

MERMAID FIT CLUB

PURA VIDA RETREAT

— NOSARA, COSTA RICA —

SATURDAY, APRIL 29 – SATURDAY, MAY 6
(7 NIGHTS)

OUR MERMAID RETREATS ARE BACK!

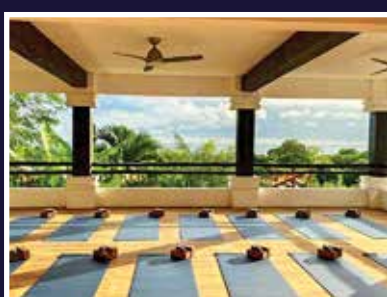
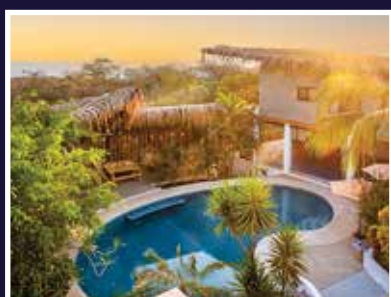
These adventures are fun, there's lots of working out, lots of down time, lots of party time. - **Shirley**

What's **INCLUDED**

- 7-night stay at a private retreat center (casaskismet.com) nestled on top of a quiet ridge in the coastal oasis of Playa Pelada, a unique and laid-back surf town – a 10-minute walk to beautiful beaches and local restaurants and shops.
- 3 meals daily prepared by a private chef (6 nights, one dinner on your own).
- Daily water aerobics and daily yoga.
- Optional group evening activities.
- AC & Wi-Fi everywhere.
- Assistance booking any outside activities.
- The most beautiful sunsets every night!

What's **NOT INCLUDED**

- Flights to Costa Rica (Liberia or San Jose).
- Airport transfers gratuities.
- Retreat staff gratuities.
- 1 dinner out (you can do your own thing, or we can go as a group).
- Snacks and alcoholic beverages.
- Optional activities (Kayaking, monkey sanctuary, surfing lessons, ziplining, snorkeling, SUP, waterfall excursion, horseback riding, nature hike, and more).



PRICING

Single Occupancy, Private Bathroom = \$2,750
(or share with friend or family for \$2,150 each)

Single Occupancy, Shared Bathroom = \$2,350
(or share with friend or family for \$1,950 each)

50% non-refundable deposit holds your space. Non-refundable remaining balance due on or before March 29, 2023.

PAYMENT SCHEDULE

- 50% deposit before January 1, 2023.
- Remaining balance due before March 29, 2023.
- Credit cards accepted (with an additional 3% fee).
- No additional fees on checks, Venmo or Zelle.

TRANSPORTATION INFORMATION

Airport transportation from Liberia (within a specified arrival window) is included in the retreat cost. Liberia is the closest international airport (approximately 2.5 hour drive to Nosara). San Jose is another international airport with an over 4-hour drive to Nosara). A shuttle from San Jose typically costs \$250 for one-way transport – not including tips. Another option is to book a Sansa flight from Liberia or San Jose to Nosara. If you are looking at this as an option please read through the information on their website (flightsansa.com) as they have bag weight restrictions. Once you have secured your travel arrangements please forward your flight information to Shirley so that she can coordinate with the retreat center for group transportation.