



Welcome from Lura and Dawn!

Congratulations on answering the call to immerse yourself in nature and enjoy our Yoga, Silence and Sound Retreat in soothing Costa Rica!

Below is some information and answers to FAQs about traveling to Costa Rica, best time to arrive and depart, etc.

ARRIVAL AND PICKUP at SAN JOSE (SJO) AIRPORT

We arrange a private shuttle to pick up all attendees by 2 pm CST from the airport. The drive to Hermosa Beach Hotel is approximately 90 minutes to your destination.

Therefore the BEST TIME for your flight to ARRIVE is by or before 12 noon CST (not after)

If you should decide to arrive the night before the retreat starts, there are hotels less than 1 mile from the airport to choose from. Just make sure you get the shuttle back to SJO airport by 1:30 pm as we pick up everyone at 2 pm ET

Hotel Mango <https://www.booking.com/hotel/cr/mango.es.html>

Hampton by Hilton <https://www.hilton.com/en/hotels/sjcaphx-hampton-san-jose-airport/>

[Marriott Courtyard Hotel](#)

DEPARTURE AND DRIVE to SAN JOSE (SJO) AIRPORT

We arrange a private shuttle to pick up all attendees by 9 am after breakfast, and drive directly to SJO airport. The drive is approximately 90 minutes to the airport.

Therefore the BEST TIME for your flight to DEPART is 1 pm CST or later (not before 1 pm)

CURRENCY

USD or Colones (CRC) are the only currency accepted in Costa Rica Costa Rica's official currency is the Colón. The exchange rate averages around 520 colones to the dollar. If you do spend US dollars, keep in mind that you will receive your change in colones. It is recommended that you bring denominations of \$20 or less (in good condition) as higher denominations are often not accepted in local shops and markets. You do not need to exchange money before you fly or at the airport.

See the most recent exchange rate <https://xe.com/>

WEATHER in the REGION (Playa Hermosa, South Pacific)

In March is averages between 74F to 85F and sunny. All rooms have air conditioning.

SUNRISE and SUNSET

The sun rises and sets here between 5:30 am and by 6:00 am year round. At 6 a.m everyone is usually naturally awake and alert.

TIME ZONE

Costa Rica is on Central Standard Time, six hours behind Greenwich Mean Time and one hour behind EST in the States. It does not use daylight saving time – which means that when there is daylight saving time in the US, then Costa Rica is on MST (2 hours behind EST).

WHAT TO BRING & WEAR

The tropical climate here makes it very comfortable to wear simple, lightweight clothing and footwear. Quick-dry clothes and hiking shoes are a must.

- 2-3 tank tops or lightweight T-Shirts
- 2-3 pairs of shorts and yoga pants
- Light weight long legged casual pants
- Light weight long sleeves sport shirt
- Bathing Suit

- Sundresses
- Cap or sun visor
- Light rain shell
- Sunscreen
- Water shoes for beach or excursions
- Fanny pack

*Beach towels are provided

* Bath towels are provided

**Washer/dryer are available

What happens in the case of a medical emergency?

There are 2 medical clinics in Jaco – just 20 minutes from the venue. We always have a vehicle on the property in case emergency transport is necessary.

Medical care in Costa Rica is of very high quality and is considered to be the best in Central America.

TRAVEL DOCUMENTS and REQUIREMENTS

Citizens of the US, Canada, and Panama may enter Costa Rica with a passport that remains valid for at least 6 months after your travel date. Identification such as a driver's license or birth certificate is no longer valid for travel to Costa Rica.

A valid passport allows Canadian, American, as well as most Latin American, and European citizens to stay for up to 180 days. Citizens of other countries may require a visa to enter Costa Rica.

Before you go to Costa Rica, please make a copy of your passport, which you will need to carry with you at all times.

IF YOU ARE CANADIAN, PLEASE READ THE EMBASSY TRAVEL REQUIREMENTS HERE

https://www.canadainternational.gc.ca/costa_rica/index.aspx?lang=eng

IF YOU ARE AMERICAN, PLEASE READ THE EMBASSY TRAVEL REQUIREMENTS HERE

<https://cr.usembassy.gov/es/>

ADDRESS TO TELL COSTA RICA CUSTOMS

Hermosa Beach House

Playa Hermosa Jaco

Tel: 506-8301-7497

Mail: info@hbhcr.com

30 Mtrs W. of Pochotal school in Playa Hermosa.

TO REACH DAWN AND LURA

Dawn WhatsApp #011 506 8549 6290

Lura Whatapp# 011 506 8505 1369

CANCELLATION TERMS and POLICY

- 25% non-refundable deposit of \$624 due on acceptance.
- 3 installments of \$625 by Feb 22.
- Cancellation requests submitted more than 60 days before the arrival date, 50% of the total amount will be refunded; If however, we can fill your spot, you will receive a full refund less our admin of \$100 USD.
- Cancellation requests 1- 59 days before arrival: no refunds given, no exceptions.

No one books a retreat to cancel it, but unexpected events do occur, so please consider purchasing travel insurance (see below) and it is your responsibility to read and understand our cancellation policies.

We recommend that you purchase your travel insurance. We encourage you to purchase trip cancellation insurance so that your trip fees will be covered should you have a medical problem before your trip or while on the trip. Trip insurance should also be purchased to cover medical expenses in the event you have an accident while on the retreat.

Please drop me an email at bienestarlife.costarica@gmail.com if you have any questions.

Pura Vida!

Dawn James and Lura Shopteau

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