

COSTA RICA

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April 3rd - Arrival

If arriving by plane into Liberia, you need to arrive before 2pm in order to catch the paid shuttle. Take prearranged shuttle taxi from Liberia to Nosara (about 3 hours)

If arriving into San Jose, you must arrive with enough time before the 8:15am shuttle. Take prearranged shuttle from San Jose to Samara (about 6.5 hours) and then a prearranged taxi from Samara to Nosara

(FYI- Frontier Airline has a flight from Denver that can get you into San Jose with plenty of time to make the 8:15 am shuttle to Samara.)

Please note: If you arrive after the times listed above you will miss the shuttle and be in charge of organizing your own transportation. (We will help you coordinate if necessary)

Information is listed below if you need to arrange your own transportation. Hotel information is listed below if you will be arriving before the 3rd or are staying after



COSTA RICA 2010

April 4th – 9th

A morning yoga class will be followed by a wonderful group breakfast. After breakfast there will be a break/free time where you are free to engage in your favorite activity (surfing, reading, meditating etc.) Followed by an afternoon Yoga class, watching sunset together on the beach and finally dinner.

Each person receives a surf lesson and be sure to bring an outfit for a night

out to see live music and dance!

Sadhana (early morning meditation) will be offered 2 times throughout the trip.

April 10th

Early breakfast as a group

*There is babysitting available for an additional fee.

Similarly, additional surfing lessons, lunch, water, massages, and tipping are all an additional fee.

This is a Spiritual retreat, however, alcohol is available.

April 10th - Departing

To San Jose-

Leave Nosara for Samara around 8am

Shuttle departs Samara for San Jose at 9:45AM and arrives in San Jose at 2:45pm

To Liberia-

Leave Nosara to Liberia around 8am on shuttle

Please make sure your flights home on the 10th do not leave until after 3:30 from San Jose or after 12:30 from Liberia

Getting There:

From San Jose:

The price for a shuttle service from San Jose to Samara goes for \$39 per person. From Samara to Nosara we can arrange a taxi for \$50 (up to 4 people).

Group of 5 people or more pays \$15 per person.

From San Jose the shuttle INTERBUS leaves daily at 8:15am

A private taxi goes for \$220 for up to 4 people.

You can also arrange a flight from San Jose to Samara from about \$200.

From Liberia:

Nature Air - regional airline - I checked and it's \$89 to fly into Nosara from Liberia. From the airport there it's just a \$10-15 taxi to the hotel. The web site is www.natureair.com

Rental Car - you can probably rent a car (we have Economy, National and Alamo in town) one way for about \$80, but the drive is a little tricky if you're not familiar with the area

Bus - local bus system - you'd have to take 2 buses it's about 4 hrs of travel on not so comfy buses, but it's about \$5

The price for a van is \$120 from Liberia (for up to 4 passenger) for one way. For more than 5 in the same van the price will be \$25m per person (or \$50 for both way)

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Surf info:

Basic "walk-in" lesson packages and info:
MAX 3 to 1 STUDENT TO INSTRUCTOR RATIO
1 lesson: \$45
1 lesson (2 people): \$80
1 lesson (3 people): \$115
3 lesson package: \$120
3 lesson package (2 people): \$225
3 lesson package (3 people): \$330
6 lesson package: \$225
6 lesson package (2 people): \$430
6 lesson package (3 people): \$630
VIDEO ANALYSIS SESSION: ADD \$30
STILL PHOTO SHOOT SESSION: ADD \$40

Food: Breakfast and Dinner Included

Breakfast

On the Table: Glass of Water / One cup or glass of either Coffee, Tea, Milk or Soy Milk / Bread / Butter & Jam / one glass of a fruit juice in water of your choice / One Small Fruit Plate.

In Addition to:

One course of your choice from the Breakfast Menu.

Dinner

On the Table: Glass of Water / One cup of Coffee or Tea / Bread / Butter / One glass of a fruit juice in water of your choice.

In Addition to:

One main course of your choice from the Dinner Menu or the Vegetarian Special of the day.

**Note:

Bottled Water, Sodas, and desserts not included.

Only Regular brewed coffee included. Espresso or any other choice may be ordered, but must be paid separately.

Fruit juices in milk, soy milk or Smoothies are not included, but may be ordered and paid separately.

Items from the bakery are not included in the Meal Plan, yet may be ordered and paid for separately.

Hotel information:

Hotels in Liberia:

There is a new Hilton Garden Court across from the Liberia airport. They say it's very nice and the rates are approximately \$150-\$175 per night. Transportation to the airport is included. They tell me the rate varies depending upon occupancy. You can book a room here by going to www.hiltonhotels.com. A bit further away is the Best Western - an older motel style hotel with rates from \$100-\$120 night. Taxi service to the hotel is NOT included so this would be an extra fee. You can book a room here by going to www.bestwestern.com.

Hotel in San Jose:

Hotel Aeropuerto offers nice rooms with good prices and shuttle service from the airport. A Double room runs for about \$90, a single for \$80. Transportation to and from the airport, full breakfast buffet and taxes included. <http://www.hotelaeropuerto.co.cr/>

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Hotel information:

Café de Paris:

Contact information for the hotel in Nosara where you will be staying. Sometimes the airlines will ask you for this information along with the passport check guards. So please bring this information with you.

Residence Cafe de Paris

Tel: 011 (506) 2682 0087

Fax: 011 (506) 2682 0089

P.O. Box 52-5233

Nosara Guanacaste

Costa Rica

Reiner Rodríguez J. --Manager

Pricing:

Arriving April 3rd, leaving April 10th

Single room occupancy: \$1850

Double room occupancy: \$1650

Please let us know how we can help you in your decision making process or if you have any further questions.

Sat Nam,

Valerie D'Ambrosio

