

RETREAT PACKAGE RATES

Retreat package rates listed depend on the choice of accommodation and include all taxes. Package rates include the tuition, your 7-night stay and 3 daily buffet style meals - offering a great variety of gourmet ovo-lacto vegetarian and vegan cuisine, plus fish being served three times during your stay. Food allergies can be accommodated. Please let us know in advance.

PLATFORM TENT:	Single occupancy \$1,365 per person
ECO COTTAGE:	Single Occupancy \$1,675 / Double \$1,400 per person
HERMITAGE ROOM/AC:	Single Occupancy \$1,995 / Double \$1,725 per person
NATURE SUITE/AC:	Single Occupancy \$2,450 / Double \$1,950 per person
OCEAN VIEW ROOM/AC:	Single Occupancy \$2,695 / Double \$2,095 per person
SUPERIOR OCEAN VIEW ROOM/AC:	Single Occupancy \$3,095 / Double \$2,295 per person

For more information & photos of the accommodations view: <https://bluespiritcostarica.com/rooms/>

REGISTRATION & CANCELLATION POLICY

To register send an email to annette@thefreeheart.com with your preferred choice of accommodation. Once your accommodation is confirmed, you are asked to pay a deposit of US\$600 to hold your space. The remaining balance of your total retreat rate will be due by October 1, 2019. Let us know, if you need an alternative payment plan.

As travel plans can change unexpectedly and you might need to cancel, we highly recommend you purchase a travel insurance. Should you need to cancel before October 1, 2019, you'll receive a full refund minus a \$200 administrative fee. No refunds can be given after October 1, 2019.

TRAVEL LOGISTICS

Arrival day at Blue Spirit is Saturday, **November 16, 2019**. Your first meal will be 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, **November 23, 2019**. Breakfast on Saturday will be your last meal at Blue Spirit.

For more information on traveling to Costa Rica and Blue Spirit, please view: <https://bluespiritcostarica.com/traveling-to-costa-rica-and-blue-spirit-costa-rica/>

GENERAL INFORMATION

On Nosara: <https://bluespiritcostarica.com/discover/nosara/>
On Costa Rica: <https://bluespiritcostarica.com/discover/costa-rica/>

Please contact annette@thefreeheart.com for any remaining questions or the daily retreat Schedule.