

# **Relax, Restore, Reconnect Retreat in Costa Rica**

With Téa Shahbazi and Dr. Jason Loken

February 18<sup>h</sup> - 25<sup>th</sup>, 2017

## **TIMELINE**

February 18: Arrival day. Check in is at 4p.m.

February 19 - 24: Regularly scheduled programming.

Retreat will end at the end of the day on February 24<sup>th</sup>.

February 25: Departure day. Farewell breakfast. Check out at 10 am.

Guests' luggage can be stored at the Front Desk at no charge before and after the indicated hours on arrival and departure days.

## **AIRPORT**

The easiest way to fly in and out near the retreat centre is: Liberia, Costa Rica (airport code LIR)

Which is then a 2-2.5 hours drive from the retreat centre.

## **PASSPORT**

Please ensure your passport is valid for at least six months after your planned date of departure from Costa Rica.

Holders of regular Canadian passports arriving by air for the purposes of tourism may enter Costa Rica for up to 90 days without requesting a visa in advance.

## **GROUND TRANSPORT**

You will need to book your shuttle bus (from and to the airport) directly with Blue Spirit.

From Liberia airport, Blue Spirit has multiple shuttles picking participants up at the Liberia Airport on Saturdays ONLY from 12-4pm and then 7-8:30pm and they will depart as they fill.

Please go to this link to make your reservations for the Shuttle between Blue Spirit and Liberia Airport <http://www.bluespiritcostarica.com/shuttle-reservations>

**Upon arrival** there will be a person to greet you and guide you to your shuttle.

When you arrive you should allow 30 - 60 minutes to go through immigration, customs and baggage claim.

Once you have retrieved your baggage and passed customs, your shuttle organizer will be waiting outside the only terminal exit at LIR. The organizer will be wearing a Blue Spirit T-shirt and will greet you with a sign that says BLUE SPIRIT.

You shouldn't have any problems finding the shuttle organizer, but in case you have any difficulty, please call Blue Spirit at their local number: 2656.8300. Anyone will be happy to lend you their Costa Rican cell phone so that you can make the call. Blue Spirit Front desk will gladly assist you in any matter.

The shuttle will depart when it is full and all the arriving guests are in the shuttle - they won't leave anyone behind - so you may need to wait a few minutes until everyone is in the shuttle.

**If your flight is delayed, rescheduled, AND ESPECIALLY if you miss a connection** please contact Blue Spirit at (1) 646.833.3410; this is a US number where you can reach Blue Spirit. If you have any issues while you are in Costa Rica please contact their local number 2656.8300.

Blue Spirit also has all your flight information and will be tracking flights, so they are also keeping track of delays or re-scheduling and there will still be a shuttle waiting for you at the airport.

The ride from Liberia Airport to Blue Spirit is between 2 and 2.5 hours.

For your departure, there are several group shuttle services departing Blue Spirit between 4:00 a.m. and 11:00 a.m. You should plan to be at the airport two hours before your flight departs. Please note: The exit tax which you pay upon departure from Costa Rica is \$29, and can be paid in Costa Rican Colones, US Dollars, or credit cards.

#### **CURRENCY**

The US dollar is widely accepted in Costa Rica.

#### **TIPPING**

A gratuity of \$60 per week for service staff is added by Blue Spirit Resort at check-out as a charge for each person staying at the resort.

#### **TAXES**

There is no additional tax to be added to any of the room or board fees at Blue Spirit. The exit tax which you pay upon departure from Costa Rica is \$29 USD, and can be paid in Costa Rican Colones, US Dollars, or credit cards.

#### **MEALS**

The food at Blue Spirit is delicious, plentiful, healthy and buffet style. It is vegetarian and locally grown and mostly organic, with also some fish options. Please flag any food allergies or special meal needs when you register.

#### **SERVICES OFFERED BY Téa & Dr.Loken during leisure time**

Dr. Jason Loken: Naturopathic Medicine, Osteopathy, and Reconnection Healing.

Téa Shahbazi: Reconnection Healing.

Payment may be made in cash or e-transfer directly to the teachers.

## **WHAT TO BRING**

Passport (expiry date should be at least six months after travel date)  
Spending money  
Camera  
Notebook, journal, pens  
Yoga appropriate clothing  
T-shirts, tank tops, and shorts (think cool, comfy and casual)  
Long sleeve top, long pants, and a light sweater (for night time)  
Sleepwear  
Swimwear  
Sandals/flip flops and sneakers  
Sun hat, sun glasses, and sun screen  
Toiletries, supplements, and prescription medications  
Reusable water bottle.

## **WHAT NOT TO BRING**

Yoga mats or props

## **BRINGING CHILDREN**

Child Rates - 7 Nights If a child shares a room with 2 adults / parents, then there is no extra housing charge - only the meal charge.

If a child shares the room with a single adult, then the parent pays a Single Occupancy room charge plus the meal charge for the child.

The meal charges per child are:

ages 0-3 free

ages 4-12 \$200 per meal/week

ages 13-17 \$300 for meal/week

And any teen wanting to participate in the actual programs must be registered at adult package fees.

## **Babysitting**

Blue Spirit has 2 babysitting options for you. The first option is a professional bilingual nanny service <http://nosaranannies.net/>. Their rate for one child was \$15 per hour. You can contact Cindy directly to confirm the price and her availability for the dates you would need her.

The second option is to hire one of the women from the resort's kitchen staff when they are outside their regular work hours. Because of their varying schedules you may have a different person babysitting your child on different days. They charge \$10 an hour and they don't speak English.

Both of these options are paid in cash directly to the babysitter.

**Please check the Blue Spirit site for additional important information:**

**[www.bluespiritcostarica.com/faqs](http://www.bluespiritcostarica.com/faqs)**