

FAQ Sheet

Travel and Transportation

Q Is my international flight included?

A Please note that arranging and covering the cost of your flight to San Jose International Airport (SJO) is your responsibility.

Q How do I get to Verdesana?

A On the day of your arrival, private ground transportation will depart from the SJO domestic terminal at 2:00 PM. A representative will be there to guide you to your transport.

Q What time will I return to SJO airport?

A Your departure from Verdesana is scheduled for 9:00 AM, with an expected arrival at the airport around 11:00 AM.

Q How far is Verdesana from the airport?

A The drive is approximately 1.5 hours by car, depending on traffic conditions.

Q Do I need travel insurance?

A Obtaining travel insurance is highly recommended for your trip. We suggest using [Global Rescue](#) for reliable coverage.

Q What are Costa Rica's entry requirements?

A For more detailed information about Costa Rica, including travel tips, destinations, and local experiences, please review the official tourism website: <https://www.visitcostarica.com>

Property and Accomodations

Q Where is Verdesana located?

A Located in Cartago, Costa Rica, at an elevation of 1,600 meters, the retreat is nestled within a lush mountain cloud forest, offering serene natural surroundings and breathtaking views.

Q What's the weather like?

A Temperatures in the area typically range from 60°F to 77°F, with a mix of sun and occasional rain. Dressing in layers is recommended to stay comfortable throughout the day.

Q Are there accessible cabins?

A Yes, we offer one cabin that has been specially designed for accessibility, ensuring a comfortable stay for guests with mobility needs.

Q What amenities are in the rooms?

A The cabin features a queen bed, a full bathroom set, a heater, a coffee station, essential oils, a private patio, and North American electrical outlets for your convenience.

Q How far is the nearest town or hospital?

A The city of Cartago, located approximately 25 minutes away, has a hospital and other essential services for your convenience and peace of mind.

Services and Food

Q Is there Wi-Fi?

A Yes, Wi-Fi is available throughout all buildings on the property, with the exception of the yoga shala.

Q Are there hiking trails nearby?

A Yes, there are both onsite and offsite trails available for hiking and exploring the surrounding nature.

Q Is there medical staff at the retreat?

A Medical assistance is provided only in cases of illness or injury.

Q What food is provided?

A All meals served are plant-based. We are happy to accommodate allergies and specific dietary needs if they are communicated to us in advance.

Q Is the water safe?

A Yes, the campus water is triple-filtered and UV-treated, making it safe to drink throughout the property.

Q Is there a gym?

A While there is no gym on the property, guests have access to nature trails and dedicated yoga spaces for physical activity and wellness.

Q Are pets allowed?

A Only service animals that have been approved in advance with written confirmation are allowed on the property.

General Information

Q Should I tip the staff?

A While tipping is not required, it is greatly appreciated. All tips are collected in a pool and distributed evenly among the staff to ensure fair recognition of their work.

Q How can my family contact me?

A For the most reliable communication, we recommend using WhatsApp over Wi-Fi during your stay.

Q Can I smoke or drink alcohol?

A No alcohol or smoking is permitted on the Verdesana campus. Any violations of this policy may result in removal from the property.

Q What should I pack?

A Recommended items to bring include sunscreen, mosquito repellent, a reusable water bottle, boots, yoga clothes, a rain jacket, a sweater, and swimwear.

Q When do I get my retreat schedule?

A For specific questions or clarifications, please check directly with your retreat host.

Q Can I do laundry onsite?

A Yes, laundry service is available at \$25 per load, which includes washing, drying, folding, and delivery to your room.

If you don't see your question here, I'd love to hear from you directly. You can reach us anytime at luminouslizllc@gmail.com and/or breathwork@human-powered.co