

Costa Rica Retreats 2018-19

DECEMBER 30 2018 - JANUARY 7 2019 & JANUARY 7 2019 - JANUARY 13 2019

I welcome you to join our retreat in Monasterio, Costa Rica. This year we will have two retreats, one after the other. You can join us for either one or both. The first retreat begins by arriving December 30th 2018 and departing January 7th 2019. The second retreat begins by arriving the 7th of January and departing on January 13th 2019.

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 coupled with moments of connections and realization. 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 9:00am until 3:30pm on December 30th/January 7th
- Drop-off at San Jose airport (SJO) between 9:30am until 5:00pm on the 7/13 of January. If your plane arrives after 3:00pm 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 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. Everybody must depart by the morning of January 13.

Register at:

<https://abdy.info/when-and-where/costa-rica-retreat-201819/>
Any enquiries should be sent to Olga at: connect@abdy.info

