

**BLUE SPIRIT COSTA RICA WORKSHOP 11/29/14 – 12/06/14
RAY LONG MD / BANDHA YOGA**

Blue Spirit Costa Rica Website: www.bluespiritcostarica.com
Promotional Video: <http://www.youtube.com/watch?v=FPW7SsdCzwQ>
Bandha Yoga Website: www.bandhayoga.com

Thank you for signing up for this workshop! Please complete pages 1 & 2 and email to carol@bandhayoga.com or fax to 518-314-6407. Accommodations and rates are listed on pages 3-5.

ROOM TYPE (CHECK ONE): SUPERIOR OCEAN VIEW OCEAN VIEW MOUNTAIN VIEW
 NATURE SUITE HERMITAGE ECO COTTAGE PLATFORM TENT

CHECK ONE: SINGLE DOUBLE

CHECK ONE (IF APPLICABLE): QUEEN BED KING BED 2 TWIN BEDS

PRICE PER PERSON: \$ _____

TOTAL ROOM PRICE: \$ _____

GUEST #1

FIRST AND LAST NAME: _____

EMAIL ADDRESS: _____

ADDRESS: _____

PHONE NUMBER: _____

GUEST #2 (DOUBLE OCCUPANCY)

FIRST AND LAST NAME: _____

EMAIL ADDRESS: _____

ADDRESS: _____

PHONE NUMBER: _____

A non-refundable deposit of \$500.00 USD (per person) is required to hold your space for this retreat. Please make checks payable to Bandha Yoga and mail to: Bandha Yoga, PO Box 165, Baldwinsville, NY 13027

Your remaining balance will be due by October 1, 2014.

In the event of cancellation:

- 60 days or more prior to the retreat: Amount you have paid minus the \$500.00 deposit will be refunded.
- 59-30 days prior to the retreat: Amount you have paid minus the \$500.00 deposit can be applied to a future retreat only within 2 years.
- 29 days or less prior to the retreat: Forfeit all retreat money rendered.



AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR YOGA/ANATOMY CLASSES AND/OR A WORKSHOP

This agreement is by and between Raymond Long (herein referred to as the YOGA/ANATOMY instructor) and Bandha Yoga Publications, LLC and its employees and subcontractors (herein referred to as the COMPANY) and the individual whose name is printed and signed below (herein referred to as the participant).

I, _____, hereby agree to the following:
PRINT NAME

- 1. I am participating in YOGA/ANATOMY classes and/or a workshop, offered by the YOGA/ANATOMY instructor(s) and COMPANY and during which I will receive information and instruction about YOGA and anatomy. I recognize that YOGA requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
- 2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the YOGA/ANATOMY classes and/or a workshop. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the YOGA/ANATOMY classes and/or a workshop.
- 3. In consideration of being permitted to participate in YOGA/ANATOMY classes and/or a workshop, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
- 4. In further consideration of being permitted to participate in YOGA/ANATOMY classes and/or a workshop, I knowingly, voluntarily and expressly waive any claim I may have against the YOGA/ANATOMY instructor(s) or COMPANY for damages, and injury, including death that I may sustain as a result of participating in YOGA/ANATOMY classes and/or a workshop.
- 5. I understand that no electronic recording (audio, video, photographic) of the YOGA/ANATOMY classes and/or a workshop is permitted.
- 6. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue the YOGA/ANATOMY instructor(s) or the COMPANY for any injury or death caused by my voluntary participation in the YOGA/ANATOMY classes and/or a workshop.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. This agreement remains in effect for as long as I participate in YOGA/ANATOMY classes and/or a workshop.

PARTICIPANT'S SIGNATURE DATE

Rates for Accommodations (7 nights)

Workshop, food and beverage costs per person per week for 3 meals per day buffet style are already included in the room rates.

******Please contact Carol at carol@bandhayoga.com to make sure the room you want is still available before sending payment.******

1. **Superior Ocean View Room** with A/C, Superior Ocean views, Private Bath, King size bed

These beautiful double rooms have step-out balconies and extraordinary ocean views. These rooms are elegantly furnished to provide our most luxurious space for couples or singles. Each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

\$2,975 per person single occupancy
\$2,375 per person double occupancy



2. **Ocean View Room** with A/C, Private Bath, King size bed OR 2 Twin beds

These double rooms have step-out balconies and beautiful ocean views. The rooms are tastefully furnished and provide the perfect space for 2 people. Each room has a king-size bed or two twins, with a private bathroom with solar hot water and air-conditioning.

\$2,650 per person single occupancy
\$2,175 per person double occupancy



3. **Mountain View Room** with A/C, Private Bath, King size bed OR 2 Twin beds

These double rooms have step-out balconies and beautiful mountain views. The rooms are tastefully furnished and provide the perfect space for 2 people. Each room has a king-size bed or two twins with a private bathroom with solar hot water and a natural ventilation system.

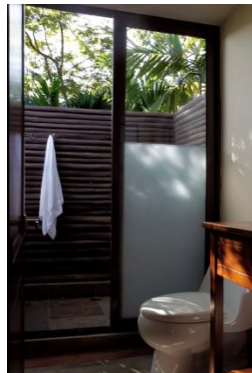
\$2,550 per person single occupancy
\$2,100 per person double occupancy



4. **Nature Suite** with A/C, Private Bath & King or 2 Twin beds

These cottages are situated on a hillside overlooking the lush vegetation. These simple and natural wood frame structures have private bathrooms with an outdoor shower overlooking the jungle. Each cottage sleeps two people and includes a separate enclosed porch with a desk for reading. Each room has solar hot water as well as A/C. These rooms are a short walk up the hill to the main building.

\$2,450 per person single occupancy
\$2,025 per person double occupancy



5. **Hermitage Room w/ Private Bath & Queen size bed or 2 Twin beds**

These rooms are specifically designed for traveling singles to provide privacy and elegance, while being cozy and inexpensive. Many of these rooms have partial views of the ocean and others of the mountains nearby, a queen-size bed, a private bathroom with solar hot water and a natural ventilation system. There are also a few available with twin beds for 2 people.

\$2,050 per single occupancy

\$1,800 per double occupancy for couples



6. **Eco-Cottage with Shared Bath-House & 2 Twin beds**

These cottages are beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. They are simple and natural wood frame structures with screening for natural ventilation. Each cottage sleeps two people and share a common bathhouse that has solar hot water showers and everything runs on solar powered electricity to provide a comfortable and ecological setting. The Eco-Cottages are situated below the Main Building and involve a short hike up a stone stairway to get to the main building.

\$1,850 per person single occupancy

\$1,600 per person double occupancy



7. **Platform Tent** with Shared Bath-House, Queen size air mattress, linens provided

Each tent has a queen size air mattress and is placed on a platform under a wooden roof for protection against the sun or rain. These tents are surrounded by nature and near to a shared bathhouse. All linen, pillow and towels are provided to guests.

\$1,600 per person single occupancy



PROMOTIONAL VIDEO: <http://www.youtube.com/watch?v=FPW7SsdCzwQ>

All students should fly into Costa Rica on 11/29/14 and leave on 12/06/14.

So, official Arrival and Departure Days for all programs is SATURDAY

Unless some individuals would like to arrive a few days earlier for a private R & R or stay a few days longer - they would need to contact directly for vacancies and rates JOSE, our front desk manager:

fdmanager.bluespirit@gmail.com

In any case we recommend highly flying into LIBERIA (LIR) airport, a 2 hour scenic drive from BLUE SPIRIT.

All information on how to get to Blue Spirit via various means is here:

<http://www.bluespiritcostarica.com/travel>

Once your participants are sure about their arrival and departure dates, they should make their shuttle reservations right away: <http://www.bluespiritcostarica.com/shuttle-reservations>

WELCOME TO OUR GUESTS

Dear Guest,

*We are looking forward to having you as our guest at **Blue Spirit Costa Rica**, and wish that your time with us will be pleasant and personally meaningful to you.*

*We recommend that you read carefully through all of the information below regarding your travels to Costa Rica and your stay at **Blue Spirit Costa Rica**.*

Please, contact us at info@bluespiritcostarica.com about any further details that you may not find reflected below.

Warm Wishes,

From all of us at Blue Spirit Costa Rica

1. Travel Information

a. Travel Documents

Citizen of the US, Canada, and Panama may enter Costa Rica with a passport that remains valid at least 6 months after your travel date. Identification such as a driver's license or birth certificate is no longer valid for travel in Costa Rica.

A valid passport allows Canadian, American, as well as most Latin American, and European citizens to stay for up to 90 days.

Citizens of other countries may require a visa to enter Costa Rica. Before you go to Costa Rica, please make a copy of your passport, which you will need to carry with you at all times. You should leave your original passport in the safety box at Blue Spirit.

b. Flights to Costa Rica & Further Transport to Blue Spirit

In order to serve you best with all the important information about flights to Costa Rica and the various transport options between the airports in Costa Rica and Blue Spirit, please request at shuttle@bluespiritcostarica.com our "Getting to Blue Spirit" document This document also contains the 'group shuttle reservations form' that you need to complete if you like to use our group shuttle services from/to Blue Spirit.

2 Check In & Check Out Times

General Check In time for all rooms is: 4:00 PM
General Check Out time for all rooms is: 10:00 AM

Guests' luggage can be stored with us at Reception at no charge before or after the indicated hours on arrival and departure days.

3. Meal Times:

All meals are served in the dining room, starting with dinner on arrival day and breakfast on departure day. Lunch is not served on departure day.

Breakfast 07:30 AM - 09:30 AM
Lunch 12:30 PM - 01:30 PM
Dinner 06:00 PM - 07:30 PM

Complimentary early morning coffee and tea are available at 6:30 AM daily.

4. Special Meal Requests:

Upon request, Blue Spirit will do its best to provide for special meal needs (such as lactose intolerance, food allergies, etc.). To assure the availability of ingredients, it is important that these requests be communicated at least 2 weeks in advance.

However, as a huge variety of non-allergic products are not as easily available in Costa Rica (as for example in the U.S.), and we cannot always guarantee to satisfy each special request. Please communicate your request to info@bluespiritcostarica.com or to your program's organizer, who handles your registration.

An additional way of satisfying special meal needs is our PURE FOOD OPTION, which is part of our daily buffet style served lunch and dinner: offering of greens, grain, and legume (beans) without oils or seasoning.

Also, we have a refrigerator for guest's use in our dining hall, accessible to you 24 hours, where that you can store any of your special foods or medication brought from home.

5. Café:

The Café is open daily – opening hours are adapted to program's schedule

The Café offers fresh juices, smoothies, freshly baked good, raw food snacks, coffee specialties, and in the evening organic wines, and local beers (that have recyclable bottles).

Food and beverages at the Café are not included in the room & board rates of your program. All purchases will be charged individually, and can be paid with cash or charged directly to the room and paid 1 day before departure.

6. Wellness Services:

Wellness services -such, as massages, bodywork, facial treatments, nutritional counseling, and spiritual counseling- are available upon request. Guests can book their sessions through a sign-up sheet with the practitioner of their choice at our reception.

Payment can be made in cash or charged to the room when the services are scheduled. There is a 24-hour cancellation policy; individuals are expected to pay for their appointment, even if the program runs over into the appointed time.

7. Medical Services in Nosara

From a general health perspective, Costa Rica has high health standards in the entire country, and is considered one of the safest destinations in the developing world. If you have a health care provider in the country of your origin, you may want to inquire before your travels about their coverage policy, when traveling to Costa Rica.

English-speaking doctors have offices located 15 minutes from Blue Spirit, along with dentists. In proximity are also chiropractors, and other holistic healers, providing a range of health care and therapeutic services. A hospital is located within a 45 minute drive in Nicoya, or for serious conditions an air lift is available to a hospital with excellent and Western standard medical care in the capital of San Jose within 45 minutes.

There are no shots or immunizations required to come to Costa Rica.

8. Means of Communication, Office Needs, and Electricity

Phone: We have a phone to use for the guests for calls within Costa Rica (free of charge) and international calls (phone cards can be purchased at reception).

We also recommend the use of Skype or other Internet phone services. As the main building has WiFi (free of charge), the use of voice over Internet is easy, inexpensive, and reliable.

If you like your loved ones at home in the US, Canada, or Europe to connect with you and leave messages during your stay at Blue Spirit they can call: **+1 646.833.3410.**

This line connects with our offices in Costa Rica & the US at US calling rates.

If you need to reach Blue Spirit from within Costa Rica, dial the following numbers:
2656.8300 / 2656.8228 (both numbers are only valid from within Costa Rica).

Cell Phone: There is cell phone service on the premises that supports local CR cell phones and international phones (though this is expensive).

Wi-Fi: Wireless Internet is available at no cost and can be accessed via personal laptops for use of E-mail, Skype, or any Internet-phone calls. For those with Wi-Fi ready laptops access is free. Please, note that Blue Spirit does not guarantee connection to all types of laptop computers and does not provide a technician for Wi-Fi access.

Public Access Computer: Available to our guests (free of charge) in the lobby.

Copy Machine: For limited use and faculty only: at the rate of 40 cents per copy. If you have large copy jobs, please prepare those in advanced and bring them with you; or they can be sent out locally and done at a rate per copy.

Electricity: The voltage throughout the country is 110, the same as in North America. Travelers with appliances set for 220 will need an adapter that changes the voltage and allows for use of a different plug.

9. Candles & Incense

For reasons of fire safety we don't allow any candle or incense burning in any of the accommodations. We do allow the burning of candles and incense for ritual or teaching purposes in the classrooms, however, only if the flame is attended to at all times.

10. Safety Box & Personal Belongings

Each room is provided with a safety box at no charge. The safety box is big enough to hold a laptop. Blue Spirit is not responsible for any stolen personal belongings on the premises.

Tents do not come with a safety box – there will be a safe at reception for valuables to be stored for campers.

11. Lost or Unreturned Keys

Blue Spirit charges a \$25 fee for lost or unreturned room keys.

12. Money & Such Matters

Any extra spending while being at Blue Spirit (i.e. for activities organized through our reception desk, like surf lessons, horseback riding, canopy tours, or Wellness services) and any consumption at our Café-Library can be charged on your credit card. Therefore we recommend not bringing too much extra cash from home (a maximum of US \$500 should be sufficient).

The US Dollar is widely accepted in Costa Rica, so exchanging US Dollars to Costa Rica Colones is not necessary. Smaller denominations of \$20 or less are easiest to cash. The exchange rate is approximately 500 to 600 Colones per US Dollar.

There is an ATM machine and bank, which is a 10-minute drive from Blue Spirit. The ATM and Bank only accept VISA Cards and disperse Costa Rica Colones.

13. To-Bring-List

Don't forget to pack:

Camera/batteries/charger, alarm clock, sunscreen, sun hat, bathing suit, water bottle, natural bug repellent, your special medication, light raincoat or rain-poncho (in case you will travel around the central Valley and San Jose), hiking sandals, jeans for horseback riding. We also recommend bringing a flashlight, especially if you like evening walks, or are staying in an eco-cottage or a tent.

14. Time Zones:

Costa Rica is on Central Standard Time, six hours behind Greenwich Mean Time and one hour behind EST in the States. It does not currently use daylight saving time, although the idea has been considered.

15. Blue Spirit Store

Should you forget essential items at home or are looking for some snack foods, books to read, gift items, clothing, or souvenirs - the Blue Spirit Store offers a wide array of goods to purchase. You can pay cash (US\$, Costa Rican Colones) or with credit card.

16. Orientation for our Guests

To clear common questions and concerns from the beginning of your stay with us, we recommend to all of our group-leaders and guests to come to our 30 minutes Orientation Talk on the evening of your program's arrival date – usually around 8 PM in the dining-hall.

17. Activities / Excursions

Reception is glad to assist you in organizing Surf-Lessons, Horseback-Riding, Turtle Nesting Tour, Canopy Adventures, River Boat Tour (Bird watching), River Kayaking, or Stand-Up-Paddle-Surf. Payments can be made in cash or with credit card at reception.

Should you still have questions, send us an email: info@bluespiritcostarica.com We are happy to help!

BLUE SPIRIT – MENU SAMPLE

Blue Spirit offers buffet style gourmet vegetarian cuisine with fish served at dinner 3 times during the week.

All food and fresh juices are prepared with Blue Spirit's well water that is filtered and alkalized (Kangen Water), and organic ingredients where possible.

From **6:30 AM** on there is complimentary coffee & tea in the dining hall.

7:30-9:00 breakfast buffet:

Rice & beans, eggs, oatmeal, baked plantains, watermelon, pineapple, papaya, granola, cornflakes, breads, peanut butter, jam.

Variety of teas, coffee, soy milk, cow milk. Filtered Kangen Water

Fresh juices (watermelon, papaya, or master cleanse lemonade, etc.)

12:30 - 1:30 lunch buffet:

One day lunch example: Chilled cucumber soup, salad bar (lettuce, shredded carrots, zucchini, beets, hard boiled eggs, sprouts, variety of self-made salad dressings), Asian Stir fry (wok prepared), organic brown rice, garlicky greens, grilled eggplants - and additionally every day the pure food option: quinoa or wild rice, beans, steamed veggies with no oil or sea-soning.

Tea, coffee, fruit juices, filtered Kangen Water

6:00 - 7:30 dinner buffet:

One dinner example: mashed potatoes and onions, grilled Mahi Mahi, roasted root vegetables, caprese salad (tomato/local fresh cheese/basil), salad bar (see above), bread and butter.
tea, coffee, iced teas (hibiscus, lemon-mint, etc.), filtered water.

BLUE SPIRIT CAFÉ is open daily – adapting usually to the program schedules.

Offering includes superfood-smoothies, fresh vegetable juices, coffee specialties, raw food tarts or savory snack, French pastry, selected organic wines, and local beer.

GETTING TO BLUE SPIRIT COSTA RICA

FLYING IN & OUT OF COSTA RICA

Blue Spirit is located in Nosara, Guanacaste, on the Northern Pacific Coast of Costa Rica. Depending on which Costa Rican airport you choose to arrive through, there are different options available for your travel onwards to Blue Spirit. **The two international airports in Costa Rica are: Liberia International Airport (LIR) and San Jose International Airport (SJO).** Both airports have frequent flights to and from all over the United States and Canada.

We recommend you fly into LIBERIA INTERNATIONAL AIRPORT (LIR), as it is substantially closer to Blue Spirit and only a 2-hour scenic drive. Blue Spirit runs group shuttles on Saturdays from and to Liberia Airport. Current round-trip airfares from the New York City area to LIBERIA have averaged \$450-\$750 (including non-stop flights on Saturdays on Continental from Newark, NJ). Fares from the west coast are slightly higher. (There are also non-stop flights from Miami, Atlanta, and Denver.)

Flying to **SAN JOSE INTERNATIONAL AIRPORT (SJO)** is also an option as sometimes flights from the US or Canada to SAN JOSE are less expensive or more direct than flying into Liberia. Getting to Blue Spirit from San Jose by ground transportation however is more costly and takes 4 ½ hours. We usually do NOT offer group shuttles from San Jose to Blue Spirit, but can arrange for individual transfers at different rates. An alternative is a short plane flight from San Jose on **Nature Air** to the **AIRPORT in NOSARA** (only 20 minutes taxi ride from Blue Spirit).

DEPARTURE TAX: Each departing passenger must pay a **\$28** departure tax at either San Jose or Liberia airport before exiting Costa Rica. It can be in US dollars or Costa Rican Colones.

TRANSPORTATION BETWEEN AIRPORTS AND BLUE SPIRIT

From Liberia International Airport (LIR) to Blue Spirit - a 2 hour drive

Blue Spirit Group Shuttle: BLUE SPIRIT runs group shuttles from/to Liberia on Saturdays. You need to make advanced reservations for group shuttle services. For further details, read below about “Blue Spirit Group Shuttle”

Taxi / Individual Transfer: If you are not arriving or departing on Saturday with our group shuttle, you can make arrangements with Blue Spirit to be picked up at the airport by our driver (one way: \$140 one person, \$70 two people, \$55 three or more people). The same rates apply from Blue Spirit TO Liberia Airport.

Rental Car: You may reserve your own rental car to drive from Liberia to Blue Spirit. However, a car is not needed during your stay with us. We recommend online bookings with <http://www.toyotarent.com/> or www.natcar.com, as these car rental agencies allow one-way rentals for you to drop off your vehicle in Nosara. The cost of a one-day rental car with drop off in Nosara is usually around \$100.

From San Jose International Airport (SJO) to Blue Spirit – a 4-5 hour drive

Taxi / Individual Transfer: You can make arrangements with Blue Spirit to be picked up at the airport by our driver (one way: \$250 one person, \$125 two people, \$85 three or more people). The same rates apply from Blue Spirit TO San Jose Airport.

Rental Car: You may reserve your own rental car to drive from San Jose to Blue Spirit. However, a car is not needed during your stay with us. We recommend online bookings with <http://www.toyotarent.com/> or www.natcar.com as these car rental agencies allow one-way rentals for you to drop off your vehicle in Nosara. The cost of a one-day rental car with drop off in Nosara is usually around \$100.

Flying to Nosara: You can also take a 40-minute flight from/to San Jose to/from the domestic Nosara Airport, which is only a 20-minute taxi ride from Blue Spirit. Taxis between Blue Spirit and Nosara Airport cost \$20 one way.

Flight schedules from San Jose to Nosara usually require that your international flight arrives in San Jose at noon at the latest to catch the last flight at 2 PM from San Jose to Nosara. Another alternative is arriving the day before, staying overnight in San Jose and then taking a morning flight.

There are two airlines with daily flights to and from Nosara: Nature Air and Sansa Airlines (www.flysansa.com). Both airlines can impose luggage restrictions. To avoid excess baggage fees at the airport read the information on their websites carefully.

We like to recommend Nature Air, as they are more reliable regarding their schedule. It does require however that you take a 20 min. taxi ride from San Jose International Airport to the local Pavas Airport. You can book a flight with Nature Air (one way \$109, tax included) directly here:

http://www.natureair.com/blue-spirit-nosara.aspx?referrer_id=440159

For homebound flights on either airline out of Nosara we recommend that you plan ample connection time and give yourself at least 4 hours to make your departing international flight.

RESERVATIONS for Blue Spirit Group Shuttle

Blue Spirit Group Shuttles Are Available From/To Liberia (LIR) Only On Saturdays.

If you need us to make individual arrangements for you for other arrival and departure dates **different rates** apply.

In an couple of weeks, Blue Spirit launches its new website, and you will be asked to complete an ONLINE SHUTTLE RESERVATION FORM for your transfer from/to Blue Spirit.

Your Group-Leader / organizer of the program will contact you and remind you, as soon as the website is up!

We are aware that you might need to book your flight soon, so we have gathered here the most important information for you to consider:

ARRIVALS: There are several shuttles to Blue Spirit from LIBERIA Airport on Saturdays.

The cost is \$55 per person, payable in cash or by credit card at Blue Spirit reception.

It is a two-hour drive to Blue Spirit from LIBERIA Airport.

According to the arrival times of all major airlines flying into LIBERIA we have grouped our shuttle pick ups between 12 PM and 4 PM for the flights arriving at midday and early afternoon, and between 8 PM and 9:30 PM for all flights arriving in the evening.

This means that if your flight is arriving in any of the two time periods, a Blue Spirit driver will be waiting for you outside of the ARRIVALS terminal (only 1 exit).

(It usually takes around 45 minutes to retrieve your baggage and pass through Immigration.)

FAQ's

What do I do, if my flight is delayed?

If you are still in the US/Canada or Europe and miss a connecting flight or received notice that your flight's departure to Costa Rica has been delayed, please call Blue Spirit's US phone number: **+1.646.833.3410** and we will re-arrange your shuttle pick up time.

If you are already in the air and your arrival time is much later than scheduled, depending on how many passengers are already waiting in the van from previous flights, it is very possible the driver will wait for your late arrival. If you arrive late and your shuttle has already departed, you can take the next shuttle.

What do I do if, I can't find the driver or a Blue Spirit shuttle?

If you can't find a Blue Spirit driver or shuttle please call our reception phone: **2656.8300 or 2656.8228** (*these phone numbers can only be dialed from within Costa Rica*).

We will assist you in either finding the driver or bringing you to Blue Spirit with a taxi. Please do NOT hire your own taxi before you have spoken to Blue Spirit Reception and have notified us about your change of plans.

DEPARTURES: From Blue Spirit It is a two-hour drive to LIBERIA.

There are several shuttles from Blue Spirit to LIBERIA Airport on Saturdays.

The cost is \$55 per person, payable in cash or by credit card at Blue Spirit reception.

Blue Spirit Shuttles to LIBERIA leave between **3:00 AM** and **5:00 AM** and again between **8:00 AM** and **10:30 AM**.

You should plan to be at the airport 2 hours before your flight's departure time.

Once you arrive at the airport and before you can check in for your flight, you need to pay the \$28 Airport Departure Taxes.

Should you have any questions that are not addressed in this document, please contact us right away via email: shuttle@bluespiritcostarica.com

We are here to help!