

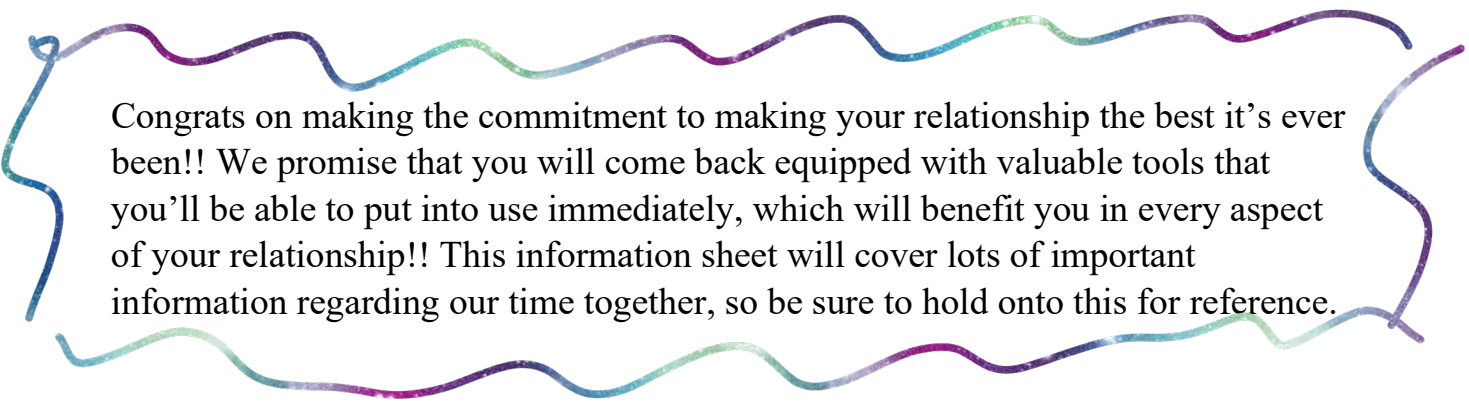
THE ULTIMATE RELATIONSHIP WORKSHOP

PURA VIDA RETREAT & SPA

COSTA RICA – Sept. 12~19, 2020

****Important Info!! PLEASE READ EVERYTHING!!****

It is recommended to print this out and bring with you,
as it has important travel info and phone numbers



Congrats on making the commitment to making your relationship the best it's ever been!! We promise that you will come back equipped with valuable tools that you'll be able to put into use immediately, which will benefit you in every aspect of your relationship!! This information sheet will cover lots of important information regarding our time together, so be sure to hold onto this for reference.

Booking Your Stay at Pura Vida:

Entice your senses and get yourself excited by checking out the amazing retreat center where we will be staying! <https://puravidaspa.com/>

When making your reservation, please call **888-767-7375**, or email: reservations@puravidaspa.com. Be sure to refer to our group “**The Ultimate Relationship Workshop**” when booking. A deposit in the amount of 50% of total stay is required to confirm your reservation, and the remaining balance is due 30 days prior to arrival. Any incidentals from the spa, excursions, snack bar or boutique will be finalized upon check-out.

Important Info about Costa Rica & Pura Vida Retreat & Spa:

- **Climate:** Pura Vida Retreat & Spa is tucked serenely in the clouds, nearly a mile above the city. Pura Vida's climate is spring-like year-round with warm days (70s-80s F) and mild nights (60s F). The sun rises at 5:30 and sets around 6 all year long.
- **Travel Documentation:** Costa Rican law requires your passport be valid for at least 90 days after the date you enter the country. When in Costa Rica, you'll need to carry your passport information with you at all times. If you should be stopped by officials, a photocopy with your photo, passport number, and entry stamp will usually suffice and is recommended when making local excursions.
- **Technology:** Free Wi-Fi is available in our restaurant, guest lounge, and pool area.
Computers with high-speed internet access are also available for complimentary use in our guest lounge. Most cell phones work in Costa Rica, but we highly recommend that you contact your service provider before traveling for assistance in selecting the appropriate package for you.
- **Laundry:** Service is available for \$8 per load
- **Water:** There is bottled water in your room and at the bar, as well as bottled water stations throughout the property to refill personal bottles. Water at Pura Vida is safe to drink from every faucet on the property. They filter their water on the premises with both a 1-micron filter and a UV filter.
Countrywide, water quality standards in Costa Rica are generally quite high and visitors normally do not have any problems. There is now alkaline water available in the restaurant at no additional cost.
- **Bugs:** Being one of the most bio-diverse countries on the planet, insect life is abundant in Costa Rica. Luckily, the elevation at Pura Vida keeps our resort remarkably mosquito-free. It is recommended to bring bug spray, especially for excursions
- **Wellness Center:** Top rated treatments by skilled, intuitive healers, you won't want to miss out on these unique and healing therapies:
<https://puravidaspa.com/wellness-center/>
- **Travel Insurance:** If you would like to secure travel insurance, get a quote:
<https://www.itravelinsured.com/travel-insurance-quote>

Pura Vida is All-Inclusive – Here's What You Get!

- 7 night's stay in an amazing retreat and spa; choose the room that best suits your needs. Check out room options: <https://puravidaspa.com/accommodations/>
- ALL your food, including 3 full meals a day
- Roundtrip airport transfers to/from the San Jose Airport to Pura Vida Retreat & Spa
- Over 15 hours of invaluable workshop sessions with John & Joree
- Yoga classes and nature walks

Not included:

- Your roundtrip airfare to/from the San Jose Airport
- Spa Treatments at the Wellness Center
- Costs for excursions
- Snacks, smoothies or wine from the bar
- Items from the boutique
- Tips for the staff or wellness professionals

Cancellation Policy:

If you cancel thirty days before arrival, a full refund will be returned. If you cancel within 30 days, all deposits will be held as a credit for up to one year from the date of cancellation to be used at Pura Vida Retreat & Spa and/or any of our affiliate resorts. It cannot be guaranteed that Joree & John will be holding another retreat at Pura Vida, so if there is a deposit to be used at a future time, that may or may not be applied towards The Ultimate Relationship Workshop. Cancellations must be made to Pura Vida Retreat & Spa, by calling **888-767-7375** or reservations@puravidaspa.com.

Airport Information: Fly into San Jose Airport, Costa Rica

If I were you, I'd book airfare as soon as you can, so you can get your best price. Plan to **arrive on Saturday September 12th**; the time of arrival does not matter as we will have our orientation the morning of Sunday the 13th after breakfast. Book your **return flight for Saturday September 19th**. If you choose to stay an extra night, you will be given a 10% discount on additional nights.

Your price with Pura Vida includes roundtrip airport transportation from San Jose airport, so you will have to provide them with all your flight info once you have it. Book your shuttle here: <https://puravidaspa.com/shuttle-form/>. If you don't reach out, a representative will be sure to contact you requesting your travel information and providing you with specific instructions upon arrival.

Or you can contact: **888-767-7375** or reservations@puravidaspa.com

*****If you are delayed, please alert Pura Vida Retreat & Spa in Costa Rica as soon as possible.*****

Dialing the resort from Costa Rica: 2-483-0033

Dialing the resort from the US or Canada: 678-661-2140.

Eco-Adventures: Half-day excursions are offered Monday, Tuesday, Thursday and Friday. Wednesday there are 3 options for a full-day excursion! We will have no Workshop Sessions on Wednesday to accommodate those wanting to partake in a full-day trip. If you choose not to partake in any of the outings, enjoy more relaxation time at Pura Vida! Check out what the available options to explore Costa Rica: <https://puravidaspa.com/eco-adventures/>

Meals are served each day:

Breakfast 7:30am – 9:00am

Lunch 12:30pm – 2:30pm

Dinner 6:30pm – 8:30pm

Proposed Outline:

Saturday Sept. 12th: Arrive in beautiful Costa Rica!! 😊 YEAH!!!!

Take your time to settle in after arrival – enjoy the pool, spa, Wellness Center or relax in one of the many hammocks on the property. Dinner is served between 6:30-8pm and if you arrive after 8pm, the kitchen will hold a plate of food for you.

Sunday Sept. 13th

- After breakfast meet for an orientation of the property – then enjoy some relaxation time
- **4:30pm – 6:30pm:** Meet for Workshop Session #1 (Room TBD)

Monday Sept. 14th

- **6:30am – 8:00am:** Workshop Session #2
- Enjoy a relaxing day, or journey to the Waterfall Gardens
- **4:30pm – 6:30pm:** Workshop Session #3
- Evening is free time

Tuesday Sept. 15th:

- **6:30am – 8:00am:** Workshop Session #4
- Enjoy a relaxing day, or be adventurous ziplining in the Cloud Forest
- **4:30pm – 6:30pm:** Workshop Session #5
- Evening is free time

Wednesday Sept. 16th:

- There are no Workshop Sessions – either enjoy a relaxing day at Pura Vida, or partake in one of three different full-day excursions: River Rafting, Natural Hot Springs, or Skywalk and Wildlife Boat Adventure

Thursday Sept. 17th:

- **6:30am – 8:00am:** Workshop Session #6
- Enjoy a relaxing day, or learn all about coffee at Duka Coffee Plantation
- **4:30pm – 6:30pm:** Workshop Session #7
- Evening is free time

Friday Sept. 18th:

- **6:30am – 8:00am:** Workshop Session #8
- Enjoy a relaxing day, or take a guided medicinal plant walk
- **4:30pm – 6:30pm:** Workshop Sessions #9
- After dinner: Drumming Circle

Saturday Sept. 19th: Go home 😞

Little tid-bits:

- Pura Vida has Wi-fi, but cell phone use in public areas is highly discouraged and is recommended to use only in your rooms. This is a great opportunity to truly disconnect!!
- About 6 weeks prior to our retreat, there will be a closed Facebook group for our retreat attendees; it'll be an easy and interactive way to give you access to any info, and also so everyone has a chance to begin to connect prior to arriving.
- The food at Pura Vida is amazing!!! If you have any food allergies, you can let them know, and I'm sure they'll be able to accommodate.
- Water bottles are provided in the rooms, but bring any additional reusable water or coffee cups if you'd like
- Please let us know in advance if you have any physical limitations that might make sitting for extended time a challenge, or if it may impact easily maneuvering around the property. Pura Vida is not ADA compliant and there are steps and some uneven walking surfaces
- Be sure to pack:
 - comfortable clothing to be able to sit during our workshop sessions
 - a bathing suit
 - closed toed shoes, especially if you plan on nature excursions
 - sunscreen (being closer to the Equator makes the sun extra strong!)
 - bug repellent
 - a light water-proof rain jacket (especially in the cloud forest, could get damp)
- No need to pack any fancy clothes