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Yoga Retreats in Beautiful Panama- A Promotion by Esme and Sita



Whether you are looking for beaches or mountains, the physical or spiritual, there's a yoga vacation for you. Combine yoga with your vacation in the best possible way. A perfect mixture of retreat, adventure and wellness.

Esme and Sita is promoting a Yoga Retreat in Panama organised by Yoga Vision Studio in February 2016. A perfect time to spend your holiday with beauty all around, and friendly people.

Yoga and Meditation classes provided by Salimah Kassim-Lakha, Yoga Therapist, CBC's Laughter Yoga Expert and Owner of Yoga Vision Studio. Its time to explore [best yoga retreats](#) near you.

Reawaken your chakras with [best ayurvedic herbal remedies](#) present at Esme & Sita, Thorn hill, ON

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- Are you looking for the right mix of yoga retreat, adventure, wellness.

Reawaken your Chakras at These Top Yoga Facilities