

Find Your Zen: A Renewal and Learning Adventure

Nosara Beach, Costa Rica March 05-12, 2016

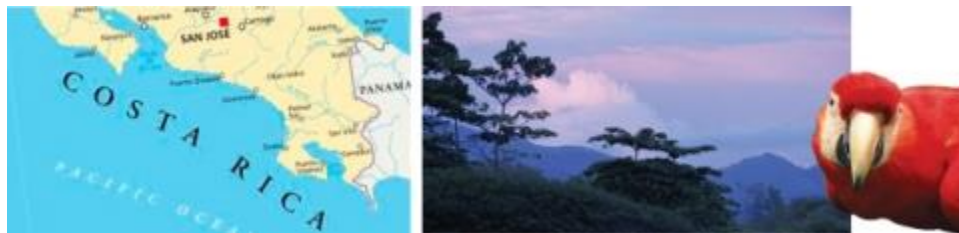
GREETINGS!

The Program

Veda Andrus, Marie Shanahan Linda Bark and Yoly Harmuth are holistic nurse experts providing you with a stellar learning event and optimal relaxation and renewal experience during your Costa Rican retreat. The Program allows you to earn up to 20.5 continuing education units with plenty of time to re-charge and practice your self-care skills. You decide how much time you want to spend learning, nurturing yourself, being in nature and connecting with others. If you've been waiting for an opportunity to combine eco-travel, holistic education and rejuvenation this retreat is for you.

Below you will find information about the program, travel, accommodations, meals and amenities and many other things. Please READ CAREFULLY and keep this document.

Getting There



Air Travel

Airfare and ground transportation are NOT INCLUDED in the program price. The preferred airport for ease of travel to the retreat center is Liberia International Airport (LIR).

Liberia International Airport (LIR) is located in northwestern Costa Rica, about two hours' drive from Blue Spirit. From here, you have two options for getting to Blue Spirit:

- Use the shuttle service to and from Liberia International Airport (advance reservations are necessary; see below). Shuttles will take you from the airport to the retreat center on Saturday March 05 and return you to the airport on Saturday March 12
- Rent a car and drive yourself, although a car is not needed during your stay. We recommend renting from National or Toyota, which both have drop-off points in Nosara. Check with a travel agent or go online to arrange rental. We cannot arrange a rental car for you.
- San Jose International airport (SJO) is located about 20 miles outside of San Jose, Costa Rica's capital city, about a five-hour drive from Blue Spirit. If you would like additional information about traveling to or from San Jose International airport, please contact Blue Spirit Retreat directly.

Ground Transportation

Please make your shuttle reservations here: <http://www.bluespiritcostarica.com/shuttle-reservations>

- The cost of the shuttle is \$60 each way.
- Shuttle arrangements can be made between 2 to 6 weeks prior to the start of your retreat.
- Shuttles will take you from the airport to the retreat center on Saturday March 05 and return you to the airport on Saturday March 12.
- Once you make your shuttle reservation; Blue Spirit will have your flight details, and if your flight is delayed there will still be a shuttle waiting for you at the airport. If your flight is delayed, rescheduled, or you miss a connection while still IN THE UNITED STATES please contact Blue Spirit at 646.833.3410; this is a US number where you can reach Blue Spirit.

ARRIVING IN COSTA RICA AND GETTING TO BLUE SPIRIT RETREAT CENTER

- Pick up time at **Liberia Airport** is from 12-4pm and then 7-8:30pm on Saturday March 05. Take this into consideration when booking your flights
- Shuttle service is available only on the scheduled arrival (Saturday March 05) and departure dates (Saturday March 12) of your retreat.
- When you arrive you should allow 45 minutes to an hour 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. The shuttle will depart when it is full, but another one will arrive shortly to bring you to the retreat center.
- 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. They will assist you in any matter.
- If you have any issues ONCE YOU ARRIVE IN COSTA RICA please contact Blue Spirit at their local number 2656.8300. Blue Spirit has all your flight information and will be tracking flights, so they are also keeping track of delays.
- The ride from Liberia Airport is about 2.5 hours to Blue Spirit.
- There are many taxi drivers who will do their best to persuade you to use their services, but please resist and the organizer will guide you to the BLUE SPIRIT shuttle.

DEPARTING BLUE SPIRIT AND COSTA RICA

- 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.

Required Travel Documents

For entry into Costa Rica, United States citizens must present valid passports and a round trip/outbound ticket. **Please check your passport for the expiration date;** passports must be valid for 6 months after the time of arrival. For additional details about traveling to Costa Rica, visit the [United States Department of State's Bureau of Consular Affairs](#) .

Arrival & Departure



The retreat is one week long. Your arrival and departure days are on SATURDAY. Once you arrive at the Liberia Airport, you will gather your belongings and wait outside for the BLUE SPIRIT shuttle driver. When you first arrive at the retreat, you can relax at the pool, the beach or in the café until your room is ready.

Rooms are ready for occupancy by 4:00 p.m. on arrival day. Your luggage will be delivered to your room. Rooms must be vacated by 10:00 a.m. on the day of departure in order to prepare for newly arriving guests.

Accommodations and Program costs

<http://www.bluespiritcostarica.com/blue-spirit-accommodations>

The cost of your retreat is based on the accommodations you choose. We have the following room types available. Once our allotted rooms are filled, they will be removed from the available list. Reserve early to get the accommodations of your choice. If you wish to room with a specific person, please indicate that on your reservation. Otherwise you will be assigned a roommate, except for the single rooms. Room costs are on the registration page of the website. We have reserved the following types of rooms:





What to Bring

- water bottle
- flashlight
- insect repellent
- sunscreen
- hat (for sun protection)
- beach gear (suit, towel, cover up and flip-flops)
- walking/hiking shoes
- camera/batteries/charger
- toiletries (chemical free and scent free please to protect our eco-system,)
- hair dryer (Costa Rica has the same power voltage as the US; no need for a power adapter.)
- please visit the blue spirit store for any essential items you may have forgotten

Money

Amenities: At check in you will be asked to provide a credit card for amenities that you can charge to your room. Amenities include café items, store items, excursions and spa services.

Dollars & Colones: U.S. dollars are accepted at most locations in Nosara, Costa Rica, so changing Dollars into Colones (Costa Rican currency) is not necessary. It is best to bring small denominations of cash, nothing larger than a \$20.

Credit Cards: Blue Spirit accepts Visa, MasterCard, American Express, and U.S. dollars. There is a bank and an ATM machine within a 15 minute drive from Blue Spirit retreat. The ATM accepts only Visa and distributes only Colones.

Exit Tax: There is a charge of approximately \$29.00 U.S. dollars at the airport upon departure. This can be paid in cash (U.S. dollars or Colones) or by credit card.

Gratuities: There is a suggested gratuity of \$60 U.S. dollars per guest per week for these services, which will be added to your room folio upon check-out—and which you may choose to increase or decrease as you find appropriate, when you check out.

Travel Insurance

We highly recommend that you purchase travel insurance, which insures you against unforeseen sickness, injury, job loss, inclement weather, and more. Special rates are available through Travmark's A+ program protection plans. www.travmark.com on the home page, click on the a+ program protection logo. Complete the information and you will receive a quote. If you prefer, you can call them 800-358-0779 ext. 221.

Dining



Costa Rica has a bounty of fresh food—including juicy pineapples, sweet papaya, and cool coconuts—that forms the basis of the delicious, primarily vegetarian cuisine at Blue Spirit. Much of the food in the dining room and café is organic or local, including fresh fish from nearby waters.

The dining room at Blue Spirit offers buffet-style meals and a friendly and intimate setting where you can connect with others. Gaze out over the ocean and relish the gentle breeze while you enjoy your meal.

All meals are served in the Dining Hall, starting with dinner on arrival day and breakfast on departure day. Lunch is not served on departure day but a bag lunch from the Café is available for purchase.

Breakfast 7:30 a.m. - 9:00 a.m.

Lunch 12:30 a.m. - 1:30 p.m.

Dinner 6:00 p.m. - 7:30 p.m.

Complimentary early morning coffee and tea are available at 6:30 a.m. daily.

Blue Spirit Café: The [café](#) is open from 1:00 p.m.–10:00 p.m. and serves organic beer and wine, as well as baked goods, raw food treats, natural fruit juices, locally made ice cream and sorbets, and cappuccino and espresso. It is a great place to mingle and meet new people.

Food and beverages purchased at the Café are **not included** in the room & board rates of your program. All purchases will be charged individually, and can be paid with cash or charged directly to the room.

Special Meal Requests: Upon request, Blue Spirit will do its best to provide for special meal needs (such as lactose intolerance, food allergies...etc.). We require that these requests be communicated at least 2

weeks in advance. Please communicate your request to the organizer of your program. Please keep in mind that a huge variety of non-allergic products are not as easily available in Costa Rica (as for example in the U.S.).

An additional way of satisfying special meal needs is our PURE FOOD OPTION, which is part of our daily buffet style served lunch and dinner: offering of greens, grain, and legume (beans) without oils or seasoning. Also, we have a refrigerator in the Dining Hall - accessible during meal times - where guests can store any of their medication.

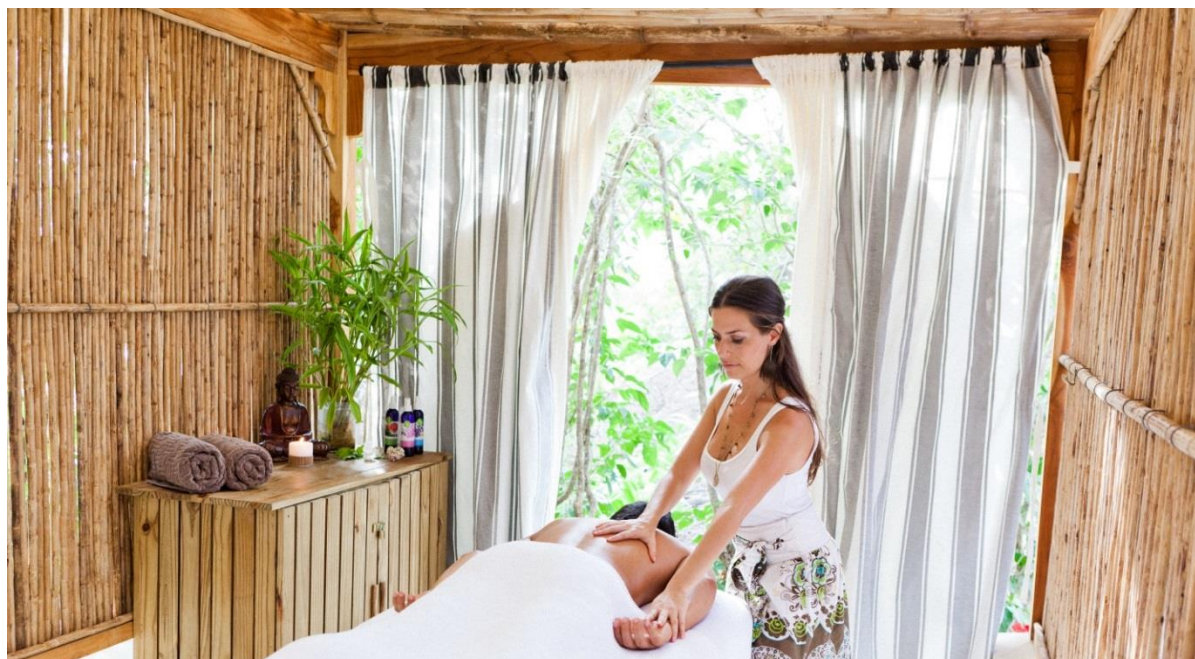
Excursions <http://www.bluespiritcostarica.com/blue-spirit-excursions>

Advanced reservations for excursions are not necessary. Check with Blue Spirit reception upon arrival for schedules and availability. Some activities are seasonal. Excursions are not included in your package and require additional fees (typically \$80-100 US) and can be paid directly to Blue Spirit.



- Surfing
- Canopy and zip-line tours
- Stand up paddle surfing (with lessons)
- Horseback riding on the beach
- Kayaking
- Bird-watching river ride
- Waterfall hike
- Shopping in town

Spa Services



Acupressure
Ayurvedic Body and Skin Care Treatments
Ayurvedic Lifestyle Counseling
(Consultation)
Biodynamic Craniosacral
Body Scrubs
Chi Nei Tsang Therapy
Classic Chinese/Japanese Combination
Craniosacral Balancing
Crystal Therapy
Cupping and Tok Sen Therapy
Deep Tissue Massage
Energy Balancing
Facial Treatments

Foot Reflexology
Health Coaching
Holistic Massage
Hot Stone Massage
Inner-Depth Counseling
Private Yoga
Reiki
Shamanic Energy Medicine
Shiatsu
Sound Healing
Swedish-Esalen Massage
Tarot and Astrology Readings
Tui-na: Deep Tissue Massage from China

All Spa & Longevity services can be booked at the front desk upon arrival, comfortably charged to the room folio and paid for when you check out. Services are not available for booking prior to arrival.

Health and Medical Services

Preparing for your trip: From a general health perspective, Costa Rica has high health standards in the entire country, and is considered one of the safest destinations in the developing world. If you have a health care provider and health insurance in the country of your origin, you may want to inquire before your travels about their coverage policy, when traveling to Costa Rica. There are no shots or immunizations required to come to Costa Rica.

Health Conditions: If you are under a doctor's care for a health condition, it is recommended you consult with your physician before traveling. Always bring any regular medications and carry them with you, not in your checked luggage. You alone are responsible for your health. Blue Spirit and your program organizers take no responsibility for your health conditions while traveling with us. If in doubt about travel, consult with your physician first.

Medical Care in Costa Rica: English-speaking doctors and dentists have offices located 15 minutes from Blue Spirit, along with dentists. A hospital is located within a 45 minute drive to Nicoya, or for serious conditions an air lift is available to a hospital with excellent Western standard medical care in the capital of San Jose within 45 minutes.

Sanitary conditions: The water at Blue spirit is clean and drinkable. There is no need to avoid fruits and salads. Blue Spirit maintains a high degree of sanitary standards. Outside the resort, one should drink bottled water. It is recommended that one stay well hydrated due to the sun and high temperatures.

Means of Communication, Office Needs, and Electricity

Phone: We have a phone to use for the guests for calls within Costa Rica (free of charge) and international calls (phone cards can be purchased at front desk). We also recommend the use of Skype or other Internet phone services. WiFi is available at no charge everywhere on the premises (except Tents and Eco-Cottages), and the use of voice over Internet is easy, inexpensive, and reliable.

Messages from home: If you like your loved ones at home in the US, Canada, or Europe to connect with

you and leave messages during your stay at Blue Spirit they can call: **+1 646.833.3410**. This line connects with our offices in Costa Rica & the US at US calling rates.

Blue Spirit's #: If you need to reach Blue Spirit *from within Costa Rica*, dial the following numbers: 2656.8300/2656.8228 (both numbers are only valid from within Costa Rica).

Cell Phone: There is cell phone service on the premises that supports local Costa Rica cell phones and international phones (though this is expensive).

Wi-Fi: Wireless Internet is available at no cost and can be accessed via personal laptops for use of E-mail, Skype, or any Internet-phone calls. Please, note that Blue Spirit does not guarantee connection to all types of laptop computers and does not provide a technician for Wi-Fi access.

Public Access Computer: Available to our guests (free of charge) in the Lobby.

Copy Machine: For limited use and faculty only: at the rate of 40 cents per copy. If you have large copy jobs, please prepare those in advanced and bring them with you; or they can be sent out locally and done at a rate per copy.

Electricity: The voltage throughout the country is 110, the same as in North America. Travelers with appliances set for 220 will need an adapter that changes the voltage and allows for use of a different plug.

Time Zone: Central Standard Time

Safety and Security

Security: Costa Rica has minimal crime. Blue Spirit is a quiet, private and gated property. Use common sense when traveling outside the retreat, including asking Reception to obtain a cab for you if going into town. Each room has a safe large enough to hold a laptop and other valuables. There is also a safe available at the Reception area if needed. Blue Spirit is a non-smoking property.

Safety: For reasons of fire safety we don't allow any candle, incense burning or smoking materials on the property. **Please do not bring candles, incense or smoking materials of any kind.**

A Sample Day

We have designed the program with as much flexibility as possible so that you choose what is right for you. All of the classes are independent of each other and therefore you can pick only the classes you want to attend. Free time can be used for completing self-paced activities, receiving a spa service, enjoying the amenities or just being. ☺

7-8am	Yoga or Qigong
7:30-9:30	Breakfast
10-12	Class
12:30-1:30	Lunch
2-4	Reflective time or self-paced CE assignment
5-6	Sunset yoga or Qigong on the beach
6-7:30	Dinner/ Free evening

Final Thoughts

We invite you to consider this retreat as an opportunity to see time as your friend. We spend so much of our lives trying to bend time to our schedules and often struggle with the results. In Costa Rica, if you allow it, time will serve you well. Come join us, open your heart, calm your mind, relax your body and soothe your spirit. We'll see you there!

With Love and Blessings,

Veda, Marie, Linda and Yoly