



RETREAT PLANNER



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BLUE SPIRIT

Dear Teacher and Group Leader,

Thank you for considering Blue Spirit in Costa Rica to hold your upcoming retreat.

We are proud to have created a magnificent sacred space nestled in pristine nature along the 3 mile long white sand beach in Nosara.

At Blue Spirit we are exclusively dedicated to serving the inner nature of all who come to visit, while preserving the ecological balance and sustainability as caretakers of the natural world around us.

After having founded Omega Institute in 1977, I've used this experience to build a committed team that will support with great expertise all of your program's needs, assuring you and your participants a harmonious and unforgettable retreat experience.

The healing energy of the land, as well as Blue Spirit's elegant style, sublime cuisine, and tasteful accommodations that cater to all budgets, have attributed to the fact that we have been ranked continually as one of the best retreat centers in the world since opening our doors in 2009. We are honored to have some of the most renowned teachers returning here year after year.

We look forward to welcome your group at Blue Spirit and to support your vision,

Stephan Rechtschaffen, MD



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CLASSROOMS

Included in your group rental rates:
Use of a classroom along with A/V, all yoga props and mats, and other available equipment



SKY-MIND HALL

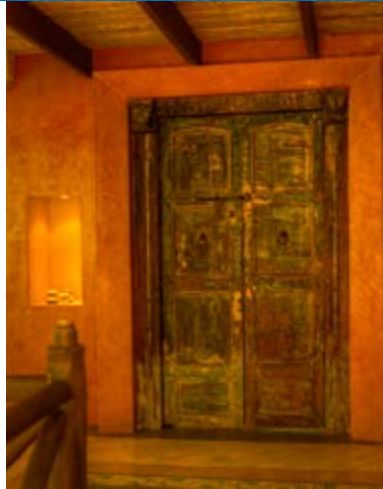
A 3,000 square foot enclosed space that can accommodate up to 120 people in a yoga workshop and 250 people in a conference or meditation style gathering. It is fully equipped with yoga mats and props, an excellent audio-visual system, and air conditioning when desired. Sky-Mind Hall offers floor to ceiling windows and doors with breathtaking views of the three-mile-long Playa Guiones, as well as the lush green surrounding hills.

CLASSROOMS

Included in your group rental rates:
Use of a classroom along with A/V, all yoga props and mats, and other available equipment

EL SILENCIO

An 1,800 square foot enclosed space that has sustainably harvested wooden floors and two sides of floor-to-ceiling windows overlooking the forest. It can accommodate up to 70 people in a yoga workshop and 130 people in a conference or meditation style gathering. It is fully equipped with yoga mats and props, an excellent audio-visual system, and air conditioning when desired. El Silencio offers a tranquil setting with beautiful jungle vistas, and is a short walk to the beach.



NATURE STUDIO

A 1,200 square foot open space that sits amidst nature. Also built with sustainably harvested wooden floors, the Nature Studio can accommodate up to 35 people in a yoga workshop and as many as 60 in a conference or meditation style gathering. This classroom is also fully equipped with yoga mats and props. It has a lovely earthy atmosphere with a gentle breeze.



EL PACIFICO

A 700 square foot open space which accommodates up to 18 people in a yoga setting and 30 people in a conference or meditation style gathering. Sound system is compatible for use with I-Pod. The sound of the Pacific Ocean rolling against the shore 25 yards away, creates a stunning classroom setting.



ACCOMMODATIONS

- 68 rooms divided into 8 room categories, accommodating up to 125 people
- Additional private house rentals available within walking distance

SUPERIOR OCEAN VIEW

with A/C

These beautiful double rooms have step-out balconies and lots of windows with extraordinary ocean views. The room is elegantly furnished to provide the most luxurious space for couples or singles. Each room has a king-sized bed, a private bathroom with solar hot water, a/c and a safety box large enough to fit a 17" laptop computer.



OCEAN VIEW

with A/C

These double rooms have step-out balconies and beautiful ocean views. The rooms are tastefully furnished and provide the perfect space for two people. Each room has a king-sized bed or two twins, with a private bathroom with solar hot water, a/c and a safety box large enough to fit a 17" laptop computer.



ACCOMMODATIONS

- 68 rooms divided into 8 room categories, accommodating up to 125 people
- Additional private house rentals available within walking distance



MOUNTAIN VIEW

with A/C

This double room has a step-out balcony and large windows with an extraordinary mountain view. The room is tastefully furnished and provides the perfect space for two people. It has a king-sized bed or two twins with a private bathroom with solar hot water, a/c and a safety box large enough to fit a 17" laptop computer.



NATURE SUITE

with A/C

Nature Suites are very cozy and located on a hillside overlooking the lush vegetation. They are simple and natural wood frame structures and have private bathrooms with an outdoor shower. Each Suite sleeps two people and includes a separate enclosed porch with a desk. All Suites have solar hot water, a/c and a safety box large enough to fit a 17" laptop computer.



PACIFIC COTTAGE

with A/C

Tucked away amid lush tropical gardens and close enough to the sandy Pacific beach so that the sound of the ocean will rock you to sleep. These beautiful and rustic new rooms feature a private porch with a hammock, one queen-size bed, an outdoor shower, and a safe big enough to fit a 17" laptop. From the main building the Cottages are a short walk down the hill towards the beach.

ACCOMMODATIONS

- 68 rooms divided into 8 room categories, accommodating up to 125 people
- Additional private house rentals available within walking distance

HERMITAGE

These rooms are specifically designed for singles and provide privacy and elegance, while being cozy and inexpensive. Some have partial views of the ocean and others of the mountains nearby, and feature a queen-sized bed, private bathroom with solar hot water, natural ventilation system, and a large safety box. There are also a few Hermitage Rooms available with twin beds for two people.



ECO-COTTAGE

The cottages are situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. They are simple and natural wood frame structures with screening for natural ventilation. Each cottage sleeps two people, has a large safety box and a private bathroom with ambient temperature water shower, or one may use our shared bathhouse with hot water showers. Everything runs on solar powered electricity. Cottages are situated a short hike away from the Main Building.



PLATFORM TENT

Each Platform Tent has a queen-sized mattress and is placed on a platform under a wooden roof for protection against the sun and rain. The Tents are surrounded by nature and close to a shared bathhouse. All linen, pillows, and towels are provided to guests. Guests in the Tents can bring valuables to be stored in the safety box at Reception at no charge.



GROUP RENTAL

BENEFITS

- Retreats & programs are 7 nights long. Programs and intensive retreats that are 2, 3 or 4 weeks long are also welcome.
- Arrival on Saturdays (first meal dinner), departure on Saturdays (last meal breakfast).
- Depending on the expected size of your group, you reserve a predetermined number of rooms.
- You sell your program to your participants with a package price. The package price per person consists of your program fee plus the group rental rates for a 7-night stay.
- Group rental rates include the use of a classroom with A/V and all yoga props.
- Promotion of your program through Blue Spirit's website and Facebook page.
- Complimentary Hermitage Room/s for the group leader (with all meals included) for each 20 rooms booked.

PAYMENT & CANCELLATION POLICY

Your payment of the group rental rates to Blue Spirit consists of 3 comfortable installments prior to the arrival of the group:

- 20% non-refundable deposit upon signing the contract;
- A non-refundable 30% deposit due 3 months prior to the start of the program;
- 2 weeks prior to the start of the program, the remaining 50% is due;
- Retreats & programs are 7 nights long. Programs and intensive retreats that are 2, 3 or 4 weeks long are also welcome.

Group leaders will be financially responsible for a minimum 90% of the booked room block. If Blue Spirit is able to sell the unused rooms to other clients, there will be no penalty for those unused rooms that are sold to others.

CHILDREN'S POLICY

Blue Spirit's mission is to offer an extra-ordinary peaceful setting for its guests. While Blue Spirit welcomes children, they must be supervised at all times, so that the retreat atmosphere is not disrupted. Babysitting services are available for a fee.

Please contact Blue Spirit to inquire about discounted children rates.



AMENITIES

- **Gourmet Vegetarian Cuisine:** all meals are served buffet style. Pure food option, local fish 3 times/week, locally farmed and organic produce when available.

SAMPLE MENU

BREAKFAST

Assortment of fresh fruit
Raisins & nuts
Baked goods
Cooked oatmeal
Gallo Pinto
Coconut plantains
Onion pickles
Scrambled eggs

LUNCH

Pea & mint raw cold soup
Curried carrot salad
Watermelon balsamic salad
Sundried tomato rice salad
Crispy cauliflower
Spinach tofu stir fry
Vegan spread

DINNER

Broccoli & spinach soup
Kale & apple salad
String bean salad
Pumpkin & corn curry
Tofu paneer
Vegetable koftas
Naan bread

- **Front Desk Reception** is staffed **24 hours-a-day**
- **Bodywork, Spa & Longevity Services**
- **Direct Beach Access**
Playa Guiones is a 700 foot walk (220 meters) across Blue Spirit's lush grounds.
- **Saltwater Infinity Pool**
- **Blue Spirit Café**
Smoothies, fresh juices, coffee specialties, baked desserts, organic wines, etc.
- **Blue Spirit Store**
Sundries, gift items, spiritual books, women & men's apparel.
- **Free WiFi**



EXCURSIONS

All booked through the Front Desk:

- Horseback Riding on the Beach
- Ocean Kayaking
- Stand-Up Paddle Boarding
- Canopy Zip Line Tours
- River Kayaking
- Bird-Watching Tour
- Waterfall Hikes
- Surfing Lessons
- Surf Board Rentals
- Turtle Refuge Tours



EXTRA GROUP ACTIVITIES

Faculty Support will provide you with a complete list of available activities that you can add to your program.

- Beach Bonfire
- Shamanic Prayer Bundle Ceremony
- Sacred Chant & Mantra Singing
- Salsa Dance Class
- Five Rhythms Dance
- Beach Clean Up
- Women's Belly Dance Classes
- Wellness & Longevity Lecture



PROPERTY MAP



LOCATION

- Outside of the holistic hot spot Nosara, on the Northern Pacific coast of Costa Rica.
- Perched upon a hilltop overlooking on the quiet Southern end of the 3-mile long white sandy Guiones beach; protected turtle refuge.
- Blue Spirit lives in one of the world's five Blue Zones®: Nosara, on the Nicoya Peninsula.
- Peaceful and vibrant international community, Pura Vida lifestyle.

GETTING TO BLUE SPIRIT

- Easily accessible from the United States and Canada.
- Two international airports in Costa Rica: Liberia International Airport (LIR) and San Jose International Airport (SJO).
- Recommended to fly into Liberia. Shuttle transfers from/to Liberia cost \$60 per person each way. Blue Spirit takes care of all the details regarding shuttle transfer of the participants.
- An alternative option is take a 40-minute short domestic flight between San Jose and the Nosara airport (20 min. from Blue Spirit).



COSTA RICA

- Population is approximately 4,000,000 people; includes an indigenous population of 40,000 who belong to eight different cultural groups.
- Costa Ricans are affectionately known as Ticos.
- Spectacular nature, bio-diversity, and ecological tourism.
- The country's values are world peace, environmental preservation, excellent education, and high standard of health care.
- Has initiated a program to become by 2021, the first carbon-neutral developing country on Earth - and has already made significant progress in lowering its overall CO2 emissions.
- Unique in Central America as it has the longest uninterrupted democracy and a 95% literacy rate.
- No standing army for more than 60 years.

We hope we have the opportunity to welcome and host your group at this magnificent place very soon.

Sending you a PURA VIDA,
from all of us at BLUE SPIRIT.





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