



new at **BLUE OSA**
Osa Peninsula, Costa Rica

ASHTANGA YOGA + SURF RETREAT

April 5-12, 2025



with Christine Hoar
ASHTANGA MONTAUK



EACH WEEK INCLUDES:

• 7 NIGHTS ACCOMMODATION:

All beautiful rooms are eco-friendly designed with private bathrooms, available as Triple, Double, Single.

• 2 YOGA SESSIONS DAILY:

morning Mysore Ashtanga and afternoon explorative yoga session, incl. Meditation, Pranayama, Ayurveda, and restorative yoga

• 3 ORGANIC MEALS DAILY:

Three delicious farm-to-table meals per day using homegrown, organic ingredients, plus snacks and more to keep you energized and satisfied the whole week long.

• 1 BIRD WATCHING HIKE

• LOCAL AIRPORT PICKUP/DROPOFF

PRICING: \$1790 to \$3900 (depending on lodging) incl. all listed, incl. resort gratuities. Not included are spa services, nature tours, surfing and air fares .

REGISTRATION TERMS: Register a spot with a \$800 non-refundable deposit. Remainder is due Feb 1, 2025.

TRAVEL: Flights to Costa Rica from New York are 5 hrs. After flying into San Jose (SJO), you connect with Sansa Airline to fly to Puerto Jimenez (PJM). That flight is 40 min. and costs \$150 each way. Book early on www.flysansa.com! Another option is to rent a car and drive 6 hrs along the Pacific coast to the retreat center on the Osa Peninsula. The roads are good and scenic. We recommend a 4x4 car (Suzuki Jimny, Suzuki Vitara, Hyundai Tucson) if you want to explore the area and surf at multiple spots (Pan Dulce, Matapalo, Backwash). We use [Solid Car Rental](#) in San Jose. If you drive you can bring your own long board with you.





picture by Richard Pietromanico



THE YOGA STUDIO

is an exquisite airy open space overlooking the garden and the Golfo Dulce. It sits in the center of BLUE OSA and accommodates up to 40 people. Yoga mats, straps, blocks, and blankets are available.





THE OSA PENINSULA

Costa Rica's Osa Peninsula, a former island that now makes up the southernmost reach of the country's Pacific coast, was called "the most biologically intense place on Earth" by National Geographic. 2.5% of the planet's biodiversity fits into just 0.001% of its surface area.

The pristine rainforests and rugged natural beauty of the peninsula make this region among the most beautiful areas in Costa Rica. It is a secluded nature wonderland, playing home to many of the country's rare and endangered animal and bird species, including squirrel monkeys, jaguars, and other forest cats.



THE RETREAT CENTER

YOGA





DINING





PURAVIDA

ACTIVITIES

Our favorite activity on the Osa is **SURFING!** The breaks are great for all levels. We work with a fantastic team of local surf instructors and you can book lessons and rent boards from them as well.

BLUE OSA also has a variety of other activities that can be booked upon arrival like jungle hikes, chocolate tour, mangrove kayak tour, zipline canopy tour, etc.

BLUE OSA has a beautiful spa on the premise and offers massages during the retreat. Available is also Acupuncture with our friend Koji.



FOOD

We offer three delicious farm-to-table meals per day using home-grown, organic ingredients, plus snacks and more to keep you energized and satisfied the whole week long.

BLUE OSA has a smoothie and juice bar! You can buy an unlimited juice/smoothie pass for the week for \$59.

Any services from the bar such as wines, cocktails, soda(s) are NOT included in the retreat.



BLUE OSA ROOMS & PRICING

BLUE OSA is a beautifully landscaped beachfront property with a great sandy swimming beach outfront. The retreat place features 13 beautifully designed and eco-friendly rooms with private bathrooms located in several buildings on the property. We have triple, double and single rooms from which to choose.

BLUE OSA is located approx. 20 min from Puerto Jimenez. Our old surf spot "Germany" is just 5 min. away by car. If you want to surf a lot at multiple breaks, we recommend you rent a car in San Jose or Puerto Jimenez. This allows you to be independent and lets you explore all the different surf breaks and more of the Osa Peninsula.



1 PENTHOUSE (FREEDOM): FOR 1-4 GUEST(S)
\$2490 PP (DOUBLE, TRIPLE OCC.) \$3900 SINGLE

Spacious deluxe penthouse on the top floor of the main house of Blue Osa overlooking the garden. Perfect for a single, couple, a family or friends traveling together. 1 king bed and 2 single beds.



2 TRIPLE ROOM (PEACE): FOR 3 GUESTS \$1790 PP (TRIPLE OCC.)

Spacious triple room on first floor of the main structure of Blue Osa overlooking the garden.
3 double beds



3 TRIPLE ROOM (BREATH): FOR 3 GUESTS \$1790 PP (TRIPLE OCC.)

Spacious triple room on first floor of the main structure of Blue Osa overlooking the garden.
3 double beds



4 DOUBLE ROOM (HARMONY): FOR 2 GUESTS \$1990 PP (DOUBLE. OCC) \$2800 SINGLE

Spacious double room on first floor of the main structure of Blue Osa overlooking the garden.
2 double beds and 1 single bed



5 DOUBLE ROOM (BLISS): FOR 2 GUESTS \$1990 PP (DOUBLE OCC.) \$2800 SINGLE

Spacious double room that is located near the yoga shala with garden view.
2 double beds and 1 single bed



6 DOUBLE ROOM (LOVE): FOR 2 GUESTS \$1990 PP (DOUBLE OCC.) \$2800 SINGLE

Spacious double room that is located near the yoga shala with garden view.
2 double beds and 1 single bed



7 DOUBLE ROOM (SHANTI): FOR 2 GUESTS \$1990 PP (DOUBLE OCC.) \$2800 SINGLE

Spacious double room that is located near the yoga shala with garden view.
2 double beds and 1 single bed



8 DOUBLE ROOM (OM): FOR 2 GUESTS \$2190 PP (DOUBLE OCC.) \$2950 SINGLE

Spacious double room that is located near the yoga shala with garden view and AC.
1 queen, 1 double and 1 single bed



9 DOUBLE ROOM (KARMA): FOR 2 GUESTS \$2190 PP (DOUBLE OCC.) \$2950 SINGLE

Spacious double room that is located near the yoga shala with garden view and AC.
1 queen, 1 double and 1 single bed



10 DOUBLE ROOM (BALANCE): FOR 2 GUESTS \$2190 PP (DOUBLE OCC.) \$2950 SINGLE

Spacious double room that is located near the yoga shala with garden view and AC.
1 queen and 1 double



11 DOUBLE ROOM (NAMASTE): FOR 2 GUESTS \$2190 PP (DOUBLE OCC.) \$2950 SINGLE

Spacious double room that is located near the yoga shala with garden view and AC.

1 queen and 1 double bed



12 DOUBLE ROOM (FAITH): FOR 1-2 GUEST(S) \$1990 PP (DOUBLE OCC.) \$2600 SINGLE

Spacious double room that is located near the yoga shala with garden view.

1 king bed



13 GARDEN HOUSE (MOKSHA): FOR 2-3 GUEST(S) \$2890 PP (DOUBLE), \$2390 PP (TRIPLE)

*THIS HOUSE IS NOT ALWAYS AVAILABLE

Spacious deluxe garden house near the pool.
1 king bed and 2 single beds



MISCELLANEOUS (FAQ) PLEASE READ!

MEALS

All meals are included. The cuisine is light and delicious with an emphasis on fresh produce. BLUE OSA's wonderful staff prepares regional specialties and international dishes using local ingredients. Throughout the day coffee and tea are available. BLUE OSA also has a smoothie bar where you can get a weekly JUICE PASS for unlimited juices and smoothies for \$59. Alcoholic drinks are available at your own cost. The daily meal plan generally includes tea/coffee before the morning yoga class, a big brunch afterward, a light lunch, and a fabulous dinner (veg or non-veg). The MEALS which are included in the group retreat begin with dinner on the day of arrival and conclude with breakfast on the day of departure. We DO NOT provide lunch on the day of check-in or check-out.

ELECTRICITY/WIFI

BLUE OSA is off the grid, meaning the electricity comes from solar panels and the energy is stored in batteries (for emergencies there is generator backup). You can get a 3G phone signal at the ocean front. Another possibility is to get a local SIM card at the airport upon arrival to create an easy Wifi hotspot. Wifi is offered at Blue Osa in the large dining room house. Wifi is spotty and limited and does not support zoom calls and streaming. Let's all try to unwind and unplug for this week.

GETTING TO BLUE OSA

Check-in starts at 2 pm on Saturday, April 5, not before! If you arrive before, you can leave your luggage, and go for a beach walk.

BY AIR: We recommend that you book your flight into San Jose (SJO). Check Kayak.com for best rates. Sansa is the local airline in Costa Rica with several flights daily to Puerto Jimenez. **Allow 3 hours between connecting flights!** The flight is 40 min. and costs \$150 each way. You can book flights directly on www.flysansa.com. Book early. Depending on the arrival time of your international flight, you may have to spend a night in Alajuela, near the airport, before flying to Puerto Jimenez. We can help you find a hotel to stay for the night. If you need any help making your travel arrangements, please ask. Once in Puerto Jimenez, **BLUE OSA** will pick you up **free of charge**.

BY CAR: If you like to explore a bit on your own, rent a 4x4 car (for example a Suzuki Vitara, Hyundai Tucson) and drive the 6-7 hours down to the Osa. It's a very pretty and easy drive. Make sure to arrive before dark. The last part is a dirt road that can be tricky to navigate in the dark. If you want to break the drive up, stay overnight near Dominical or Uvita.

LUGGAGE: Sansa allows 1 piece of checked baggage with a max. weight of 30 lbs, plus one piece of hand luggage of 10lb. **BLUE OSA** has very nice yoga mats for everybody, so you might want to leave your own at home.

COVID 19 SAFETY

Please bring 2 home-testing kits with you. We group test on arrival and again after 3 days for everybody's safety and peace of mind.

EMERGENCY

There is a clinic and full-service pharmacy in Puerto Jimenez and additionally a great private local doctor. She is our go-to for cuts, belly aches, ear infections, etc. In the event of a medical emergency requiring evacuation, airplane service to San Jose is available.

SWIMMING

BLUE OSA is located right on a beautiful sandy beach less than 100 yards from your room. Making it easy to take an early morning dip, or go for a stroll on the beach (miles and miles of beach). The beach is very scenic, and great for swimming. Please be careful to use appropriate water-proof, reef-friendly sunscreen, as the sun is quite strong. **BLUE OSA** has a nice hangout area right on the ocean with beach chairs. The property also features a great communal pool for the guests with comfortable chairs and pillows to lounge and read your favorite book and sip a juice.

WHAT TO BRING (A SENSE OF ADVENTURE!)

Less is always more in tropical Costa Rica!

light clothing and sandals
a good flashlight or LED headlamp
water shoes for rocky ocean bottom
light hiking sandals/sneakers for jungle hikes
rashguard for surfing or sun protection, surf leggings for mid day sessions or one piece surf suit
first aid kit (bandages, antibiotic cream, arnica cream, ear plugs, swimmers ear drops, etc.)
sun hat and sun screen

ACTIVITIES

Bird Watching Hike with Blue Osa Guide – free of charge
Surf Lessons with Pollo; \$60, Board rental: \$25 per day
Dolphin Watch and Boat Tour on the Golfo Dulce
Kayaking in the Mangroves
Chocolate tour at local farm
Zip lining through the trees
plus many more...

Spa services includes Massage, Facials and Acupuncture.
You can sign up for activities upon arrival. They are not included in the retreat fee.

CURRENCY/EXPENSES

We suggest that you bring some cash, recommended amount is \$500. You can always take it back home if you do not use it! It is not really necessary to convert any money to local currency (colones) as all businesses happily accept US dollars (however, expect your change to be in colones). BLUE OSA also takes credit cards. The current rate of exchange is approximately 550 colones for every 1 US dollar. The ATM machine in the bank in Puerto Jimenez is NOT always reliable, and it also entails going to Puerto Jimenez, so cash is the way to go.

You will need cash to pay for the following:

Activities — Everyone raves about all the tours!

Gratuities — Hotel gratuity is included in your retreat fee, but if you feel that service exceptional, you can certainly tip more in cash. For any additional activities, a 10% tip in cash for each activity guide is appreciated.

Nightlife — “Martinis” is a funky restaurant/bar nearby. Friday evening is the local disco night! We offer rides to the bar after dinner to hang out, stroll through the little art/crafts market and dance. And try the delicious home made ice cream!

WEATHER

The Osa Peninsula is characterized by warm breezes with daytime highs of 82-92F and evening lows of 75-85F. Please note that the Osa is part of a rainforest and is surrounded by jungle, so humidity is also a factor. From the middle of December through April is the summer season and excellent sunny weather prevails.

PASSPORT/VISA

You **MUST** have a valid passport to enter Costa Rica (and it has to be valid for 3 months after your date of arrival.). You do not need a Visa if you are a U.S. citizen. Other nationalities should check with your consulate.

DEPARTURE

Checkout is at 10am from BLUE OSA. Breakfast will be served that morning.
The Yoga studio cannot be used on the day of departure after 8am.

CANCELLATION POLICY

If you need to cancel your reservation more than 60 days before the scheduled retreat date, you will forfeit your deposit, unless we are able to fill your spot with another participant. Cancellations made 60-30 days prior to the retreat date are subject to a cancellation fee in the amount of the full deposit. We regret that any cancellations within 30 days or less are subject to a cancellation fee in the amount of 100% of the retreat cost. Fees are completely non-refundable and non-transferable. Exceptions to our policy cannot be made for any reason. We do not offer credit for arriving late or leaving early. We are NOT responsible for your expenses incurred in preparation for any cancelled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip.

There is no exception to the cancellation policy including weather or personal emergencies, flight cancellations or delays. **We recommend purchasing Travel Protection Insurance through a qualified agent.** If we must cancel a retreat, there will be 100% refund on all funds received to date. Thank you for understanding and respecting the cancellation policy.



TO BOOK YOUR SPOT, CONTACT

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SURFING AT PAN DULCE