

Caribbean Yoga Retreat

January 27-February 3 2024

Playa Grande, Guanacaste - Costa Rica

Welcome!

We are so glad you will be joining us on this retreat!!

We are planning a relaxing and nourishing experience to remember. In this mostly-inclusive tropical retreat, we will awaken and explore the senses to feel fully alive. Through yoga, breath work, meditation, Yoga Nidra, rest and immersive experiences, you will tune into the gifts of life to increase greater ease, meaning, connection and happiness.

Lucy, Tracey and Kelsey specialize in creating luxury retreats where you have to do nothing! Sit back and let us arrange everything for you from meals to adventures. There is enough free time in the schedule for you to relax by the pool, play in the waves, explore the area or hang out with friends. Everything is an invitation, not an obligation. Our past retreats have proven to be life changing experiences, with attention to detail, fun, comfort, and ease.

About our Location:

Experience the feeling of unbound freedom and tranquility at Las Velas Blancas, surrounded by 70 acres of pristine forest facing the breaking surf of Costa Rica's Pacific Ocean.

The property boasts five two-bedroom/bathroom bungalows, six-bedroom house (Casa Guayacan), two-story beachfront lounge and yoga deck, swimming pool, poolside grill/ dining, and a common kitchen. Las Velas Blancas blends the designs of nature with relaxed comfort, simplicity, and exclusive access to the entire property in absolute privacy.

The Bungalows: Each of the five beachfront bungalows consists of two master bedrooms with en-suite bathrooms, a/c, a fully equipped kitchenette, and a covered deck with living and dining areas. Each unit has its own private grounds and beach access.

Casa Guayacan: At ground level is the fully-equipped kitchen with pantry, dining and living area, and two master suites. On the second level: four suites and an open living area for relaxing and watching the spectacular ocean views after a day of play and activities. The beachfront garden has a covered area with chaises and hammocks and direct access to the beach. All bedrooms have en suite bathrooms, a/c and face the ocean.

The large swimming pool is at the heart of the amenities area, with the main kitchen, grill and dining facilities on the north side and the magnificent open two story lounge facing the ocean, where a delightful fresh breeze flows constantly and you will be witness to the silent beauty of the most spectacular sunsets.

A short five-minute walk on the beach takes you to the estuary, the natural barrier that separates the pristine beach of Playa Grande from the lively surf town of Tamarindo, where you will find a wide variety of restaurants, cafés, shops, banks, pharmacies, supermarkets, nightlife etc. Pangas (small boats) are always available to ferry you

across for a \$1 fee/pp. The crossing takes under 1 minute. By road, Tamarindo is about 25-30 minutes from Las Velas Blancas.

Meals are prepared by a private chef and enjoyed in the poolside dining area.

Liberia International Airport (LIR) is only 43 miles from Las Velas Blancas (about 45 minute drive, depending on traffic).

The property is guarded and maintained by staff, who are available to assist at all times.

See pictures at www.redtwigyoga.com/retreats

Playa Grande, Guanacaste - Costa Rica

Located along the north Pacific Coast in the Guanacaste province, Playa Grande is part of the Las Baulas National Park. A nesting site of the leatherback turtles, this is a highly protected region, making it a very secluded beach with minimal human intervention. Tamarindo is right next to Playa Grande, and can be accessed by crossing the estuary that divides both beaches.

TRAVEL:** You will need a passport to travel to Costa Rica. At this time there are no requirements other than your passport to enter Costa Rica.. Shuttles from the airports to the villa will be arranged by us and transportation to/from LIR is included in your retreat registration. PLEASE try to arrive before 5pm. The last shuttle will leave at that time. If you arrive after, we may ask you to split the cost of your private transfer. *Once you make your reservations, please send Lucy your itinerary.**

***MONEY:** The money system in Costa Rica is not too confusing. The official currency of Costa Rica is the Colon. A quick reference point is that everything is a multiple of five. 500 colones is equivalent to approximately one USD dollar. Make sure you check the exchange rate before your trip. The exchange rate may go up or down, but it won't make that much difference in everyday purchases. 1,000 colones is about \$2, 4,000 colones ~ \$8, 5000 ~ \$10. 10,000 colones ~ \$20. A good trick is to look at the first number and double it to equal the approximate dollar amount. There are many phone apps that you can download to help you be more precise.

Often people ask, "how much money should I bring?" That really depends on what you intend to buy, if you drink alcohol, and if you plan to do activities outside of the retreat. It would be a good idea to have some cash (\$200), just in case.

***FOOD AND DRINK:** Three meals a day will be prepared by our personal chefs at the villa. One night we will all go out for a local Costa Rican meal. **If you have special requests or needs please share those with Lucy ASAP.**

There will be a daily happy hour. "Mocktails" (non-alcoholic drinks) and alcoholic drinks will be available. Your first drink is on us! A cash bar (tickets) will be available throughout the day and evening. Your retreat leaders will be your bartenders, so please be patient :). Once we get a feel for the prices of liquor, wine, and non alcoholic drinks we will set a price for tickets (estimate \$4-5 per alcoholic drink). Please bring small (USD only) bills to help us make change!!

Groceries/Snacks/Liquor: The staff can go on grocery runs for you (for a fee), or you can take a cab to town to shop yourself.

***PACK:** The average temperature in Playa Grande in January for a typical day ranges from a high of 88°F (31°C) to a low of 76°F (24°C). Some would describe it as very warm and breezy. It is a good idea to bring a light wind breaker for evenings and our catamaran trip.

***SUNSCREEN.** Bring it! Try to use sunscreen that is free of chemicals that damage the coral reef. Terms like “reef-safe” or “reef-friendly” are typically used to identify sunscreens that do not contain oxybenzone and octinoxate, two common UV-blocking chemicals that studies have shown can cause coral bleaching. If you want to learn more, [here](#) is a guide to choosing reef-safe sunscreens.

Many of the “safe” sunscreens turn you white, so you may want to read reviews to be sure. My new go to is [Thrive Natural Care](#) which seems to tick all the boxes for okay for the reef and good for your skin and no white hue.

***CLOSED TOED SHOES ARE MANDATORY for Ziplining in the Guanacaste Forest.**

Ziplining Experience Information: “*After a short ride, we will arrive at the large farm that has been passed down in the same family for generations and was founded in 1930 by Usebio Arrieta Lopez. The farm has a zip line course that consists of 9 cables suspended up to 390 feet high and up to 1800 feet long. As you zip from mountain top to mountain top, you pass through a dry forest of big, beautiful, breathtaking trees. You will enjoy the view of the lowlands down below, as you see a variety of birds, families of howler monkeys, white-nose Coatis, iguanas, horses, cattle and other wildlife. Tour includes fruit and water. What to Bring: Sunblock, bug spray, comfortable clothing, closed-toed shoes.*”

***SAILING/SNORKELING/SWIMMING:** Sunset Sail Experience Information:

“*Spend several unforgettable hours sailing along Costa Rica's beautiful North Pacific coastline. Halfway through our journey, we will stop and enjoy a guided snorkel tour. Your guide will try to get you an up-close view of the Costa Rican marine life as you enjoy the breathtaking underwater views of this tropical paradise. For those who prefer the overwater view and do not want to snorkel, we'll have kayaks and paddleboards available on the boat. For sunset sails, you will experience an unparalleled light show provided by the sun setting across the waters of Costa Rica. Includes: snorkel gear & guide, open bar, food, and fruits. What to Bring: Sunblock, swimsuit, comfortable clothing, fresh clean clothes for the ride back, and a towel.*”

It's nice to have a long sleeve sunscreen/rash guard shirt to wear in the water if you plan to spend a lot of time on/in the water.

***YOGA MAT AND PROPS.** **You need to bring your own yoga mat.** Towels can serve as blankets, you may want to bring your own props if you know you need them.

***SAFETY:** *Costa Rica has a good reputation when it comes to safety. It is the safest country in Latin America and hasn't had an army since 1948. Costa Ricans love their democracy, and their Pura Vida approach to life manages to keep crime rates much lower than in other countries in Central America. As long as you're taking the standard precautions anyone would take when visiting a tourist destination, you will be perfectly fine.*

Cost of Retreat Includes

- *Daily breakfast, lunch, dinner, nonalcoholic drinks and snacks
- *Daily Happy Hour - 7 free drink tickets. Additional alcoholic beverages available for purchase
- *Daily morning and afternoon yoga in the tropical expanse of the villa grounds.
- *Airport transfers from Libera (LIR)
- *Accommodations with amenities listed below.
- *Concierge service to help you arrange additional services or excursions.
- *Our Excursions:
 1. Catamaran/Snorkeling Tour
 2. Zip Lining
 3. You will be treated to an authentic Costa Rican dinner in town
- *Transportation and tips for these adventures

Amenities included:

- *Beachfront Property
- *Two pools with shaded spaces and chaise lounges
- *Two story open air beach front lounge
- *Yoga deck
- *Hammock lounge
- *Poolside grill/ dining area
- *Fully equipped kitchenettes in each bungalow
- *Concierge service
- *Air Conditioning
- *Wireless Internet
- *Hairdryers

What is not covered

- *Airfare
- *Transportation from any other airport other than LIR
- *Tips and local transportation for your own activities.
- *Beverages other than water, soda, and coffee and juice for breakfast
- *Yoga mats and props. Please bring whatever you need/want.
- *Laundry services (\$5 per load)

Cancellation Policy and Insurance:

- Initial \$500 deposit is non-refundable and non-transferable. Due to the non-refundable deposit and potential travel restrictions, travel insurance that includes COVID coverage has been highly recommended. Check www.aardy.com and www.insuremytrip.com for price comparisons. Insurance can cover your non-refundable deposit and retreat registration if you need to cancel. Lucy can provide you with the necessary documentation.

- Registration is only refundable (minus the deposit) if your spot is filled. If it is not filled, no refund is given. We have a waiting list we can utilize, so let us know as soon as possible if you need to cancel. However, this is no guarantee that your spot will be filled.

Lucy will send out a questionnaire in December requesting the final details of your flights, emergency contacts, and dietary restrictions. Please respond to it ASAP so we can have all the information in one place.

Please direct any questions or requests to Lucy at redtwigyoga@gmail.com or 715-220-1185.

Daily Schedule (subject to change)

Everything on Your retreat is an invitation Not an Obligation

The retreat begins at 6pm at the Welcome Dinner on January 27th and ends after breakfast on February 3rd 2024.

Lucy, Tracey, Scott and Kelsey will be arriving the Wednesday before the retreat to ‘get the lay of the land.’ We will be certain that you get to us safe and sound and get you to your departure flight in plenty of time.

The general schedule will be:

6:30am	Coffee/Tea/Fruit
8:00am-9:00am	Yoga
9:05 am	Breakfast
10:00 am...	Free time, planned excursion, or excursion on your own
12:00 or 1:00	Lunch either at the villa or on the excursion
4:30pm-5:30pm	Yoga
5:30pm-6:30pm	Happy/Social Hour
6:30pm-7:30pm	Dinner (one night at a local restaurant in Tamarindo)
7:30...	Free Time, games, etc.