

Love Is The Power in Costa Rica

Frequently Asked Questions

What's the temperature like in January in Costa Rica? What should I wear?

The average temperature is around 80°F (27°C) during the day and around 70°F (21°C) at night. There is no air conditioning at the estate. It's typically quite hot. There are shaded areas, a pool for cooling off, and ceiling fans in the rooms for sleeping.

We recommend dressing in light cotton material...sleeveless shirts, shorts, sundresses, etc. You'll also want to bring sunglasses, a hat, sunscreen, insect repellent, and closed-toed walking shoes for zip lining or jungle walks.

What other items should I bring?

You may want to bring any of the following: a favourite pen/notebook for journaling/writing, a book or other reading material, binoculars, a camera, headphones, etc.

Recommended Reading: "Loving What Is" by Byron Katie (considered the "textbook" for The Work).

Is malaria a concern where we are going?

No. The area of Costa Rica that we'll be staying in, near the south coast, Pacific Side, and town of Dominical, is rated as low to no risk of malaria. If you plan to do any travelling on your own to different regions of the country or outside the country before or after the retreat, you may want to look into precautions.

Will I have trouble sleeping?

The sounds of Costa Rica can be very loud in general, but especially so at night! If you are a light sleeper, we recommend bringing earplugs to help with this.

What currency should I be using and how much do I need to bring?

I use US dollars in Costa Rica. When making purchases, change will be given to you in Costa Rican colones (CR currency). You can Google it to familiarize yourself with the exchange rate for your country.

You may want to go zip lining or take a surf lesson, which cost about US \$60-80 each. We may all go out to dinner on the last evening before we fly out on the

Tuesday, which will be at your own cost. There will also be an opportunity to do a little browsing for any souvenirs you may want to pick up. At the end of the week you will be invited to leave a tip for the staff if you feel moved to.

Generally speaking, around US \$300-\$500 of spending money for the week has been suitable for most participants.

Do I need insurance?

Certainly recommended. You can arrange for out of province/state medical insurance for a policy that best suits your needs.

I read something about a departure tax. What is that and how much is it?

Costa Rica requires all visitors to the country to pay a departure tax at the airport before proceeding to check-in to your flight. **It's US \$29, and payments are accepted in cash (US dollars, Costa Rican colónes, or a mix) or by VISA credit card only.** Some airlines now include the departure tax in the ticket price, meaning you do not have to line-up to pay the tax at the airport. Check your airline ticket to determine this.

Will I get phone service there? Is there Wi-Fi available?

Internet at the estate is intermittent and often unreliable. Wi-Fi can be used briefly at certain times of the day when the owner is available to turn it on. **If you require more than a brief check-in message or email to loved ones back home every couple of days, you'll need to make other arrangements with your service provider before leaving.** Roaming packages can be purchased from most carriers for a fairly reasonable price (unlimited calling and the same data usage as your plan at home for \$10-\$15 per day, for example). In the case of an emergency, you are welcome to use my phone to text, call, etc. I will have service at all times.

The town of Dominical nearby has full access for those needing to plug in or use Skype, etc., and transportation to Dominical can be arranged at your cost.

**If truly needed, it's nice to have cell and Wi-Fi service available, but I very much encourage you to go technology-free and be unplugged on this retreat.*

Are flights included in the cost of the retreat?

No. Flights are to be booked independently at your own cost. **The airport you will be flying into is Juan Santamaria International Airport (SJO) in San Jose.** You may want to begin keeping a close eye on flights now if you haven't already started your search, as prices have tended to fluctuate in the past and you may be able to book while prices are down.

How do I get from the airport to the estate?

Ground transportation is included in the cost of the retreat and will be provided for all retreat participants from SJO airport only. **If you require shuttle service to the estate from the airport, please ensure that you are at this airport by no later than 3pm on Tuesday January 7th**. More info on pick-up will be provided closer to the event. Depending on flight schedules, you may want to arrive in San Jose a day earlier, stay at a hotel close to the airport and then meet the shuttle on the 7th.

How long is the drive from the airport to the estate?

The drive is typically around 3 hours, depending on traffic. There will be a pit stop along the way to stretch your legs, buy snacks or drinks, and use the restrooms.

Where are we staying?

The retreat will be hosted at a private, gated estate 6km north of the town of Dominical, a well-known surfing destination. The property has cabins, 20 hectares of trails and gardens, a large dining building, a yoga palapa, and a salt-water pool. The estate is called "Cabinas Alma - Alma de Hatillo" in Puntarenas Province. The website is www.cabinasalma.com. More information, photos, and reviews are available on the website. The GPS coordinates are: 9.293007, -83.897164 if you would like to explore further.

*Please note: As stated on her website, Sabina has now shut down the B&B portion of her business, but will still be hosting us **for the retreat dates only**.

What will the food be like?

All meals are included (except during outings) and are prepared fresh onsite daily. Meals consist of simple, Costa Rican food of fresh salad, fruits, vegetables, fish, and fresh juice.

Is there an opportunity to extend my stay in Costa Rica? What are my options?

You may extend your stay on either end of the retreat, and you are welcome to do so in any way you like. However, we do not coordinate this and are not able to provide assistance with doing so. You may want to use resources like Trip Advisor, Costa Rica travel guides, or the Costa Rica Tourism Board (www.visitcostarica.com/en) to help you with your planning. Sabina, the estate owner, will provide recommendations and assist with coordination if she can.

When are final payments due? How can I pay?

Payments are due in full on or before December 10, 2019. You can make this payment via Paypal on the event page of our website:

www.sharethework.com/loveisthepower. If you have already paid the deposit to hold your spot, simply choose the “Pay Remainder” button.

Payments can also be made by sending an e-transfer to sharonarnaud@gmail.com.

Is there a place where I can ask questions or get in touch with other participants?

Yes! We encourage you to join the Facebook group we have created for this event by typing “Love Is The Power in Costa Rica with Tom Compton” into the Facebook search bar and clicking “Request to Join Group.” We created this group as a place for participants to connect with each other, share info or photos, make travel plans, and ask questions.

We hope this helps!

****More information will be provided closer to the date of the event.***

So looking forward to being with you!

Love, Share