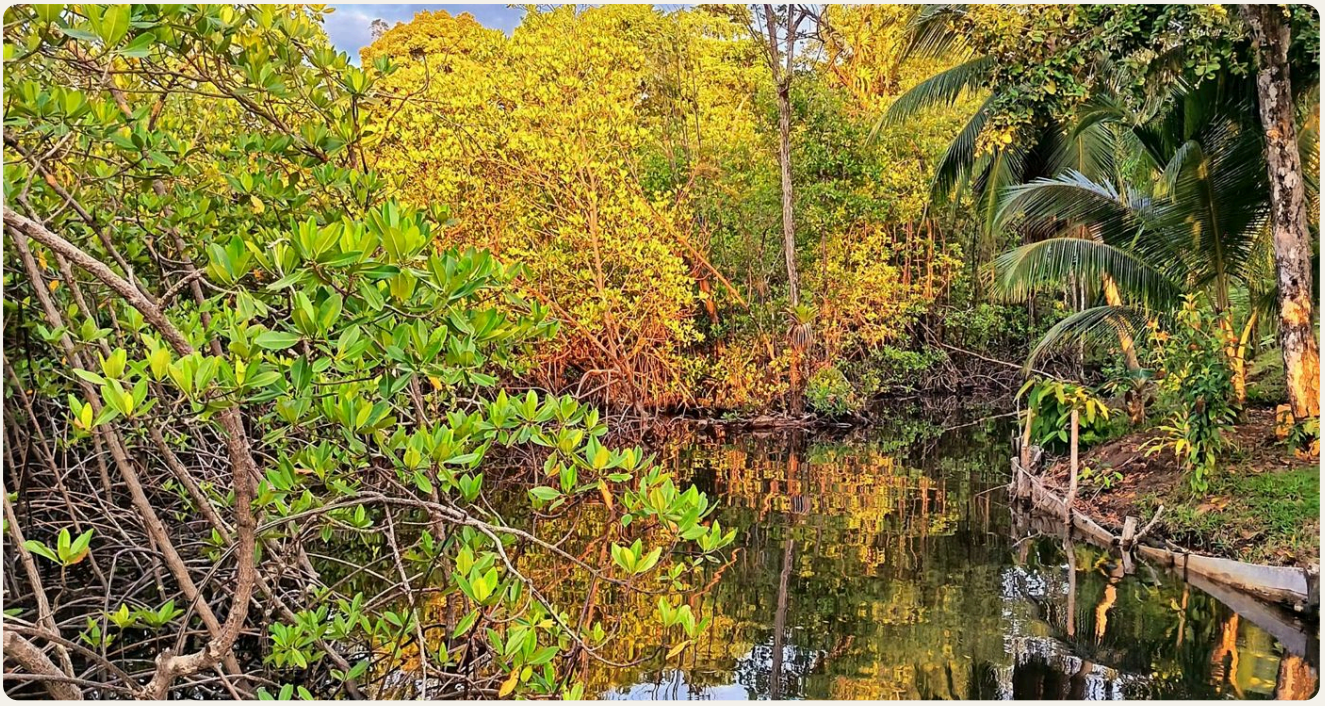


START OF THE YEAR RETREAT · 2027

Kübö

A retreat to come back to yourself

January 4–11, 2027 · La Purita Ecolodge · Isla Solarte, Bocas del Toro (Panama)



WHAT KÜBÖ IS

Let go of the old, cleanse, and *let the new sprout*

For the Ngäbe people of Bocas del Toro, kübö is the world of dreams: the journey the soul takes while we sleep, and the place where the messages for the day arrive.

Kübö is a week to start 2027 in a different way. Eight days at an ecolodge between the rainforest and the Caribbean Sea, reserved just for the group, with a small team that never rushes you: Organic Yoga, water, rituals, a massage for every guest and real time for yourself.

At most two guided activities a day. The rest is yours: the sea, a nap, a book, your massage, or simply being.

8
days / 7 nights, Monday Jan 4 to Monday Jan 11

3
therapists for a small group

3
excursions: Klosay, Cayo Zapatilla and cacao

1
new moon, on January 7, to plant your year

In Spanish and English · No previous experience needed

WHAT YOU'LL EXPERIENCE

A journey in three phases, *joined by a thread*

First the root, to let go. Then the water, to cleanse. Finally the sprout, so the new can be born. Each phase prepares the next.



FIRST · LET GO

Root

You arrive by sea and tie a thread around your wrist: it stays with you all week. You look at what you've brought with you and what you want to leave behind.

- We walk through the rainforest, in Ngäbe territory, to the freshwater pools of the Klosay waterfall.
- One night, fire on the water at our dock: we burn what we no longer want to carry.



THEN · CLEANSE

Water

With empty hands, the sea arrives. A gentle day of silence, the new moon to plant on clean ground, and an untouched beach where there's nothing to do but be.

- New moon planting ritual on January 7.
- Cayo Zapatilla and Cayo Coral: untouched beach, Organic Yoga, breakfast on the sand and snorkelling.
- One night, a surprise we're keeping for you.



FINALLY · BE REBORN

Sprout

What was planted begins to show. Cacao shows us the way from seed to cup, the body wakes up and your dreams take shape in your 2027 collage.

- Cacao at Finca Montezuma, on Isla San Cristóbal: from tree to cup, with lunch.
- Dream journal, tarot, games of the unconscious, your 2027 collage and a party to celebrate.

THE ECOLODGE

La Purita, *just for the group*

La Purita sits on Isla Solarte, ten minutes by boat from Bocas Town. No roads, no cars: only rainforest, the Caribbean Sea and calm water. That week the ecolodge belongs only to the small Kübö group.



Sleep

Cool rooms with high ceilings, a full bathroom and white sheets. Shared by three (a 2 × 2 m king bed and a single) or, subject to availability, as a double.



Your pool

Every room has its own terrace with a private pool and lounger, with the rainforest and the sea in front.



Places to be

An open lounge with cushions, corners to read or write, and a shala to practise overlooking the sea.



Eat and share

Long tables facing the bay, home cooking and unhurried conversations. And below, the dock: for swimming, practice and watching the sun go down.



DAY BY DAY

The week, *without a clock*

We don't hand you a timetable: we tell you what awaits. The team sets the timing according to the group, the sea and the sky.

MONDAY 4

Arrive

We pick you up in Bocas and you arrive by boat from 3 pm. Welcome, the thread and our first dinner together.

TUESDAY 5

Root · the rainforest

Excursion to the Klosay waterfall in Ngäbe territory: trail, cool freshwater pools and lunch.

WEDNESDAY 6

Let go

Organic Yoga, free time and massages. At night, fire on the water.

THURSDAY 7

Water · new moon

A gentle day of silence and a planting ritual with the new moon. At sunset we break the silence in a circle.

FRIDAY 8

The cays

Boat to Cayo Zapatilla and Cayo Coral: untouched beach, yoga and breakfast on the sand, snorkelling.

SATURDAY 9

Sprout · cacao

Finca Montezuma on Isla San Cristóbal: cacao from tree to cup and lunch with the community.

SUNDAY 10

Celebrate

Your 2027 collage, tarot and games of the unconscious, and a party to close the week.

MONDAY 11

Head home

A last swim, your new thread and the boat back to Bocas (departure at 11 am).

Klosay waterfall

Rainforest and freshwater pools in Ngäbe territory, with a local guide and lunch.

Cayo Zapatilla

Untouched beach in Isla Bastimentos National Marine Park, with Cayo Coral and snorkelling.

Cacao at Finca Montezuma

On Isla San Cristóbal: from tree to cup, with a traditional lunch.

Indicative programme: the order of activities may change with the weather and the group.

WHO'S GUIDING YOU

Three perspectives *and one place*



Sara Quintana

"From the Canaries to the Caribbean, with the body as a place to come back to."

Dancer, therapist and creator of Organic Yoga. Over twenty years in contemporary dance and more than a decade sharing yoga, bodywork and gatherings. Founder of Yogahome Las Palmas. She works with organic movement, sound (Innerdance, singing bowls), Thai massage and OsteoThai, and water therapy.

@yogahomelaspalmas



Israel Huete

"Every body has its own moment, its own language and its own needs."

Over twenty years devoted to manual therapy and movement: integral osteopathy, craniosacral therapy and reflexology. He lives in Ibiza, where he founded Life and Wellness Ibiza, and has been a Visiting Master at Six Senses and 7Pines.

@ibizalifeandwellness



Lua

"From Madrid to Ibiza, as from the conscious to the unconscious."

Unconscious work, tarot, astrology and psychomagic. Trained with Alejandro Jodorowsky, among other teachers. She works with the archetypes, images and patterns that move us.

@luakalima

Your host · Sara Montero

An engineer for twenty-five years, she first came to Panama in 2020 and built La Purita on Isla Solarte. She brings the place and the hospitality, taking care of every detail so that everyone who arrives can rest and take their time.

YOUR SPOT

What's included *and how to book*

Included

- ✓ 7 nights at La Purita, with the ecolodge just for the group
- ✓ Boat and transfers from your arrival in Bocas del Toro, both ways
- ✓ All meals, water, coffee and herbal teas
- ✓ Organic Yoga, movement and meditation
- ✓ An individual massage for every guest
- ✓ New moon ritual, games of the unconscious and a tarot reading
- ✓ Excursions to Klosay, Cayo Zapatilla and Cayo Coral, and cacao with lunch
- ✓ Ceremonies, workshops and materials

Not included

- – The 10% ITBMS (Panama sales tax), added to the price
- – Flights to Bocas del Toro
- – Travel insurance (recommended)
- – Drinks other than water, coffee and herbal teas

How to book

- ✓ Write to us or fill in the form on the website.
- ✓ We confirm your spot with a USD 500 deposit.
- ✓ The balance is due by December 4, 2026.
- ✓ You can pay by bank transfer at no extra cost or, if you prefer, by card, with a 5% surcharge that covers the bank fee.

PRICE PER PERSON (USD + 10% ITBMS)	UNTIL NOVEMBER 15	FROM NOVEMBER 16
Shared triple room	2,290	2,590
Shared king bed (two people)	2,140	2,440
Double room	3,090	3,390

Beds and rooms subject to availability. There are no single rooms.

If you can't make it in the end, you can pass your spot to someone else or keep what you've paid for another retreat at La Purita for one year. The deposit and payments are non-refundable, so we recommend travel insurance with cancellation cover.

BOOK YOUR SPOT

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