

RETREAT PACKAGE RATES

Retreat package rates depend on the choice of accommodation & include all taxes, the retreat tuition, your 7-night stay and 3 daily buffet style meals (offering a variety of gourmet ovo-lacto vegetarian and vegan cuisine, plus fish being served three times during your stay. Food allergies can be accommodated.)

PLATFORM TENT:	Single Occupancy \$1,375
ECO COTTAGE:	Single Occupancy \$1,725 / Double \$1,895 per person
HERMITAGE ROOM/AC:	Single Occupancy \$1,995 / Double \$1,695 per person
NATURE SUITE/AC:	Single Occupancy \$2,495 / Double \$1,995 per person
PACIFIC COTTAGE/AC:	Single Occupancy \$2,625/ Double \$1,975 per person
OCEAN VIEW ROOM/AC:	Single Occupancy \$2,725 / Double \$2,125 per person

More information & photos on accommodations here: <https://bluespiritcostarica.com/rooms/>

REGISTRATION & CANCELLATION POLICY

To apply for the program, send an email to annette@thefreeheart.com with your preferred choice of accommodation. Once your application and accommodation is confirmed, you are asked to pay a deposit of US\$500 to hold your space. The remaining balance of your total retreat rate will be due by December 10, 2019. Should you need an alternative payment plan, please contact annette@thefreeheart.com.

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 December 10, 2019, you'll receive a full refund minus a \$175 administrative fee. No refunds can be given after December 10, 2019.

TRAVEL LOGISTICS

Arrival day is Saturday, February 8, 2020. 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, February 15, 2020. Breakfast on Saturday will be your last meal.

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.