

# Costa Rica Retreats 2021-22

DECEMBER 31 2021 - JANUARY 8 2022 & JANUARY 8 2022 - JANUARY 14 2022

I welcome you to join our retreats in Monasterio, Costa Rica. You can join us for either one or both. The first retreat begins by arriving December 31st 2021 and departing January 8th 2022. The second retreat begins by arriving the 8th of January and departing on January 14th 2022.

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.

#### 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 3:00pm on December 31st/January 8th
- Drop-off at San Jose airport (SJO) between 10:00am on the 8th/14th of January. If your plane arrives after 2pm or departs before 11:30am you will need to arrange your own accommodation for the night after or before. If you are returning to USA, you should book your return flight after 2pm. So you have enough time to do your covid test the same day.

#### You should bring:

- Mattress (single) and sleeping bag for possible cold nights
- Warm sleeping bag or blankets for possible cold nights
- Towel, sheets, pillow.
- Wellies / rubber boots (without lining recommended)
- Long pants
- Rain coat with hood or thin rain poncho
- Indoor sandals
- Bathing suit, hat and sun block
- Flash light and batteries.
- Insect repellent
- (Keep in mind that we don't have electricity)

#### Note:

If you wish to stay longer for any of the retreats, the cost will be \$150 per night. You have to stay at least two extra nights. The weekly rate for staying longer is \$700.

Register at: <https://abdy.info/when-and-where/costa-rica-retreat-2021-2022>

Any enquiries should be sent to Olga at: [olga@abdy.info](mailto:olga@abdy.info)



abdy.info

