



BODHI TREE

— YOGA RESORT —

F A Q S

WHAT TO EXPECT UPON ARRIVING AT THE AIRPORT?

After retrieving your luggage and exiting the luggage area, your driver will greet you with an orange Bodhi Tree Yoga Resort sign. He/She may also be wearing a Bodhi Tree hat and shirt. They will help get your luggage to the van, which may be parked in the lot to the right of the exit.

WHAT TO EXPECT ON YOUR DRIVE TO NOSARA?

Sit back and relax for the 2.5 hour (sometimes bumpy) drive to Nosara. If you need to stop for snacks or to use the restroom, just ask your driver. Your driver will be happy to make any stops needed.



CHECK IN & CHECK OUT

Check In: 2:00pm

Check Out: 11:00am

Luggage can be stored at the Front Desk for no additional charge before or after the indicated hours on arrival and departure days.

MEDICAL SERVICES

From a general health perspective, Costa Rica has high health standards and is considered one of the safest destinations in the developing world. If you have a health care provider in your country of origin, you may want to inquire before traveling about their coverage while in Costa Rica. English-speaking doctors and dentists are located 5-minutes from Bodhi Tree, and a hospital is located within a 45 minute drive to Nicoya. For serious conditions, an air lift to San Jose can transport someone within 45 minutes to a hospital with excellent Western medical care. There are no shots or immunizations required to visit Costa Rica.



MONEY

Costa Rican currency is in colones, however, the US dollar is widely accepted. Bodhi Tree accepts colones, USD, Visa, MasterCard and AmEx. If you pay in US dollars, you will most likely get colones in change. Since ATMs are difficult to access, we recommend bringing what you'll need for your stay. In the event you need to locate an ATM, there are two banks in town: Banco Popular on Main Street and Bank of Costa Rica near the gas station, a 10 minute drive from Bodhi Tree. If you have a chip on your card, you will need to drive to the bank by the gas station. Keep in mind that most adventure tours are cash only.

SAFETY BOX

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



DO YOU SUGGEST AN END-OF-STAY TIP FOR THE ENTIRE PROPERTY, OR DO WE TIP INDIVIDUALLY?

Tipping is encouraged and appreciated. During your stay, you will see how hard our staff works to ensure you have an enjoyable stay at our resort. For your convenience, we will add a \$10 per day option onto your room charge at the end of your stay. Prior to checkout, you will have the ability to accept, decline or add an additional amount. Please do not feel obligated to accept as this option is only for your convenience. This money gets divided among all staff from housekeeping to the front desk. The only groups that do not get included in this are the Juice Bar staff, Bartenders and Massage Therapists.

COMMUNICATION

WiFi: Wireless Internet is available at no cost and can be accessed via your personal electronic devices. Please note, Bodhi Tree does not guarantee connection to all types of laptop computers and does not provide a technician for WiFi access.



ELECTRICITY

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

HOW FAR IS THE PROPERTY FROM THE BEACH?

Bodhi Tree is a 10-minute walk to the beach — 15 minutes if you walk slowly or stop to say hola to a monkey. Free bike rentals are available for Bodhi Tree guests or hop on our Bodhi Bus (14 seater golf cart)!

DO WE PROVIDE BEACH/POOL TOWELS?

Yes, we provide towels for Bodhi Tree guests.

SUGGESTED ITEMS TO PACK

Flashlight · Sunblock · Aloe Vera or another skin-soothing · Bug repellent · Water bottle
Clothing: T-shirts, shorts, skirts, sundresses, flip-flops, sunglasses, hats and swimsuits
Sports wear for surfing, hiking, horseback riding and yoga



DINING

We offer an array of hot and refreshing cold soups, an excellent buffet of veggies and salads, organic chicken, fish and vegan options. Organic wine and artisanal beer is available for purchase with your dinner.

Breakfast: 7:00am to 9:30am

Lunch: 12:00pm to 2:30pm

Dinner: 6:30pm to 9:00pm

SPECIAL MEAL REQUEST

Upon request, Bodhi Tree will do its best to provide for special meal needs (such as lactose intolerance, food allergies...etc.). We require these requests to be communicated at least 2 weeks prior to your arrival. Please communicate your request to the organizer of your program. Please keep in mind that a large variety of non-allergic products are not as easily available in Costa Rica compared to the US or Canada.



JUICE BAR

In addition to our dining offerings, we have an amazing Juice Bar. Indulge yourself with the benefits of fresh juices, all natural smoothies, healthy snacks or simply enjoy our terrific Costa Rican coffee. Our Chakra Juices and smoothies are packed with vitamins, minerals, antioxidants and can be a great way to revitalize after a yoga class or surf session. Our Juice Bar is open daily from 8am to 5pm.

WATER

The water at Bodhi Tree is safe to drink. There are also multiple water stations around the resort to refill your water bottle.



EXCURSIONS

Most excursions require cash payment only, however, Bodhi Surf lessons can be billed to your room.

Please email frontdesk@bodhitreeyogaresort.com to reserve your adventure. Transportation to the destination of all adventures is not included (except for Bodhi surf lessons).

PRICES PER PERSON:

- Canopy Zip Line \$75
- Stand Up Paddle Mangrove Tour \$65
- Stand Up Paddle Ocean Lesson \$75
- Boca Nosara Wildlife & Birding Kayaking Tour \$65
- Waterfall and Wildlife Adventure Hike \$65
- ATV Tours - Discover Nosara \$75
- ATV Tours - White Rock Adventure \$95
- ATV Tours - Coffee Tour \$110
- ATV Tours- Black Hills Tour \$130
- Horseback Riding - Sunset Tour \$60
- Horseback Riding Rio Montana \$65
- Turtles at Ostional (seasonal) \$40
- Nosara Refuge for Wildlife \$50
- Daily Bodhi Surf lessons \$65
- Plant a Tree Barri-Guiones \$15

