spot. please [check website](#), [call us](#), or [email us](#)...

FAQ's

- Do I need a passport or visa to visit Panama?
A valid passport is required, a visa is not.
- Do I need immunizations to visit Panama?
You do not need any immunizations or tests to visit Panama.
- What currency is used in Panama?
Panama uses the United States dollar.
- What language is spoken in Panama?
Spanish is the language of Panama, some English is also spoken.
- Do I need insect repellent?
There are not many insects, especially when the breeze is up. Coconut oil suffices as an excellent insect repellent. Also readily available for purchase in Bocas.
- How do I get to Bocas del Toro?
We will handle all travel arrangements. Fly into Tocumen airport (PTY) in Panama City, Panama. Transfer to Albrook airport (PAC) and fly AirPanama to Bocas del Toro (BOC).
- What is the climate like?
The climate is tropical, 70-90 degrees all year long. Some days it rains, some days it doesn't. 12 hours of daily sunlight and 12 hours of daily moonlight.
- What should I bring?
Pack lightly. Casual attire appropriate in all places. Helpful items include: dry bags, headlamps, a light windbreaker, and battery pack rechargers for electronics. Breathable cotton is the best choice.
- How do you travel around the archipelago?
The main island, Isla Colon - Bocas town, is the only island with roads and cars. All other transport around the archipelago is via boat.



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- Will I see wildlife?

Bocas del Toro is one of the most bio diverse areas in the Western Hemisphere. Monkeys, birds, sloths, butterflies, dolphins, eagle ray and various tropical fish are visible daily.

- What do you mean by off-grid?

Once you leave Panama City and Bocas town and arrive in Loma Partida, you are off-grid. We have power via solar panels and water via rain catchment. Conservation is of utmost importance. Living sustainably is all about being mindful and balance.

- Will there be 3G/WiFi access?

Although we are off-grid, we do have 3G/WiFi access.

- What is a typical meal?

Fish, lobster, and chicken are readily available. Tropical fruit (over 20 varieties) and fresh vegetables (over 40 varieties) are also available. A typical Panamanian meal consists of fish or chicken with plantains, rice and beans. WynnWard Island uses locally sourced fresh ingredients to create a variety of meals that allow all flavors of the Caribbean to be experienced.

- Are credit cards accepted on the islands?

Many establishments in the outlying islands are cash only. However, most establishments in Bocas accept credit cards.

- Is there an ATM in Bocas?

There are ATM's in Bocas town. Please note that small bills \$20 and under are recommended.

Miscellaneous Information

Dietary Concerns:

While on your All-Inclusive Retreat you will have the chance to indulge in over 40 types of vegetables and herbs and 20 types of fruits and nuts. Breakfasts will be served at your place of lodging. Lunches and Dinners will take place at various restaurants around the archipelago as well as being prepared by Stu, Raquel and a few of our talented local chefs

Please feel free to reach out and let us know if you have any allergies or dietary concerns. Typical meals will include fresh locally sourced ingredients. Most modifications concerning diet can and will be accommodated. Simply email us at hello@trulywell1.com

