

# WELCOME

December 27, 2025 - January 3, 2026

## Blue Osa, Costa Rica





## YOGI BIOGRAPHY

---

### Brittany Cochran

Brittany is a E-RYT 500 Baptiste Inspired teacher, and holds several supplementary yoga and reiki trainings including yoga therapy, yoga for Veterans, yoga for PTSD, and yoga for eating disorders. Brittany discovered her passion for healing after recovering from a serious running injury, and a severe eating disorder. Brittany loves all things mystical, magical, and mysterious. She is also a super anatomy nerd, and is always enthralled by an injury inquiry.



### John Scharfe

John started early exploring the inner boundaries of his being. He has always been curious about practical applications to meditation and creative self exploration. He studied and practiced full contact martial arts and zen meditation. Tai Chi, Chi Gong and Taoist energy activation.

He has been spending long periods of time in the wild on land and in the water. He has been practicing Yoga in different traditions.

Meeting and learning from other gurus, teachers, healers, mentors, peers, but mostly from his own mistakes. Often more humbled than elevated, he slowly found his way to a deeply rooted daily yoga practice: Power Vinyasa Flow, Iyengar, Ashtanga Vinyasa, Restorative, Nidra and Tantra.







## ACCOMODATION

---

### TRIPLE OCCUPANCY

\$1875.00

This price is based per person and includes a double bed in a large room of three double beds and a private bathroom. This option is ideal for solo travelers open to sharing a room with two others or a group of friends. Additionally, this price includes (3) high protein meals each day, the world famous Matapalo Rainforest hike, and all activities led by Brittany and John.

### DOUBLE OCCUPANCY

\$2,375.00

This price is based per person and includes a double bed in a large room with two double beds, a twin bed, and a private bathroom. This option is ideal for solo travelers open to sharing a room with one other person, two friends, or a couple. Additionally, this price includes (3) high protein meals each day, the world famous Matapalo Rainforest hike, and all activities led by Brittany and John.

A single person can be added (after two people) to the twin bed for an additional \$675.00.

### PENTHOUSE

\$5,000.00

This price is based on the room and includes a king bed in a large room with two twin beds, and a private bathroom. This option is ideal for a couple, small family, or super close friends. Additionally, this price includes (3) high protein meals each day, the world famous Matapalo Rainforest hike, and all activities led by Brittany and John.

A single person can be added to each of the twin beds for an additional \$675.00 per person.

### SINGLE OCCUPANCY

\$3,175.00

This price is based per person and includes a King bed in a large room and a private bathroom. This option is ideal for a solo traveler or a couple. Additionally, this price includes (3) high protein meals each day, the world famous Matapalo Rainforest hike, and all activities led by Brittany and John.

A person can be added to the room for an additional \$675.00.

## Rooms at Blue Osa

### DEPOSIT

A \$500.00 deposit is due at registration. Deposits are non-refundable after April 1st, 2025.

### EARLY BIRD DISCOUNT

Save \$200 by registering early. Early commitments help us to create the most seamless and enriching retreat experience.

### PAYMENT PLANS

Payment plans are available, please email Brittany at [awakenedtraveltours@gmail.com](mailto:awakenedtraveltours@gmail.com).



## ACTION ITEMS

---

### DOMESTIC FLIGHTS

Upon your arrival into San Jose at Juan Santamaria International Airport (SJO), you will need to make a connection that will bring you south to Puerto Jimenez, on the Osa Peninsula. The flight is approximately 45 minutes, and you can access the domestic terminal via a shuttle from San Jose International. We have a group discount on flights, expect about \$300.00 round trip.

**Book Flight**

### TRAVEL INSURANCE

Naturally, no one books with the intention of canceling or postponing their retreat, but unexpected things do happen, so please purchase travel insurance. Awakened Travel Tours is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detainments beyond the trip itinerary.

**Search**

### EXTRA ACCOMMODATIONS

Depending on the arrival/departure time of your international flight, you may need to arrive/depart the day before/after your domestic flight. I have arranged rooms at the Holiday Inn near the SJO airport. Tell them you're with "Brittany Cochran's Yoga Retreat."

**Reserve**

### CONCIERGE SERVICE

For a 10% fee, Awakened Travel Tours offers a personalized concierge service to help organize all the details of your journey beyond the retreat. Whether you need assistance with flights, accommodations, transportation, or extra excursions, we take care of the logistics so you can fully immerse yourself in the experience. Let us handle the details while you focus on adventure and relaxation.

**Request**

## ARRIVAL AT BLUE OSA

Upon arrival at Puerto Jimenez Airport, you will be picked up by a "Taxi" sent by Blue Osa. The taxi will take you directly to the office at Blue Osa where you'll be greeted by their wonderful manager for check in. Please check in prior to 5:00pm CST time. The Blue Osa staff will take your belongings to your room, and you'll be able to enjoy the resort on your own until our retreat starts at 6:00pm CST.



## WHAT TO EXPECT

---

- At Blue Osa, morning silence is a yogic practice we follow every morning until 7:00. We ask all of our guests to observe this quiet time with us.
- Laundry service is available at Blue Osa. The cost for this service is \$25 per load. Please expect laundry to be returned within 24 – 48 hours.
- Blue Osa provides our own environmentally friendly Osa soap and shampoo that is produced locally. If you do bring any of your own soaps or shampoos, please try to ensure that they are environmentally friendly, as we are working to protect their delicate eco-system. You will also want to bring sunscreen and bug repellent. (Sunscreen and bug repellent available for purchase in their store.)
- Smoking – While Blue Osa promotes a non-smoking environment, we do provide designated smoking areas. There is no smoking allowed in the rooms or in the common areas.
- Power voltage in Costa Rica is the same as the United States so no adapter is necessary. Hair dryers and flat irons are not available and are not allowed as our system can not handle the voltage. Blue Osa is operated mostly with solar power and we need to conserve energy. We ask that you share our desire to conserve power and water during your stay at Blue Osa.
- AC is provided in 4 rooms at Blue Osa. Each of our rooms is equipped with a ceiling fan, and the architectural design of Blue Osa allows for the constant flow of air through screen walls, creating a fresh and breezy environment, especially in the evenings.
- Communication – Sometimes some phones will work and sometimes they won't. Blue Osa does provide a phone service for \$2/minute and this service can be arranged at the office. While wifi service is free, they do not have any public computers available for general use.
- Alcohol – Blue Osa's bar is open throughout the day and offers a selection of beer, wine and refreshing specialty drinks. If you still choose to consume privately bought alcohol please do so in the privacy of your room or on the beach. They do not allow privately bought alcohol in the dining room or at the pool.
- Water – While the water has been tested to ensure your safety, we provide filtered water in the Kitchen/Cocina. Blue Osa does not allow open cups on our yoga deck. They invite their guests to bring a water bottle, or they may purchase one in the Blue Osa store.
- Credit Cards – The cost of tours, spa treatments, and other incidentals will be charged to your room and is payable at departure. Blue Osa accepts Visa, MasterCard, Discover and American Express. Cash is always the preferred method of payment when settling your bill.
- Tips for services rendered are very much appreciated by Blue Osa's hardworking staff. At the end of the week, you may leave a cash tip in our tip box. All tips will be pooled and divided evenly among our staff of about 17 people who work in the kitchen, garden, office and housekeeping staff. If you would like to tip individually, you may do that also at check-out. As a guide, may we suggest a tip of \$20 – \$40/day. Likewise, tips for individually booked spa treatments and tours are left to your discretion.



## DAILY SCHEDULE

---

<b>6:00- 9:00</b>	Coffee, tea, fruit, breakfast
<b>9:00- 10:30</b>	Yoga and Meditation
<b>10:30- 12:00</b>	Free Time
<b>12:00- 13:00</b>	Lunch
<b>14:00 - 16:00</b>	Free Time
<b>16:00-16:30</b>	Sangha
<b>16:30- 18:00</b>	Yoga and meditation
<b>18:30- 19:00</b>	Dinner
<b>20:00- 21:30</b>	Evening gathering/ meditation/ ceremony/ free time

## DAILY INTENTIONS

---

<b>Saturday</b>	Invocation
<b>Sunday</b>	Presence
<b>Monday</b>	Vitality
<b>Tuesday</b>	Equanimity
<b>Wednesday</b>	Restoration
<b>Thursday</b>	Centering
<b>Friday</b>	Triumph
<b>Saturday</b>	Goodbyes



## EXTRAS

### ADVENTURE TOURS

Craving some adventure? We've got you covered. Located in one of the most biodiverse places on the planet, the Osa Peninsula is one of the most amazing places to explore. Literally, around every corner is a place filled with the artistry of nature.

[View](#)

### BLUE OSA SPA SERVICES

It is essential for us to provide our guests with a sacred space for healing through our full-service spa treatments. Located in our tranquil rooms, our spa provides a serene setting for receiving purifying facials, therapeutic body scrubs and wraps, acupuncture treatments and rejuvenating massages.

[View](#)

## MOVEMENT, MEDITATION, & CEREMONY

### YOGA

Our retreat is for all levels—no experience needed! Each class is thoughtfully designed to support your unique journey, whether you seek movement, relaxation, or deep inner connection.

#### **Kriyasa Yoga** (Breath, Energy & Meditation)

A unique blend of kriya, kundalini-inspired movement, breathwork, and meditation to awaken energy, clear blockages, and deepen self-awareness.

#### **Vinyasa Flow** (Breath-Connected Movement)

A dynamic practice that links breath with movement, ranging from gentle to energizing, with options for all levels.

#### **Yin & Restorative Yoga** (Deep Release & Relaxation)

Long-held postures and full-body support to unwind, restore, and bring balance to body and mind.

#### **Meditation & Breathwork** (Morning Mindfulness & Vitality)

Guided meditation and pranayama (breathwork) to start your day with clarity, focus, and inner peace.

#### **Yoga Nidra** (Deep Rest)

A soothing journey of sound healing and guided relaxation to calm the nervous system and promote deep renewal.

### CEREMONY

#### **Opening Ceremony** – Intention Setting & Sacred Connection

We begin our journey with a sacred opening circle, setting intentions and grounding into the retreat space. Through guided meditation, breathwork, and ritual, you'll connect with yourself and the group, creating a foundation for transformation.

What to Bring: A journal, a small meaningful item for the altar (crystal, token, or symbol of your intention).

#### **New Year's Eve Ganesha Ceremony** – Release & Renewal

On the final night of the year, we invoke Ganesha, the remover of obstacles, in a powerful fire ceremony. You'll release what no longer serves you and welcome fresh possibilities for the new year through mantra, symbolic offerings, and reflection.

What to Bring: A journal, something to release into the fire (a note, symbol, or small natural item).

#### **Closing Ceremony** – Integration & Blessings

We close our time together with a heartfelt gratitude and integration circle, reflecting on insights gained and sealing the experience with a final blessing. This ceremony offers space to honor your journey and carry its wisdom forward.

What to Bring: Your journal and any item you placed on the altar



## WHAT TO PACK

---

- Passport – Make sure your passport is current and up to date. Your passport must have at least 6 months validity. (There is no visa required to travel to Costa Rica.)
- If you are entering Costa Rica from South America, you will be required to show proof of having a yellow fever vaccination.
- Money – bringing some cash is great, but you can use your credit cards everywhere you go. (Blue Osa Yoga Retreat + Spa accepts Visa, Mastercard, and Discover.) For safety reasons we encourage people to travel with as little cash as possible and we recommend bringing lots of small bills for easier currency exchange and small store change. You will need cash when taking taxis around San Jose or for drinking street snacks, such as a batido (fruit smoothie).
- Tooth brush and toothpaste – don't worry if you forget yours. Both of these items can be easily purchased anywhere. !Pura Vida!
- Yoga Mat – Are provided at Blue Osa. You're welcome to bring your own
- 2 or 3 pairs of shorts. 3 or 4 tank tops. You can also bring some t-shirts, but most establishments will allow dressing in a tank.
- Sandals, flips flops or Tevas – you do not need a lot of footwear.
- You may consider bringing some old sneakers for hiking in waterfalls and in the jungle. Expect for your shoes to get wet and not dry fully before your departure. Sturdy shoes are essential for any adventures. 1 pair long pants – this may be the pair of pants you wear on your flight to San Jose, Costa Rica.
- At certain times of the year, the nights in San Jose can get quite cool. Also, if you plan to take a side trip to the mountains before or after your yoga retreat or escape at Blue Osa, you will definitely need to bring some warmer clothing for those cool evenings.
- Journal and pen – these items are difficult to find. So many people journey to Costa Rica to spend some much needed time to contemplate the meaning and direction of their lives. A powerful practice in yoga is to take the time to journal your thoughts, ideas, dreams and goals. Additionally, if you are on a yoga retreat, many teachers will spend time offering Dharma Talks sharing the ideas and values of the yoga tradition. You will receive invaluable insights from these moments and want to write them down.
- Bathing suit – essential for the beach. Some guests like to take advantage of the isolated and mostly private beaches in Costa Rica and go “sin ropas”. While you probably will never see a police officer strolling the beaches, please be aware that nudity is not allowed. So if you plan on taking your clothes off make sure to have a sarong nearby in the event that a family shows up.
- You do not need to bring a beach towel. Blue Osa Yoga Retreat + Spa, as well as most hotels, provide these.
- A camera/binoculars – you never know what whales might be breaching in the distance, monkeys might be swinging from the trees, or interesting birds you might want to capture. If you are a birder stopping by Blue Osa we suggest you join our naturalist guide, Fillo, for a journey into the jungle. He will bring his large telescope and give a close-up view of the life in the rainforest.
- Underwear and socks – not essential but bring as much as you think you need, then return 75% back to the sock/underwear drawer.
- A flashlight is an essential part of your vacation to Costa Rica. Blue Osa is an eco-resort, and as such has low lighting at night. Having a flashlight ensures that you will be able to find your way around without stepping on any creatures that may be on the path.





## WHAT TO PACK CONTINUED...

---

- Sunscreen – Another essential item for your vacation to the tropics. Sunscreen is readily available in most stores in Costa Rica, as well as the Blue Osa Boutique.
- Makeup – women rarely find that they enjoy wearing makeup in Costa Rica. The humid and warmer climates can make it uncomfortable.
- Leave your blow dryers at home – most hotels and resorts provide hair dryers, however, those types of electronics are not allowed at Blue Osa because our solar generated power system cannot handle the voltage.

## F.A.Q

---

### CURRENCY

Colones is the official currency of Costa Rica, although US dollars are widely accepted. Items and activities purchased at Blue Osa can be charged to your room and paid with a credit card at the end of your stay. The amount of local currency that you need depends on how much you intend to spend on extra purchases outside of the property. For Americans, it is really not necessary to convert any money to local currency (colones) as all businesses happily accept U.S. dollars (however, expect your change to be in colones). In fact, we suggest that you do not change any money and bring several smaller bills so you do not receive any change. The current rate of exchange fluctuates around 500 colones for every 1 US dollar.

### VACCINATIONS

You do not need any shots or vaccines before visiting Costa Rica. Awakened Travel Tours does NOT require the COVID-19 vaccination.

### LANGUAGE

Spanish is the official language of Costa Rica, although English is widely understood.

### WEATHER

The Osa Peninsula is blessed with wonderful weather year round so there really isn't a "best" time to visit. Though most guidebooks list the ideal time to travel to Costa Rica as December through May, we enjoy a stable climate of 75-85 degrees relatively year-round.



AWAKENED TRAVEL

**See you soon!**

Designed by Matthew Schroeder  
303.915.0817