

Joya Yoga

Costa Rica Retreat

April 6th – April 13th, 2019

Welcome to the Joya Yoga Retreat to Joy on the Osa Peninsula in Carate, Costa Rica!!

We will stay at the Luna Lodge www.lunalodge.com from Sunday April 7th, - Saturday, April 13th, 2019. The Luna Lodge is located in the western outback of the Osa Peninsula, in a pristine tropical paradise. The lodge is situated on the side of a mountain; every step you take at the Luna Lodge is up or down the mountain on beautifully created stones steps. Please be sure that you are comfortable climbing stairs that do not have a railing. The stairs are not overwhelming, but it is important information for you to know.

Together we will experience the magic of connecting breath to movement during our 10 Yoga and Pilates practices. This spectacular week will be one of rejuvenation, relaxation, and transformation. We look forward to getting to know you and making this a memorable, life-enhancing experience for everybody!

In order to prepare here are some things you need to know. Please read this carefully, as it contains important retreat logistics. *Print it out and plan to carry it with you.*

FLIGHTS:

Please make your own travel arrangements to Juan Santamaria International Airport in San Jose, Costa Rica, (SJO) planning to arrive no later than 8:00 a.m. on Sunday, April 7th. Most of the arriving flights from the United States arrive later 10:00 a.m., so you will need to fly in the night before, on Saturday, April 6th or take a red-eye arriving on the 7th. An overnight stay at the Luna Inn Cariri is included in your retreat fee for Saturday, April 6th. Hotel transfers and breakfast is included in this additional fee.

Please book your *return* flight on Saturday, April 13th after 2 PM, the earliest your flight should be to comfortably leave San Jose, Costa Rica is 2:30 PM. The Luna Lodge cannot guarantee getting you back to San Jose any earlier than Noon.

From San Jose: The Luna Lodge will be arranging our domestic flight and transportation from San Jose to Carate, this cost is included in the retreat fee.

VISAS/DOCUMENTATION:

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 without a visa. Passports should be valid for 6 months beyond the date of entry into Costa Rica.

For other countries and the most up to date information, visit the Costa Rican embassy website (www.costarica-embassy.org)

VACCINATIONS OR OTHER MEDICAL PRECAUTIONS:

No vaccinations are needed for Costa Rica. Further information can be found at MD Travel Health www.mdtravelhealth.com that provides complete health recommendations for every country updated daily. See also government travel health websites www.cdc.gov/travel for the USA or www.doh.gov.uk/traveladvice for the UK.

BAGGAGE:

We will be traveling on a small domestic plane, travelers are *limited to a total baggage weight of no more than 25 lbs.*

WHAT TO BRING TO THE LUNA LODGE:

- Shirts-cotton or light synthetic- short-sleeve and long-sleeve
- Pants-cotton or light synthetic (jeans are not recommended)
- We suggest bringing lightweight fabrics that dry easily
- Shorts- You will usually prefer shorts over pants
- Shoes- water sandals and tennis shoes or hiking boots
- Socks- bring a few pairs in case they get wet
- Underwear
- Swimsuits
- Umbrella/raincoat (August thru January)
- Hat/Bandana
- Flashlight (*very important*)
- Bug spray (*as we are on the side of the mountain and there is no stagnant water, it is very rare to have mosquitoes*)
- Sunscreen (*very important!! We will be 2 degrees off of the equator*)
- Binoculars
- Neoprene or Stainless Steel Water bottles (1 - 2)
- Daypack
- Camera
- Toiletries (preferably biodegradable)
- Yoga mat supplied at Luna Lodge, you may want to bring a Yoga mat towel as we will get sweaty
- A few favorite snacks

ARRIVAL IN COSTA RICA

Can you arrange transfers to the hotel within San Jose?

We will arrange all hotel transfers.

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?

The Luna Lodge arranges domestic flights both to and from San Jose to Luna Lodge.

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

We arrange this with our drivers.

LUNA LODGE – Food and Lodging

What is the accommodation at Luna?

The Luna Lodge can accommodate 32 people in their bungalows, Hacienda rooms, and tents based on double occupancy. There are eight bungalows with en-suite bathroom facilities including hot and cold running showers. The bungalows each have two double beds. There are three Hacienda rooms with private showers and verandas, with one single bed and one double bed. There are also five tents available. The tents are very comfortable, completely screened in and have two single beds. The tents, also, have private bathroom with shower. Sheets and towels are provided.

What about food and beverages?

Our retreat participants have looked forward to each meal with glee and great anticipation! Three meals a day are included in the daily cost of accommodation. The Luna Lodge offers 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. Fresh bread is baked daily in our kitchen. We buy organic fruits and vegetables.

Sample Menu:

- Breakfast: Fresh seasonal tropical fruit
Granola and yogurt
Eggs and toast/omelets/pancakes
- Lunch: Black bean veggie burgers w/ homemade buns
Salad
Lemon cheesecake
- Dinner: Plantain chips with guacamole
Sesame, ginger baked fish,
Indian rice
Steamed vegetables
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, the Luna Lodge water comes directly from a natural spring on their property. The Lodge also has bottled water for sale.

MISCELLANEOUS QUESTIONS ANSWERED

- Should I bring a hair dryer?
 - *You can bring a hair dryer if you would like, the power outlets are like those we have in the US. Most retreat participants let their hair air dry naturally.*
- Where do I purchase biodegradable toiletries?
 - *Whole Foods and Sprouts are wonderful grocery stores with a full complement of earth friendly items.*
- If I do not want a massage, are there other services I can use?
 - *Yes, the Luna Lodge has a full-service spa. It is an exquisite bungalow that opens to the rainforest; enjoy watching the hummingbirds and monkeys while having your feet and hands pampered.*
- What type of shoes should I bring and how many pairs?
 - *We recommend one pair of sandals and a pair of water shoes. You really will not need more than this. Very often we are the only guests at the Lodge, so when we have meals we can be casual or dress up.*
- What types of activities are there when we are not having Yoga and Nia classes?
 - *The Luna Lodge can arrange for a number of activities some at an additional cost to the participant, and others are free. A guided tour of Corcovado National Park is included in the retreat cost. There are hikes along the mountain ridges, bird watching, a library and hammocks, a pool, horseback riding, surfing, waterfalls to visit and more.*
- What do we do in the evenings?
 - *We will have an evening of educational conversations about the Osa Peninsula. There are some amazing people doing incredible conservation work for our world on the Osa. We can star gaze, have a few nights of early to bed to rest, play cards and enjoy each other's company.*

SAMPLE RETREAT SCHEDULE:

The following is tentative schedule for our week at Luna Lodge. We will have two Yoga and Nia classes per day, but may alter the times slightly to accommodate our outings, etc. We will have one class before breakfast and one before dinner.

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|------------------------------|----------------------------|
| 7:00 - 8:30 | Yoga / Pilates |
| 9:00 - 10:00 | Breakfast |
| <i>Morning - free time</i> | |
| 1:00 - 2:00 | Lunch |
| <i>Afternoon - free time</i> | |
| 4:00 - 5:30 | Yoga / Pilates |
| 6:30 PM | Cocktails & hors d'oeuvres |

7:00

Dinner

The Corcovado National Park tour is a five to six hours, on this day we will have a restorative Yoga class in the evening and will not have class in the morning. This retreat is appropriate for all levels of yoga and pilates. Modifications and challenges will be given so that each student can enhance their practice.

ACTIVITIES AT THE LODGE

What tours and activities are available to the guests?

The Luna Lodge has included a tour of Corcovado National Park in your package. Surfing, horse-back riding, bird-watching and other tours are available at an extra cost. Please visit the Luna Lodge website for complete information on the various tours available.

The Luna Lodge waterfalls and hiking trails on property can be easily accessed on your own or with a guide. The beach is a leisurely 30-45-minute walk away, down a hilly trail. We can arrange a pick up at the beach for an additional cost of \$3 per person each way.

What about other wellness activities?

The Luna Lodge has a complete spa center. The range of treatments available include 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.

PAYMENTS:

The retreat costs are outlined on the registration form and include: double-occupancy lodging, internal flights to and from the Osa Peninsula, a guided tour of Corcovado National park, a one hour-long massage, all classes, and three beautiful meals per day.

Space is limited to twenty retreat participants. A \$500 deposit is required to hold your space and is non-refundable. Balances are due for the entire retreat by March 1st and no refunds will be offered after that date. If you must cancel after March 1st and you can find someone to take your place, we will refund you in total.

CONTACT INFORMATION:

Please do not hesitate to contact your hosts at Luna Lodge about general questions related to the Lodge. (For specific retreat information, please ask me)

If you would like to speak to the Luna Lodge directly their telephone number in Costa Rica is (+011) (506) 2206-5859 or 2206-5860, it can be difficult to get through as we are in the middle of the rainforest! You can also email reservations@lunalodge.com