

# Ocean Glow Yoga Retreat

## Frequently Asked Questions (FAQ's)

### **1. Why Costa Rica?**

Costa Rica, which literally means “*rich coast*,” is a small country in Central America known for its natural beauty. It is a tropical setting that has yet to be heavily traveled. It offers rainforests, sandy beaches, waterfalls, and a diversity of plant & animal life. Perhaps the most compelling quality is the country’s policy of peace. CR has no military and is Latin America’s longest-running democracy. Costa Ricans have a reputation for being friendly, relaxed and welcoming to visitors.

### **2. Where is Nosara and what is it like?**

The village of Nosara is located on the Pacific Coast of Costa Rica in the Guanacaste province. Playa Nosara on the Nicoya Peninsula is the coastal area in which the retreat takes place. Nosara is one of the spectacular seaside spots of CR, and is home to the Nosara Yoga Institute, a world-renowned yoga center where our programming will take place.

### **3. What style of yoga is offered on this trip? Is it suitable for beginners?**

Both Tamika and Carolyn are Interdisciplinary yoga teachers who are on Faculty at the Nosara Yoga Institute in Costa Rica. Interdisciplinary yoga draws on the major forms of yoga to provide an experience that stimulates body, mind and heart. Classes will include postures, pranayama (breathing techniques) and relaxation/meditation. Vinyasa flow sequences (fluidly transitioning from one pose to the next) are incorporated and the level of vigor could be described as moderate. Modifications will be offered for those wanting more or less physical challenge. The program is suitable for all-levels.

### **4. What are the facilitators’ credentials?**

#### **Tamika Schilbe, M.S.W., R.S.W., E-RYT.**

Tamika is an award-winning counselor, consultant, author and motivational speaker. She is certified as an advanced level Yoga Instructor and Registered as a professional counselor. Tamika has studied and taught the art of personal renewal throughout North America and also in Costa Rica, Mexico, Hawaii, Australia and Indonesia. An experienced retreat facilitator, Tamika leads regular trips to Costa Rica where she is on Faculty at the Nosara Yoga Institute. Her work offers a creative blend of approaches from different parts of the world, and has been described as joyful, fun, and inspirational.

#### **Carolyn Burke, M.S.W., R.S.W., R.Y.T.**

Founder of CBA Yoga Toronto, Carolyn is an experienced yoga educator, group facilitator, counselor, and Pranassage® practitioner. Carolyn is on faculty at the Nosara Yoga Institute in Costa Rica where she co-directs the HeartRise® Children’s Yoga Teacher Training. Combining her clinical training with a holistic approach, Carolyn has created and successfully launched yoga programs for people of all ages and backgrounds. It is a rare teacher that can fill a room with compassion and joy the way Carolyn can.

### **5. How would you describe the accommodations?**

The accommodations are simple cabins and houses with single and double beds. There are

semi-private and shared rooms in different types of units. In a semi-private room you will have a private bedroom, but may share a bathroom with others. Shared rooms have 2 or 3 beds in each bedroom. All the houses are clean, well maintained, and air-conditioned with maid service twice weekly. Set in an area with a tropical feel, the property offers spaces for privacy and reflection, as well as a pool and lounge area. Getting to know the friendly staff is a definite bonus to this special place. The availability of your preferred accommodation depends on the date of your registration for the retreat. While all of the housing options are beautiful, some are more spacious and newer than others. Please note that the room you are assigned is based on the timing of your official registration, with early registrants being matched to the top choice rooms.

To get a feel for the accommodations, visit: <http://www.nosaraparadiserentals.com/>

#### **6. If I want to stay longer, can that be arranged?**

Depending on availability you may arrange additional nights, however booking early is recommended. If you are arriving earlier than March 13 or staying later than March 20, transportation between the airport and Nosara will be at your own expense and we can assist you in your booking.

#### **7. Where will our program activities take place?**

Programming will take place at the Nosara Yoga Institute in their beautiful natural pavilion, a short walk from our accommodations at Nosara Paradise Rentals. Visit the website at: <http://www.nosarayoga.com>

#### **8. What is the schedule like? How much free time will I have?**

The schedule includes early morning flow yoga classes, later morning sessions on some days and a later class before sunset that focuses more on breathing and meditation. There are two evening sessions. We have designed the schedule so that each afternoon includes at least 4 hours of free time, and one day is open for beach-time, reflection or a day-trip, depending on your interests. Everything on the schedule is optional. We would be delighted to have you join us for everything, but we also believe that no one knows what you should be doing better than you do!

#### **9. What can I do with my free time?**

Relax by the pool or the ocean, read, journal, sleep, enjoy a massage, learn to surf or do anything else you desire. The Nosara Paradise Rentals staff can arrange optional excursions. To give you an idea of cost, at this time two options are:

Horseback riding tour: Approx. \$60 USD/hour; & zip-lining trip: \$120 USD including lunch and transportation (depending on options). Surfing lessons, kayaking, waterfall, ATV tours & wildlife tours are also available.

#### **10. How would you describe the food?**

Our meal plan will be offered through the Café de Paris ([www.cafedeparis.net](http://www.cafedeparis.net)). The menu offers a variety of fresh choices including salads, soups, tropical fruits and smoothies, sandwiches, pasta, burritos, nachos & traditional entrées. Whether you prefer vegetarian, vegan, seafood, meat, or desserts, there are a number of options on the menu. Bottled drinks & alcoholic beverages are at your own expense.

**11. Can I drink the water in Costa Rica?**

While many travelers drink the tap water in Nosara, if you have concerns about this you may choose to purchase bottled water. You can also fill your water bottle with purified water while at our program pavilion. Please bring a refillable water bottle; water bottle straps or carrying pouches are also very handy.

**12. What type of weather should I expect?**

Expect hot, sunny weather in Nosara. The average daytime temperature is 28 degrees Centigrade, or 83 degrees Fahrenheit. Our trip coincides with the dry season when the weather is usually most pleasant.

**13. Do I require a VISA or passport to enter Costa Rica?**

For Canadian & US citizens, a passport valid for 6 months beyond your departure date is required. At this time, no VISA is required.

**14. Are any vaccinations required for travel to Costa Rica?**

No vaccinations are mandatory at this time, however some may be recommended. If this is a concern for you, please check with your local travel clinic or health care provider.

**15. What is the average cost of flights to CR?**

Flight cost depends on the carrier, the routing, the number of stopovers and when the flight is booked. If you have some frequent flyer miles that have accumulated, you may consider offsetting part or all of the cost of the journey with your points. Booking as far in advance as possible is recommended.

**16. How can I make flight arrangements?**

Once you have received confirmation by phone or email that there is space open in the retreat, please feel free to either use your own travel agent, or contact us at [carolyn@cbayoga.com](mailto:carolyn@cbayoga.com) for recommendations about booking your flight. There are two international airports in Costa Rica: San Jose and Liberia. **If you wish to be included in our group transportation, please book your flight to Liberia Airport (airport code LIR) with an afternoon arrival on March 13 and an afternoon departure on March 20th.** If for any reason you prefer to fly into San Jose airport, let us know and we can discuss your options for purchasing ground transportation. For those flying into San Jose airport, some itineraries may require you to arrive one day early and leave one day later in order to arrange a connecting domestic flight or ground transportation to/from Nosara.

**17. Will everyone fly together?**

Since there will be departures from various places around the world, and individuals have preferences about the airlines they use, each person will book his or her own flight. If you are traveling on your own and prefer to fly with another retreat participant, it is sometimes possible to connect people with one another so let us know if this is your desire.

**18. How do I make contact with home?**

Free internet access is available at the Nosara Paradise Rentals office, or at a reasonable cost

at the Café de Paris. There is also a pay telephone at the Café located beside Nosara Paradise Rentals. However, it should be noted that telephone connections to Costa Rica are unpredictable. For pay phones, the Café sells calling cards that are less expensive than using your credit card. Pre-paid calling cards bought in North America do not work in Nosara. If you prefer to bring a laptop and use an internet calling company, this is possible in the dining and office area of the Café, and in the pool area of Nosara Paradise Rentals but not necessarily in your room. Please consider your intentions for this retreat before packing your lap-top, as some people appreciate the opportunity to unplug from their usual routines and habits. While each accommodation has a safe, your lap-top may not fit inside so please bring at your own risk.

**19. What is the time difference between home & Costa Rica?**

To check the time difference from your part of the world, check [www.timezoneconverter.com](http://www.timezoneconverter.com). Costa Rica is listed as “America/Costa Rica”

**20. What type of currency should I bring?**

The colone is the local currency, and you can either bring colones or U.S. dollars, as they are accepted almost everywhere. There is often a charge for using traveler’s cheques in Nosara. Local businesses also pass on the fee charged by CR banks for using credit cards, which is as much as 7%.

**21. How much spending money is required?**

If you wish to take optional day trips, buy gifts, have a massage or involve yourself in local activities, these are at your own expense. It is also entirely possible to have a beautiful time without purchasing these extras. You will need \$26.00 USD for the airport departure tax when you leave CR, and money for meals that are not included in your package. Gratuities are not included. Nosara now has an ATM, however it only accepts Visa and you must know your P.I.N. code. Many travelers find it most convenient to bring spending money with them.

**22. What should I pack?**

Yoga mat, sunblock, comfortable lightweight clothing suitable for movement, sunglasses, sunhat, water bottle, flashlight, hand towel, beach towel or sarong, bathing suit, camera, travel-alarm, journal & pen, and comfortable walking shoes/sandals are very important.

**23. What is required to hold my space?**

A non-refundable program deposit of \$500 USD is required to reserve your spot. This is to be accompanied by the Retreat Registration form. Please make deposit cheques payable to CBA Yoga, or pay your program deposit online by credit card at [www.cbayoga.com](http://www.cbayoga.com). The balance of the retreat cost, your travel package, is due February 1, 2010 and paid to Craig Sutton at Nosara Paradise Rentals.

**24. What is your cancellation policy?**

The \$500 program deposit is non-refundable. In the event of a cancellation, the balance of the retreat cost is refundable if cancellation occurs 30 days or more prior to the start date of the retreat, minus a 10% administration fee. For cancellations made 29 days or less prior to the start date of the retreat, the balance is non-refundable.