



Retreat Leader Guide

**Host transformational retreats that guests
fondly recall & share with their friends &
family**

A retreat center set in the Rainforest 20 minutes from the Caribbean coast of Costa Rica



Samasati – A Summary

Grounding in the Rainforest - Proven to reduce stress, lower blood pressure, boost immunity & promote healing. Ideal setting for reflection, relaxation, healing and mindfulness practices.

Lodging – Up to 36 Guests - Private or shared bungalows; hostel style rooms with shared baths. All accommodations have electricity, running water, hammocks on terraces and views of the Rainforest, Sea or both.

Amenities - Restaurant; Spa; 3 Practices halls; terrace, swimming pool & hot tub overlooking the Rainforest and the Sea. WiFi in restaurant & pool areas.

Secluded But Not Isolated – In the soothing embrace of a Rainforest about 20 minutes from the Caribbean town of Puerto Viejo with stunning beaches, world class surf, Caribbean culture, restaurants and nightlife.

Enhance Retreat Experience – Host of cultural, adventure and spiritual activities you can add on.

International & authentic local cuisine - Based on locally sourced, organic ingredients. Served in a restaurant overlooking the Rainforest and Caribbean Sea. Served buffet style. Vegetarian by default. Chicken and fish available upon request. We accommodate any dietary requirement – GF, sugar free, vegan – just ask. Packed meals for trips or tours

CONCIERGE SERVICE FOR RETREAT LEADERS – Help plan the ideal retreat from inception to the moment your guests arrive. Once here, the concierge will help manage your guests daily answering questions as well as helping coordinate transportation, tours or other requests.



Additional Activities - Adventure, Culture & Spirituality

Service to the local community

Service to the local community: we have a longstanding partnership with Peace Through Yoga Foundation and their non-profit program here in the local community called Girls For Success.

Beaches – 20 minutes away

Beaches – World class Caribbean beaches with surfing, snorkeling, SUP, kayaking as well beachside activities

Cultural Excursions

Immersive trips to experience the Costa Rican Caribbean culture. Sampling local cuisine, visiting local arts & crafts vendors, tours of indigenous tribal lands and even local cooking classes.

Most Popular / Recommended Tour - [Indigenous Bri Bri Tour](#)

Adventure & Nature

Hikes and snorkeling in national parks with stunning wildlife Hikes to majestic waterfalls in the jungle, horseback riding and ziplining

Recommended - [Most Popular Adventure Tours](#)

SPA

Our spa on site is staffed with world class practitioners providing massages and luxurious body treatments. 55 mins @ \$90

Spiritual

Cacao Ceremony and ecstatic dance - \$620+ depending on size of the group

Live Caribbean Band

Most retreat leaders opt for a dinner and dance party with a live calypso band. It is a hit with the guests!

Lodging – Bungalows

11 Private Bungalows

Fully private bungalows each with its own little garden, bathroom, sitting area and terrace. Each bungalow is set 30 feet – 150 feet apart from each other.



Lodging Bungalows – Detail

5 Bungalows with Loft– Sleeps 2 – 4 people

2 beds in a lower level and 1 in a private sleeping loft. All share 1 bath and living area and terrace downstairs.

4 Bungalows – 1 Large Bed / Platform Bed

Ideal for singles or couples.

2 Bungalows – Sleeps 2

Single Level Bungalows with 2 beds each. These 2 bungalows are stacked on top of another and ideal for families or friends.



Lodging – 5 Hostel Style Rooms

5 adjoining private rooms

with a shared terrace for all 5 rooms. And shared bathrooms, one for men and one for women. Room with either 2 single beds or one double bed. The Guest House is a great option for solo travelers who want to mingle or groups of friends.



Practice Areas / Shalas



Hall with space to fit
30 yogis
or 40 desks and
chairs
Or 35 people for
dance / movement



Studio with space to fit 14 yogis
or 20 desks and chairs or 18 people
for dance / movement



Terrace by the pool to fit 10 yogis
or 20 – 25 people for dance /
movement / outdoor activities



Small local plane (Fly Sansa)

If you want to land and get here as quickly as possible there are local flights available. The flight itself is about 30 mins to Limon airport and we can arrange a shuttle for you to drive to our retreat which will take about 45 minutes. This option is about \$110 - \$130 per person.

SANSA Airlines | Limón.

A small craft domestic airline that offers flights between SJO and Limon. Limon airport (LIM) is about a forty minute drive from Samasati. Caribe Shuttle offers a shared shuttle between LIM and Samasati for \$22pp. Flights may vary but typically depart SJO at 6:35am, 11:55am, and 2:00pm



4 – 6 hour scenic drive with local food along the way

If you are in a road trip / exploration mood you can drive, take a private taxi or a shuttle service. The middle part of the drive is quite scenic as you will go through the mountains in a national park and you will get to stop over at spots serving local food.

This drive duration will vary depending on traffic. The shuttle ride is about \$65 per person and the private taxi is \$250 (up to 3 people). If there are more than 6 of you, we would charter a private shuttle for you which may be more cost effective (between \$45-\$55pp).

Extra Options

- ♦ MEPE Public Bus services
- ♦



Overnight Stay In San Jose Area

If you land too late to make the shuttle or the flight then a private taxi is the best option.

Otherwise, you can stay overnight at our partner hotel:

Adventure Inn

They will give you a discount with the code **SAMASATI**



Pricing for Retreats

Fall 2024 & Spring 2025

Two Pricing Structures - if you can commit to more guests then the pricing is cheaper

Price for a 6-night Retreat – 15 – 20 people

\$ 17,500 for up to 15 guests (includes 13% costa rica tax)

16th – 20th guest charged at \$900 per guest

Price for a 6-night Retreat – 20 or more people

\$ 23,000 for up to 20 guests (includes 13% costa rica tax)

21st guest and above charged at \$790 per guest (includes all taxes)

Price includes lodging and 3 meals daily served buffet style and vegetarian.

Chicken (\$9 pp per meal) & Fish (\$13 pp per meal) are available ala carte or you can add on for all guests for all meals at extra cost.

Access to all retreat facilities for you and your guests including all common and practice areas.

Drinking water, hot coffee, chocolate and tea are provided at meals as well as fresh local fruit.

You will be able to hike our jungle trails by yourself or with a guide.

Includes 2 round trips for a 6 night retreat to Puerto Viejo (or similar distance destination).

High-speed wifi is available in the restaurant-lounge-pool area.

A scenic view of a tropical landscape. In the foreground, there is a dense forest of green trees. In the middle ground, a small town with several buildings is visible, surrounded by more forest. In the background, a blue body of water stretches across the horizon under a sky with scattered white clouds. A single bird is seen flying in the sky.

A guide to help you prepare for your visit
to the southern Caribbean of Costa Rica

The Rainforest

Staying in the Rainforest is magical. The photographs you've seen do not do justice to the verdant jungle all around Samasati Retreat. Like yoga, it is something that must be experienced to be understood. This environment is perfectly conducive for yoga, hiking, reflecting, photography, writing, dreaming, long meals, reading, being. It's the Rainforest. It doesn't rain everyday. But we are never surprised when it does. It's best to be prepared for the following situations:

Cool mountain nights: socks, sweater, scarf, long sleeves, long pants.

Sunny beach days: bathing suit(s), coverup, hat, sunglasses, water bottle, book, flip-flops, backpack, camera.

Rainy Mountain Days: socks, sweater, long sleeves, long pants, books, magazines.

Jungle Hikes: sturdy shoe, socks, bug repellent, Lightweight shirt, lightweight pants/shorts, water bottle, backpack, camera.

Yoga: pants/shorts, tops, sweater, scarf, water bottle, journal, camera.

Rain: slicker, poncho, hat, rubber boots, umbrella.

Other: journal, colored pens/pencils/markers, day bag to carry your things, books, water bottle, camera.



It's the Jungle!

There will be an abundance of wildlife. Howler monkeys, toucans, sloths, and so much. There will be bugs and spiders, too. We will give you some tips to coexisting with all the jungle creatures during orientation. Bring a natural bug repellent that contains lemongrass/citronella/cloves etc. We regularly replace the screens on the bungalows and we treat the rooms each day with an essential oil repellent. We also use ultrasonic repellents which can be unplugged at the guest desecration. We use yellow lighting at night to reduce the frequency of encounters and we provide fans to keep the flying insects away. Mosquito nets are available upon request.

The jungle is never quiet. It's a constant symphony of the citizens of the jungle. It's as soothing as it is interesting. As the village of Hone Creek has grown, it has become easier for us to hear them on the mountain. From the Wednesday night Zumba class to after school soccer practice, it's a lively-family oriented town. Hone Creek's growth has brought us a few supermarkets, a fully equipped emergency room, a pharmacy, a dentist, ambulance and fire services. These services are truly a luxury in this rural part of Costa Rica.





Your Things

Being in the Rainforest, mold is a threat. It can settle into your belongings quickly. Leather seems to be particularly vulnerable. It can show up in your clothes as little black spots. Don't bring your absolute favorite things. Dark clothes hide it better. Laundry services are available at the retreat for \$15 a load. Limit your electronics. Not only will it enhance your retreat experience it will also save your gadgets. The Rainforest can be tough on electronics.

Food & Water

Bring a water bottle. Samasati has some of the best drinking water on the planet. Just not coming out of the faucets. The water in your room is unfiltered river and catchment water and is not suitable to drink. Samasati collects all the water used at the retreat. Our water supply is completely off grid. We practice water conservation daily. We will give you some tips on how you can help us conserve this precious resource during orientation. Bring a water bottle to keep with you. Fill it up as often as you like with the drinking water offered at Samasati. Each meal is vegetarian/vegan. Our restaurant can accommodate some special requests. Let us know in advance of any dietary concerns you may have. Chickens and fish as well as beer and wine are available for purchase.

PRACTICALITIES

- ◆ We are located at the top of a mountain. It takes about 5-10 minutes to reach the retreat from our front gate. It's a bumpy ride up but the view from the top is worth it!
- ◆ From the top of the mountain to the nearest beach it's about a 20 minute ride.
- ◆ A flashlight is a necessity! It gets dark quickly. You will definitely need a flashlight to walk to dinner and to your bungalow.
- ◆ We have fiber optic internet access in the restaurant.
- ◆ Our electricity is spotty too. It goes out often. There are safety lights in the rooms. Our restaurant, yoga classes and hikes operate without electricity so meals and programs continue as planned illuminated by candle light. **Keep your flashlight close by at night.**
- ◆ Small binoculars can be very helpful in animal spotting. We have a small collection of wildlife information cards to help you identify what you may see.
- ◆ The southern Caribbean has a lot to offer the naturalist, the adventurous, the culturalist alike. Check out www.lifeculturetravelcostarica.com to get an idea of what there is to do.

WHAT TO BRING?

Water Bottle. Please bring a water bottle with you. Samasati provides you with endless drinking water. Keep your bottle filled and keep yourself hydrated!

Insect Repellent. Bring your preference. Citronella and Peppermint oils work well as repellent. Lavender is the best for itch relief.

Cozy Clothes. Think cool mountain nights. It can feel chilly at nights. The temperature drops when it rains so some days can feel chilly also. Socks are nice to have as well as a long sleeve top and long, soft, pants.

Sandals for the beach. There are nice, short hikes around some of the beaches. Flip flops are generally okay for beach trips unless you think you will go hiking. Then you will need a shoe that straps to your feet.

Sketch Pad or a Journal. Paper, paints, pencils, and pens are hard to come by in this part of the world. Bring your tools with you packed in ziplock bags. Same with books you may wish to read.

FLASHLIGHT You will need a flashlight everyday. The flashlight app on your smartphone is ok. However, a proper flashlight is recommended.

Waterproof-ish day bag. A backpack, a messenger bag, a sling, a tote, whatever your flavor you will need a bag to carry your things such as flashlight, camera, phone, water bottle, etc

Pack all your clothes, toiletries, electronics, all of your everything in **waterproof bags**. Double bag your electronics. Ziplocks work well.

Hiking shoes. Closed toe. Supportive. Good grip. Don't forget socks. Two pair. One for hiking and one kept clean for sleeping if needed. Samasati has hiking trails through the jungle canopy. There are also many hikes available around the area.

A couple of **bathing suits** might be nice. There will be plenty of opportunities to wear your bathing suit and it will most likely get wet. It will also most likely still be wet by the following day when you may wish to wear it again.

Rain Gear. This truly is the rainforest. We expect rain everyday. We don't always get it but we are never surprised when we do. Rain jacket, umbrella, poncho, one of these will do.

Natural Sunscreen. Protect your skin (with natural ingredients sunscreen) from the sun as at the same time you take care of the the corals and fish.

SOME MORE

Session / Yoga Clothes bring several changes of clothes for practicing yoga. Whatever you are comfortable in stretching and moving as well as sitting and contemplating will be great.

Money The local currency is Colones. US dollars in small denominations are equally accepted.

Out-in-the-town Clothes Puerto Viejo/Manzanillo/Cahuita/ are all super casual beach towns. Bathing suits are often worn throughout the day with simple cover ups. It can be very hot in these towns as they are at sea level. (It's about 3C cooler up on the mountain at Samasati). Sundresses, shorts, tanks and tees are fine for these areas.

Toiletries Samasati provides organic liquid soap, shampoo and conditioner in the bathrooms. You will need to bring toothpaste-sun block-after sun care- insect repellent-itch relief-deodorant-any other products you like to use. Please remember we are a nature preserve and only bring biodegradable toiletries for your health and that of the rainforest Samasati calls home.





Breakfast Bowls

- Gallo Pinto Pico de Gallo
- Spiced Granola
- Fresh tropical fruit
- Toasted nuts
- Homemade Bread
- Natural jams & Butter
- Spiced Oatmeal
- Eggs your way
- Roasted vegetables
- Fresh baked pastries
- Warm simple soups
- Chia pudding
- Fresh local cheese
- Toasted bagel
- Cream cheese Yogurt
- Cereals

Lunch Boxes

SANDWICHES & WRAPS

- Roasted veggie w/ french fries and side salad
- Grilled veggie wrap w/ Yuca chips and pasta salad
- Chicken wrap w/ Yuca chips and fruit salad
- BBQ riblet sandwich w/french fries and cole slaw
- Fish Sandwich w/ plantain chips and cole slaw

SALADS

- Taco Salad
- Mediterranean Salad
- Fruit Salad
- Farmers Market Salad
- Palmito & Pejibaye ceviche

SOUPS

- Miso soup
- Hot and Sour soup
- Ramen Noodles
- Thai coconut soup
- Vegetable soup

Reception

Fresh cut fruit
Pipa fría (coconut water)
Cool water

WATER, TEA, COFFEE &
HOT CHOCOLATE
FROM 6:30 AM - 9:00PM

DRINKING WATER
DISPENSERS IN
EACH
ACCOMMODATION

**AVAILABLE FOR
PURCHASE**

Fresh herbal teas
Kombucha
Fresh fruit smoothies
Mocktails

Internationally and Locally Inspired Dinners

CARIBBEAN BOWLS

Ron Don soup: coconut milk & fresh root veggies

Rice & Beans: cooked in coconut milk Caribbean sauce with vegetables

Patacones (Fried plantains)

Ceviche (vegan or seafood)

Chocolate Banana Cake

MEDITERRANEAN

TAPAS

Wedding Soup

Hummus

Fatoush salad

Stuffed Beleaf leaves

Falafel

Tabouli

Roasted peppers

Baklava

Stuffed figs

THAI TRADITIONS

Coconut soup Pumpkin curry soup Green papaya salad

Red curry w/ vegetables

Thai Donuts

Mango & sticky rice

CONFORT & COZY

Tomato soup w/ grilled cheese

Broccoli & cheese soup in a bread bowl

Black bean soup w/ sourcream

Chocolate chip cookies

ORIENT EXPRESS

Hot & Sour soup Ginger salad Fried rice

Honey glazed crispy Tofu

Ramen noodles Veggie

sushi rolls Sesame cookies

INDIAN FEAST

Stuffed Samosas

Sauteed spinach w/ paneer cheese

Chana Masala (Chickpeas)

Chapati bread w/ Ghee

Pushpana (Flower rice)

Dal Tarkari (Lentil soup)

Chocolate Dream Dessert

ADDITIONAL THEME DINNERS

- BURRITO BARN
- BAKED PASTAS
- PERSONALIZED PIZZAS
- VEGAN ROASTS DINNER & A MOVIE BBQ COOKOUT
- FISHERMAN'S PRIDE BRIBRI
- TRADITIONAL CUSTOM BURGERS W/ HAND-CUT FRIES

EXTRAS AVAILABLE FOR PURCHASE

- Live local Music
- Fish your way
- Caribbean / Masala Chicken
- White / Red Wine
- Local Beer







800-563-9643

+506-8435-322



SAMASATI
Puerto Viejo de Talamanca,
Limon
From the public school in
Hone Creek 800 meters
towards
Carbon 1 street



retreats@samasati.com



WWW.SAMASATI.COM

THE JUNGLE WELCOMES YOU!

CONTACT US!

