



Peace Retreat

Costa Rica



Group
Booking
Packet



THANK YOU for contacting us about your interest in a group retreat. We are excited about the opportunity to host you and your group. We are pleased to support you in a way that works for you.

ABOUT PEACE RETREAT

Peace Retreat was founded in 2011 with the specific intent of being a holistic wellness and learning center. We are located in Playa Negra, situated on 5-acres in a jungle setting, at the heart of Costa Rica's extraordinary northwest Pacific coastline. Peace Retreat is an approximate 10-minute walk to the town center of Playa Negra, and an approximate 15-minute walk to the beautiful beach of Playa Negra. The black sand is what gives Playa Negra its name. With sand that glows in the sunshine and stretches far into the shallow, warm pacific water, Playa Negra is one of Costa Rica's most celebrated beaches.

Our mission is to presence peace, enhance well-being and inspire new possibilities for self-expression and vitality.

OUR OFFERINGS

We offer a nature infused, supportive and health based environment for tailor made experiences for individuals, groups and retreat leaders. We offer a complete experience in a tropical paradise.

Our intent is to support you every step of the way so your group retreat is seamless and deeply meaningful for you and your attendees.

- A free private room for group leaders, depending on the group size
- A 40 x 60-foot open-air yoga studio with props
- A second open-air studio suitable for 18 students with props
- Studio sound system
- Flexible accommodation options
- Cabinas and private rooms with safes, ceiling fans and linen service. Private bathrooms in the rooms and an open air bath-house for those staying in cabinas
- Wireless Internet
- Spa services
- On-site pool
- Close proximity to the beautiful beach of Playa Negra (15-minute walk)
- Renowned surf and paddle boarding locations with highly experienced instructors
- Booking options for a variety of local, eco-excursions and activities
- Healthy, local and sustainable culinary menu available prepped by local chefs
- Locally sourced smoothie/juice bar
- Transportation services to and from Liberia Airport available
- Marketing/Advertising support
- Optional special service packages to support you as the leader

NOURISHMENT

Two meals (breakfast and dinner) are included in our typical group contracts, unless otherwise negotiated. Lunch and snacks can be added to the contract for an additional charge or can be purchased on-site at our cafe.

We offer three menu options to choose from.

Menu A: vegetarian, vegan and gluten-free

Menu B: vegetarian with chicken and fish options

Menu C: Ayurvedic

At Peace Retreat, we prioritize our guests' health, preserving the environment, and supporting the local economy and culture. As such, we are committed to buying local, organic, and in-season produce and products. We avoid buying imported foods to minimize our carbon footprint, we avoid processed foods, and we support local farmers. We also use a range of traditional ingredients, infused with Ayurveda food combining principles, in our menus to support our "food as medicine" approach. We are committed to serving the freshest ingredients possible that are delivered daily to our kitchen.

We also have a juice and smoothie bar complete with freshly squeezed juices, delicious smoothies, and homemade snack options available for purchase – at our on-site café, Salud!

If you or members of your group have dietary restrictions, please inform us upon booking and we will do our best to accommodate and support your needs.

Also, as an alternative, Playa Negra offers a variety of local restaurants within 10-15 minutes walking distance from Peace Retreat should you wish to explore local cuisine options off-property.



ACCOMMODATIONS

We offer a variety of accommodation options. We can accommodate 22 guests at double occupancy, and 6 additional guests in our bunkhouse. We have the capacity to accommodate 28 guests in total. We offer linens, bath towels and daily house-keeping services. Pricing is based on double occupancy (2-3 guests per room). Guests requesting a private single room will incur an additional fee. The following rooms are available for booking with your retreat:

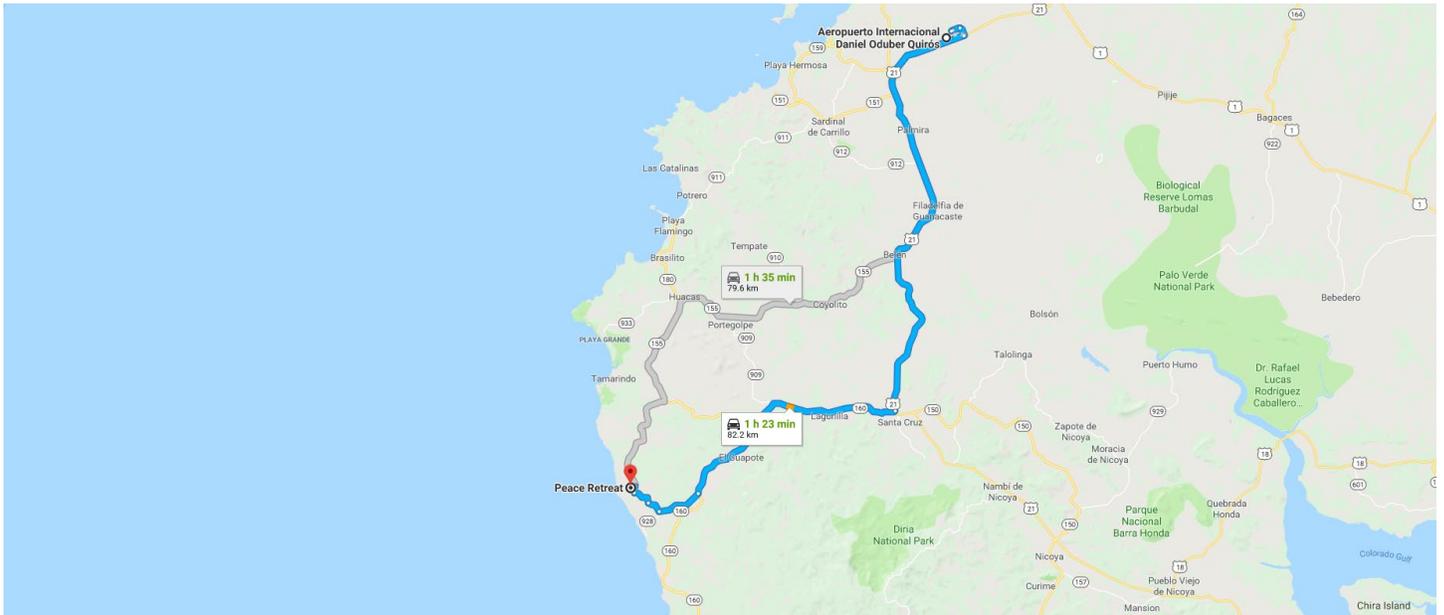
- **Casa Yoga Rooms** (private bathrooms in each room)
 - Shine Room** ----- one double bed and 2 single beds
 - Shanti Room** (second floor) ----- one queen size bed, and one single bed
 - Om Room** (second floor) ----- one queen bed, and one single bed
 - Samadhi Suite** (third floor) ----- one double bed (kitchenette), and one single bed
 - Casa Bosque Suite** ----- one-bedroom suite with full kitchen
- **Cabinas (6)** ----- features 2 single beds in each
- **Bunkhouse** ----- features six (6) single beds with privacy walls
- **Camping** ----- On-site for up to ten (10) tents

Please note we can also accommodate up to eight (8) additional guests by utilizing convenient off-site housing options, and on-site camping options, growing our capacity to over thirty (35) guests.



GETTING TO PEACE RETREAT

Just a seventy-five-minute drive from the Liberia International Airport (LIR), Peace Retreat is situated on 5-acres in a jungle setting, moments from the town of Los Pargos and the stunning beach of Playa Negra.



SHUTTLE SERVICE

We are pleased to coordinate shuttles as required to meet the needs of your group and arrival schedule. This simply requires coordination with guest flight details and choosing shuttle times that best suit how you would like your guests met and transported to Peace Retreat. We offer a direct shuttle service from the Liberia International Airport (LIR) to Peace Retreat.



THINGS TO DO

Playa Negra With some of the most consistent waves and surf breaks in the region, Playa Negra is a very popular surfer beach, made famous by the movie Endless Summer II.

Surfers and non-surfers alike enjoy Playa Negra's pristine beach, opening to unique stretches of sand and volcanic reef around each ocean-side cliff. Beaches vary with white sand, black sand and sea shells. Sandy beaches, often lined with native trees and palms are interspersed with tidal pools formed from the lava rock. The Pacific tides swing substantially, so the beaches may go as far as the eye can see at low tide, and be mostly covered at high tide.

Peace Retreat is approximately a ten-minute walk to the town center of Playa Negra, and a 15-minute walk to the beach of Playa Negra.

Daily Yoga Classes We offer daily yoga classes at 7am and again at 5pm Monday through Saturday and Sundays at 8am and 5pm. Our morning classes are typically more vigorous while our evening classes are typically reserved for restorative style classes. Our yoga classes are donation based.

Excursions and Activities One of the best ways to explore the breathtaking scenery in Playa Negra is through the multiple adventure tours available. Getting close to nature and experiencing wildlife, the landscape and the stunning surroundings happens locally. donation based.

The Playa Negra community offers a diverse range of outdoor activities and holistic wellness services. At your request, we can arrange for guests to make the most of their visit and include excursions in your retreat package. All services offered are designed to enhance the experience of those seeking to restore, explore, and transform. Excursions and activities generally range from \$60-\$150 USD (transportation costs extra on some excursions).

2- hour excursions

- SUP/ SUP Yoga
- Surf lessons
- Snorkeling
- Nature Hike
- Ziplining
- Mountain biking
- Horseback riding

All-day excursions

- Catamaran sunset cruise
- Nicaragua day adventure
- All day volcano adventure
- Guanacaste nature tour
- Arenal volcano experience

Spa services

- Massage
- Manicure
- Pedicure
- Facial

COMMUNICATION AND INTERNET

There is complimentary Wi-Fi throughout most of Peace Retreat and in most of the accommodations. There are no computers for use on property. As such, we encourage guests to bring their own devices for use, if so desired.

LAUNDRY SERVICE

We offer a laundry service for \$12.00 per load with a 24-hour turnover.

COMMITMENT TO PRESERVING THE ENVIRONMENT

Eco-consciousness is one of our core values. Energy and water efficiency is built into our daily operations and encouraged among staff and guests. We encourage using biodegradable personal products at the Peace Retreat.

MONEY

There are no ATMs in Playa Negra. The nearest banks are in Tamarindo or Santa Cruz (40 minutes' taxi ride). Money can be exchanged in the airport. Very few businesses in Playa Negra accept credit/debit cards. American dollars are accepted everywhere. Please note that we have safes on site for guests to lock their valuables in.



PEACE GROUP PACKAGES (FOR 8 OR MORE PEOPLE)

The below noted packages are example quotes, and are designed to offer a view of what your potential retreat costs may be. We custom design pricing based on the vision you have for your retreat offering.

We offer the group leaders the ability to personalize their own retreat or training in a way that will best align with their vision. The length of retreat/training, the activities offered, food available, and yoga schedule, all can be catered to your desires. We offer retreat organizers a flat rate for accommodations regardless of room type, creating the option for retreat organizers to vary pricing for participants as they see fit. Students can also choose to extend their stay before or after the scheduled retreat, and any additional nights before or after your registered retreat dates will be billed directly to your participants as listed per our website.

Yoga Retreat - 5 days, 4 nights

\$549 USD per person

- Shared Accommodations (double occupancy)
- Breakfast & Dinner (basic vegetarian menu, special diet requests may be an additional charge) (beginning with dinner on night one and ending with breakfast on day 5)
- Tea and coffee provided from 7am-10am
- Airport transportation both ways from Liberia Airport (2 group shuttles on arrival and departure included)
- Studio rental for 1 morning class and 1 evening class (additional access possible) (evening class to begin retreat on day 1, finishing with a morning class on day 5)

Yoga Retreat - 7 days, 6 nights

\$749 USD per person

- Shared Accommodations (double occupancy)
- Breakfast & Dinner (basic vegetarian menu, special diet requests may be an additional charge) (beginning with dinner on night 1 and ending with breakfast on day 7)
- Tea and coffee provided from 7am-10am
- Airport transportation both ways from Liberia Airport (2 group shuttles on arrival and departure included)
- Studio rental for 1 morning class and 1 evening class (additional access possible) (evening class to begin retreat on day 1, finishing with a morning class on day 7)



PRICING EXAMPLES

Below is a sampling of how other groups have priced out their retreat offerings. This sample reflects a week-long retreat (7 days, 6 nights).

ROOM	PRICE	BEDS	MAX PERSONS	PRIVATE BATH
OM Room	\$1599 private; additional person \$1000	one queen bed, one single bed	2	yes
Shine Room	\$1599 private; additional person \$1000	one queen bed, one set of bunk beds	3	yes
Shanti Room	\$1599 private; additional person \$1000	one queen bed	2	yes
Samadhi Suite	\$1699 private; additional person \$1000	one queen bed	2	yes
Jungle Cabinas	\$1199 per person; \$1399 single occupancy	two single beds	2*	no

*There are 6 jungle cabins available for a max of 12 persons

Peace Price/pp: \$749 **Your Price/pp:** \$1599 private; \$1300 dbl **Margin =** \$850 single; \$551 dbl



ADDITIONAL SUPPORT

Our goal at Peace Retreat is to make your retreat experience as seamless as possible, from start to finish. We offer a variety of additional support services at a reasonable cost, that can help make the process even easier.

Registration and Payment Management

Keeping track of registrations and payments can be the most challenging part of hosting a retreat — creating a site for registrations, communicating with students, finding a forum to collect money, following up with students on deposits, covering transfer fees...all can be very time consuming and plenty to manage. We can take that responsibility on by managing all registrations...

The best part is, you still have control of how you price your retreat. We allow you to set the price for accommodations, deposits, early bird discounts, last minute bookings, and date that the final payment is due by your participants/guests. We can also include discount codes and special rates if you choose to offer those to your participants/guests.

In addition, if you choose to utilize our Registration and Payment Management System, an upside is that you may not need to personally submit additional deposits to Peace Retreat. The retreat deposits/tuition being paid by your participants/guests to us directly will be held by us for, so if you are receiving consistent bookings, held funds, in part, will be used to pay for contractual deposits, as detailed in the contract (3 months prior to start date and the final deposit).

We are pleased to offer you additional information about the process upon request.



PAYMENT DETAILS

Initial deposit due at time of booking:

8-10 participants - Flat Fee deposit of \$1000

10+ participants -20% of estimated attendance

Initial deposit payment is due to secure the dates along with a signed contract.

Second deposit payment due 90 days out from retreat:
40% deposit due

One week prior to start date:
Final balance is due

All deposits are non-refundable.

Notes:

It is typical to have the number of retreat/training participants fluctuate during the booking process. In our experience we often observe the enrollment number grow as the retreat/training start date nears. We are committed to partnering with you in a way that works for you.

We are pleased to adjust the contract numbers as enrollment moves. Please note that our group contract numbers are for a minimum of eight guests. As such, should group leaders enroll less than eight (8) guests there is still a requirement to pay for 8 guests.

Should contract terms not be met, Peace Retreat reserves the right to cancel any bookings without any advanced notification.

Due to high service fees and to keep costs to a minimum, we request payment via online e-transfer (for Canadian Clients) and bank wire or Paypal for international clients. On site we accept credit card, local colones or US dollars.



CANCELLATION POLICY

Peace Retreat has the right to cancel your retreat if payments are not made by the due dates. Upon cancellation by Peace Retreat, all payments are non-refundable.

All cancellation requests by the Retreat Host must be made in writing to Peace Retreat. Upon cancellation, all payments that have been made by you will be non-refundable.

If you request to cancel the retreat more than 90 days prior the start date of the retreat, your payment may be transferred to a retreat on an alternative date within a 12-month period from the date of your request. If cancellation is made less than 90 days prior to the start date of the retreat, all payments that have been made will be non-refundable and non-transferable.

PEACE & THANK YOU

We are very passionate about our business; we live it as a lifestyle and we are committed to sharing it generously, and thank you for taking the time to consider joining us at Peace Retreat, and we look forward to speaking with you in the near future.

Namaste,
Peace Retreat Team

CONNECT WITH US



www.peaceretreatcostarica.com

