

Frequently Asked Questions

I am coming on my own but I'd rather have a shared room. Can I be partnered with someone?

We will do our best to find another person with the same desire. Please let us know as soon as possible and we'll look for a partner.

Are there a lot of food options? vegan, meat, gluten free?

There is a wide variety of food on offer at Bodhi Tree. The 3 meals a day we are offering will have tons of vegan and non-vegan options. There will be dairy, egg, fish and some meat options for the carnivores. There is gluten and gluten-free options as well including gf bread on offer for all 3 meals. In the café there are also options for vegan and non-vegans.

Is there coffee?

Costa Rica is known for their delicious coffee which is exported worldwide. Each of the rooms have a small drip coffee machine and a packet of coffee is supplied daily for the super early risers. There is brewed coffee available in the main restaurant from early in the morning and during the breakfast period. Also on site, there is a café near the pool area where you can purchase espresso based drinks and other goodies (snacks, smoothies, bowls, pastries, etc). Finally, the town of Playa Guiones is a short shuttle ride or walk away and there are numerous café and restaurants that serve coffee.

Is there alcohol?

There is an on-site bar where guests can purchase wine, beer, mixed drinks, and cocktails. There is also a stocked mini-bar in your rooms for extra purchase if you so desire. The town of Playa Guiones is a short shuttle ride or walk away and there are numerous café and restaurants that serve alcoholic beverages.

Do I have to be fit?

NO. We welcome people at all levels of fitness, flexibility, and body awareness on our retreats.

Do I need to be experienced in yoga and fitness?

NO. Come with an open heart and an open mind and have FUN! If you are brand new, AWESOME! You have come to the right retreat. Both Nat and Teri are patient and caring. We will offer modifications to help you reap the full benefit of your experience.

Do I need to bring cash? If so, what type of currency do I bring?

The COLON is the currency of Costa Rica but USD is the currency that will be printed on menus in many restaurants and local stores offering clothing and novelties. Plan to bring USD but if you plan to stay on in CR, the local bank machines will offer both Colones and USD for withdrawal.

When do I book my flight?

ASAP. Best to start looking now! You should fly into Daniel Oduber International Airport (LIR) near Liberia, Costa Rica.

On what dates should I book my flight?

Most people will fly on the days of the retreat (i.e. arriving on Saturday, November 23 and flying out Saturday, November 30). Of course, you can extend your trip by arriving early and/or departing later and make your way to and from the resort under your own steam. Costa Rica is a beautiful country with many small towns, beaches, and jungle destinations worth exploring. Once you have booked your flights, let us know the details.

How do I get from the airport to the resort?

We have arranged for a shuttle to pick you (and our other guests) up at the Daniel Oduber International Airport (LIR) on the 23rd and to get you back there on the 30th. We expect that most guests will be arriving in the early afternoon and so the shuttle is likely to be ready to go around 2:00 or so. Once you have booked your flights, let us know the details.

How long does it take to get to the resort?

It takes approximately 2.5 hours to get to the Bodhi Tree Resort from the Daniel Oduber International Airport (LIR).

Is there air conditioning?

All the rooms have air conditioners but the common areas such as the restaurant, the studios, and the gym are mostly open air.

How far is the beach?

The beach is a short shuttle ride away but you can also walk there in about 15 minutes if you prefer. The shuttle operates frequently and you can arrange for it to pick you up for a ride back.

Will we have solo/spare time?

ABSOLUTELY! There will be plenty of time to relax, unwind, shop or explore. The pool and café are amazing places to lounge or you might opt for a walk to town or the beach (Playa Guiones).

What happens if I forget something (e.g. a toothbrush)? Is there a store close by?

The store inside Bodhi will have necessities and there are a number of local shops nearby should you need anything.

If I feel like I need to rest or miss a class, is that ok?

Of course. If you desire rest, please take it. We will recommend you try to come to all the offerings but remember this is YOUR time! If you need to bow out listen to your body. Please let us know so we won't worry.

Do I need running shoes?

Yes, you will likely want to do the fitness/bootcamps with running shoes. You may also want runners if you decide to check out the resorts fully stocked gym. There are treadmills, elliptical trainers and stair masters if you are looking for extra movement. Plus, you may want to go horseback riding on the beach and we strongly recommend you wear closed toe shoes for that.

Do I need a yoga mat?

No, Bodhi is fully stocked with mats (beautiful Manduka mats!) in each shala and all the props you will need.

Is there WiFi?

There is high speed wireless internet access (WiFi) available throughout the premises and in the rooms. There is typically WiFi available in most restaurants and cafes in town also.

Are there additional excursions offered?

Your Movement Escapes experience includes a handstand workshop, a primal flow workshop, additional restorative yoga and meditation but, IF you desire, Bodhi Tree offers (for additional fees) many excursions such as surf lessons and horseback riding to name a few.

Is there a town nearby?

The nearest town is Playa Guiones. Located along the stunning coastline of the Nicoya Peninsula, Playa Guiones serves as a good surfing destination in Costa Rica. With 7 kilometers of sugar-white sand and ideal conditions for a variety of activities, this small town is a little slice of paradise in Guanacaste. In fact, a couple hundred meters of the shoreline received a Blue Flag for its pristine, eco-friendly and well-maintained beaches.

This little-known town doesn't attract a large number of travelers, making it the perfect tropical destination for those looking for a little R & R. Don't expect to come here to find a thriving nightlife and lively clubs, as most people who live and travel here prefer a more laid-back environment. Just north of Playa Guiones sits the quaint town of Playa Nosara, which is another under-the-radar destination, and you can enjoy the true Tico way of life in both of these destinations. Both of these locales are steeped in rich culture, both Costa Rican and surf.

Can we leave resort safely?

Costa Rica is mostly safe, with 1.9 million visitors annually making it a popular travel destination. However, there are dangers that come with any such destination - mostly in the form of crimes of opportunity (pickpocketing and petty theft such as purse snatching and robberies) so exercise normal precautions by not leaving your valuables unattended on the beach or in the town and being aware of your surroundings. Unlike

the big towns, Playa Guiones is a sleepy little town/beach and walking around during the day is very low risk.

Is there a taxi service?

There is a free shuttle to and from the resort that can take up to 4 people at a time into town and back. There is also a taxi service that can take you to places outside the range of the resort shuttle.

How long is the walk to the beach?

The walk is approximately 15 minutes in flip flops but there is no telling how fast you can cover it in your sneakers!