

## **Retreat Info:**

### **Location:**

Our Nicaragua Yoga and Surf Retreat will be hosted at the beautiful Costa Dulce Bungalows and Retreat Center. Shoes are optional. [Costa Dulce Beach Bungalows](#) is located less than 15 miles from the surf town of San Juan del Sur in the far southwest corner of Nicaragua. You can actually see the Costa Rica from the yoga shala. The location is stunning and getting to this secluded eco-retreat is half the adventure.

### **Getting There:**

You have the option of flying into either **Managua(MGA)**, Nicaragua or **Liberia(LIR)**, Costa Rica. We recommend flying out of Dulles, Reagan or BWI for better fares and less flying time. There are flights out of Richmond with a connection as well but could be slightly more pricey than flying out of Washington.

- Driving time from Managua airport is about 3 hours.

- Driving time from Liberia airport is about 2 1/2 hours plus time for border crossing which can vary depending on crowds.

It is best to have your flight arrive as early as possible on Saturday so you don't get into Costa Dulce too late. If you are interested in arriving in Managua or Liberia the day before, we are happy to make recommendations on accommodations and sites to see. Just let us know. Costa Dulce will provide shuttles directly to and from the airports. We will try to fill the shuttles as to decrease prices.

### **Shuttle Rates from Managua:**

- 1-3 people \$110 total

- 4-7 people \$35pp

- 8+ people \$30 pp

### **Shuttle Rates from Liberia:**

- 1-3 people \$180 total

- 4-7 people \$45pp

- 8+ people \$40pp

\*The border Crossing fees are not included in the shuttle price. There is a \$8 tax at the Costa Rican side. And then a \$12 tourist visa and a \$1 municipal fee at the Nicaraguan side.

\*\*\*Once you purchase your flight, please email your itinerary to us here along with Emergency Contact information name, phone, relation and e-mail. We will arrange transportation for you to Costa Dulce and try to coordinate groups.

\*\*\*Please make sure your passport is up-to-date with an expiration that is no shorter than 6 months out from your travel dates.

## **Packing List**

We recommend packing light. You won't need much besides your bathing suit, yoga clothes and an adventurous spirit!

- **Reusable water bottle.** Costa Dulce has an advanced water filtration system and free filtered water is available at all times.
- **Eco-friendly Bug Spray**
- **Flashlight or Headlamp** with fresh batteries
- **Sunscreen**
- **Personal care products** if you prefer your own. Costa Dulce provides shampoo, conditioner and soap.
- **Beach towel**
- **Sarong/beach cover up**
- **Medications, vitamins, Benadryl, Tylenol, Advil, etc.**
- **Ear Plugs**
- **Yoga clothes** (shorts, sports bras, lighter yoga pants and loose cotton clothing is most comfortable)
- **Swimsuit**
- **Rash guard/Sun Shirt** for surfing and swimming
- **Yoga Mat Towel** if you're prone to sweaty practice ;)
- **Sun Hat**
- **Sunglasses**
- **Flip-flops/sandals/crocs** for walking on site and on beach
- **Hiking Shoes** for jungle/waterfall hike
- **Cash (USD small bills up to \$20s accepted everywhere, no need to exchange)** for local beach bar/restaurant, snacks/drinks at Costa Dulce, additional spa services, staff gratuities (recommended \$5-\$10/day that is divided amongst the hard-working housekeeping, dining, transport, concierge and groundskeeping team) and for food and shopping on the day trip to San Juan Del Sur. Many shops there do have credit card option for 5% surcharge. Costa Dulce prefers cash but can accept credit cards with a 5% surcharge.
- **Journal**

- **Camera**
- **Binoculars**

## **FAQ**

### **Do I have to participate in every yoga class?**

No, you do not. We want you to get out of this retreat whatever you are looking for whether that is rejuvenation, relaxation or deepening your yoga practice.

### **I'm new to yoga and I don't know how to surf. Is this retreat appropriate for me?**

Absolutely! And we'd love to have you. During yoga classes we will always offer modifications and variations to make the practices more accessible or more challenging. And for non-surfers, there are surf instructors available for lessons and pointers throughout the week. Private surf lessons begin at \$30/hr. One surf lesson is included in the pricing. We will also be available for private yoga instruction which is \$55/60 minutes. Private yoga is a great way to move deeper into your practice, increase strength and flexibility, improve alignment and get one-on-one instruction.

### **Will I be sharing a room with someone?**

Yes. Unless you are signing up for a single room. If you are coming with a friend or friends we will put you all together, if not we will put you with another fellow yogi!

### **Do I need to bring yoga props?**

Mats, blocks and straps are available for your use.

### **Are tips and gratuities included?**

No. If you feel like your massage therapists and/or tour guides for surf lessons, transportation, beach trips etc. did an excellent job an appropriate tip ranges from 10-20% of what you paid and it is greatly appreciated.

### **Are the mealtimes set?**

Yes, at Costa Dulce meals are at set times and mostly served family style. However, if you are seeking solitude you are welcome to get your meal and take it elsewhere or opt for a lunch or dinner down at the beach restaurant that is separate from Costa Dulce.

### **Is alcohol included in the price?**

No. Costa Dulce has local beers and liquor on hand that you can pay for on honor system. There is also a beach bar nearby.

### **Do I need a power adaptor?**

If any of your appliances/chargers are 3 prong you will need to bring a 3 prong to 2 prong adaptor. Here are further details:

- Voltage: 120 V
- Frequency: 60 Hz
- Power sockets: type A (2 prong)

### **Is the drinking water in Nicaragua safe?**

Tap water in Nicaragua is not safe for drinking. There are two purified water filling stations at the retreat. Please bring a refillable water bottle to use throughout the retreat.

### **Is Nicaragua safe?**

Yes, it is. Like in most parts of the world it is important to make intelligent choices. Costa Dulce is incredibly safe and the staff is treated like family and they will treat you like family. Entrances/exits are guarded. Outside of Costa Dulce it is important to stay off of the beach after dark, and to trust your instincts. If in doubt, ask a local/expat if it's safe.

### **Money and Credit Cards**

The official currency of Nicaragua is the Cordoba, although USD and Cordoba are used interchangeably. However there is no need to worry about getting Cordobas. We suggest bringing a variety of US bills that are crisp and clean, no tears or marks (no one will take them, including the banks). Large bills above \$20s are hard to change. ATMs are available at the airport in Managua and in San Juan del Sur. Some businesses in San Juan del Sur accept credit cards with a 5% surcharge. The same is true of Costa Dulce.

### **Is there Wifi and Cell Service?**

Costa Dulce Beach Bungalows has Wifi in the common spaces. Please keep in mind that Costa Dulce is a remote eco-resort and Wifi does not always work perfectly. We are encouraging each guest to take this week to relax and unplug from their iPhones, computers, etc. Cell service is available in Nicaragua and at Costa Dulce. Remember to check in with your phone company about roaming charges and international rates.

## **Travel Insurance**

If you are interested in travel insurance, Costa Dulce recommends World Nomads, a company that insures for travel in Nicaragua. <https://www.worldnomads.com/> Travel insurance insures the safety of your travel plans. It is a safety net should you have any last minute changes, emergencies or unexpected events.

## **Medical Facilities**

There is a brand new local hospital in San Juan del Sur 25 minutes away. And for any major medical needs there is Vivian Payless Hospital in Managua 3 hours away.

## **Daily Schedule**

6:00 AM: Pre-Breakfast available- homemade granola, fruit, yogurt, tea & coffee

7:30-8:45 AM: Dynamic Vinyasa Yoga

9:00 AM: Breakfast

*Free time or surf lesson...*

1:30 PM: Lunch

*Afternoon excursions, beach time, surf lesson, relaxing massage...*

4:30 PM: Therapeutic Yin Yoga or Restorative Practice with Meditation

6:30 PM: Dinner

The free times are yours to spend however you like, whether it be surfing lessons on the house break, relaxing in a hammock, or exploring the beach. It is also a great time to arrange additional excursions like fishing, snorkeling, a trip into town, etc.

## **Payment**

You are welcome to sign into your Santosha Mind Body account to complete payment and pay via credit card. You can also complete payment at the studio or mail a check to:

Santosha Yoga, c/o Nicaragua Retreat

5786 Three Notched Rd Unit C

Crozet, VA 22932

## **Cancellation Policy**

Once paid if you need to cancel, your money will be credited to Santosha minus the \$500 deposit. In the event of a major injury or family emergency we will consider further refunds on a case by case basis.

Finally! ;) The Costa Dulce website is a great resource to get a better picture of the beauty ahead, <https://www.costadulcebeach.com/>. You can check them out on Facebook, <https://www.facebook.com/costadulcebeach/>, and on Instagram, [https://www.instagram.com/costa\\_dulce/](https://www.instagram.com/costa_dulce/), too!

Please feel free to message us with any and all questions you may have. We can't wait for our week in paradise with you!

SANTOSHA  YOGA