

Wednesday, March 19, 2025

Healing Movement Retreat to Bocas Del Toro

Company: Movement Exchange

Location: Brooklyn, NY

Compensation: N/A

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Join Movement Exchange for a rejuvenating retreat to Bocas Del Toro this August! Spend five days in paradise with yoga, movement, workshops, and fun excursions like surfing and snorkeling. After reconnecting with your body and spirit, we'll head to Panama City for salsa dancing, exploring Casco Viejo, and attending our Annual Show with the youth from our dance foundation. Led by alum Isabel Owens, this retreat offers a space to heal and renew your sense of self in a supportive, like-minded community.

Movement Exchange

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<https://www.movementexchanges.org/healing-movement-retreat-bocas-del-toro>

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