



Welcome to Blue Spirit!

This letter provides you with essential logistics and information for your stay at Blue Spirit.

Travel to/from Costa Rica & Blue Spirit

Documents

- * Citizens of the U.S., Canada, and Panama may enter Costa Rica with a passport that remains valid at least 6 months after your travel date. *No other document is accepted.*
- * A valid passport allows Canadian, American, as well as most Latin American, and European citizens to stay for up to 90 days. Citizens of other countries may require a visa to enter Costa Rica.
- * Before you go to Costa Rica, please make a copy of your passport, which you will need to carry with you at all times. You should leave your original passport in the safety box at Blue Spirit.

What to Pack and Not to Pack

- * *Please, do NOT bring any soaps, shampoos, or personal care products that may have harsh or antibacterial chemicals from home.* Blue Spirit provides at no charge luxurious organic bath products with essential oils that do not interfere with the proper functioning of our living water treatment plant, which relies on living bacteria and chemical sensitive microorganisms.
- * *Bring your own reusable water bottle* (or purchase one at the Blue Spirit store). All tap water at Blue Spirit comes from deep wells and is **completely safe to drink**. All our water goes through a carbon and UV light filtration system and is regularly tested.
- * *Bring enough clothing for your weeklong stay (recommended).* Blue Spirit does not provide laundry services for retreats lasting one week. (See more in the **Guest Rooms, House Keeping, and Laundry Services** section.)

Airport Shuttles and Taxis

- * Blue Spirit offers a group shuttle service from Liberia Int'l Airport (LIR) to Blue Spirit on Saturdays ONLY, 12-4pm and 7:00-8:30pm. The scenic ride takes approximately 2 hours, and costs \$60 per person (one way).
- * Guest arriving at San José Int'l Airport (SJO) can also arrange to be picked up and brought to Blue Spirit at a cost of \$240 (one person, one way). The ride from SJO takes approximately 5 hours.
- * You are responsible for reserving your seat on the inbound and outbound shuttle vans by completing the online form under the [Shuttle Reservations](#) link on the Blue Spirit

website, where you will also find some Taxis information.

- * **Upon arrival**, allow 30-60 minutes to go through immigration, customs, and baggage claim. Once you have retrieved your luggage and passed customs, your shuttle organizer will be waiting outside the only terminal exit at LIR. The organizer will be wearing a Blue Spirit T-shirt and will greet you with a sign that says BLUE SPIRIT.
- * The shuttle will depart ONLY when all the arriving guests are in the shuttle--we don't leave anyone behind. So, you may need to wait a few minutes until everyone is in the shuttle.
- * Blue Spirit also has all your flight information and will be tracking flights, so they are also keeping track of delays or rescheduling and there will still be a shuttle waiting for you at the airport.
- * **If your flight is delayed, rescheduled, AND ESPECIALLY if you miss a connection**, please contact Blue Spirit at +1.845.684.2007 (from the U.S.); for issues while in Costa Rica contact 2656.8300.
- * **For your departure**, several group shuttle services depart Blue Spirit between **4:00 a.m. and 11:00 a.m.** You should plan to be at the airport two hours before your flight departs. Please note: There is a \$29 exit tax you pay upon departure, which can be paid in Costa Rican Colones, U.S. Dollars, or credit cards.

Arrival Day & Check-In

- * Check in time for all rooms on Saturday is 4 pm. If necessary, Front Desk gladly stores any luggage before the indicated check in time.
- * Dinner is 6:00pm to 7:30pm.
- * Our program begins Sunday morning.
- * Check out time is 10am on the following Saturday. If necessary, Front Desk gladly stores any luggage after the indicated check out time. (Read more in the **Check Out & Departure Day** section.)

Sunday Morning Orientation: 9:30am

- * Plan on attending this Orientation, which covers many topics-including a brief history of Costa Rica, important information about staying at Blue Spirit, and available excursions and activities.

Check Out & Departure Day

- * For the outbound shuttle service, there will be a list at Front Desk on Thursdays before the Saturday departure: all guests who want to use the shuttle need to confirm or add their flight time! The Front Desk Manager will determine the departure times for the different shuttle vans, so that all guests can arrive at the airport with ample time for the corresponding customs and ticketing procedures.
- * All guests should settle their room bill for any incidentals (e.g. massages, café items, gift shop purchases) incurred during their stay *by 4pm on Friday*. The Friday before departure you must pay for any Café items with cash.
- * Pack Lunch To Go: Blue Spirit offers a Pack Lunch available for purchase at the Café. It includes freshly prepared roasted veggie sandwich, fruit, trail mix, and a cookie. To reserve the Lunch Pack you must pay in advance on the Friday prior to departure and pick it up on Saturday morning.

- * Check out time is 10am on Saturday. If necessary, Front Desk gladly stores any luggage after the indicated check out time.
- * Blue Spirit asks that you *leave your packed luggage and all belongings outside your room at least 30 minutes before your scheduled departure time. Once the room is completely empty, you need to lock the door and return the room key to the Front Desk. There is a \$25 charge for lost or unreturned keys.* A staff member will bring your luggage and belongings to the Front Desk area.

Our Retreat Schedule & Blue Spirit Meal Times

- * Morning yoga :: 7:15am to 8:30am
- * Morning session :: 10:00am to 12:45pm (except Sunday 10:30-12:45)
- * Evening session :: 8:00pm to 9:30pm (except Wednesday, afternoon & evening off)

All meals are buffet style, and served in the dining hall at the following times:

- * Breakfast :: 7:00am to 9:00am
- * Lunch::12:00pm to 1:30pm
- * Dinner :: 6:00pm to 7:30pm

Blue Spirit Cuisine

- * Blue Spirit cuisine focuses on gourmet vegetarian cooking made from organic (as available) or locally grown produce. Fish caught from local waters is served 3 times a week.
- * Creating our Blue Spirit menu, we took possible food sensitivities (gluten, dairy, etc.) into consideration, so there are plenty of options to choose from at each meal.
- * *Please, do not come to meals in bathing suits and wear footwear in the dining hall as a safety precaution.*

Front Desk

- * Our friendly Front Desk Staff is available 24 hours a day to assist you.

Internet & Wi-Fi

- * Wi-Fi service via your laptop or smartphone is available at no cost. There is also a guest computer available at no cost in the Lobby.
- * Please note that Blue Spirit cannot guarantee connection to all types of laptop computers nor provide technical support for Wi-Fi access.

Amenities at Blue Spirit & Housekeeping

- * Blue Spirit Café offers fresh fruit and vegetable juices, super food smoothies, freshly baked goods, raw food snacks, coffee specialties, and in the evening organic wines and beers. All purchases at the Café will be charged individually and can be paid with cash or charged to the guest's room.
- * Blue Spirit Store has a selection of Costa Rican arts and crafts, along with books, jewelry, yoga clothes, CDs, personal and sundry items, as well as local Costa Rican coffee and

super foods for you to take home.

- * The Infinity Pool, filled with natural salt water, is open 24 hours. Please be mindful of the *Quiet Hours* (10pm-7am) if you choose to bathe at night. Ask for a pool-towel at Front Desk. For everyone's safety, BS asks that no glassware (bottles, glasses, or containers) be brought to the pool area. If any glass breaks in the pool, it is Blue Spirit's policy to close the area for up to 48 hours while their maintenance staff performs a thorough cleaning.
- * Blue Spirit provides a *complimentary weekly shuttle service* (usually on Wednesday) into Guiones beach town for guests who want to explore the beach town's boutiques and restaurants. To take advantage of the free shuttle, be sure to arrange your weekly retreat activities to accommodate this. The free shuttle has limited space (12 per trip) so guests need to sign up at Front Desk to reserve their spot.
- * *Taxis* into Guiones beach town can be reserved in advance via the Front Desk. The taxi company we use has standard rates for most commonly used routes.

Guest Rooms, Housekeeping, and Laundry Services

- * Please let reception know if there is anything in your room that needs attention.
- * Respecting ecological concerns, we choose to change linens and sheets only once per week--unless you request additional change during your week's stay. Should you need to have your towels laundered, please bring them to the Front Desk.
- * If Housekeeping comes to clean your room and they see cash, jewelry, or other valuables not in the safe, they will immediately leave the room. Your room will not be cleaned until all valuables are properly stored. *Please note that Blue Spirit is not responsible for any missing personal belongings on the premises.*
- * Blue Spirit does not provide laundry services for retreats lasting one week. You may hand wash and air-dry your garments if desired. Bio-degradable laundry soap can be purchased at Blue Spirit's store. If your program lasts more than 1 week, Blue Spirit will provide affordable wash, dry & fold laundry service options (not dry cleaning). We highly recommend guests hand wash their own delicate, non-colorfast items. Blue Spirit will not assume responsibility for damaged items.

Lock Box and Lost & Found

- * With the exception of the platform tents, all rooms have complimentary safes for guests to store valuables in. Guests staying in the Tents can store valuables in the safe at Front Desk.
- * Don't leave personal items unattended in the common areas--any unattended items will be collected and turned in to the Lost & Found at Front Desk.

Being Eco-Conscious and Mindful

All toilet paper and sanitary products need to be disposed of in the wastebasket next to the toilet. The bins are emptied daily, or please let us know immediately if you would like your bin cleared. The bacteria that is necessary to run our treatment plant can't eat toilet paper, so this waste just clogs the system. One of our maintenance staff members has to manually remove any paper from our septic system--please help them keep this task to a minimum.

- * We ask for your help conserving energy by turning off the lights, A/C, and electric fans

when you are not in your room.

- * Please help us conserve the precious resource of water by limiting your time in the showers--be conscious bathers.
- * Please respect 'Quiet Hours' from 10pm to 7am.

Smoking and Open Flames

- * Smoking is not permitted at Blue Spirit except on the beach, outside of the Blue Spirit grounds. Guests who wish to smoke must dispose of the cigarette butts in the trashcans next to the beach gate.
- * For reasons of fire safety, Blue Spirit *does NOT allow candles or incense burning in any of our guest accommodations.*
- * Any candles or incense being used as part of a retreat activity in a Yoga Hall must be in an approved container and must never be left unattended.

Gratuities

- * There are approximately 60 full-time Costa Rican local staff, working daily to make your stay pleasant and safe, in housekeeping, kitchen, gardening, security and more. Blue Spirit adds a per person discretionary charge of \$70 to your room bill for staff tips – which are distributed equally to all of our Costa Rican staff. This is only a suggested amount that you may change to whatever you feel most appropriate.
- * Tipping for wellness therapists, Café staff and tour guides are separate from general staff. If you do wish to leave a tip for them, you can tip the therapists in cash at the time of your treatment, or you can leave a tip in an envelope with the therapist's name in the locked box at reception. Café staff has their own tip jar.

Visitors

- * Only registered guests are allowed into Blue Spirit. To maintain our privacy and security, please refrain from inviting anyone to the property. If you do wish to bring a guest, please speak with Faculty Support about making arrangements.
- * Visiting guests may dine at the restaurant at an additional cost, with advance notice. All visitors are requested to leave the premises by 10pm.

[About Nosara](#)

Your feedback is important to Blue Spirit. Please let us know how we can improve our services or facilities.

