

Costa Rica Retreats 2020-21

DECEMBER 30 2020 - JANUARY 7 2021 & JANUARY 7 2021 - JANUARY 13 2021

The retreats this year are much different than in previous years. The level of uncertainty in the world, coupled with limitations for some to travel, make these retreats the first of their kind. I know of people who want to come but are unable to, while others who never felt the pull, now feel a need. Basically, what makes these retreats different is that most people are in need of connection or recharging at this time. Even though the whole world is promoting isolation of some kind due to the pandemic, I see it as a privilege to be able to isolate myself from that same world, away from everything, deep in nature, with the people who also see that privilege. It is very difficult for me to approximate the number of participants this year. It may be small because of imposed fears and restrictions, creating an intimate group, or it may be larger to the point of needing to limit numbers because, for many, it comes as an opportunity for refuge.

This year there are two retreats. The first retreat begins by arriving December 30th 2020 and departing January 7th 2021. The second retreat begins by arriving the 7th of January and departing on January 13th 2021. You can join us for either one or both retreats.

Monasterio is beyond a place or dimension. It is a portal of connection. The program of the retreat is to be with nature, in whatever nature brings, with moments of connections and realisation. Our activities will include sessions, wisdom from the source, personal exchanges or treatments, jungle walks, and playing in pristine rivers and waterfalls.

Exchange:

The cost for the first retreat is US\$1300 and for the second retreat is US\$1100, or US\$2000 for both retreats.

There will be a US\$200 deposit upon registration, and the balance in cash upon arrival. If you have a problem bringing cash, let us know to arrange an alternative method of payment.

Included in the price is:

- A shared floor beneath you and a roof above you for 8/6 nights (do not expect walls) and meals.
- Pick-up from San Jose airport (SJO) between 10:00am until 3:00pm on December 30th/January 7th
- Drop-off at San Jose airport (SJO) between 9:30am until 2:00pm on the 7th/13th of January.
If your plane arrives after 2:30pm or departs before 11:00am you will need to arrange your own accommodation for the night after or before.



You should bring:

- Mattress and sleeping bag for possible cold nights
- Towel, sheets, bathing suit and sun block
- Rubber boots and long pants
- Flash light and batteries
- (Keep in mind that we don't have electricity)

Note:

If you are coming to the first retreat and you wish to stay longer, the cost will be \$150 per night. You will also need to pay for your return taxi. The taxi cost to SJO airport is about \$140, and to Guacimo is about \$40. You can get anywhere in Costa Rica from Guacimo with the bus for \$2-\$10.

Staying longer than January 13 can only be arranged closer to the gathering.

As of November 1st, Costa Rica will open its border to all countries. You should check your travel restrictions based on the country you are coming from on your own.

The deposit is refundable until December 20th, however we appreciate you letting us know as soon as possible if your travel plan changes.

Register at: <https://abdy.info/when-and-where/costa-rica-retreat-2020-2021>

Any enquiries should be sent to Olga at: connect@abdy.info

Puedes registrarte en: <https://abdy.info/when-and-where/costa-rica-retreat-2020-2021>



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