

Embodied Radiance Retreat to Costa Rica with Phoebe Leona November 12-19, 2022

Congratulations! Your journey has officially begun with nOMad. Thank you for being a part of Embodied Radiance with Phoebe Leona. We are so excited to retreat with you.

In this package you'll find everything you need to prepare you for your trip, including What to Expect, What to Pack, and a sample Daily Itinerary. Please fill out the Questionnaire so that we can better serve you.

If you have any questions, please feel free to email phoebe@nOMadalwaysatOM.com

Let the journey to OM begin...

WHAT TO EXPECT

Traveling to Casas Kismet in Nosara, Costa Rica

- **Please book your flight to Liberia, Costa Rica (LIR) if you book your flight to San Jose, you will be responsible for your ground transportation.**
- nOMad and Casas Kismet will arrange for transportation from Liberia Airport that is approximately 2.5 minutes away.
- Please be aware that **there will be ONLY ONE shuttle** to Casas Kismet. The shuttle to Casas Kismet will be scheduled for those arriving and departing within the following times:
 - **Arrival** between 2:00 – 6:00 pm ET on November 12th
 - **Departure** at 8:00 am ET (This can be arranged as a group for those departing earlier on November 19th)
 - *If you book your flight outside of these times, you'll need to arrange your own shuttle with Casas Kismet, at your own expense. Please let us know.*
 - We strongly advise [**CFAR \(cancel for any reason\) traveler insurance**](#) to cover any expenses if need to cancel for any reason.
- Costa Rica currency is the colon. We've found that withdrawing money, in colones, from an ATM is the best way to avoid costly fees at the exchange rate counters.

During your stay at Casas Kismet:

- We highly encourage you to detox from your devices during your stay, but there is wifi throughout the property.
- Every room is superbly designed, eco friendly, and equipped with a ceiling fan and air conditioning.
- The property has its own pool and a 10 minute walk to the beach. There are plenty of places to relax and reflect privately during your stay, and lots of opportunities to connect with others.
- All meals on the property will be included during the stay at Casas Kismet.
- There will be one dinner that is not provided and will need to pay for. We will go dinner as a group to La Luna.
- See the [Casas Kismet](#) for further details.

WHAT TO PACK

Below is a checklist of necessities, passport and other travel documents

The retreat center has yoga mats, shower and beach towels for all guests.

- Passport and other travel documents (please make sure your passport is current. It's safest if it expires at least 6 mos. past your date of return to the US.)
- Bug spray and Sunscreen/ First aid and medications
- Toiletries/feminine products
- Yoga/ Movement Attire
- Bathing Suit
- Rain poncho (just incase)
- Comfortable Summer Clothing
- Light sweater for evening
- Comfortable sneakers/ sandals/ water shoes for walking/hiking (i.e not just flip flops)
- Book(s)to read.
- Journal/pen

- Sunglasses
- Reusable water bottle

SAMPLE DAILY ITINERARY

An official itinerary for the retreat will be presented to you upon arrival at Casas Kismet

7–8:30 am: Yoga Practice on the terrace

9–10 am: Breakfast

11–1pm: Free time, or excursions (schedule will be announced at retreat)

1–2 pm: Lunch

2–5 pm: Free time (bike, swim, nap, dream,) *or Mvt109 Facilitator training*

5–6 pm: Mvt109 / Creative Movement practices

6–7 pm: Dinner

**QUESTIONNAIRE/LIABILITY RELEASE FORM EMBODIED
RADIANCE IN COSTA RICA NOVEMBER 12TH-19TH**

Please fill out the following questionnaire, sign the liability release form and return to: travel@nOMadalwaysatOM.com

Name:

Emergency Contact: (name/phone number):

FLIGHT INFORMATION: You are responsible for purchasing your own traveler's insurance.

Arrival: Flight Info to LIBERIA (LIR) airport on November 12th (arrival between 2pm-6pm for group shuttle)

Departing: Flight Number & Departing Time DEPARTING NOVEMBER 19TH

Send us your flight information above. We need to know when you are arriving and departing. If you have not already done so, please reply to this email with your itinerary.

Please list any dietary restrictions:

Please share any injuries or issues that may affect your yoga practice, traveling, or excursions:

Please list any allergies (including medications in case you need to see a professional):

What is your intention for this retreat?

I am aware that **nOMad always at OM...** is here to serve me by sharing knowledge of yoga and wellbeing. I understand that the practice of yoga/Mvt109™ involves physical movement that at times can be strenuous, and when not practiced mindfully can put me at risk of injury. I understand that I am responsible for my own practice and will not exceed my own limits that may put others or myself in danger. I acknowledge that I must consult a doctor before practicing yoga if I have any medical condition. I understand that in order for my teacher to serve me better and not put me at risk of injury, that I will disclose any injuries/conditions before class begins. I acknowledge that the teacher from time to time may physically adjust a student's form to prevent injury or to deepen a pose. If I do not wish to receive such adjustments, it is my responsibility to share this with the teacher at the beginning of class. I hereby waive and release any claim that I may have at any time for injury or any sort against nOMad or any person or entity in any way involved therewith, including without limitations its principals, teachers, employees, and representatives.

I am aware that nOMad, Phoebe Miller, or Casas Kismet Retreat are not responsible for any personal property, any lost or stolen items, or personal injury/death while traveling to and from or while on the property.

I have purchased my own traveler's insurance and waive any responsibility of nOMad to cover any travel expenses in the event that the flights are canceled or rescheduled due to reasons by the airlines. In the event that the retreat needs to be cancelled by me, all expenses are my own responsibility. I am covered by health insurance, have taken the appropriate actions to care for my own health, and/or have traveler's insurance and waive any responsibility of nOMad in the case that I need to receive professional help during the retreat.

I have carefully read, fully understood and agreed to the above.

Signature (Parent/Guardian if under 18 years of age) Date