



Dear Retreat Guest,

Below is some helpful logistical information to help you plan for your jungle retreat at Selva Armonia in Uvita, Costa Rica.

Selva Armonia is a true eco-lodge combining elegance with a rustic atmosphere in a beautiful remote jungle setting. With power provided by the sun, creative architecture of sustainable/ local materials, we consciously conserve our precious resources. As a working permaculture farm, we have food growing throughout the property.

We are excited to see you in the near future. If you have any questions, please feel free to email us at [Retreats@SelvaArmonia.com](mailto:Retreats@SelvaArmonia.com).

**ARRIVAL DAY TRANSPORTATION & FLIGHT ARRANGEMENTS:** The airport shuttle will pick-up your retreat group at 3pm. Schedule your flights to land 1.5 hours prior to this time on the first day of your retreat, to allow enough time to get through customs and baggage claim. Meet our shuttle driver at Malinche Restaurant just outside of the airport. You will exit the airport and walk a few hundred meters to the right. Look for the "Selva Armonia" sign. The trip to Selva Armonia is about 3.5 hours. You may stop for breaks and transfer one time in the town of Uvita. A delicious dinner will await you! If you are traveling in Costa Rica before your retreat, meet the group 4 hours after the shuttle pick-up time above at Marina Ballena Restaurant (in the town of Uvita). You will meet your group and transfer to 4x4 taxis for the final 15 minute drive to Selva Armonia.

**LAST MINUTE PURCHASES UPON ARRIVAL:** Upon arrival in Uvita, there is a "BM" super market where you are welcome to stop in and purchase any last minute necessities before you transfer to the 4x4 taxi to Selva Armonia. There is also an ATM across the street. Please note that Selva Armonia is located in a remote location.

DEPARTURE DAY TRANSPORTATION & FLIGHT ARRANGEMENTS: Your retreat group will leave Selva Armonia at 9 am on the final day of your retreat. Schedule departing flights 7 hours after departure from Selva Armonia ( 4 hours driving time + 3 hours for customs/flight check-in/security).

If you are traveling in Costa Rica after your retreat, we can help you get there (additional costs may apply). Feel free to email [Retreats@SelvaArmonia.com](mailto:Retreats@SelvaArmonia.com) for more information.

RECOMMENDED HOTEL IN SAN JOSE: If an overnight stay is needed in San Jose, we highly recommend Hotel Los Volcanes [www.hotellosvolcanes.com](http://www.hotellosvolcanes.com)

CONTACT INFORMATION: Selva Armonia Retreat Center Calle de Tigre, 5km up the road on the right Uvita, Costa Rica [www.SelvaArmonia.com](http://www.SelvaArmonia.com) [retreats@selvaarmonia.com](mailto:retreats@selvaarmonia.com)  
Number: +506-6076-5155 Number: +506-8439-3271 Number works for FaceTime on iPhones with wifi connection, just make sure you add the "+" by holding down the "0" button.

PHONE CHIP: If you would like to purchase a phone chip, you can get one at baggage claim at SJO airport. Look for the green "Kolbi" booth. Phone chips are about \$5. Then you must load about \$10-\$20 of credit for minutes/data. You will get a local phone number and can use the internet on your phone.

PACKING LIST FOR HAPPY JUNGLE GUESTS: • Flashlight or headlamp • Insect repellent (highly recommended if you are prone to insect bites) • Shower shoes/slip off shoes • Hiking/walking shoes • Sunscreen • Sun Hat • Bathing suit • Yoga mat, if you prefer to use your own. We have Manduka mats for use on the yoga deck. • Leisure activities: books, music, crafts, art projects, etc. • Long pants or leggings (only during rainy season July-Dec) • Beach and Hiking gear • Reusable water bottle • Cash (CRC) Colones and U.S. dollars are accepted all over Costa Rica and Panama • Although there's no reason to be concerned, we like to remind our guests to leave any valuables at home while traveling.

LAUNDRY: Selva Armonia is an eco-lodge and we work to conserve our precious resource of water. We provide a laundry station to handwash items. Keep in mind that clothes dry slowly in our humid environment. We have laundry services available for \$15/load.

WIFI: Keep in mind that WIFI in the jungle can be spotty at times. Please plan accordingly.

FOOD: Our cuisine is organic with as much sustainably grown seasonal food fresh from our own farm as possible. We pride ourselves in serving healthy, balanced and filling plant-based meals that nourish our guests and satisfy the senses, while maintaining alignment with Selva's permaculture practices. We don't serve any meat products here at Selva. You know your body better than we do. Please be prepared and bring along non-perishable snacks to supplement your diet here during your stay (we won't have refrigerator space available).

CASH/PAYPAL TRANSACTIONS ONLY: Please bring cash (US Dollars or Colones) for gratuity, optional massage (\$35 - \$75) and any snacks and retail items you might desire.

GRATUITY It is customary to tip 10-15% in Costa Rica. Here at Selva Armonia, we choose a unique model in which all gratuity is split amongst our team, from the dishwashers to the groundskeepers. For this week of retreat, anywhere from \$50-\$100 (cash only) is typical depending upon your enjoyment and inspiration. Gratuity is greatly appreciated though never expected.

FAQ's Q: How close are you to the beach? A: We are approximately 4 miles from the beach that we gaze upon from our mountaintop paradise.

Q: Is the water safe to drink at Selva Armonia? A: Yes. We have some of the cleanest water in the world. Drink it from every tap.

Q: What currency is used in Costa Rica and how do I exchange money? A: The local currency is Costa Rican Colones. American dollars are also accepted most places, including taxis. It is easiest to exchange money at the airport.

Q: Is it buggy? A: Yes. Selva Armonia is in a rainforest, humid and bio-diverse. Bring Deet/Off if you are prone to insect bites.

Q: Is there malaria in Costa Rica? A: No.

Q: How far are you from San Jose/the airport? A: We are about 3.5 hours driving.

Q: When are the rainy seasons? A: May through December. Rains typically occur in the afternoon and evenings. The rainy season is the most lush, green and abundant time of the year. The temperature remains warm, averaging at 80 deg Fahrenheit.