



FAQ

YOGA, MINDFULNESS, AND MEDITATION RETREAT AT EL REMANSO, COSTA RICA / GENERAL INFORMATION

1. Where is El Remanso located?

El Remanso is a serene eco-lodge on the Osa Peninsula in Costa Rica, nestled in a private rainforest reserve overlooking the Pacific Ocean.

2. What is the focus of the retreat?

The retreat is designed to rejuvenate your mind, body, and spirit through daily yoga sessions, mindfulness practices, guided meditations, and connection with nature in one of the world's most biodiverse regions.

3. Do I need prior experience in yoga or meditation to join?

Not at all! The retreat is open to all levels, from beginners to advanced practitioners. Our experienced teachers will guide you according to your needs.

Travel and Arrival

4. How do I get to El Remanso?

The closest airport is Puerto Jiménez (PJM), which can be reached via a short domestic flight from San José International Airport (SJO). From Puerto Jiménez, El Remanso staff can arrange transportation to the lodge.

5. Is transportation from the airport included?

Yes, Airport transfers from Puerto Jiménez to El Remanso are typically included or can be arranged for an additional fee. Please confirm when booking.

6. Do I need a visa to travel to Costa Rica?

Citizens of many countries, including the U.S., Canada, and most of Europe, do not need a visa for stays under 90 days. Ensure your passport is valid for at least six months beyond your entry date.

Accommodations and Amenities

7. What are the accommodations like?

El Remanso offers eco-friendly, luxury accommodations thoughtfully designed to harmonize with the rainforest's natural beauty. Rooms are designed to blend with the natural environment while providing modern comforts.

8. Are meals included?

Yes, three daily meals are included and feature delicious, locally-sourced, organic ingredients. Special dietary needs can be accommodated with advance notice.

9. Is Wi-Fi available?

Wi-Fi is available in common areas and rooms, but is limited in some areas to encourage disconnection and immersion in the retreat experience.

Yoga, Mindfulness and Meditation Sessions

10. What types of yoga are offered?

The retreat offers a blend of Hatha and Restorative yoga, with sessions tailored to the group's energy and needs.

11. How many sessions are there per day?

Typically, there are two yoga sessions daily: an energizing practice in the morning and a calming, restorative session in the evening. Guided meditations and mindfulness workshops are also included and often immersed in nature.

12. What should I bring for the sessions?

Please bring comfortable yoga attire, a reusable water bottle, and any personal props (mats and essential props will be provided).

Nature and Activities

13. Can I explore the rainforest and nearby attractions?

Absolutely! Guided hikes, wildlife tours, and beach excursions are available. You'll have free time to explore the natural beauty of the Osa Peninsula.

14. Are there opportunities to surf or swim?

Yes, El Remanso is close to beaches where you can swim, surf, or relax.

HEALTH AND SAFETY**15. What should I know about health and safety in Costa Rica?**

Costa Rica is a safe travel destination. However, we recommend being up to date on routine vaccines and considering travel insurance. Bring insect repellent, sunscreen, and a basic first-aid kit.

16. Are there COVID-19 precautions?

We follow all local and international health guidelines to ensure your safety. Please check current entry requirements and protocols before traveling.

Booking and Payment

17. How do I book the retreat?

You can book directly through El Remanso's via email to reservations@elremanso.com, via phone call to +506 40002442, or the retreat organizer. Early booking is recommended due to limited space.

18. What is the cancellation policy?

Cancellation policies vary, however a 20% deposit to guarantee your plans is required, so please review them during the booking process or contact us for details.

19. Are there discounts for group bookings?

Yes, discounts may be available for group bookings or early registration or stay Extensions. Contact us for more information.

Packing Tips

20. What should I pack for the retreat?

- Lightweight, breathable clothing
- Yoga attire
- Swimsuit and beachwear
- Hiking shoes
- Rain jacket or poncho
- Sunscreen and insect repellent
- Personal toiletries and medications

21. Will laundry services be available?

Laundry services are available for an additional fee.