

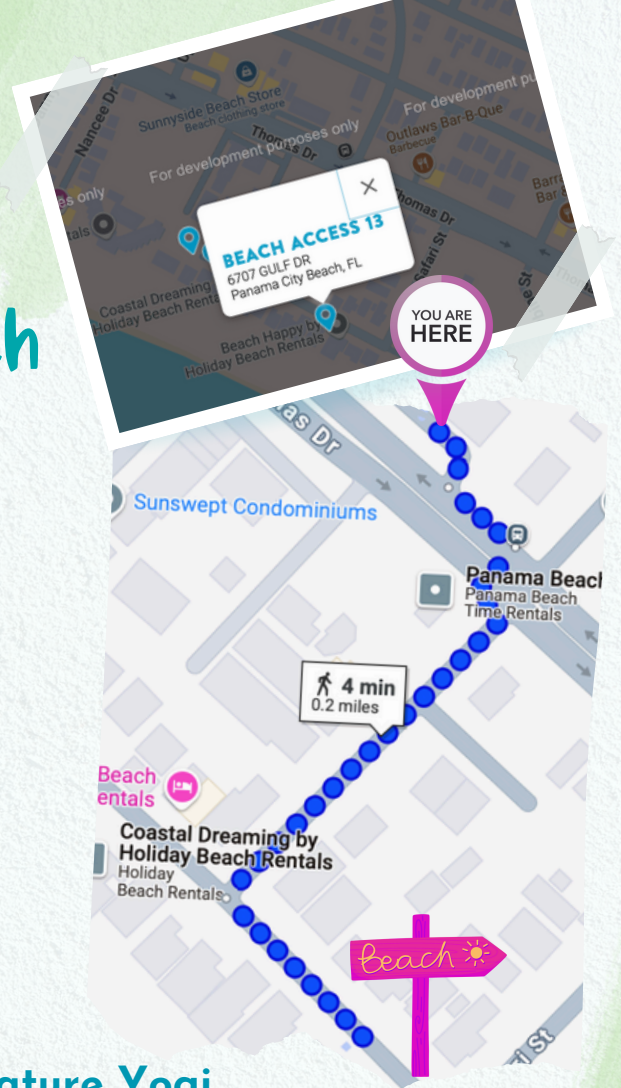


# Yoga Beach Barre Beach Retreat Travel Guide

## Beach Access

We are located at [Beach Access Point #13](#) Beach Happy by Holiday Beach Rentals, 6707 Gulf Dr, Panama City, FL 32408. It is a short walk from the retreat house. See helpful tips and the packing list to be fully prepared.

Renting 2 chairs and an umbrella is \$35 per day, please let us know if you would like rentals and we will connect you with Mike, our rental concierge.

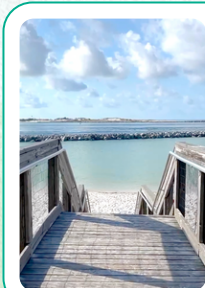


## City Yogi, Nature Yogi

You can enjoy the best of both worlds in this experience. As a group, we will sample a bit of everything, but you also have the option to plan individual activities or invite a retreat buddy to join you.

You get to pick your own dinner of two nights. On Friday night, we'll head to [Pier Park](#), click link to see dining options. Sunday will offer another opportunity for you to decide where to go and what to eat. You are not obligated to go out if you would like more down time. This trip is about YOU!

## Experience Nature



### St. Andrews Park

Grab your beach bag and lace up those walking shoes—it's time for a nature escapade!



### Beach Bonfire Picnic

Get ready for quality time, an amazing evening by the fire with friends, kicking off as the sun dips below the horizon!





# Local Attractions

Some of the local attractions will require transportation to get there, but we know they will be worth it so that's why we are putting you a list of suggestions. Please reach out to us with any questions, suggestions to share with others, and let us know where you want to go!

## Dining

### General Stores

Twice the Ice  
6812 Thomas Dr,

Sunnyside Beach Store  
6908 Thomas Dr.

Dollar General  
5720 Thomas Dr.

Walmart  
10270 Front Beach Rd

Gypsea Crepes  
7012 Thomas Dr,

Jesse's Place  
7008 Thomas Dr

Liza's Sandwich Shop  
7328 Thomas Dr

Finn's Island Style Grub + Finn's  
Barista Bar and Snack Shack  
7210 Thomas Dr,

Outlaws Bar-B-Que  
6804 Thomas Dr,

Hershey's Beach Ice  
Cream Shop  
8815 Thomas Dr.

Dunkin'  
912 Thomas Dr

Starbucks  
98 Richard Jackson Blvd

### Local Attractions

Shell Island  
Ferry Transportation  
Required

PCB Winery  
8730 Thomas Dr

SUP and Kayak Rentals

## Travel and Parking

- If you plan to drive, we highly recommend carpooling when possible. Two parking spots are available at the house on a first-come, first-served basis.
- Off-site parking is available nearby for \$12 for 24 hours. The retreat leaders are happy to help with pickup and drop-off transportation at the nearest location: 9941 Thomas Drive.

## Helpful Tips:

- Bring a Rolling cart to haul your beachy treasures: beach bag, chair, umbrella
- Save \$\$ by bringing your own gear.
- You can rent some comfy beach chairs and shady umbrellas for the ultimate relaxation.
- Pack your own cooler and ice it up like a pro!
- Keep an eye on the weather—Mother Nature can be a bit moody!