

YOGA BODY NUTRITION

Nature Cottages with A/C 1 SPOT REMAINING

These cottages are situated on a hillside overlooking the lush vegetation. These simple and natural wood frame structures have private bathrooms with an outdoor shower overlooking the jungle. Each cottage sleeps two people and includes a separate enclosed porch with a desk for reading. Each room has solar hot water as well as A/C. These rooms are a short walk up the hill to the main building. One King or two twin beds.

\$1900 per person, double occupancy

\$2250 per person, single occupancy

Classic Double Room 1 DBL SPOT REMAINING

Double room with balcony and partial ocean or mountain view. The rooms are tastefully furnished. Each room has a king-size bed or two twins with a private bathroom with solar hot water and a natural ventilation system.

\$1750 per person double occupancy

\$2000 per person single occupancy

Hermitage Room. (private room) (classic double pictured on site)

Single rooms that are designed to provide privacy and elegance, while being cozy and inexpensive. Each room has a balcony with partial views of the ocean, a queen-size bed, a private bathroom with solar hot water and a natural ventilation system.

\$1900 single occupancy

Eco Cottage

These cottages are beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. They are simple and natural wood frame structures with screening for natural ventilation. Each cottage sleeps two people and share a common bathhouse that has solar hot water showers and everything runs on solar powered electricity to provide a comfortable and ecological setting. The Eco-Cottages are situated below the Main Building and involve a short hike up a stone stairway to get to the main building.

\$1500 per person (based on double occupancy)

Accommodation options can be viewed here:

<http://www.bluespiritcostarica.com/accomodations>

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The accommodation rates are all-inclusive:

The prices above reflect the full price for the retreat including all activities listed (except for optional extras)

- 7 nights' accommodations
- Three delicious and nutritious meals a day in dining room
- Full access to the beach
- Use of the infinity swimming pool
- Full access to the library
- WiFi access in the rooms, library, and café

(Airfare is not included)

Meals

The cuisine at Blue Beach Retreat focuses on organic (as available), natural vegetarian cooking made from locally grown produce, as well fresh fish caught by fisherman from local waters.

The dining hall at Blue Beach Retreat offers a friendly, intimate, yet refined setting to enjoy some of the best food Central America has to offer, along with comfortable opportunities to connect with others staying at the center. Gaze out over the ocean while enjoying the gentle ocean breezes that comes through the open-air setting.

Optional Extras

for additional cost the following add ons are available:

- massage and body work
- surf lessons
- zip line canopy tour through the rain forest
- horse back riding on the beach
- optional meals out