

Journey to Paradise Yoga Retreat

w/ Natasha Lenon & Adrienne Shum

Costa Rica | Feb 11-18, 2018

GETTING TO THE RETREAT

******Please ensure that your passport is valid for 6 months beyond the date of entry into Costa Rica.******

1. International Flights (cost NOT included)

We recommend you allow extra travel time for before and after the retreat to ensure smooth transitions, particularly for catching the charter flight to Luna Lodge (located near Carate) from San Jose, Costa Rica. Consider:

- booking your flight to ARRIVE in San Jose (airport code SJO) on or before Saturday, February 10th, 2018.
- Booking your flight to DEPART from SJO on or after Monday, February 19th, 2018.

2. Spending extra nights in San Jose (cost NOT included)

Luna Lodge recommends the **Hotel Posada Canal Grande** in the Piedades de Santa Ana, Costa Rica. It is not that expensive, but very unique. Please note that you need to also make reservations early because they can book up quickly. If the hotel is fully booked, please book a hotel nearby or ask Natasha or Adrienne for assistance.

While Natasha and Adrienne are not responsible for transportation between SJO and the hotel, information for a taxi driver will be provided closer to departure date for you to arrange for pick-up.

Website: www.hotelcanalgrande.com

Email: info@hotelcanalgrande.com

UPDATE (Oct 17, 2017): it appears that the aforementioned hotel is fully booked. Luna Lodge has also recommended the **Studio Hotel**: <http://www.costaricastudiohotel.com/>.

Another student has already booked their stay at the **Hotel Luisiana** (<http://www.hotelluisiana.com/>). It is close to the Studio Hotel and less expensive. It would be ideal if we all stayed at hotels that are close to each other to streamline the process of getting us all to the domestic airport for our charter flight with relative ease. In any case, feel free to choose something that suits you!

3. Domestic flight between San Jose and Carate (cost included)

We will be departing the local San Jose Airport (not the International Airport) early on Sunday, February 11th, 2018 to take a one-hour charter flight to Carate, near Luna Lodge. Flight schedules vary depending on the season. More specific time and airport details will follow. Please note that a late arrival will result in an additional charge. **There is a 25 lb (11 kg) baggage limit on all domestic flights.**

Natasha and Adrienne will arrange taxi rides from the hotel in San Jose to the local airport, so please notify them of your hotel arrangements once you have completed your booking. The cost of this taxi is not included in the cost of the retreat. However, ground transportation to and from Carate Airstrip to Luna Lodge will be arranged and included. We will be departing Carate to San Jose early on Sunday, February 18th to arrive no later than 1 pm.

4. Visas, Departure Tax

Citizens of Canada, the US, and most western European countries are allowed 30 days stay without a visa.

Check to see if your ticket includes a departure tax of \$29. If not, you can pay the tax at the departures counter on the way out of Costa Rica.