

March - April 2026

# Newsletter

**VOL**  
**01**



This newsletter  
doesn't have a name  
Help us choose one!

Page 2

**> Ir a versión en español**

# Welcome

Ten years ago, I arrived here pregnant and afraid. I didn't want to leave everything I knew behind.

What I didn't know was that by stepping out of my comfort zone, I was moving closer to something much bigger: my purpose.

**We started training together and, before we knew it, we had built something deeper: a support network, honest conversations, and safe spaces where we could grow stronger as women, mothers, and friends.**



I am very grateful to have been invited to be part of the first edition of the newsletter, which was created from the belief that a healthy community supports one another, listens, and embraces. Here you will find real stories from the people who make Panama Pacifico feel alive and welcoming.

**I hope you enjoy it as much as I do!**

**Karina Jiménez**  
*Wellness Women Coach*

A handwritten signature in black ink, appearing to read 'Karina', with a stylized flourish underneath.

# Let's choose together



This newsletter was created for and by the community, which is why we want to choose its name together. **We invite you to vote for the name that best connects with you and reflects the way we experience this space.** Below are the finalists:



## Your voice is part of this story

- 1. In Common
- 2. Pulso Pacífico
- 3. Pacífico Vibes
- 4. Conectados
- 5. In the Loop

[Vote](#)

# This is us



Today we are living a new chapter. Families from multiple cultures come together to build a community where wellness, safety and teamwork are a daily practice.

**Surrounded by nature, this environment allows new generations to live and learn with the tools, vision, and openness to the world.**

“Every time I see our students running through these hallways, I know that I am witnessing our great power to transform.”

**Tania Fleming**  
Principal Howard Academy



[Watch video](#)

Do you have a story to tell?

[Share it](#)

# Community tips



**Indyra Polo**

Resident and Manager  
ABRO Global

Living in Panama Pacifico is ideal for running because I have security, flat routes, hills, and trails all in one place.

I don't always wake up with energy, but keeping my commitment to myself comes first.

**Running is my therapy. It gives me peace, clarity, and energy for both me and my family.** I feel very fortunate to live here.

**Start today, make yourself a priority!**



**Ramón David Sifuentes**

Resident and CEO of  
GO Business Inc

Whether you're a professional cyclist or just someone dusting off their bike, there are routes for the whole family.

Bike paths connecting schools, challenges like Telegraph Hill, and MTB in Trillo Tití surrounded by wildlife.

You can rent a bike, get mechanical assistance, and use the bike wash: everything you need to get started.

**See you on the road!**

# Wellness in motion

## Movement is life

Sometimes wellness begins with a change of perspective.

This was the experience of Karina Jiménez, founder of Energik Mom, who found the space to create a **community of women that began as group training sessions and grew into a support network where they support and grow together.**

More than just exercise, **it promotes caring for the body, mind, and soul through community support.** When wellness is experienced in community, it becomes shared strength and real transformation.

**Join @energikmom**



[Share your story](#)

[Watch video](#)

# Offline is the **new luxury**

## Children's **book club**

At St. Mary's School, Ana Morán runs a **book club that sparks imagination and a love of reading from an early age.**

Adding children's books that promote values, curiosity, and family bonding is also a great way to support your child's growth.

If you want to join, find it at:

 **@thebookclubbyanamoran**



## **Smokin' hot**

One Saturday began with smoke and ended with a trophy. That's how Smokin' Hot was born: **a group of friends who decided to compete for fun and won the 2019 Grand Champion title.**

Today they get together to cook and hang out. They are moms and professionals, and their passion led them to become certified judges for the Kansas City BBQ Society and Panama Week events.

**Here, luxury is time spent together!**



## Imaforest

There is a very special **600-meter** trail that feels neither urban nor like a park. **It feels like stepping into a living forest.**

**It was created in partnership with the Biomuseo, and it shows. Each station has a purpose. It awakens the senses. It tells stories about the forest, wildlife, mangroves and how we coexist with them in this environment we call our home.**

It begins almost without you noticing. Suddenly you hear birds instead of cars. You recognize species that once went unnoticed. You walk without haste. You see what was always there with new eyes.

**It's not long. But it does transform the pace.**  
Open every day from 6:00 a.m. to 6:30 p.m.

**Go, walk it and then tell us about your experience.**

[See here](#) 



 **The real connection happens off-screen** 

What activity would you like to share?

[Share it](#)

# Pet club

## Cooper Rocks

**The little beagle who soothes emotions between musical notes.**

At the entrance to the Fioritura Music Academy, everyone asks, **“Where's Cooper?”** A one-year-old beagle with a gentle gaze and calm energy, he arrived in March last year.

What began as companionship for Marianela Aponte, director of the academy, quickly turned into something deeper: **emotional support for both students and teachers.**



**“For us, Cooper is not just a companion, he is an emotional support dog who spreads his energy and joy to us all.”**

Juan Diego, Cooper's family

The academy presents him as part of its culture, a reflection of love on four legs and reminding us that **well-being is also part of learning.**

**Does your pet have a story to tell?**

**Share it**

# Coliving

## Living with our ecosystem

**“We're always closer to animals than we think”**

Reinaldo Pérez, wildlife ranger

In many communities, nature is something you see from your window. Here, it is part of everyday life.

Snakes crossing the path. Birds and sloths on the trees. Opossums at dusk. Scorpions during the dry season. And in areas near the mangroves, even alligators.

It's nothing unusual here. **It's the ecosystem coexisting with us.**



That's why we have an expert who helps us coexist better: **Reinaldo Pérez, biologist and head of wildlife rescue and management at Panamá Pacífico.**



**The golden rule is simple: keep your distance and don't touch.**

**It's not about being scared, but about knowing how to act.**

“We are always closer to animals than we think,” he explains. And the difference is not in the encounter, but in our reaction.



**If an animal appears:**

- Observe it without approaching it.
- Do not try to move or capture it.
- Report it to the CSI:  
**+507 316 3636**



**Coexistence is built by applying simple things:**

- Keeping spaces clean.
- Managing waste well.
- Respecting natural cycles.

**We are part of a living system**

Living here means accepting something valuable: here, we are not separate from nature. We are part of it.

**We don't live in spite of the ecosystem.  
We live thanks to it.**

# Growing here

**Hola Moda:  
Logistics that dresses the region**



When H&M opened its first store in Central America in 2021, it did so in the midst of the pandemic. Since then, its operations in the region have continued to grow steadily.

**Panama Pacifico is a very safe place to work, especially in operations that run 24 hours a day.**

Nadia Cáceres, 24 years working in logistics, 17 of which have been at Panamerica Corporate Center (PCC).

From here, Hola Moda, the brand's regional operator, coordinates part of its logistics to countries such as Costa Rica, Guatemala, and the Dominican Republic, **relying on automated systems that optimize order preparation, allowing the logistics center to operate efficiently 24 hours a day.**



Beyond logistics, growth is also reflected in people. Stories like Ingrid's, who started as a warehouse operator and now leads a team, show how the company has become a place for developing talent and opening new opportunities.

**Do you have a story to tell?**

**Share it**

# Best place to live

## Architecture Award



Imaterra was awarded the Magno Prize (MOA 2026) by the College of Architects of Panama, an award that celebrates design.

More than architecture, **Imaterra represents a way of living: where the warmth of home and modernity coexist in balance, thinking of putting people before forms.**

This achievement confirms that Panama Pacifico is building homes with conscious design.



**Starting March 30, entry to Veracruz will require an updated access card to standardize credentials, reduce external traffic, and organize mobility.** This applies to residents, employees, and external visitors who need to enter the area for specific reasons.

The process aims to maintain the pace and safety of life in Panamá Pacífico.

If you need more information, please write to: [pases@app.gob.pa](mailto:pases@app.gob.pa). If you want to request your permit, do so at:

[Request your card](#)

## Card issuance process



## The taste of yogen früz is here

A new venue located in the Cénriqo Building, **designed for sharing moments together and continuing to build community through flavors that connect us.**

Do you have a story to tell?

[Share it!](#)

# Living it



## Woodlands BBQ Fest: a decade among neighbors

It all started with a simple question:

**“What if we had a barbecue among neighbors?”**

A few teams of residents, around 50 people... and a great desire to share.

**Ten years later, the Woodlands Barbecue Fest brings together between 2,000 and 3,000 attendees** and celebrates its anniversary edition as a true invitational event. The event has grown significantly, adding certified judges, new categories, the highly anticipated People's Choice award, and sponsors that have taken it to another level.



**But its essence remains intact: the protagonists are the residents.** Teams that now **stand out both inside and outside the country**, while new generations—including children—join the experience.

A tradition was born from a gathering of neighbors. A meeting place where people can enjoy great flavors, live music, and activities for the whole family—a **true celebration.**

# Stay tuned



In each edition, we will keep you up to date on amenities, establishments, and solutions, **so you are always aware of what the area has to offer.**



We begin this edition with:



What news do you want to share?

Share it!



Watch video

# Stay connected

Click on the icons

 Social media



 Resident

**WhatsApp & Email**

+507 6612-4808

[plc@panamapacifico.com](mailto:plc@panamapacifico.com)

 Commercial

**WhatsApp & Email**

+507 6790-5388

[atencionpanamapacifico@mts.com.pa](mailto:atencionpanamapacifico@mts.com.pa)

**New! Alert channel**



Thank you for being part of our community.

**See you in the next edition!**