



SELVA ARMONIA  
IMMERSIVE RETREATS

# BODY, MIND & SOUL

## COSTA RICA RETREAT FAQ'S

What do I need to know about traveling to Costa Rica?

- First, make sure you have a passport! A valid passport is required for travel.
- Don't be nervous! Costa Rica is a beautiful country known for its stunning jungles, beaches and friendly people. Plus, you'll have a built-in yoga family for support.
- Be open! Let go of any retreat expectations, and embrace this body, mind, soul journey.
- Research the COVID travel restrictions and requirements for your country of residence (more on this below).

What airport do I fly into?

- Juan Santamaría International Airport (also called the San Jose Airport). Selva Armonia is located 3 - 3.5 hours from the airport, and we'll travel together by bus to and from the retreat center.
- Arrival flights must land by 10AM on March 26th to make the shuttle.
- Departure flights on April 1st must leave after 3PM to ensure we arrive in time for your flight.

When does the shuttle depart?

- On arrival day, March 26, the shuttle departs SJO Airport & our chosen airport hotel at 12PM for the retreat center.
- On departure day, April 1, the shuttle departs at 10AM, arriving back in San Jose around 2PM.

What if I need to fly in early or stay a day late?

- If you need to arrive the night before and/or stay an additional night, we recommend staying at the [Hampton Inn & Suites by Hilton](#) (which offers airport shuttle service for free).
- We've used this hotel for all our past CR retreats, it's clean, less than 10 minutes from the airport, the shuttle is reliable, there's a pool to enjoy, and they offer a great, free breakfast!
- Hotel stays are not included in the price of the retreat.
- If you're interested in splitting the cost & rooming with others, we'll do our best to help you coordinate with other retreat members.

Is the \$500 deposit really non-refundable?

- Yes, it's non-refundable and non-transferable to other retreats with one caveat. If the retreat sells out and we're able to fill your spot, then and only then will we be able to refund your deposit. There is no guarantee this will happen, but we do our best to be as fair as possible.

What's the cancellation policy?

- If cancellation takes place more than 90 days prior to your departure date, any payments made will be refunded minus your deposit.
- If cancellation takes place 30 - 90 days prior to your departure, 50% of the trip price will be refunded, minus your deposit.
- If cancellation takes place less than 30 days prior to your departure date, 100% of the trip price will be forfeited.

Do you offer payment plans?

- Yes! Once your deposit is confirmed, we'll be in touch with several payment plan options. You can choose to pay in full, or break up the remaining payments into two or three installments.

What's your COVID-19 policy?

- Proof of vaccination is not required to attend the retreat, but research the travel restrictions in place for your country before booking this retreat or flights.
- Allie Van Fossen, the AVF team and Selva Armonia will not be held responsible for delays or cancellation of your travel plans if you fail to meet the travel requirements to enter or leave Costa Rica. No refunds will be given.
- You may be required to provide proof of a negative COVID test or vaccination to travel depending on your country of residence. A negative COVID test is required to re-enter the United States.
- We will be providing on site COVID testing the day of departure for an additional \$120 USD.
- Guidelines and restrictions are subject to change, the AVF team will provide updates or changes to how they affect the retreat.

How does room sharing work?

- We'll send a "get to know you" form with basic questions to help us organize the roommate matching process. If you have someone specific you want to room with, you'll let us know via this form too.

What basic necessities are provided?

- Linens, towels, blankets, shampoo, conditioner, and shower gel are provided.

What else do I need to bring?

- Selva Armonia is an eco-friendly lodge, and prefers you use their provided body and hair wash supplies to help protect the jungle!
- We'll send a packing guide 60-90 days before the retreat begins, giving you ample time to purchase and gather all the yoga retreat things.

Are you able to accommodate dietary restrictions?

- Prior to arrival, all guests will indicate any food allergies and dietary restrictions so the Selva Armonia kitchen may accommodate all guests.

What is Wi-Fi & cell service like?

- Selva Armonia is remote. Cell service is limited at best and most companies will charge you an international rate. Wi-fi is provided at the main house and free.
- We recommend using this time to disconnect from the internet!

I'm a beginner, does this matter?

- Nope! We're here to meet you where you're at, all we ask is that you do your best (which may be resting in a child's pose!). Allie will offer several pose variations during classes, props will be available, and additional yoga teachers/team members will be there to support you.

I want to say yes, but I'm afraid!

- Saying yes to an in-person yoga retreat is like casting a vote for the person you want to be! It's saying yes to travel, adventure, risk, new friendships, new experiences and holistic (body, mind, soul) healing. We believe in your fear, and we know that after the opening ceremony and our first shared meal, you'll settle right in and feel at home!

Who do I reach out to for support?

- While the Selva Armonia team will be caring for us as the date nears and during our time together, we (the AVF team) are your go-to contacts for all things retreat related. Please don't hesitate to connect, no question is too small to be asked. You can reach us at - [hi@allievanfossen.com](mailto:hi@allievanfossen.com)

## WHOLENESS IS WAITING

Escape to the jungle, immerse yourself in nature, reconnect to your inner essence, experience unforgettable adventure, forge forever friendships, return home feeling whole.