



MEND Retreat

INFORMATION PACK & ITINERARY



WELCOME

Thank you for your interest in joining us in Costa Rica.
We're excited to share this adventure with you.

Join Jessie & Joe for their MEND retreat in Costa Rica's un-touched
OSA peninsula at our Sustainable Ecological Retreat Centre.

Navina™ Costa Rica retreat centre is located on top of a mountain nestled in the
Costa Rican Rainforest and surrounded by organic gardens in the South Pacific
part of the country.

The accommodations, kitchen, yoga platform, training platform, many gardens
and so much more are all located on our property. From here you are able to see
beautiful views, sunsets, a variety of plant life and many different animals and birds
that inhabit in the jungle around us.

Contained within the following pages is an itinerary of the retreat. Please know
that we may need to update some of the information contained within as the
time comes closer, so consider this a general guide to our trip together.

Yours,
Jessie, Joe & the Navina™ Team

ACCOMODATIONS

What we offer is something often referred to as "glamping". We have ten large tents with beds and linens – no sleeping bags. The tents are placed on concrete platforms and a canopy covers each one so they are protected from wind and rain. The tents are able to sleep up to 8 people, but we only have two single beds per tents. More beds per tent and double beds are available upon request.

In each tent you also have a table that can be used to keep your daily essentials on. The tent has a large door at the front and five windows all around that all zip up. It is fully equipped with outlets and string lights for night-time so you can charge your phones/computers/camera batteries as needed. There is also a divider in the middle of the tent that can be kept up or put down should you need any privacy to change or while you sleep. The tents are generally only used for sleeping and personal time, most of your time will be spent during class, practice, eating, on excursions or hikes.

The bathrooms are located at the top of the tent platforms area. We have 4 toilets and 4 showers total and they are enclosed all around. Costa Rica plumbing is a little behind in the times, so only waste is to go down the toilet. All toilet paper and sanitary items must be placed in the garbage right next to the toilet, which we change daily.



MEALS & FOOD

When you stay at the centre we provide you with 3 meals a day, all of which are vegan and/or vegetarian. We can also accommodate for those who follow a gluten free lifestyle. All of our gardens are 100% organic, so the only items that may not be organic are anything we bring in from outside of our garden (some fruits/veg we don't grow, breads, grains, etc.) in which case it is organic whenever possible.

We make a variety of different kinds of foods and meals, and try to have a wide range of options for anyone who is more selective with food preferences. We are very fortunate to have our outdoor kitchen fully equipped with a fridge, different blending and cooking appliances, a wood-fire outdoor pizza oven and a campfire for all our food preparation needs.

When we go out on small excursions, you won't have to worry about buying food either – we always pack a lunch for everyone to take with us.

The water that comes out of the taps at the center is triple filtered and 100% drinkable. It is vitally important to stay hydrated in the Costa Rican heat; we recommend you bring a reusable water bottle with you, as you'll constantly be drinking. We are also able to provide you with daily coffee and tea for anyone who needs a little pick-me-up in the mornings.

Some of the foods that we grow on site are pineapples, mangoes, avocados, papayas, passion fruit, various types of greens, edible flowers, turmeric, ginger and an infinite amount of bananas.



TRANSPORTATION

Transportation to and from the retreat centre is either by car, bus or plane.

Taking a plane is a little pricier; it is usually about USD\$130.00 per person one-way. However, the view is breathtaking and is a great way to see an aerial view of the country. Plus it only takes 35-minutes to get to Palmar Sur from San Jose.

Taking a car or bus will take anywhere from 4-6 hours depending on traffic and stops. Depending on the transport arrangements, the driver may make stops for bathroom, food and scenic viewing breaks.

We will typically suggest the first option, however it is up to you. Travel arrangements are not included, so you will need to make these plans separately. You can see what the journey is like [here on our website](#).



DAILY SCHEDULE

- We start our day early with a meditation and asana practice.
- Breakfast is served at around 7am.
- At 12 NOON we have lunch together.
- Throughout the day both before and after lunch we will have certain group and individual plans made. This includes ziplining experiences, a beach excursion, waterfall hikes, body work and there will also be some scheduled down-time for you to make your own decisions about how to spend your time.

- At 7PM we have dinner together and generally this is when we might have fires or music for all to enjoy, but once again this is your time to do what you like.
- There may also be a restorative yoga practice in the evening to prepare you for sleep.
- Bedtime is up to you, but generally because of the early mornings we go to bed pretty early.

EXCURSIONS & ACTIVITIES

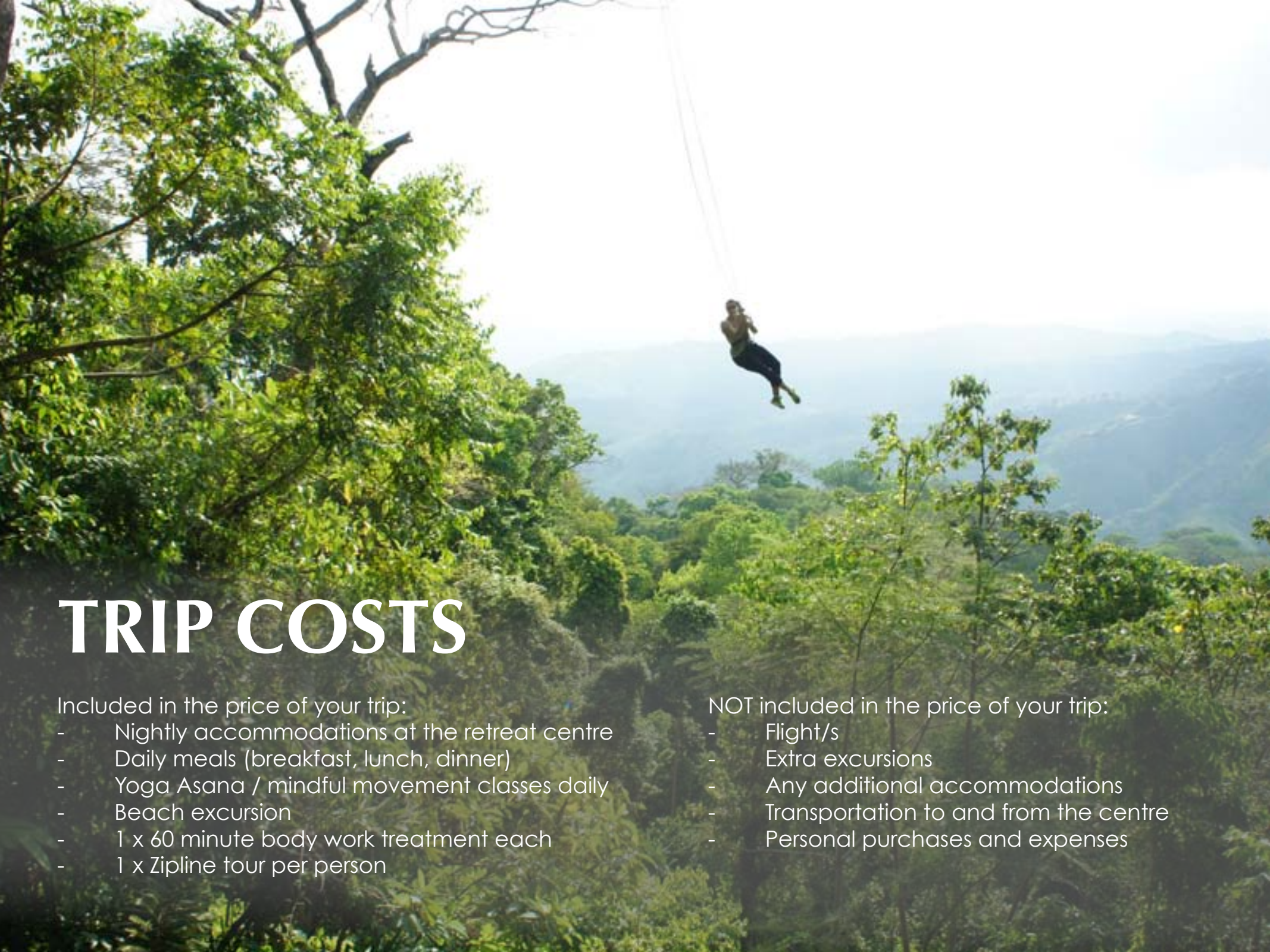
Throughout the retreat we provide you with a daily practice of yoga and meditation. We ask that everyone attends this every morning. A description of the practice can be found [here](#).



The excursions we plan are small but extremely fun! We encourage everyone to attend the excursions to strengthen our community bond through different group activities, however they are optional.

We often make trips into town to go to the beach (approx. 30 mins away) where there may be local vendors with clothing, tapestries, jewelry and different foods for you to purchase.

We also have a zipline canopy tour on OSA Mountain! This was definitely the favorite excursion voted by previous retreat attendees and is only a short walk up the mountain!



TRIP COSTS

Included in the price of your trip:

- Nightly accommodations at the retreat centre
- Daily meals (breakfast, lunch, dinner)
- Yoga Asana / mindful movement classes daily
- Beach excursion
- 1 x 60 minute body work treatment each
- 1 x Zipline tour per person

NOT included in the price of your trip:

- Flight/s
- Extra excursions
- Any additional accommodations
- Transportation to and from the centre
- Personal purchases and expenses

WHAT TO PACK

Here are some items we recommend you bring:

- Swimsuit / swim-trunks / swimmers
- Bug spray - Deet - if they really bother you, Costa Rica has a lot of bug that like to bite!
- Sunscreen – an abundance of it, the sun is A LOT more powerful in Costa Rica
- Hiking shoes and flip flops / sandals - for hikes and walking around at the center
- Flashlight/ torch/ headlamp – the sun sets between 5 and 6PM so this is for nighttime. It makes it easier for you to make your way through the center's paths.

ALSO:

- Cash – we recommend you have USD\$150 - \$200/week for personal purchases
- Travel Insurance – it is unlikely that you'll have to claim anything but it gives us all peace of mind knowing you have it.
- Re-usable water bottle – You'll want this to stay hydrated in the Costa Rican heat, the double-walled ones are especially nice if you like your water cold.

PAYMENT INFO

All payments must be finalized before the beginning of the retreat.

A non-refundable deposit of USD\$500+tax is required before your spot can be secured.

Payments can be made via credit card (in person or via PayPal) or e-transfer (to info@navina.ca).

Prices do not include flights. So you will need to book your flights to Costa Rica separately.

To secure the early bird rate you need to have secured your deposit payment prior to the early bird deadline.

REFUND POLICIES

To ensure our sustained commitment to running the retreat, deposits are non-refundable. The remaining payments for this training intensive will be refunded in full if you withdraw from the training before April 23, 2017. After this date fees will be incurred at a rate of 1% per day beyond April 23. Payment must be made in full prior to the retreat. Payment plans are available (please contact us if you require this option).

FAQ's

Do you have Wifi at the Centre?

Yes, we do! But depending on where you are it can be very spotty. We successfully use it for iMessage and facebook/instagram, but FaceTime and Skype are a bit more unpredictable.

Do you have laundry facilities I can use?

Yes. Laundry is a charge of USD\$3 per load and most people just hang their clothes up to dry afterwards.

Can I keep my medications and other items in the fridge?

Yes. We have two refrigerators available for you to put any items you need to keep cool.

Is the water safe to drink?

All of the water at the center is triple filtered and 100% drinkable. Remember to stay hydrated!

Do you provide us with yoga mats?

No, we do not. We require you to bring your mat with you from home. Most airlines allow you to take it on the plane with you additional to your carry-on luggage.

How much cash should I bring with me?

That is completely up to you, but we recommend bringing \$150-\$200 USD per week for personal expenses and additional excursions.

Do you require us to get travel/trip insurance?

No we do not, but it's always better to be safe than sorry! Having travel insurance gives us peace of mind in the odd chance that anything happens.

Do I need any vaccinations in Costa Rica?

Typically, no immunizations, shots or vaccinations are required to enter Costa Rica from North America or Europe however, information is updated regularly and you must visit the CDC website: [HERE](#) for definitive and current information



FAQ's



Will my bankcard / credit card work in Costa Rica?

All major credit cards will work in Costa Rica, and most debit cards will work at Costa Rican ATM's, BUT unless you are in a major city they are not easy to locate so the best bet is to bring cash.

Do I need a VISA to visit Costa Rica?

Citizens of the vast majority of countries do not require a visa for stays shorter than 90 days, with only a few exceptions. If you would like to check if you are required to get a visa, please visit the costarica.com/visa/ website. If you intend on staying in Costa Rica longer than 90 days you will need a visa (or you'll need to "re-enter" the country).

Can I drink the water in Costa Rica?

The water is potable in greater parts of the country, however it is recommended that you consume bottled water in areas near the coast.

Do I need a specific plug adapter for my electronics?

Costa Rica's outlets are 110 volts, with a standard duplex outlet (the same as North America)

What is the exit tax for Costa Rica?

The exit tax via air is USD\$29 US and USD\$7 by land, and is payable by US Cash, Costa Rica Colons, or credit card. Some airlines already include this fee in their airline ticket. If you want to know if yours is included, please call your airline.

What is the number I should call in case of emergency?

Call 9-1-1 for immediate assistance, for tourist assistance you can call 800-TURISMO (800-887-4766)

Do Costa Ricans (Ticos) speak English?

Many Ticos speak conversational English in the tourism industry. As you travel in to more rural areas of the country you will encounter more people who only speak Spanish. Costa Rican's are known for their friendliness, a few known Spanish words and some kind hand gestures will take you pretty far.

FAQ's

How are the medical services in Costa Rica?

Costa Rica is internationally recognized for its top-notch medical services, both public and private, thanks to its wealth of skilled surgeons and state-of-the-arts facilities.

Do I have to tip in Costa Rica?

All restaurants have a 10% service tax already applied to the bill and extra tipping on top of that is uncommon. Costa Rican wages are quite low so tipping for guides and buses is recommended and if you really enjoy the service somewhere then feel free to tip, as you desire.

Is it ok to Barter/Bargain in Costa Rica?

In most tourist locations it is common to bargain with the sales man/woman.

What is Costa Rica's time zone?

Costa Rica does not observe daylight savings time. It operates GMT-6 year-round. During daylight savings Costa Rica is in the Mountain Standard time zone (MST) and the rest of the year Costa Rica is in the US Central standard time zone (CST).

Is crime a problem in Costa Rica? Is it a safe country?

Costa Rica has a low crime rate and is a very clean and safe place to visit. The people are friendly and there aren't major weather events (like hurricanes or earthquakes) that happen regularly. Violent crime is rare and guns are illegal in Costa Rica. The best precautions to take are to avoid walking alone at night in major cities like San Jose and Limon or on the beach, do not wear expensive jewelry or take out a large sum of money on the street, and avoid carrying your passport with you (just keep a copy with you for excursions). Petty theft can be a problem in certain regions, but taking the above precautions should help you avoid such scenarios altogether.