

Frequently Asked Questions

Flights & Travel

Where do we fly into and out of? The closest airport to the retreat is Daniel Oduber Quirós International Airport (LIR) in Liberia, Costa Rica. We strongly recommend booking a flight as soon as you have paid your deposit for the retreat, to assure you get the flight and seats you want. We also recommend booking a refundable flight whenever possible, in case your travel plans need to change.

What documents are required for travel? A valid passport is required for travel to Costa Rica. A visa is not required for Canadian travellers.

We recommend checking the current entry requirements before travelling, as requirements can change.

Is transportation to and from the airport included? We will be providing shuttles for guests arriving on November 22nd and leaving November 28th. If you are planning to come early or extend your trip we can suggest transportation options for you.

Can we stay longer than the retreat dates? Yes! If you would like to arrive at the Reunion Wellness Retreat & Resort Centre before the retreat begins or stay longer afterward, this option is available provided there is availability at the resort. If you would like to extend your stay, let us know and we will put you in touch with our contact at the resort to make those arrangements. Alternatively, you may want to explore other parts of Costa Rica.

What is the climate like? Should I expect bugs? Costa Rica is warm and tropical year-round. In Guanacaste, the dry season generally runs from December through March, while the rainy/green season occurs from May through November. What this means during the retreat is you will enjoy blue skies most of the day and then a brief shower at some point but it will still be about thirty degrees when it's raining. Imagine being in a workshop in a room with no walls or practicing yoga in the yoga shala and listening to the rain coming down around you. It's magical!

You may encounter a variety of bugs, insects, and other little crawlers in Costa Rica, but most are harmless. We recommend packing lightweight, breathable clothing, sun protection, and a light rain jacket or poncho. Insect repellent is also recommended, particularly when spending time outdoors or in more natural areas. Bringing sunscreen from home is also recommended. It's not always easy to find and can be expensive in Costa Rica.

Meals & Dietary Needs

Are all the meals vegetarian? No. There are organic gardens at the retreat centre and farm-to-table meals, so there will be a variety of fresh vegetables and fruit. There will also be meat and other protein options at your meals, so the options include vegetarian, vegan, and meat-based meals.

Who do I share dietary concerns or restrictions with? When you register for the retreat, you will be asked about any dietary concerns, allergies, or restrictions on the registration form. Please be sure to provide all relevant information when you sign up so that the retreat team can plan accordingly.

Is it expensive in Costa Rica? The great news is that your food, daily retreat experiences, and the activities and amenities included as part of the retreat are already covered in your retreat fee (including taxes, resort fees and tips). At the resort, the only thing you will pay for is alcohol if you choose to have some. Anything you choose to purchase outside of what is included in the retreat—such as souvenirs, additional activities, or personal purchases—will generally be comparable in cost to Canada.

Your Retreat Experience

What will the week/retreat look like? We have designed the retreat to provide a balance of movement, learning, relaxation, connection, and time to enjoy the beautiful surroundings. Further information about the retreat and what to expect during the week can be found [\[here\]](#).

Is the yoga and Pilates suitable for beginners? Absolutely! The yoga and Pilates sessions are suitable for all levels, including beginners. Modifications can be provided as needed, so you can participate at a pace and level that feels right for you.

Will the workshops be held in a classroom? Not at all! Our workshops are designed to take advantage of the beautiful setting. Workshops will be held in open-air spaces with views of the ocean, including an area of the dining room, an outdoor shaded area, or the yoga shala. The intention is to create a relaxed, inspiring environment rather than a traditional classroom setting. See write up below for the content of the renewal sessions.

What excursions are available? There are two afternoons during the week that we will take short excursions to neighbouring towns, markets and beaches. On one of those afternoons, we will also be stopping at a beautiful restaurant for dinner and to watch the sunset. These short excursions are included in your retreat fee, including the dinner out. Wednesday is intentionally left open from the typical workshops and yoga, allowing us to take a full day excursion. This excursion will be an extra fee, and we are currently working on creating this full day out which will include a hike, a waterfall, lunch and more! All excursions are optional. If you choose to spend your Wednesday sleeping in and reading a book at the resort's beach, or creating your own adventure elsewhere, that is totally up to you.

Have any of the facilitators been to the resort before? Yes! **Deb** visited the retreat centre in May. She viewed numerous retreat centres in Costa Rica looking for the perfect one, and the Reunion Wellness Resort & Retreat Centre checked all the boxes! The boxes: access to beautiful private beach, infinity pool long enough to swim lengths, onsite chef and organic gardens, beautiful yoga shala, meditation spaces, clean and lovely accommodations, large gym, cold and hot plunge and sauna, open air spaces for workshops, beauty everywhere!

Accommodations & Amenities

What are the rooms like? The rooms are spacious and comfortable, and all are junior suites, meaning that they have two queen beds and a sitting area, providing plenty of space to relax and unwind. Whether you are staying in single or double occupancy, you would get one of these rooms. You can view the resort rooms [[link here](#)].

Is Wi-Fi included? Yes! Wi-Fi is included during your stay.

What do I need to bring/pack? All registered participants will receive a suggested packing list in advance of the retreat. This will give you plenty of time to prepare and make sure you have everything you need for your stay. But what you don't need is a yoga mat! Reunion has 60 mats, blocks and bolsters for our use. When you arrive to a yoga class they are all set up for you. When you leave they are cleaned for the next class.

General Questions

Who do I contact if I have questions? If you have any questions about the retreat that aren't answered here, please e-mail us at: contact@deborahconnors.com and we'll be happy to help.

The Renewal Sessions

Four mornings. Four opportunities to reconnect with yourself.

At The Renewal Retreat: Costa Rica, our mornings are designed to help you slow down, tune in and discover practical ways to create more calm, energy and resilience—long after you return home.

Across four interactive sessions, we'll explore the science and practice of **renewal**: how to calm an overactive nervous system, cultivate positive emotion, build resilience and create everyday practices that support your well-being.

And we won't just talk about it. **We'll experience it.**

Calm Your System

Our modern lives can leave us perpetually “on”—caught in a cycle of fight, flight or freeze. Through meditation, mindfulness, movement, time in nature, cold plunge and sound bath experiences, we'll explore simple ways to shift out of stress and into greater calm and presence.

Cultivate More Positive Emotion

Well-being isn't simply about reducing stress. It's also about creating more of the experiences that help us flourish. We'll explore gratitude, mindfulness, movement and other practices that can increase positive emotion and help us notice and savour what's good.

Harness the Power of Visualization

What we imagine can influence how we think, feel and act. We'll explore the powerful role of visualization and intention setting in shaping a meaningful year. High performance athletes visualize. It's used effectively in healing too. And you can use it to clarify what you want, and create a stronger sense of possibility. We'll discover simple ways to use journaling to reflect, process, visualize and turn insights into action.

Build Your Resilience

Resilience isn't something we're simply born with. It's something we can strengthen. Together, we'll explore practical tools and perspectives that can help you navigate challenges, recover more effectively and meet life with greater flexibility and confidence.

Monday. Tuesday. Thursday. Friday.

Four mornings woven into your Costa Rican experience.

Discussions outside in the shade of the big trees, or under cover in rooms with no walls, feeling the breeze and always seeing the ocean.

Just time, tools and space to experiment with what helps **you** feel more grounded, energized and renewed, interspersed with your yoga and Pilates sessions.

The goal isn't to come home from Costa Rica feeling great for a week. **It's to come home with practices you can bring into everyday life.**

Experience. Reflect. Pause. Breathe. Renew.