

FAQ Costa Rica Yoga Immersion Retreat

What's the climate like?

Costa Rica is a global go-to spot for nature lovers and adventure seekers. Volcanic hills and lakes and plummeting waterfalls shape the lush, vibrant landscape. Tropical jungles teem with hundreds of wildlife species that exist nowhere else on the planet. San José, located in the Central Valley, is Costa Rica's bustling urban capital. Pura Vida Retreat & Spa is tucked serenely in the clouds, nearly a mile above the city.

Pura Vida's climate is spring-like year round with warm days (70s-80s F) and mild nights (60s F). The sun rises at 5:30 and sets around 6 all year long.

Costa Rica's Green Season is full of splendor for those seeking peace and tranquility. Refreshing mountain temperatures, purifying and cleansing rains are an opportunity to enliven the senses as you enter the season of turning within.

Where is the resort located?

Pura Vida Retreat & Spa
800 Mts SW From Minisuper Pavas
Pavas, Carrizal, Alajuela, 020103 Costa Rica

Do I need to have yoga experience?

We welcome everyone to this yoga retreat! Even if you have never done yoga before. Yoga classes will be offered daily from gentle, hatha, restorative, to a hot power vinyasa and Bikram method. You can attend all the classes or just go to the ones you are most interested in. This is your vacation!

Who is leading the retreat?

Ekah Yoga is bringing together instructors from our studio. Crystal Olry owner of Ekah Yoga, Certified Yoga Instructor and Registered Dietitian Nutritionist. This will be Crystal's third time to Pura Vida Retreat & Spa and to Costa Rica. Sarah Peters Certified Yoga Instructor specializing in Hot Vinyasa. Mallory Trescone Certified Yoga Instructor specializing in Hatha Yoga and Acro Yoga Instructor. Marci Becker Certified Yoga Instructor specializing in Hatha Yoga. Our Assistant Quindalyn Laird Certified Reiki Master and currently in a Yoga Teacher Training Program.

How much does the retreat cost?

3 Questions to Answer before Signing up

1. *Do you want to go on a 5-Night or 7-Night Stay?*
 - a. March 10 - 15, 2018 (5-Night Stay)
 - b. March 9-16, 2018 (7-Night Stay with Sloth Excursion)
2. *Will you be rooming with someone else or have the room all to yourself?*
 - a. Double occupancy
 - b. Single occupancy
3. *What room would you like to be in?*
 - a. Tentalow
 - b. Aframe
 - c. Vista
 - d. Kiva Lower
 - e. Kiva Upper
 - f. Tri-Level
 - g. Suite **SOLD OUT**

OCC	5 Night Single Occ	5 night Double Occ p/p	7 night w/ Sloth Single Occ	7 Night Double Occ p/p
Tentalow	1600	1300	2150	1850
Aframe	1950	1650	2650	2350
Vista	2000	1700	2700	2400
Kiva	2000	1700	2700	2400
Kiva Upper	2050	1750	2800	2500
TriLevel	2150	1850	2900	2600
Zendo (suite)	2350	2050	3100	2800
Prana (suite)	2350	2050	3100	2800
Lila (suite)	2350	2050	3100	2800

Do you offer any discounts?

Yes! If you sign up before October 31 you will save \$150 with our Early Bird Special.

How do I get there?

Participants will need to book their own individual flight to the *Juan Santamaría International Airport (SJO)*.

Reserving a Shuttle

Shuttle service should be reserved at least 3 days prior to your arrival. Our retreat includes shuttle service, [please make your reservation using this online form](#). You will receive confirmation by email.

Finding Your Shuttle

Once you've cleared immigration and customs, proceed to the exit. You'll find our shuttle driver holding a sign reading "Pura Vida Retreat & Spa" + your last name. Please do not accept help from anyone who is not properly identified as Pura Vida Staff or holding a sign with your name on it.

If you are delayed, please alert Pura Vida Retreat & Spa in Costa Rica ASAP.

What time is check in/check out?

Check in time is 2pm and consists of some brief paperwork and a welcome orientation.

Check out time is 11:00am.

What's the food like?

- Breakfast 7:30am-9:00am
- Lunch 12:30pm-2:30pm
- Dinner 6:30pm-8:00pm

"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart." –Cesar Chavez

At Pura Vida Retreat & Spa, our chefs and cooks make our guests that gift, each and every meal, each and every day. Delicious dishes are lovingly prepared from fresh local produce, regional purveyors and greens and herbs harvested from our Holistic Garden. Meals, served buffet-style in our chic dining hall, feature both North American and Costa Rican vegetarian, fish and chicken dishes to tempt your taste buds and nourish body and soul. We also can accommodate vegan, gluten-free, and high-protein diets – just let us know.

Three meals a day are included with the retreat.

Complimentary coffee, tea, alkaline water and filtered water are available throughout the day.

The wine and juice bar in the dining hall stocks Costa Rican and Central American beers, sulfite-free, organic wines and bottled water. It is also the place for fresh smoothies, custom-blended chai and organic wheat grass elixirs (made from wheat grass grown in-house).

The dining hall closes each night at 9pm, and may stay open later during the summer season.

Items purchased during your stay will be added to your bill. Because we ask that you settle your

account with us the night before you leave, please pay cash at the time of service for anything you buy after paying your bill.

Is wifi available?

Yes, wifi is available around the office area at Pura Vida.

Where's the pool?

Pura Vida renovated and upgraded our swimming pool. Enjoy lazy laps and floating on the mountaintop, or just soaking in the sun poolside. Our property also offers a hot tub and Watsu pool for therapeutic wellness treatments.

What else is at the resort?

Over 1,400 species of orchid grow wild in Costa Rica. Our natural flower is under siege in some areas because of deforestation, so we are taking an active role to conserve and celebrate this exotic plant. Our grounds hold dozens of species of orchids and have been certified as a conservation property by the National Ministry of Environmental Ecology.

Our focus is on health and healing. So naturally, we've cultivated a Holistic Garden on our property. Many of the culinary and medicinal herbs used to flavor your meals, have their roots in our peaceful, beautiful Holistic Garden.

How can we travel around and do some exploring on our own?

Car Service - We can usually have a car for you in 15 minutes or less.

Car services in Costa Rica charge by the trip and not per person. Generally a car service can accommodate up to four people. A trip to downtown Alajuela is about \$15 each way, to the airport is \$25 each way, to downtown San José is around \$35 each way, and to Jacó (the nearest beach) is about \$110 each way.

Car Rental & Public Transportation

If you'd prefer to rent a car, our staff will gladly help you make arrangements upon arrival. You'll need a valid driver's license, passport, and credit card.

There is also a public bus route that picks up near Pura Vida and goes to downtown Alajuela once per hour. The cost is less than 50 cents per person.

Do I need a passport?

Yes! United States and Canadian citizens may enter Costa Rica with a valid passport. Please note that Costa Rican law requires your passport be valid for at least 90 days after the date you enter the country. When in Costa Rica, you'll need to carry your passport information with you at all times. If you should be stopped by officials, a photocopy with your photo, passport number and entry stamp will usually suffice and is recommended when making local excursions.

A \$29 non-residency departure tax will be due when departing Costa Rica, before you check-in with your airline. This tax can often be paid upon arrival to Costa Rica, but make sure to keep your receipt for departure.

Citizens of countries outside the U.S and Canada, should check with the Costa Rican Consulate in your country for more recent requirements and rules governing entrance into Costa Rica.

What's your cancellation policy?

Refunds and Cancellations: Refund less deposit (\$300) before December 31st . No refunds after December 31st. In case of cancellation, you may transfer your deposit or your reservation to another person as long as you notify Ekah Yoga 30+ days in advance. In case of cancellation by Ekah Yoga, you will receive a full refund of all funds received by Ekah Yoga. Due to arrangements made with our vacation hosts, there can be no exceptions to this policy. Participants will be required to sign a liability waiver and contract to participate. If you place a deposit, the balance due will 50% of the total cost by Tuesday January 2nd 2018 and 100% by Sunday February 11, 2018, unless other arrangements are made. If the full amount is paid before December 1st, you will be entered into a drawing for a complimentary massage.

We HIGHLY recommend that you consider purchasing Travel Insurance. Travel insurance companies like [TRAVEL GUARD](#) offer policies that insure your investment in case you need to cancel (including "cancel for any reason" coverages), coverages for expenses incurred due to weather & travel delays, personal property loss and emergency travel medical. We also recommend that you purchase flight insurance for the same reasons as listed above. Please review policies carefully to choose the coverage you need.