COSTA RICA YOGA +pilates RETREAT:

Thank you so much for your interest in the upcoming November 2026 Retreat! Communication is one of the pillars Valerie and I prioritize to ensure this experience is as enjoyable as possible, so please don't hesitate to reach out to me, Kelly directly at **hello@ecwc.ca** with any questions or inquiries.

Costa Rica holds a very special place in our hearts. In 2014, Val and I first arrived at Blue Spirit Resort for a 2-week yoga training and were completely captivated by its beauty and hospitality from their incredible staff. The practice spaces, thoughtfully designed to immerse you in the surrounding natural beauty, left a lasting impression on us. Having led last year's retreat together it was an easy decision to do this again. This retreat is truly about receiving whatever you need. Every Yoga and Pilates class is optional, and downtime is valued just as much as the practice itself.

The local cuisine, prepared by exceptional chefs, is a highlight of the experience. Meals are thoughtfully crafted to accommodate all dietary needs, ensuring everyone is well cared for.

Part of the magic of this retreat is the permission it gives you, to step away from your obligations, responsibilities, and the demands of everyday life, and simply settle into a pace that feels like coming home to yourself. The theme of this year's retreat is "Grow by becoming stronger from within."

COSTS INCLUDE:
• Accommodations for 7 nights, 8 days
• Meals: (Incredible Vegetarian + fish) dinner on the evening of your arrival (Saturday), three meals per day throughout the retreat, and breakfast on the morning of your departure.
• Yoga and Pilates: Daily Sunrise and Sunset Yoga
• Pool access.
• Access to private beach
• Closing Celebration

What is NOT included
• Flights
• Travel insurance
• Shuttle to and from Liberia International Airport LIR
• Extra spa treatments
• Extra excursions

SHUTTLE from Liberia airport to Blue Spirit Resort:
Blue Spirit offers an exclusive group shuttle service to and from Liberia International Airport LIR. This service is available only on Saturdays for groups of 4 or more. It is a scenic three-hour drive. Payment for these transportation services can be made online via credit card, when making your reservation below. Please note that our shuttle booking calendar opens a month in advance. For example, you will be looking to book a shuttle for November, the availability will open for booking in October.

Room Options Available: USD dollars

Superior Ocean View Room with A/C, Private Bath, King size bed:
$4,100 per person single occupancy / $2,950 per person double occupancy
Ocean View Room with A/C, Private Bath, King size bed or 2 Twin beds:
$3,700 per person single occupancy / $2,850 per person double occupancy
Mountain View Room with A/C, Private Bath, King size bed or 2 Twin beds:
$3,600 per person single occupancy / $2,750 per person double occupancy
Garden Suite with A/C, Private Bath & King size bed:
$3,500 per person single occupancy / $2,750 per person double occupancy for couples
Pacifico Cottage with A/C, Private Bath, Queen size bed for Single or Couple:
$3,450 per person single occupancy / $2,700 per person double occupancy
Nature Suite with A/C, Private Bath & King size bed or 2 Twin beds:
$3,400 per person single occupancy / $2,600 per person double occupancy
Hermitage Queen with A/C, Private Bath & Queen size bed:
$2,950 per person single occupancy / $1,475 per person double occupancy for couples
Hermitage Twin with A/C, Private Bath & 2 Twin beds:
$2,150 per person single occupancy / $2,275 per person double occupancy
Eco Cottage with Private Bath & 2 Twin beds:
$2,325 per person single occupancy / $1,995 per person double occupancy
Platform Tent with Shared Bath-House, Queen size bed, linens provided:
$1,920 per person single occupancy / $1,800 per person double occupancy for couples

Meal Charges by Age:

- **Ages 0–3:** Free. **Ages 4–12:** $200 per week **Ages 13–17:** $300 per week

Meals:
Your stay at Blue Spirit includes three delicious, consciously prepared gourmet vegetarian meals a day. We serve fresh, locally sourced fish three evenings per week and eggs every morning with breakfast. Cheese is also regularly available, while our buffet always provides vegan and gluten-free options. To accommodate food restrictions and allergies, we offer a Pure Food option, including veggies, grains, and legumes cooked without seasonings or oils.

Travel Insurance: It is recommended that you purchase Traveler's Insurance at the time of booking. Special circumstances will be reviewed on a per-case basis.