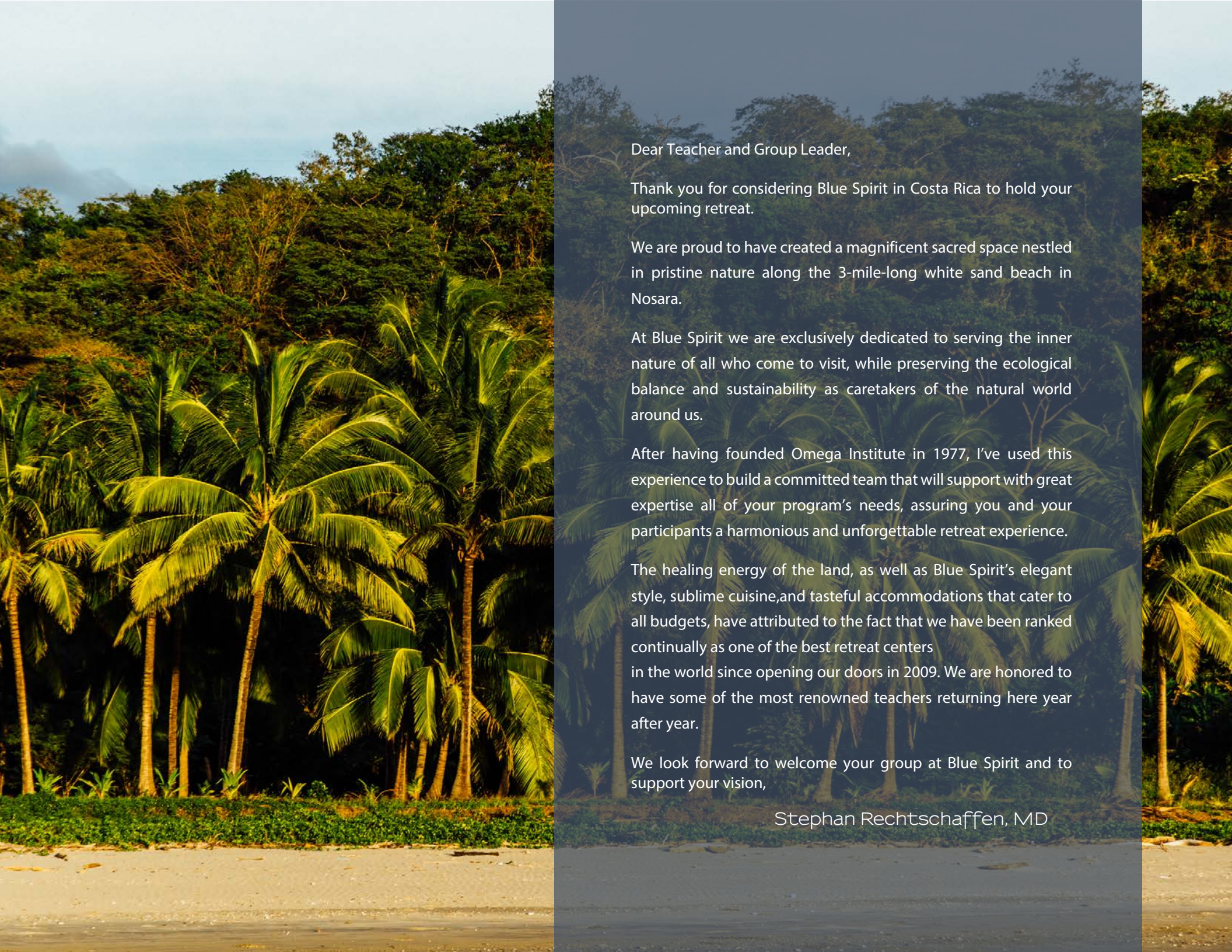




RETREAT PLANNER





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



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.



EL SILENCIO

An 3,200 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.



HEART MIND

A newly built 1,200 square foot enclosed space with vistas of the mountains and jungle nature. Featuring large sliding glass doors that open to the gentle breeze and provide a spacious atmosphere. Built with sustainably harvested wooden floors and ceiling, the Studio can accommodate up to 40 people in a yoga workshop and as many as 70 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.

ACCOMMODATIONS

- 77 rooms divided into 9 room categories, accommodating up to 140 people
- Additional private house rentals available within walking distance



SUPERIOR OCEAN VIEW W/AC
KING BED

These beautiful double rooms have step-out balconies and extraordinary ocean views. Elegantly furnished to provide our most luxurious space for couples or singles, each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

Located in the main building, reachable by stairs or elevator.



OCEAN VIEW W/AC
KING OR 2 TWIN BEDS

→These rooms have step-out balconies and beautiful ocean views. Tastefully furnished, they provide the perfect space for two people, featuring a king-size bed or two twins, a private bathroom with solar hot water and air-conditioning.

Located in the main building, reachable by stairs or elevator.



MOUNTAIN VIEW W/AC

KING OR 2 TWIN BEDS

These double rooms have step-out balconies and beautiful Mountain Views. Tastefully furnished, they provide the perfect space for two people, featuring a king-size bed or two twins, a private bathroom with solar hot water and air-conditioning.

Located in the main building, reachable by stairs or elevator.



GARDEN SUITE W/AC

KING BED

Newly built and furnished with a contemporary design, these rooms provide privacy and elegance. Featuring a balcony overlooking the jungle, each suite provides a King bed to comfortably sleep two people, a private bathroom with solar hot water and A/C.

A short walk up a small hill to the main building.



PACIFICO COTTAGE W/AC

QUEEN BED

Tucked away amidst the tropical gardens, the cottages are close enough to the beach that the sound of the ocean rocks you to sleep. They feature a private porch, a queen-sized bed, an outdoor shower, and air conditioning.

From the main building the cottages are a short walk down a hilly path of stairs.



NATURE SUITE W/AC

KING OR 2 TWIN BEDS

A cozy option situated on a hillside overlooking lush vegetation. Featuring a private bathroom and an outdoor shower overlooking the jungle, each suite sleeps two people, has a separate enclosed porch with a desk, and solar hot water as well as A/C.

The suites are a short walk up the hill to the main building.



HERMITAGE QUEEN W/AC QUEEN

This room option has a queen-sized bed only, specifically designed for singles, providing privacy and elegance, while being budget-friendly. The rooms feature a little desk, full en suite bathroom with solar hot water, A/C, and overhead fan.

Located in the main building, reachable by stairs.



HERMITAGE TWIN W/AC 2 TWIN BEDS

This room has two twin beds only, specifically designed for friends who travel together, providing elegance, while being budget friendly. The rooms feature a little desk, full en suite bathroom with solar hot water, A/C, and overhead fan

Located in the main building, reachable by stairs.



ECO-COTTAGE

2 TWIN BEDS

Situated in lush vegetation, their natural wood frame structure allows for a sensual close-to-nature experience. Each cottage sleeps two people and has a private bathroom with a room temperature water shower.

A 5-minute walk via a stone path of stairs from Blue Spirit's main building.



PLATFORM TENT

QUEEN BED

Each tent has a queen-sized bed and is mounted on a platform with a wooden roof for protection against the elements. Surrounded by nature and close to a shared bathhouse, all linens, pillows, and towels are provided to guests. Valuables can be stored with the Front Desk.

A 5-minute walk via a stone path of stairs from Blue Spirit's main building.



GROUP RENTAL

BENEFITS

- Retreats and programs are 7 nights long. Longer stays may be arranged upon request.
- Arrival is on Saturdays (first meal: dinner); departure is the following Saturday (last meal: breakfast).
- A predetermined number of rooms is reserved based on the expected group size.
- Participants purchase a package that includes the program fee and group rental rates for a 7-night stay.
- Group rental rates include use of a classroom with A/V equipment and yoga props.
- Programs are promoted through Blue Spirit's website and Social Media outlets.
- A credit for one Single Hermitage room (at current seasonal rates) is applied after 21 rooms are booked (High Season) or 11 rooms (Green Season); applies to Group Rentals only.

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 4 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.

Group leaders will be financially responsible for a minimum 90% of the booked room block when a Group Rental and 100% when a Full Retreat Rental.

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.

Please contact Blue Spirit to inquire about discounted children rates.

AMENITIES

- Front Desk 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, specialty coffee, baked desserts, organic wines, etc.
- Blue Spirit Store - Sundries, gift items, spiritual books, light apparel.
- Free WiFi

Gourmet Vegetarian Cuisine: all meals are served buffet style. Pure food option, local fish 3 times/week, locally farmed and organic . A sample of our menu below:

BREAKFAST

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

LUNCH

Green Summer Rolls
Chickpea Blinis
Sautéed Veggies
Hummus w/ Yucca
Crackers
Grilled Zucchini w/
Chimichurri

DINNER

Vegan Caesar Salad
Pumpkin Gnocchi
Mushroom Ragú
Green Curry Fish
Grilled Corn & Leek
Garden Salad
Heart of Palm & Mango
Salad



A group of six people are riding horses along a sandy beach at sunset. The horses are walking from left to right, with the riders following. The beach is wide and sandy, and the ocean is visible in the background. The sky is a mix of blue and orange, with some clouds. The water is calm, reflecting the light from the sky. The overall scene is peaceful and scenic.

EXCURSIONS

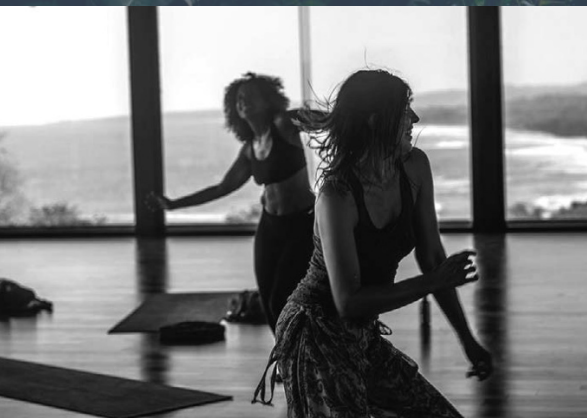
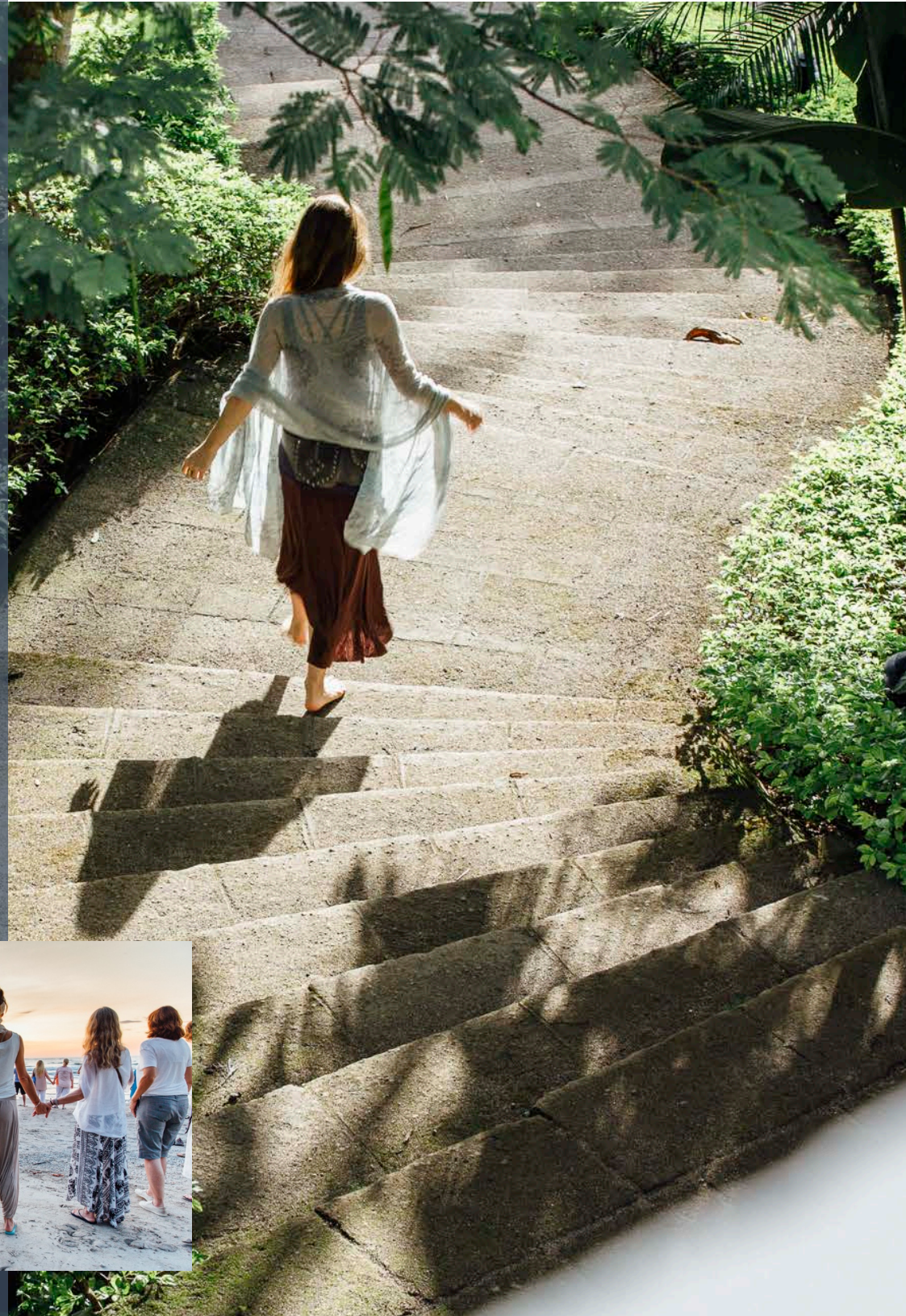
VISIT [NOSARA.COM](https://www.nosara.com) FOR INFO ON:

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

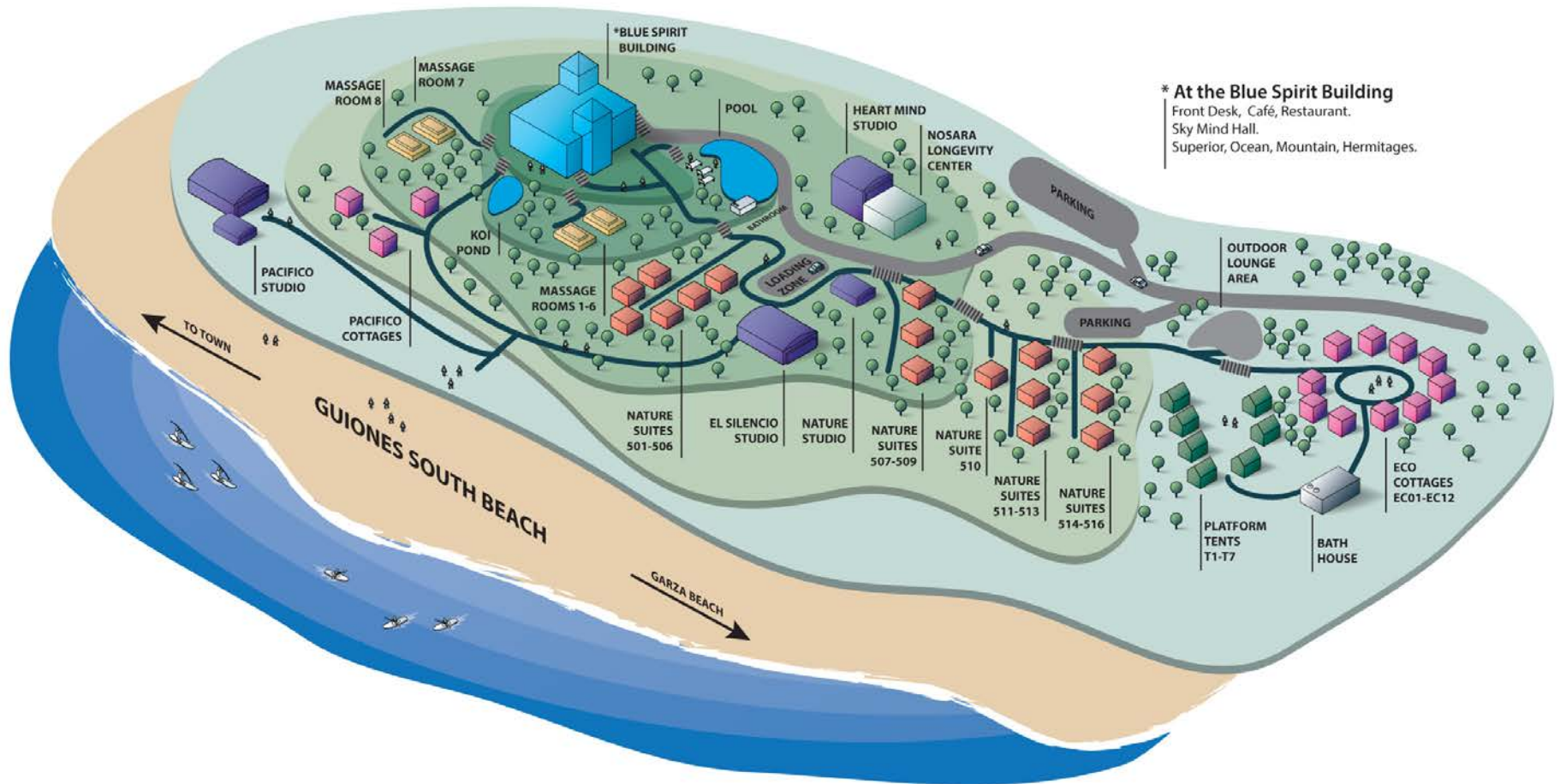
EXTRA GROUP ACTIVITIES

FACULTY SUPPORT WILL PROVIDE YOU WITH A COMPLETE LIST OF AVAILABLE ACTIVITIES THAT YOU CAN ADD TO YOUR PROGRAM.

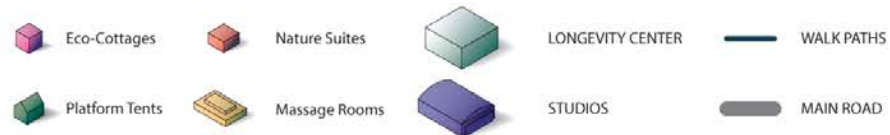
- Bonfire on site
- Somatic Breathwork
- Sacred Chant & Mantra Singing
- Salsa Dance Class
- Beach Clean Up
- Plant a Tree
- Among Others



PROPERTY MAP



*** At the Blue Spirit Building**
 Front Desk, Café, Restaurant.
 Sky Mind Hall.
 Superior, Ocean, Mountain, Hermitages.



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

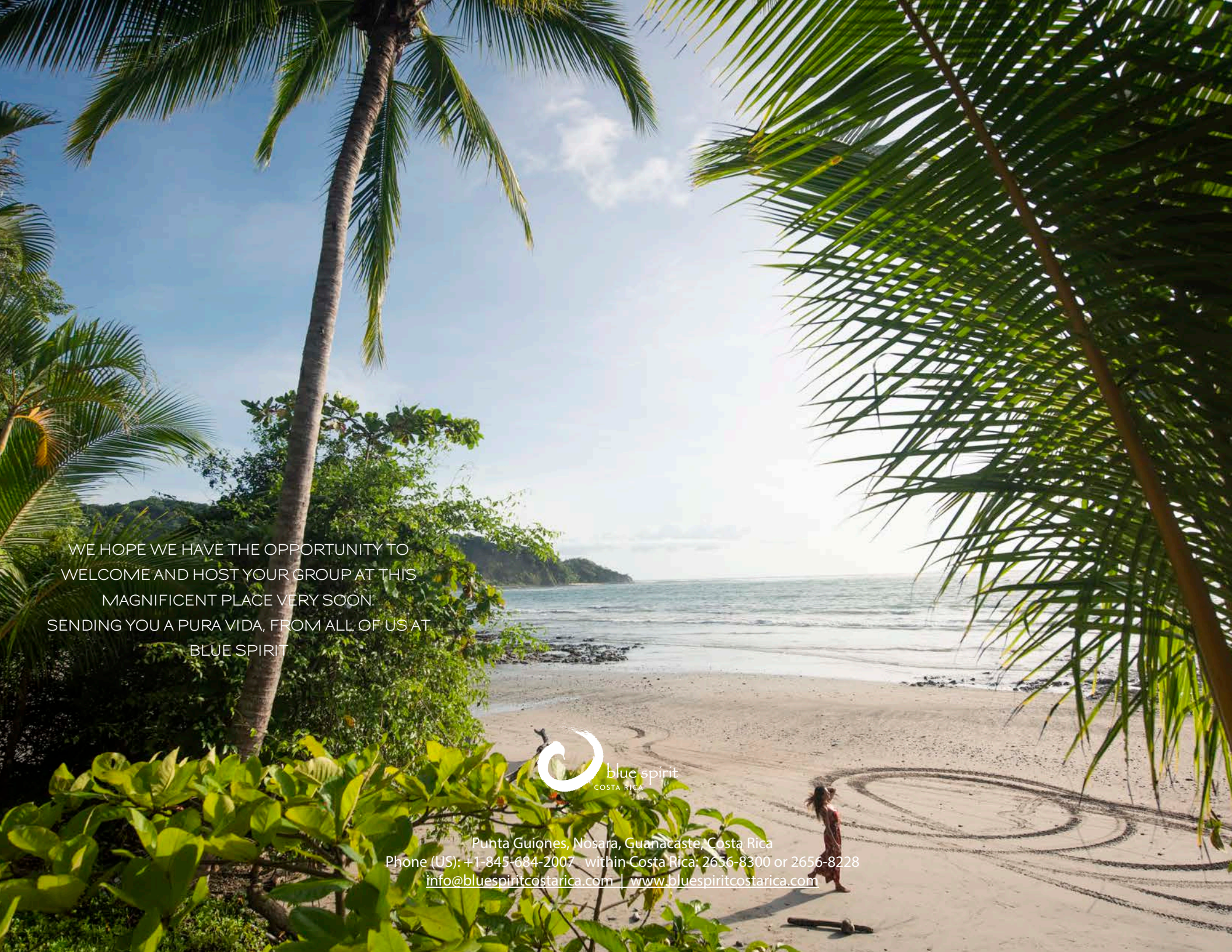
- Easily accessible from the United States and Canada.
- Two international airports in Costa Rica: Guanacaste International Airport (LIR) and San Jose International Airport (SJO).
- Recommended to fly into Liberia.
- Shuttle transfers from/to Liberia cost \$60 per person each way. Blue Spirit takes care 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.



A tropical beach scene with palm trees, a sandy shore, and a person in the distance. The image is framed by palm fronds on the left and right. The beach is sandy with some driftwood and a person standing in the distance. The ocean is visible in the background under a blue sky with some clouds.

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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