



# Yoga & Nature Retreat

## Ariel & Evalena

Saturday, March 4th thru March 11th, 2017

### Planning your Retreat & Frequently Asked Questions

#### **BEFORE YOU GO**

##### **What visas/documentation are required?**

All visitors must have a valid passport to enter Costa Rica.

Citizens of the USA, Canada, and most western European nations are allowed 90 days stay with out a visa. Passports should be valid for 6 months beyond the date of entry into Costa Rica.

##### **Do we need vaccinations or any other medical precautions. What about zika?**

**Vaccines: No**, not for Costa Rica. Further information can be found at MD Travel Health ([www.mdtravel-health.com](http://www.mdtravel-health.com)) that provides complete health recommendations for every country updated daily. See also government travel health websites [www.cdc.gov/travel](http://www.cdc.gov/travel) for the USA or [www.doh.gov.uk/traveladvice](http://www.doh.gov.uk/traveladvice) for the UK.

**Yes, Zika** is present in Costa Rica. If you are pregnant or considering becoming pregnant it is recommended that you do NOT travel to the Osa Peninsula. Please visit Centers for Disease Control and Prevention website for information. [wwwnc.cdc.gov/travel/notices/alert/zika-virus-costa-rica](http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-costa-rica)

##### **What do guests need to bring?**

Due to weight and cabin restrictions, there is a **25-pound baggage limit** on domestic flights. So the key is to pack lightly! We do have an efficient laundry service, so there is no need to bring more. Remember we are located in a tropical area. Average temperature 93F Packing list below.

Flashlight (essential)

Yoga clothes

Sandals/water shoes/comfortable walking shoes (Teva-type sandals work best)

Shirts-cotton or light synthetic, short-sleeve

Light Sweatshirt (May thru November)

Pants-cotton or light synthetic (jeans are not recommended)

Shorts- You will usually prefer shorts over pants

Socks- bring a few pairs in the rainy season

Undergarments

Swimsuits

Raincoat (May thru November)

Hat/Bandana

Insect repellent (biodegradable please)

Sunscreen (biodegradable please)

Binoculars

Daypack

Camera

Toiletries (biodegradable please)

**Yoga Mats and Props are provided at the Luna Lodge**

## ARRIVAL IN COSTA RICA

### **Purchase your Departure Tax:**

Check to see if your ticket includes departure tax of \$29.

If not we **strongly recommend** you paying tax before you leave the airport upon arrival. This will save you valuable time upon your return.

### **Can you arrange transfers to the hotel within San Jose?**

We can arrange for one of our drivers to meet you and your group at the International Airport and transfer you to the Hotel. Guests can pay the driver directly; US dollars are acceptable.

TAXI DRIVER in San Jose contact Abraham Machado

His email: abmachado2000@hotmail.com

How do we find the driver?

Once you have cleared immigration, walk out of the airport and keep walking straight. There is always a crowd of people, drivers and taxis, it looks chaotic, but we always manage to find our guests! Our driver will be holding a sign that says "Luna Lodge". If you don't see him immediately, just wait by the curbside – he will find you.

### **What if the plane is late or we get delayed in the Arrival Hall?**

Our drivers are very experienced with meeting our clients. They check the airline schedules and understand the delays that Customs and Immigration can sometimes cause. So don't worry – someone will be there to meet you.

### **How do we get to Luna Lodge?**

We can will arrange domestic flights both to and from San Jose to Luna Lodge.

We will be departing San Jose early Saturday, March 11th.

### **What is the flight schedule to the Osa Peninsula?**

Departure times from San Jose vary depending on the season and the airline schedule. Due to the flight schedules, we suggest that you arrive in San Jose the night before **Friday March 3rd**, your scheduled arrival at Luna and stay overnight in San Jose.

### **The flight time to the Osa is about an hour.**

How do we transfer from our hotel or International Airport to the Domestic Airport?

You can arrange this with our drivers.

## LUNA LODGE – Food

Three meals a day are included in the daily cost of accommodation. We offer vegetarian and vegan options as well as other dietary needs. **Any special dietary requirements must be confirmed with your booking, as we must order our food in advance. Please let us know.**

Fresh bread is baked daily in our kitchen. We buy organic fruits and vegetables and we have two different organic gardens here on the Luna.

### Sample Menu:

Breakfast:        Fresh seasonal tropical fruit  
                      Homemade Granola and yogurt  
                      Eggs and toast/omelets/pancakes

Lunch:            Pesto Quinoa  
                      Tropical organic Salad  
                      Malanga chips  
                      Flax-Oatmeal cookie

Dinner:           Plantain chips with guacamole  
                      Lemongrass sauce w/ grilled fish,

Indian rice  
                      Steamed vegetables  
                      Papaya and Tomato Salad  
                      Poppy seed cake

Tea, Coffee and fresh drinking water are available free of charge all day in the Bar.

Soft drinks, wine, beer, cocktails, and fresh fruit smoothies are all available at the bar for an additional cost.

### **Is the water safe to drink?**

Yes, our water comes directly from a natural spring on our property. We also have bottled water for sale.

## ACTIVITIES AT THE LODGE

### **What tours and activities are available to the guests?**

We will arrange a tour to Corcovado National Park. We will take one morning off to visit Corcovado, with a guided tour. This is optional and there will be an additional cost.

Other Tours are available at an extra cost. Please visit our Luna Lodge website for complete information on the various tours available.

There are local waterfalls to visit, hiking trails on our property, and the beach is a leisurely 30-45 minute walk away. We can arrange a pick up at the beach for an additional cost of \$3 per person each way.

### **What about other wellness activities?**

We have a complete spa center.

Our range of treatments available includes deep-tissue massage, Shiatsu and bio-energetic massage and Reiki. Beauty treatments include mud wraps, facials and exfoliating back scrubs. Please note these treatments vary depending on the therapists available.

## TIPPING

### **Should I tip the awesome staff?**

Yes! The cost of your retreat does not include tips. Please base your tip on the service you receive.

Typically retreaters tip 10% of the cost and give it all at once at **CHECK OUT**. If you feel that a particular staff member deserves an additional tip, please feel free to make that offering, it will be appreciated.