

Travel/Transportation information to and from Jaco:

Please plan to arrive in San Jose, CR (SJO) by 1:30 on Saturday September 5. After landing you will go through immigration, collect your luggage, and then proceed through customs. Your driver will be waiting outside with a sign. If time permits, you will stop at the infamous crocodile bridge to take a few pictures and get a smoothie or snack.

*If you would like to arrive a day early, we recommend staying near the San Jose Airport, as hotels in this area offer free airport shuttle service. Please let us know if you choose this option, and we will provide you a time and meeting location for transportation to Jaco.

Please Schedule your departure flight no earlier than 2:30 pm on Saturday, September 12. Retreat check out will be 11:00 am.

*Tip: If you plan on drinking alcohol or wine during your stay, we recommend purchasing it at the duty free shop before luggage claim.

*If you would like to extend your trip in Costa Rica after the retreat, please let Darci know. She can assist with transportation and recommend additional cities and activities to explore.

What to Bring:

Cash for activities and tips off sight (small bills for tipping, please make sure they have no tears) US Dollars are widely accepted in Jaco)

Yoga clothes (free laundry included in price)

Casual evening wear

Swimsuit

Sunscreen

Bug Spray

Umbrella

Rain jacket

Water Bottle

Yoga Towel

Backpack

Hiking shoes

Helpful Apps

WhatsApp (We will form a group to stay in touch)

Waze

Exchange Rate

Translation

*Contact cellular provider prior to departure

Optional Activities Not included in your package:

Shopping in Jaco	SUP/ Kayak
Hiking- Pura Vida Falls	River Rafting
Horseback Riding	Deep Sea Fishing
Ziplining	Surf lessons
Repelling	Body board rental
4 wheeling	Beach Chair Rental
Golf cart rental	Spa/Massages
Monkey Mangrove	Dental/ Medical Spa Services
Manual Antonio park	Pickleball
4 in 1 Tour	Individual sound healing/plant healing