



Yoga & Nature Retreat
w/ Ariel & Evalena
Costa Rica Adventure

Saturday, March 4th - Saturday March 11th, 2017

TRIP PLANNING

1. International Flight (cost NOT included)

*Please book your flight to ARRIVE in San Jose, Costa Rica Airport code (SJO)

on/or before Friday **March 3rd 2017**.

*Book your departure AFTER 1pm on March 11th, 2017

recommendation from NYC

United Airlines: direct flight from Newark to San Jose, Costa Rica

2. We will be spending 1 night in San Jose (cost NOT included)

Accommodation recommendation:

Hotel Posada Canal Grande - Piedades de Santa Ana - Costa Rica

web: hotelcanalgrande.com email: info@hotelcanalgrande.com

If they are sold out try

Hotel Studio San Jose, Costa Rica Phone +506 2282 0505 web: <http://www.costaricastudiohotel.com/>

Please note: You need to also make reservations at that hotel early because they get busy.

3. If you need a TAXI DRIVER in San Jose contact Abraham Machado

His email: abmachado2000@hotmail.com

4. Internal Flight from San Jose, Costa Rica to Carate (cost included)

We will be departing San Jose Airport (not the International Airport) early on Saturday March 4th, 2017

(specific time and airport details will follow)

Please note: Late arrival will result in additional charge

Return Flight from Carate to San Jose (cost included)

We will be departing Carate to San Jose early on Saturday March 11th to arrive no later than 1pm.

5. Ground Transportation to and from Carate Airstrip to Luna Lodge will be arranged and included