



Costa Rican Retreat

March 4-10, 2023



"Your To Do's":

Hit the Registration & Waiver links and complete all necessary forms.

Secure your place on the trip and accommodation, with a \$1,000
NON REFUNDABLE DEPOSIT

Deposit is only refundable should the circumstances fall under the AirBnB extenuating circumstances policy (See Link), or if the retreat has a waiting list, whereby your spot is filled.

Book your own round-trip flights - **BOOK SOON!!!**
To utilize included transfer from Liberia to Nosara, FLY INTO AND OUT OF NOSARA - SEE DETAILED INFO BELOW:

- At time of publishing, direct return flights between Newark and Liberia available for under \$700
- Transport to the retreat from Liberia International Airport:
- Saturday, March 4, 2023 leaving Liberia International Airport at **12:30pm**
- Returning to Liberia airport for departure to USA:
- Friday, March 10, 2023 arrives at Liberia International Airport by **1pm**

Ensure you have a valid Passport that **does not expire for 90 days after return date.**

Secure Trip Insurance as needed.

Arrange and secure your own transportation to and from the local USA airport.

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Costa Rican Currency: Colones

- Bring some cash with you on the trip for street market purchases.
- ATM's available to withdraw cash in Dollars & Colones
- Ensure your bank is aware of your international travel plans for use of your credit cards for some meals and incidentals.

Should Covid Tests be required at time of travel in Nosara in order to return to the USA, local testing appointments will be arranged (at your expense).

March 4th, 2023

SHOW UP!

