

MARCH 2-9 & 9-16, 2019

8TH ANNUAL

# ASHTANGA YOGA & SURF RETREAT

OSA PENINSULA, COSTA RICA

WITH CHRISTINE HOAR (ASHTANGA MONTAUK)



## JOIN ME FOR ONE OR TWO WEEKS OF JOYFUL PRACTICE & PRANA

AT BOCA SOMBRERO, AN EXCLUSIVE ECO OCEANFRONT PARADISE, EMBEDDED  
IN THE PRISTINE RAINFOREST OF THE OSA PENINSULA IN COSTA RICA

### EACH WEEK INCLUDES:

- **7 NIGHTS ACCOMMODATION:** Shared, Double, Single. The lodging ranges from palapa platform to beautiful private houses—some with swimming pools.
- **2 YOGA SESSIONS DAILY:** (morning Mysore Ashtanga and afternoon guided exploratory yoga sessions, incl. Meditation, Pranayama, Ayurveda, Restorative Yoga)
- **4 ORGANIC MEALS DAILY:** includes a selection of fruit, granola, and yogurt before the morning yoga class, a big brunch afterward, a light lunch, and a fabulous, buffet dinner.
- **1 SURF LESSON** with Boca Sombrero instructors
- **1 WATERFALL HIKE** with lovely Monika!

**PRICING:** \$1350 to \$2100 (depending on lodging) includes all of the above, incl. resort gratuities. (Airfare/Taxi is not included!) Not included are spa services, nature tours, surfing, horseback riding. These can be booked at Boca Sombrero.

**REGISTRATION TERMS:** Pay in full by October 15, 2018 and receive a \$100 discount! Each participant must fill out a registration form and send a non-refundable deposit of \$500 by October 15, 2018 to secure a spot. Balance is due December 15, 2018. If you would like to guarantee your desired housing choice, tent platform or casa, we recommend making a full payment, versus a deposit, at the time of registration. Be sure to plan for this retreat early!

**TRAVEL:** Flight time to Costa Rica from New York is about 5 hrs. After flying into San Jose (SJO), you will need to take a connecting local flight with Sansa Airline to Puerto Jimenez (PJM). The flight is 45 min. and costs \$90-150 each way. Book early on [www.flysansa.com](http://www.flysansa.com) for good rates! Another option is to rent a car and drive approx. 6 hours along the pacific coast to the Osa Peninsula. We recommend a 4x4 car (Daihatsu Bego) if you want to explore the area.

**BOOK YOUR SPOT:** [christine.hoar@gmail.com](mailto:christine.hoar@gmail.com)  
[www.ashtangamontauk.com](http://www.ashtangamontauk.com) • 802.238.3735



The pristine rainforests and rugged natural beauty of the **OSA 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.



## ACCOMMODATIONS/PRICING

The spacious beachfront property has been landscaped with care to promote privacy and to welcome wildlife. There are eight thatched-roof tent platforms and four houses, Casa Playa, Casa Rio, Casa Troya and Oceanside, just steps away from the beach.

### CASA PLAYA

has an open construction style that allows for a steady ocean breeze throughout the living space and provides both ocean and lush mountain views. Upstairs has a large open floor plan with a beautiful hardwood floor and a thatched-roof ceiling. This room provides three king-sized beds, 3 single beds, and a balcony with a spectacular view of the Golfo Dulce. Downstairs has a cozy living space, bathroom and a detached kitchen. Both the living area and kitchen open up to the large swimming pool, deck, and lounge area. The pool has both deep and shallow areas - perfect for relaxing or swimming.

Shared occupancy only \$1650pp





## CASA RIO

is custom-finished with fine hardwoods, an open floor plan, and a beautiful thatched roof. Upstairs the house has two bedrooms. One bedroom has king size bed and the other has a king size bed and a single bed. Downstairs, there is a central, open kitchen designed for gathering at the bar. There is a comfortable dining area and an artfully designed bathroom, detached from the main structure for privacy. The bathroom area includes a covered dipping pool - a refreshing escape from the midday sun.

Double \$1900pp, Single \$2100pp



## CASA TROYA

reflects the typical home design of the Osa Peninsula with its half-height walls and natural, local building materials. It has a fully equipped kitchen and bathroom downstairs and a loft partitioned into two bedrooms upstairs. The overall aesthetic of this home evokes a sense of movement as the lines of the structure resemble a wave, ship or an animal, depending on one's perspective. Casa Troya offers a comfortable and inspired place to spend your vacation.

Double \$1750pp, Single \$1950pp





# JUNGLE TENTS

OUR MOST POPULAR  
ACCOMODATION!

Eight thatched-roof tent platforms are spread out on the magnificent 20-acre property. They are specially designed for comfort in a tropical climate. The thatched roof will keep you dry and cool, while a transparent material along the roof-line lets in light. The platforms are outfitted with beautiful, screened Moroccan-style tents whose special fabric allows for ventilation and guarantees dulce sueños (sweet dreams). Each bungalow has a cozy porch for relaxing and a private, open-air shower adjacent. Shared bathroom facilities are nearby and conveniently located.

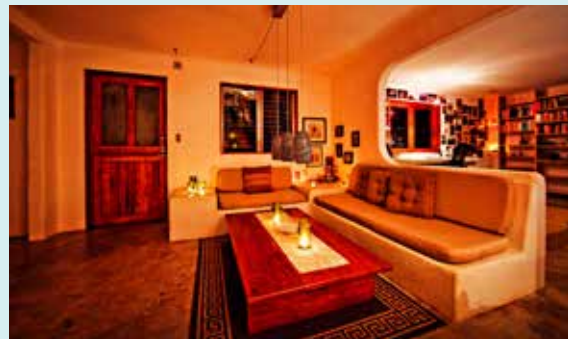
Double \$1350pp, Single \$1600pp



# OCEANSIDE

is a beautiful, 1200-sq. ft. white beach house whose architecture is reminiscent of Mediterranean styles. It is nestled in a lush tropical garden. Oceanside accommodates a couple with a child or three adults. The fully equipped kitchen, entirely finished in teak, is separated from the living room by a breakfast counter. Adjacent to the living room there is an office space with bookshelves, a sofa and desk. Upstairs one finds the master bedroom with double sliding glass doors, a wooden sundeck, jungle balcony, and a ladder on the balcony that allows access to the rooftop. Oceanside operates entirely on solar energy, drawing fresh water from a well. The house is located less than 80 meters from the beach and surf break, reached by a jungle trail and bamboo bridge.

Triple \$1750pp, Double \$1950pp





## COMMUNAL SPACES

### CASA GRANDE

The communal house on the property is the Casa Grande, a spacious home where we gather to enjoy meals. Here our professional kitchen crew prepares and serves delicious food in beautiful surroundings. Complimentary tea, coffee, and juices are available all day long.



### YOGA DECK

The yoga deck is a hardwood platform built with bamboo and a thatched roof. It sits in front of the beach and comfortably accommodates up to 30 people. Straps, blocks, and blankets are available. Please bring your own mat. (We have a few in case someone forgets to bring one.)



## MEALS

All meals are included. The cuisine is light and delicious with an emphasis on fresh produce. Boca Sombreros wonderful staff prepares regional specialties and international dishes using local ingredients. Throughout the day coffee, tea, juice and fruit are available. Alcoholic Drinks are available at your own cost. The daily meal plan generally includes a selection of fruit, granola, and yogurt before the morning yoga class, a big brunch afterward, a light lunch, and a fabulous, buffet dinner (veg or non-veg).

## ELECTRICITY/WIFI

Boca Sombrero is off the grid, meaning the electricity comes from solar panels and the energy is stored in batteries (for emergencies there is generator backup). There is electricity in the Casa Grande and the three houses. Tent platforms have lights and cooling fans.

Wifi is pretty limited at Boca Sombrero. We recommend to leave your electronics at home, or get a travel data plan with AT&T for example during your stay. Or just be patient with the offered Wifi at Casa Grande.

## GETTING to BOCA SOMBRERO

### BY AIR

We recommend that you book your flight into San Jose, the capital city. Check Kayak.com, or Continental.com for best rates.

Sansa is the local airline in Costa Rica with several flights daily to Puerto Jimenez. The flight is about 45 minutes and costs approximately \$90-140 each way. You can book flights directly on their websites at: [www.flysansa.com](http://www.flysansa.com)

Sansa's terminal is just one block away from the main Airport. Depending on the arrival time of your international flight, you may have to spend a night in Alajuela before catching a flight to Puerto Jimenez. If this is the case, let us know, and we can help you find a comfortable place to stay for the night. If you need any help making your travel arrangements, please do not hesitate to ask.

Once in Puerto Jimenez, we will arrange for a taxi to pick you up at the airport and bring you to Boca Sombrero. The cost for the taxi is \$30 up to 3 people, and \$10 extra per additional person.

### BAGGAGE

There is a 27-pound baggage limit (including carry-ons) enforced on the "in-country" flight to/from Puerto Jimenez. Baggage over 15-25 pounds (depending on the rate of your fare) will incur a per pound surcharge. So pack light!

## EMERGENCY/CONTACT NUMBERS

There is a clinic and full-service pharmacy in Puerto Jimenez. In the event of a medical emergency requiring evacuation to a major hospital, airplane service to San Jose from Puerto Jimenez is available 24 hours a day.

Boca Sombreros emergency phone number is 011-506-8718-8374 or 011-506-8363-1481

## WHAT TO BRING

A sense of adventure! Pack lightly! Less is always more in Costa Rica. The tropical climate makes it very comfortable, if not necessary, to wear light clothing, with sandals, rather than closed shoes. PACK: Good flashlight and extra batteries. LED headlamps are best; Shoes that can get wet, like all-terrain sandals or sneakers; Beach towel; Waterproof Sunscreen; Bug repellent; Bathing suit; Rash Guard for Surfing; Sun hat; Lightweight long pants and shirt; Yoga mat, Light Hiking shoes or Tevas for Jungle hikes.

## SWIMMING/SUNBATHING

Boca Sombrero is located right on the beach with swimming less than 100 yards from your room, making it easy to take an early morning dip, a stroll on the beach (miles and miles of beach). The beach is very scenic, serene, and picturesque. It is very easy to find a secluded spot to sun bathe. Please be careful to use appropriate sunscreen as the sun is quite strong. If you do decide to sun bathe topless or nude, please be sensitive to the local Catholic customs of the country and be discreet.

## ACTIVITIES

All activities can be arranged once you arrive. The prices are per person. If a taxi is needed for a tour that starts in Puerto Jimenez, the price of transportation can be split between all passengers. The taxi is \$30 - \$60 each way and holds up to 6 people.

River Nature Hike with Monika – free of charge

Surf Lessons - \$50, Board rental - \$25 \*3 lesson package \$100

Dolphin Watch and Boat Tour and Animal Sanctuary - \$70 + \$25 (plus taxi to Puerto Jimenez)

Mangrove Kayaking Tour- \$45 (plus taxi to Puerto Jimenez)

Bird Watching - \$30

Horseback Tour and Waterfall Rappel- \$65

Spa services:

Massage - \$65 one hour, \$90 one and a half hours

Acupuncture - \$80 per session

Facials, Scrubs, and Body Wraps - \$70 - \$100

## CURRENCY/EXPENSES

We suggest that you bring some cash, recommended amount is \$500. Boca Sombrero does not take credit cards. 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). The current rate of exchange is approximately 500 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 funds 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. For any additional activities, a 10% tip for each activity guide is appreciated.

Nightlife — Buena Esperanza “Martinis” is a funky restaurant and bar, about a 20-minute walk from us. Friday evening is the night to go there!

We offer rides to the bar for a local Farmers Market, music, dancing, and a great party.

## 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/VACCINATIONS

You MUST have a valid passport to enter Costa Rica (and it must not expire within 30 days of your arrival for U.S. citizens and 180 days for some other nationalities). You do not need a Visa if you are a U.S. citizen. Other nationalities should check with your consulate. You do not need any vaccinations.

## EXTENDING YOUR STAY

80% of the Osa Peninsula is National Park, the Corcovado, where you can hire local guides and venture out on single or multi-day long hikes: <http://costa-rica-guide.com/Natural/Corcovado.html>

## DEPARTURE

There is a departure tax when leaving Costa Rica that must be paid at San Juan Santamaria International Airport. This fee is \$28 US and is payable in colones or US dollars.



## 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 canceled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip.

There is no exception to 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 Christine Hoar  
e: [christine.hoar@gmail.com](mailto:christine.hoar@gmail.com), t: 802.238.3735  
[www.ashtangamontauk.com](http://www.ashtangamontauk.com)**

