

## **COSTA RICA YOGA RETREAT FREQUENTLY ASKED QUESTIONS:**

**What is included with my \$2,675 fee?** 8 days, 7 nights at a beautiful, private, retreat center, with EPIC ocean views, luxury treetop jungle bungalows. There are shared and single accommodations available.

Yoga class offered once or twice daily by the retreat leader and additional classes or workshops will be offered. Barre, Dance-fitness class, Core, and more. All yoga props, including mats provided. Music, movement, song and celebration woven into daily activities. Spa, pool with jacuzzi and beautiful gardens too. Come visit the beautiful jungle or surf at the beach!

Highly rated cooking staff with all 6 breakfasts, 6 lunches and 6 dinners included. Organic, gluten free, dairy free food. Local chicken and fish only, no beef. One lunch and one dinner NOT included, so that guests may venture off the grounds to explore the local lifestyle.

If you decide to join ☺ You can pay in full, and that's great 😊 if you want to do a payment plan that works for you, that is fine too! If you start paying in January (by checking there is no merchant fee) the cost would be \$223 per month for twelve month's. If you use a credit card, there would be a small merchant fee monthly. I recommend starting ASAP if you want to do the payment plan ☺🤝

**Tell me about the Accommodations!** [CLICK THIS LINK TO SEE THE ACCOMMODATIONS](#)

Each luxurious room has air conditioning and a bathroom. Some showers are enclosed, some are open air and some are facing out into the jungle.

Indoor showers are in the following rooms: Prana, Shiva, Lotus, Mantra, Anahata, Dharma, Garuda, Casita (one indoor)

Open Air Showers are in the following rooms: Ganesh, Ananda, Gaia, Hanuman

Outdoor Showers are in the following rooms: Bali, Jungle, Casita (one outdoor)

**When are classes on the Yoga Deck?**

Morning Yoga Vinyasa Flow or Fitness Class: 7:45AM-8:45AM

Evening Restorative Yoga: 5:30PM-6:30PM

\*Any extra workshops, training sessions, excursions or classes will be a separate fee.

**What do we do between meals and yoga?**

Whatever you want! Nap, lay by the pool, explore the terrain, walk to the beach or explore the local life (20 minute walk or short taxi ride), go on an excursion, indulge in a spa treatment onsite or enjoy the EPIC ocean views from the yoga decks.

**When do we eat?** Fresh fruit: 7:00AM - Breakfast: 9:00AM - Lunch: 1:00PM - Snack: 5:00PM - Dinner: 7:00PM

**What is the scoop with transportation from the airport to the retreat center and back again?**

**Fly into San Jose, Costa Rica (SJO Airport) from your home location. Then fly from SJO to Tambor or Cobano Airport.** The typical cost for roundtrip transportation in Costa Rica is \$200 for the flight and \$45 for the taxi (total estimated cost \$245) to and from the San Jose Airport, where we take a smaller plane from San Jose to Tambor or Cobano Airport, and will be transported by van from there, for \$45 per person (each way). COST IS SUBJECT TO CHANGE!

**What is NOT INCLUDED?**

*Cost does NOT include airfare, transportation to or from the airport or retreat center, staff gratuity, beer or wine, excursions, surfing, spa services, massage, any extra classes or workshops, or any add-ons. Any restaurants or shopping off the grounds of the retreat center is not included.*

***BRING CASH! THERE IS NO ATM ONSITE OR IN THE VILLAGE! \*NO REFUNDS AVAILABLE\****