

# Panama Therapist Retreat – Preliminary Agenda

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5 Nights | Selva Terra Island Resort – Isla Boca Brava, Gulf of Chiriquí, Panama

A 5-night retreat at Selva Terra Island Resort, combining professional training, cultural experiences, self-care, and island adventures. This is a preliminary schedule. All activities and trainings are optional, and CE credits are awarded for attended sessions. Guests may use any time as downtime instead. All meals at the resort are included. Spa services are available at own expense.

## ✨ Key Highlights

- Expert-Led Trainings (CE credits awarded for attended sessions):
  - Day 2: Arilda Surridge – 'The Ethical Imperative of Self-Care'
  - Day 3: Julia – 'Breaking the Cycle of Burnout: Enneagram Informed Strategies for Helping Professionals'
  - Day 4: Bonnie – 'Integration of Art Therapy'
  - Day 5: Charity – 'Bottom Up Processing: Using Evidence Based Trauma Interventions for Whole-Brain Healing of Trauma'
- Cultural Experience – early evening session with local traditions
- Daily Pottery – open studio sessions for creative reflection
- Adventure Options – kayaking, snorkeling, paddleboarding, surfing, mangrove tours, island hikes, sunset cruises
- Wellness – yoga, spa (own account), infinity pools, and private beaches
- Meals – all meals at the resort are included



## Day-by-Day Schedule (Preliminary)

### Day 1 – Arrival & Welcome

- Arrival and check-in at Selva Terra Island Resort
- Resort orientation & welcome circle
- Group dinner in the resort restaurant

### Day 2 – Arilda's Training & Cultural Experience

- Morning training (3 hrs) with Arilda Surridge – 'The Ethical Imperative of Self-Care'
- Afternoon: open time for pottery studio or adventure (kayaking, hiking, snorkeling, or spa at own account)

- Early evening Cultural Experience – local traditions and learning
- Group dinner in the resort restaurant

### **Day 3 – Julia’s Training & Exploration**

- Morning training (3 hrs) with Julia – 'Breaking the Cycle of Burnout: Enneagram Informed Strategies for Helping Professionals'
- Afternoon: optional jungle hike, paddleboarding, or pottery workshop
- Evening: group dinner at the resort

### **Day 4 – Bonnie’s Training & Creativity**

- Morning training (3 hrs) with Bonnie – 'Integration of Art Therapy'
- Afternoon: optional mangrove boat tour, snorkeling, or pottery
- Evening: leisure time & dinner at the resort

### **Day 5 – Charity’s Training & Adventure**

- Morning training (3 hrs) with Charity – 'Bottom Up Processing: Using Evidence Based Trauma Interventions for Whole-Brain Healing of Trauma'
- Afternoon: optional island-hopping excursion, whale watching (seasonal), or pottery
- Evening: Farewell Dinner at the resort

### **Day 6 – Departure**

- Breakfast & closing circle
- Check-out and transfers

### **Onsite & Nearby Activities at Selva Terra**

- Daily pottery studio workshops
- Yoga overlooking the ocean
- Infinity pools & private beaches (Clay Sands, Coco Bay)
- Kayaking, paddleboarding, surfing
- Mangrove tours & jungle hikes
- Snorkeling & island-hopping excursions
- Whale watching (seasonal)
- Spa services (own account)
- Sunset cruises in the Gulf of Chiriquí