

YOGA BODY NUTRITION

LOCATION

Blue Spirit Retreat in Costa Rica provides an exceptional setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability.

Perched on a peninsula overlooking the Pacific Ocean and a three-mile long white sand beach that is protected as a turtle refuge – Blue Spirit Retreat offers an extraordinarily beautiful and natural setting on one of Costa Rica’s finest beaches, allowing for retreats and workshops to be a deeply nurturing and unforgettable experience.

Located in Nosara on the northwest coast of Costa Rica, Blue Spirit Retreat is remote yet accessible; only a two-hour-drive from the Liberia International Airport, which has frequent daily flights from all over the United States and Canada. Once you arrive, you will find yourself worlds away in a region renowned for its spectacular scenery, excellent restaurants, local cultural events, and an international community that gives the region a vibrantly creative and peaceful atmosphere – a combination you won’t find anywhere else in Costa Rica or perhaps the entire Western hemisphere.

Getting There:

There are two international airports in Costa Rica.

1. You can fly to Liberia International Airport (LIR), which has frequent flights from all over the United States. American Airlines, Continental, United, Delta, and others fly through their hubs, and there are also nonstop flights from international airports in the Northeast and West Coast of the United States. It is then a two-hour drive from the airport to Blue Spirit Retreat.

To reach Blue Spirit Retreat from the airport, you can arrange for our transportation shuttle for pick-up and return service (advance reservations are necessary). You can also rent a car online, although a car is not needed during your stay with us.

2. You can also fly to Costa Rica’s capital city, San Jose (SJO). From San Jose you can fly further on directly to Nosara with Sansa Airlines (35-minute flight). For schedules and fares visit www.flysansa.com. You also can book a flight with Nature Air (www.natureair.com), although you will need to take a 20 minute taxi ride to change to the Pavas Airport. In either case, it is usually best to spend the night when you arrive in San Jose and take the next morning flight to Nosara, where our shuttle can pick you up at the local Airport. Advance reservations are necessary for the shuttle.

Instead of flying to Nosara you can also choose to rent a car or hire a mini-van with driver (which we can arrange) to drive from San Jose. The drive is currently 4 to 5 hours, but it will soon be shortened after the completion of a new highway through the mountains, and with the paving of the road for the last 30-minutes of the trip. All car rentals must be done privately.

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*Once you are registered, please be in touch with me to discuss your travel plans and get advice on best options.

TO REGISTER

The first step is to take a look at the accommodations options and decide what type suits your needs best. (All prices are listed on the accommodations page, and represent the total cost including workshop) Then contact Ana at:

ana@yogabodynutrition.com

- For all travel and shuttle related questions please contact the travel dept at Blue Spirit at: shuttle@bluespiritcostarica.com

TUITION DISCOUNTS

FRIEND DISCOUNT:

Register with a friend and you each receive a \$100 discount.

PAYMENT SCHEDULE:

\$300 deposit due at time of reservation request to hold your space *

50% of total balance due by Nov 29th

Remaining 50% balance due by January 15th

*deposits are non-refundable

All reservations made after November 29th require 50% deposit