



BODHI TREE

— YOGA RESORT —

What to expect upon arriving at the airport?

After you get your luggage, walking outside you will see a driver marked with a Bodhi Tree Yoga Resort orange sign. He/She may have a Bodhi Tree hat on as well as an orange Bodhi Tree T-shirt. They will greet you and help get your luggage to the van- which may be parked in the lot to the right of the exit.

What to expect on the drive from the airport?

Sit back and relax because it is a 2-2.5 hours (sometimes bumpy) drive. Your driver can stop anytime needed. Just ask! Transportation service can stop at the Super for snacks or drinks and to use the bathroom.

Check in and check out

General Check In time for all rooms is 2:00 p.m.
General Check Out time for all rooms is 11:00 a.m.

Guests' luggage can be stored at the Front Desk at no charge before or after the indicated hours on arrival and departure days.

Money

Costa Rican currency is in colones. The US dollar is widely accepted. Bodhi Tree accepts colones, USD, Visa, MasterCard and Am Ex. If you pay in USD you will most likely get colones in change.

Cash at the ATM's in town is hard to access down here. If you have a chip in your card it will not work at the Banco Popular on Main Street- you will need to go to the bank by the gas station- which is about a 10-minute drive from Bodhi Tree. We advise you to bring what you think you'll need for the week. Keep in mind if you are going on adventure tours- as many tours are cash only.

Medical services

From a general health perspective, Costa Rica has high health standards throughout the country, and is considered one of the safest destinations in the developing world. If you have a health care provider in the country of your origin, you may want to inquire before your travels about their coverage policy, when traveling to Costa Rica.

English-speaking doctors have offices located 5 minutes from Bodhi Tree, along with dentists.

A hospital is located within a 45 minute drive to Nicoya, or for serious conditions an air lift is available to a hospital with excellent Western standard medical care in the capital of San Jose within 45 minutes.

There are no shots or immunizations required to come to Costa Rica.

Communication and electricity (electrical outlets)

Wi-Fi: Wireless Internet is available at no cost and can be accessed via personal laptops for use of E-mail, Skype, or any Internet-phone calls. Please, note that Bodhi Tree does not guarantee connection to all types of laptop computers and does not provide a technician for WiFi access.

Electricity: The voltage throughout the country is 110, the same as in North America. Travelers with appliances set for 220 will need an adapter that changes the voltage and allows for use of a different plug.



Safety Box

Each room is provided with a safety box at no charge. The safety box is big enough to hold a laptop. Bodhi Tree is not responsible for any stolen personal belongings on the premises.

How far is the property from the beach?

10-minute walk- 15 minutes if you walk slowly or stop to say hola to a monkey. Free bike rentals are available for Bodhi Tree guests or hop on our Bodhi Bus (14 seater golf cart)!

Do we provide beach/pool towels? Yes

Excursions:

Most excursions are paid in cash only. Bodhi Del Mar Surfing lessons can be billed to your room. Please email: frontdesk@bodhitreeyogare-sort.com to reserve your adventure! Transportation to the beginning destination of all adventures is not included (except for Bodhi Del Mar surfing lessons).

What to pack?

Flashlight
Sunblock
Aloe Vera or another skin-soothing
Bug repellent
Water bottle
Clothing: T-shirts, shorts, skirts, sundresses, flip-flops, sunglasses, hats and swimsuits
Sports wear for surfing, hiking, horseback riding and yoga

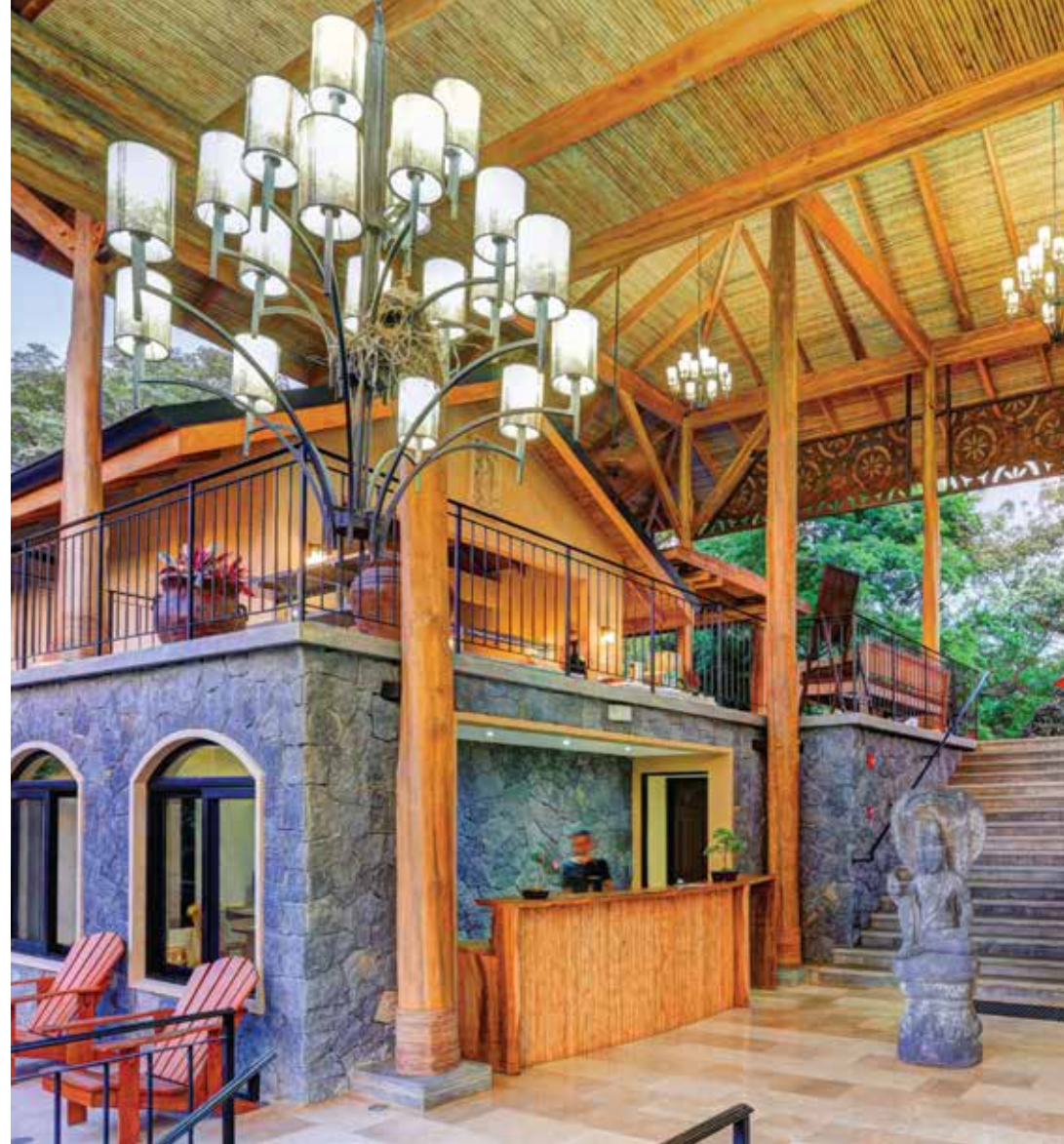
Dining:

We offer an array of hot and refreshing cold soups, an excellent buffet of veggies and salads, organic chicken, fish and vegan options. Organic wine and artisanal beer is available for purchase with your dinner.

Special meal request

Upon request, Bodhi Tree will do its best to provide for special meal needs (such as lactose intolerance, food allergies, ...etc.). We require that these requests be communicated at least 2 weeks in advance. Please communicate your request to the organizer of your program. Please keep in mind that a huge variety of non-allergic products are not as easily available in Costa Rica (as for example in the U.S.).

Breakfast: 7:00 AM to 9:30 AM
Lunch: 12:00 PM to 2:30 PM
Dinner: 6:30 PM to 9:00 PM



Prices are listed per person:

Canopy Zip Line \$75
Stand Up Paddle Mangrove Tour \$65
Stand Up Paddle Ocean Lesson \$75
Boca Nosara Wildlife & Birding Kayaking Tour \$65
Waterfall and Wildlife Adventure Hike \$65
ATV Tours- Discover Nosara \$75
ATV Tours- White Rock Adventure \$95
ATV Tours- Coffee Tour \$110
ATV Tours- Black Hills Tour \$130
Horseback Riding- Sunset Tour \$60
Horseback Riding Rio Montana \$65
Turtles at Ostional (seasonal) \$40
Nosara Refuge for Wildlife \$50
Daily Surf Lessons with Bodhi Del Mar \$65
Plant a Tree Barri-Guiones \$15



Juice Bar

In addition to our dining offerings- we have an amazing Juice Bar! Indulge yourself with the benefits of fresh juices, all natural smoothies, and healthy snacks or simply enjoy our terrific Costa Rican coffee. Our Chakra Juices and smoothies are packed with vitamins, minerals, and antioxidants. Revitalize after a yoga class or a surf session with an energy boost.

Bodhi Tree Juice Bar is open daily from 8 am to 5 pm. Water is safe to drink at Bodhi Tree, as well we have water stations for you to re- fill your bottle at various locations around the resort.

Do you suggest an end-of-stay tip for the entire property or do we tip individually?

Tipping is encouraged and appreciated. During your stay here you will see how hard our staff work and that we are 99% made up of local Costa Rican's, Tico as they are called. What we do is add a \$10 per day option onto your room charge at the end. You will receive a piece of paper the night of check out that will give you the option to accept this, decline it, add more or add to a certain group. Please do not feel obligated to opt into this it is just there for a convenience. This money gets divided up among all the staff from house keeping to front desk. The only groups that do not get included in this is the Juice bar staff, the bar tenders and massage therapists.

Pura Vida!
Have an amazing week retreat
Bodhi Tree Yoga Resort