

Costa Rica Retreat (March 12, 2011 - March 19, 2011)

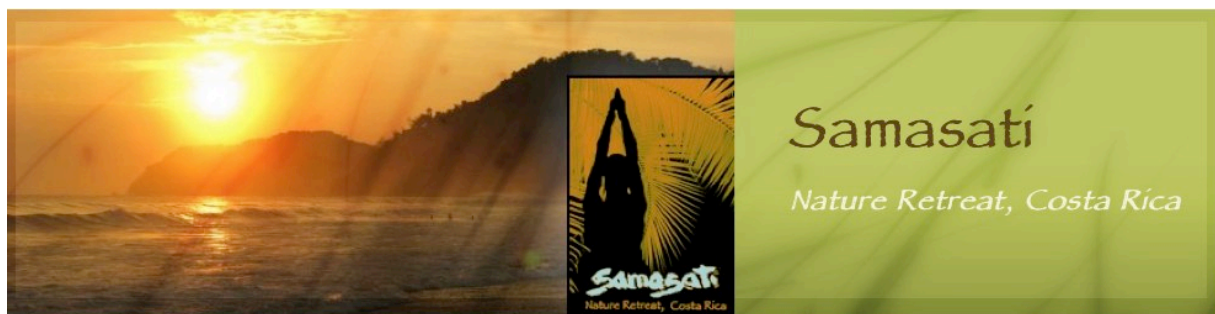


A yoga retreat at an all-inclusive tropical venue in virgin rainforest, overlooking the Caribbean Sea - an adventure that will satisfy all of your senses. Prepare to enjoy an experience of a lifetime.

We are excited to be able to offer you our first retreat next year in one of the most natural, beautiful and unspoiled places in the world - Costa Rica. We will be in the beautiful Samasati Nature Retreat <http://www.samasati.com/> from March 12, 2011 - March 19, 2011.

We have provisionally made a reservation for 10 people hoping to be able to increase this if there is a need. You do not need to be a Yoganize client to go on the retreat. It is open to all.

You are able to enroll on line using the Yoganize [Scheduler](#).



Information

Reservation Details

Arrive Samasati	March 12, 2011
Depart Samasati	March 19, 2011
Total nights	7 nights

What is Included?

- Accommodation
- Taxes
- Transfer from and to the airport
- Three vegetarian meals per day
- Fish is available at an extra cost of \$8.00 per order
- Hot drinks (tea, coffee)
- Drinking water at Samasati
- Daily shuttle to beach
- 2x Yoga classes per day
- Meditations, Qi Gong



Extras, not included

Extras (drinks, massages, excursions etc.) are payable to Samasati in U.S. traveler checks (Citi Corp Traveler Checks are not accepted), U.S. dollars or colones and credit card. Different types of beers and wines are sold at the Samasati bar. They do NOT accept personal checks or money orders at Samasati Nature Retreat.

Accommodation options

Bungalow - double	Sleeps two persons	\$1,500.00 per person
Bungalow - triple	Sleeps three persons	\$1,300.00 per person
Guest house - deluxe	Sleeps one person	\$1,350.00 per person
Guest house - standard	Sleeps two persons	\$1,100.00 per person

Bungalows

Caribbean style Bungalows are nestled into lovely tropical gardens. Built with precious woods exquisitely polished, all have private bathrooms with hot water and spacious verandas overlooking the jungle and the sea.

Guest House - Standard

The Guest House Standard is located in a sweet jungle valley favored by toucans, monkeys and dazzling butterflies. Five double rooms, each with two single beds, open onto a spacious veranda with cozy, inviting hammocks. Shared bathrooms with hot water are located at each end of the Guest House.

Guest House - Deluxe

The Guest House Deluxe is located between two huge Javillo trees. It is 250 meters from the restaurant. Three bedrooms with king or queen size beds on the second and third floor of the house are sharing one bathroom (hot water) and 2 ample verandas allow you to have a majestic view of the jungle and of the sea.

Cost & Payment Schedule

The prices quoted above do not include travel costs to and from Costa Rica. Each person is responsible for making and paying for their own travel arrangements.

- Prices include taxes.
- You can initially enroll on line at Yoganize or at the studio without making a payment.
- You must make a deposit to reserve your space.
- The cost of the retreat can be paid in full or can be charged to your account with Yoganize.
- For persons who are not clients of Yoganize you will need to create a user name and register with Yoganize. This way an account will be created.
- Statement of accounts will be sent out.
- Deposits of \$250 are due and payable by 7/1/2010.
- Deposits are not refundable.
- The balance remaining on your account is due & payable by 12/1/2010.



Currency

The currency is the colone. (Plural colones). English speakers often refer to it as a colon or colons. The symbol is ₡ and the code is CRC. One USD is approximately the equivalent of five hundred CRC.

Excursions at Samasati

Reservations to excursions need to be made at the front desk at least 24 hours prior the excursion. The tours will be paid directly to the tour operator by credit cards, traveler checks (Citicorp travel checks are not accepted in Costa Rica), colones or US dollars. Waterfall trekking, Indigenous reserve and shaman tours can be paid only by cash.

It is not possible to walk to the beach from Samasati as it would take way too long to get there. Samasati is up on a hill (600 feet above the sea level) and 4 miles away from the beach.

Gratuities

Prices do not include gratuities and you are free to give gratuities or leave what you consider appropriate. It is policy and tradition at Samasati that the group leader collects tips from the participants and give them to the manager at Samasati before leaving. The manager will equally share the tips between ALL of the Samasati 's employees, so everybody will be taken care of.

Transfers & San Jose Hotels

Each person is responsible for making and paying for their own travel arrangements. It is best to travel and arrive in San Jose, Costa Rica (SJO) on or before March 11, 2011. We are only able to check in to Samasati on March 12, 2011.

There are three hotels in San Jose, Costa Rica that are recommended by Samasati. [Don Carlos Hotel](#), [Orquideas Inn](#) and [1492 Hotel](#)). The three hotels are about 20 minutes away form the airport. The hotels do provide group rates so if there are enough persons interested we can arrange a group rate. Karen will be arriving in San Jose on March 11, 2011.

Group transport from San Jose to Samasati will be arranged for the morning of March 12, 2011. This is included in the cost. However, if you wish to make your own arrangements this will be for your own account. San Jose' Hotel reservations, for the day (s) before and after your seminar starting date at Samasati, have to be booked at least ONE MONTH IN ADVANCE to guarantee availability. The three of them are about 20 minutes away from the airport. Please contact us and inquire about group rates, if you would like to make reservation there.

Meal Times

- Breakfast 8:00AM - 10:00AM
- Lunch 1:00AM - 2:00PM
- Dinner 7:00PM

Packed lunches can be prepared if we go to the beach during lunch times.