

Blue Spirit Retreat

Blue Spirit Retreat in Costa Rica provides an exceptional setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability.

Perched on a peninsula overlooking the Pacific Ocean and a three-mile long white sand beach that is protected as a turtle refuge – Blue Spirit Retreat offers an extraordinarily beautiful and natural setting on one of Costa Rica’s finest beaches, allowing for your retreats, workshops, and trainings to be a deeply nurturing and unforgettable experience.



Located in Nosara on the northwest coast of Costa Rica, Blue Spirit Retreat is remote yet accessible; we are only a two-hour-drive from the Liberia International Airport, which has frequent daily flights from all over the United States and Canada. Once you arrive, you will find yourself worlds away in a region renowned for its spectacular scenery, excellent restaurants, local cultural events, and an international community that gives the region a vibrantly creative and peaceful atmosphere – a combination you won’t find anywhere else in Costa Rica or perhaps the entire Western hemisphere.

creating natural
community



The Mission of Blue Spirit Retreat

Blue Spirit Retreat offers a facility and environment dedicated to spiritual transformation, personal development, and environmental sustainability in a uniquely beautiful and natural setting.

Blue Spirit Retreat is founded on the vision of Stephan Rechtschaffen, M.D., and three like-minded partners dedicated to developing the finest retreat center of its kind. Rechtschaffen is the cofounder of the renowned Omega Institute in Rhinebeck, New York which opened its doors in 1977 and has since become the nation's largest retreat center.



Blue Spirit Retreat is an ideal setting for teachers and conference organizers to offer their workshops, retreats, professional trainings, and other programs. We support our individual guests while being good neighbors for the surrounding community through employment creation and in the assisting of local cultural initiatives.

creating natural
community



The Classrooms

Yoga Pavilion. Blue Spirit Retreat's largest classroom is the 3,000 square-foot Yoga Pavilion. It has sustainably harvested sprung wooden floors and is built in a Balinese style, offering breathtaking ocean and mountains views in all directions. The Yoga Pavilion can accommodate up to 120 people in a yoga workshop and 250 people in a conference or meditation style gathering. It is fully equipped with yoga mats and props, an excellent audio-visual system, and air-conditioning when desired.



views that awaken
the senses

Library Class. Our smaller 1,000 square-foot Library Class overlooks the Pacific Ocean to the north and is open to the ocean's gentle breezes. Also built with sustainably harvested wooden floors, the Library Class can accommodate up to 30 people in a yoga workshop and as many as 50 in a conference or meditation style gathering. This classroom is also fully equipped with yoga mats and props and an excellent audio-visual system.



Our All-Inclusive Package

Blue Spirit Retreat offers a wide selection of accommodations for any budget and preference. Whether wanting to stay close to nature in our plantation casitas or bask in our luxurious rooms with balconies offering ocean views, there is something here priced for everyone's budget and taste. Rates are based on a 1-week stay (7 nights and 8 days) from Saturday to Saturday.

The accommodation rates are all-inclusive. Here's what we offer:

- 7 nights' accommodations
- Three delicious and nutritious meals a day in our dining room
- Full access to the beach
- Use of the infinity swimming pool
- Full access to the library
- WiFi access in the rooms, library, and café
- Daily early morning and afternoon yoga classes
- Evening activities and events

Amenities

Blue Spirit Retreat offers a variety of massage and bodywork to complement the day's activities.

Our café-lounge offers organic wine and beer along with freshly baked goods, raw food treats, natural fruit juices, locally made natural ice cream and fruit sorbets, and cappuccino and espresso. The café-lounge is adjacent to the library, which is ideal for reading, quiet conversations, and late night gatherings with friends.

The Blue Spirit Retreat swimming pool has a graceful infinity edge overlooking the ocean, and is filled with natural salt water. What's more, it's convenient to all the rooms.

Meals

The cuisine at Blue Spirit Retreat focuses on organic (as available), natural vegetarian cooking made from locally grown produce, as well fresh fish caught by fisherman from local waters.

The dining hall at Blue Spirit Retreat offers a friendly, intimate, yet refined setting to enjoy some of the best food Central America has to offer, along with comfortable opportunities to connect with others staying at the center. Gaze out over the ocean while enjoying the gentle ocean breezes that comes through the open-air setting.

a complete
experience



Accommodations

Plantation Casita. 10 cottages beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. Each casita sleeps two people. The cottages are simple and natural wood frame structures with screening for natural ventilation. They share a common bathhouse that has solar hot water showers and water-saving toilets to provide a comfortable and ecological setting.

Hermitage Room. 19 single rooms that are designed to provide privacy and elegance, while being cozy and inexpensive. Each room has a balcony with partial views of the ocean, a queen-size bed, a private bathroom with solar hot water and a natural ventilation system. Also available as an inexpensive room for couples.

Standard Double Room. 5 double rooms with balconies and beautiful mountain or ocean views. The rooms are tastefully furnished and provide the perfect space for couples. Each room has a king-size bed or two twins with a private bathroom with solar hot water and a natural ventilation system.

Superior Double Rooms. 3 double rooms with balconies and ocean views. These rooms are tastefully furnished and provide an elegant space ideal for couples. Each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

Deluxe Double Rooms. 5 deluxe doubles rooms with balconies and extraordinary ocean views. These rooms are elegantly furnished to provide the most luxurious space for couples. Each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

natural and
elegant



Deluxe Room

About Costa Rica



Costa Rica is a destination internationally renowned for its friendly and genuine people and spectacular nature. It warmly welcomes international visitors. While it is remote, Costa Rica is easily accessible from the United States and Canada, and attracts more eco-friendly and nature tourism each year.

Costa Rica has not only become known for its beauty and ecological tourism, but

also as a country whose values reflect many of ideals embraced by those of us interested in world peace, environmental preservation, excellent education, and a high standard of health care.

Costa Rica is unique in Central America as it has the longest uninterrupted democracy; no standing army in more than 50 years; the largest percentage of preserved rain forest per capita in the world; over 90 percent literacy rate; a high level of education and health care supported by the government; and an ongoing support for ecology and sustainability. At present, Costa Rica has initiated a commitment to become the first carbon neutral country on Earth.

Climate

The weather patterns in Costa Rica are quite stable and predictable, and the Guanacaste region where Blue Spirit Retreat is located is rarely subjected to hurricanes or severe storms. Remarkably, there are very few mosquitoes or other insects along the coast, especially in the dry season. The climate in Nosara fluctuates with the seasons. The dry season begins in November and lasts through winter until the end of April.



Winters are sunny and always clear and warm during the day (with an average temperature around 80F), cooling down during the evening, though comfortably warm (around 70F). May through August is the beginning of the light rainy season, although the days and nights remain primarily clear and beautiful. During this time, the landscape becomes lush and green. September and October are the rainy months, which lead into the gorgeous months November and December, when the landscape remains verdant and the weather is clear.

peaceful and
inviting



Getting to Blue Spirit Retreat



Blue Spirit Retreat is located on the Pacific Ocean in Nosara, which is in the Northwestern area of Costa Rica, in the province of Guanacaste. With each passing month, as more airlines fly to the region and roads are further developed, traveling to and from Nosara has become increasingly easier.

There are two international airports in Costa Rica.

1. You can fly to Liberia International Airport (LIR), which has frequent flights from all over the United States. American Airlines, Continental, United, Delta, and others fly through their hubs, and there are also nonstop flights from international airports in the Northeast and West Coast of the United States. It is then a two-hour drive from the airport to Blue Spirit Retreat.

To reach Blue Spirit Retreat from the airport, you can arrange for our transportation shuttle for pick-up and return service (advance reservations are necessary). You can also rent a car online, although a car is not needed during your stay with us.

2. You can also fly to Costa Rica's capital city, San Jose (SJO). From San Jose you can fly further on directly to Nosara with Sansa Airlines (35-minute flight). For schedules and fares visit www.flysansa.com. You also can book a flight with Nature Air (www.natureair.com), although you will need to take a 20 minute taxi ride to change to the Pavas Airport. In either case, it is usually best to spend the night when you arrive in San Jose and take the next morning flight to Nosara, where our shuttle can pick you up at the local Airport. Advance reservations are necessary for the shuttle.

Instead of flying to Nosara you can also choose to rent a car or hire a mini-van with driver (which we can arrange) to drive from San Jose. The drive is currently 4 to 5 hours, but it will soon to be shortened after the completion of a new highway through the mountains, and with the paving of the road for the last 30-minutes of the trip. All car rentals must be done privately.

For those who want to explore on their own while visiting the area, rental cars or bicycles are available in Nosara.

far from the
everyday



What to Do in Nosara

When you are not in your workshop or class, the Nosara region offers a wide variety of activities and amenities for you to enjoy.



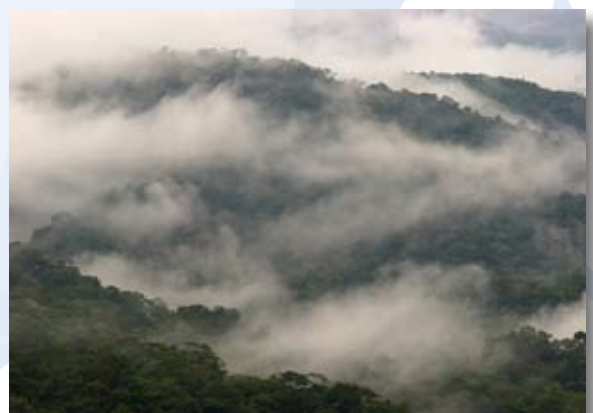
Since Nosara is on the Pacific Ocean, life in the area focuses a great deal on the fantastic beaches. There are ideal surfing conditions year-round and surfing lessons and rental boards are widely available. Kayak excursions and rentals, snorkelling, and deep water fishing are also available.

explore and
discover

For the more adventurous, there are canopy and zip-line tree-top tours that offer thrilling views of the Costa Rican jungle canopy, horseback riding along our beach, and white water rafting trips just a few hours away – all of which can be arranged by our friendly staff. For more tranquil exploits there is bird watching on Boca Nosara. And, of course, there are miles upon miles of soft, white sand beaches for long walks and gorgeous sunsets.



There are a variety of restaurants in the area that offer foods that range from local Tica cuisine to Italian, French, or Thai – all of it made with fresh, local and organic ingredients when available.



Sustainable Practices

Blue Spirit Retreat is committed to the highest standards of ecological awareness and sustainable practices. To this end, the buildings have been constructed with a focus on using “green” materials that have come from environmentally controlled resources and are designed to provide a long-lasting life so replacement and rebuilding procedures will be kept to a minimum. Blue Spirit Retreat is also operated with a keen eye on protecting Costa Rica’s beautiful surroundings. All told, we have endeavored to build as green a facility as is possible in Costa Rica to be a model of what is possible to be done in the country.



Construction Style & Materials

Blue Spirit Retreat shares a border with a nature reserve that we protect. In so doing, we have chosen to build in a concentrated area to allow as much nature around us to remain undisturbed.

We have built with local concrete and FSC (Forest Stewardship Council) wood that comes from either local tree farms a few miles away, or from Nicaragua to support the reforestation project in forests severely affected by the recent hurricane. This same wood is also the source of our furniture. Our roof tiles are all clay made just a few hours away in Nicaragua.

In addition, we are experimenting with special low VOC (volatile organic compounds) paints and finishes not currently available in Costa Rica to determine how it functions in the Costa Rican climate.

Solar Hot Water & Water Conservation

All heating of water is done using solar energy from collectors on our roofs. Since clean, potable water is precious, we have installed a water system that redirects some of the shower and sink water into toilets; we utilize nonflush urinals and our waste-water system provides treated water that we use to water the center’s fruit trees, vegetable garden, and landscaping around the property.

Cooling & Ventilation

We have designed many of our rooms with natural ventilation to avoid the need for air-conditioning. There are a few rooms and classes with the latest and most ecologically friendly air-conditioning units available, and for which we will be buying carbon credits to offset this electric usage. We have built our refrigeration system deep into a hillside to facilitate natural cooling and some of our rooms, too, are built close to the earth to take advantage of its generally cool ambient temperatures.

committed to
sustainability



Cleaning Practices & Products

We use only earth-friendly cleaning products throughout the center. Also, to save water and electricity, we encourage a reduced frequency of changing of sheets and towels during your stay.

Recycling & Composting

There is an active composting program used for our gardens, along with an active recycling program of paper, plastic, glass, aluminum, and tin.

Reduced Electromagnetic Fields

Some studies are beginning to reveal that the electromagnetic fields that surround many of us where we live can cause sleep disturbances, and even recurring insomnia. In an effort to reduce the center's electromagnetic field at night, the center's WiFi system will be turned off each night from midnight to 8 a.m. in order to offer our guests the deep rest they need.

committed to
sustainability



Planning Your Visit

Check In and Out

Check In: Rooms are ready for occupancy by 4PM, though, if requested, we can try for earlier in specific cases. **Check Out:** Rooms must be vacated by 11AM on the day of departure in order for us to prepare for groups arriving that day.



Child Policy

Blue Spirit Retreat does not have a childcare program or special activities for children. While children are welcome, it is the responsibility of their parents as the ocean and grounds are rugged and care should be taken. Similarly the programs offered are usually not for children and we ask parents to assure that classes are not disturbed by children.

There may be certain programs that do welcome children, please check with our staff for such events.

Limited Mobility

Blue Spirit Retreat is equipped with an elevator and there is a room that is designed for those with a disability. Access to the classrooms and dining area is easily accessible with the elevator. However the Center is located on a hill by the beach and as such the terrain is difficult

Money

Nosara has ATM's available and while the local currency is Colones, one can use Dollars most anywhere, though sometimes at a lower rate of exchange. The official bank rate is between 500-600 Colones per Dollar. Blue Spirit Retreat offers a fair rate of exchange to its guests.

be easy on
yourself

