

MOTHER SPACE & THE AWAKE BODY

Women's Retreat – Dec 9-16, 2017

Travel Logistics

Arrival day is Saturday, December 9, 2017

Your first meal at Blue Spirit will be dinner (the dinner buffet is open 6:00 - 7:30 pm); should you arrive later in the evening the Blue Spirit staff will save you a dinner plate.

Departure day is Saturday, December 16, 2017

Breakfast on Saturday will be your last meal at Blue Spirit.

For more information and recommendations on the various airports you can fly into Costa Rica, as well as shuttle transfer options between your Costa Rican airport and Blue Spirit, please view www.bluespiritcostarica.com/travel

Retreat Rates

The total price of the retreat ranges from US\$1,300 to US\$2,275 - depending on your choice of accommodation (see below).

All meals at Blue Spirit are buffet style, offering a great variety of gourmet vegetarian and vegan food, with fish being served 3 times during the week. Food allergies can be accommodated easily - please let me know in advance.

Choices of Accommodation

All rates listed here are the total retreat rate per person, which include tuition and your room & board for the 7 nights stay. There are no additional taxes to be paid.

NATURE SUITE w AC: Single Occupancy \$2,275 / Double Occ. \$1,775 p/p

HERMITAGE ROOM w AC: Single Occupancy \$1,870 / Double Occ. \$1,625 p/p

ECO COTTAGE: Single Occupancy \$1,665 / Double Occ. \$1,365 p/p

PLATFORM TENT: Single occupancy \$1,300

More information & photos of these choices of accommodation here:
<http://www.bluespiritcostarica.com/blue-spirit-accommodations>

Registration

- 1.) In order to register for the program, send an email with your choice of accommodation to annette@thefreeheart.com
- 2.) Once your accommodation is confirmed, you are asked to pay a deposit of US\$500 to hold your space. If you need an alternative payment plan, please let me know right away and we can see how to best accommodate you.
- 3.) The remaining balance of your total program rate will be due October 30, 2017.

Cancellation Policy

I understand that travel plans can change unexpectedly and that you might need to cancel. Therefore, I highly recommend you purchase a travel insurance! Should you need to cancel before November 1, 2017 you will receive a full refund, less a \$200 non-refundable deposit. No refunds can be given after November 1, 2017.

Faq's

If you have never been at Blue Spirit or in Costa Rica you might ask:
Do I need an adapter for my lap top, smart phone, etc. in Costa Rica?
Are there medical services close by?
How much money should I bring or change? etc..

All these questions are answered here: <http://www.bluespiritcostarica.com/faqs>
Any remaining questions or contact please contact me, at annette@thefreeheart.com.

Annette Knopp is a counselor and shamanic healer, drawing from a rich background and practices of Indo-Tibetan meditation, non-dual inquiry, Shamanic Energy Medicine from the Andes, and modern Western somatic approaches to healing trauma.

She answered her calling nearly 20 years ago and is happy to be able to mentor clients from all over the world in their unique journeys of healing, awakening, and transformation. She is featured in the book *Ordinary Women, Extraordinary Wisdom -The Feminine Face of Awakening..*

For more information on her work view www.thefreeheart.com