

IFS Deep Dive - A Body-Based IFS Retreat

Room Option Prices - Pura Vida Retreat & Spa

Costa Rica - March 8-15, 2025

All prices are per-participant & include * three delicious meals a day * seven nights lodging * IFS Deep Dive fee * transportation from and to SJO airport * all rooms accommodate a maximum of two people (2 exceptions as noted)

	<i>Single occupancy</i>	<i>Double occupancy participant per person</i>	<i>Double occupancy guest of participant</i>
Tent-a-low	\$2982	\$2595	\$1295
Deluxe			
A-frame- 1 King or 2 Twins	\$3458	\$2833	\$1533
Vista - 1 King or 2 Twins	\$3518	\$2863	\$1563
Super Deluxe			
Upper Kiva - 1 King or 2 Twins One with 2 Queen beds	\$3607	\$2908	\$1608
Tri-level- 1 King or 2 Twins	\$3726	\$2967	\$1667
Shakti Villa Sgl & Dbl	\$4499	\$3354	\$2054
Shakti Villa Trpl & Quad	Trpl rate \$2972	Quad rate \$2781	Trpl rate \$1672 Quad rate \$1481

Tent-a-lows

The Tent-a-lows combine the adventure and feel of the outdoors with the amenities of a room. These hexagonal (six sided) luxury tents are spacious, have an inside seating area, very comfortable beds (the same as in Pura Vida's other accommodations), electricity, space for your clothes, and plenty of fresh mountain air. The shared bathrooms are set in lush gardens, are very attractive, and are conveniently nearby. 1 King or two Twins.

Deluxe - two Deluxe options - A-frame & Vista (1 King or 2 Twins)

All have a private balcony with stunning views of the valley below, their own bathrooms, and a coffee maker

Super Deluxe - two Super Deluxe options - Tri-level & Kiva

Tri-levels (1 King or 2 Twins) have several steps connecting three living spaces, with an entry level bathroom, a middle sitting area, and bed(s) on the lower level. Each has a coffee maker, a private balcony or a deck overlooking foliage and the valley below.

Kivas (King or 2 Twins - one Kiva has 2 queen beds) are large rooms on one level. Each has a coffee maker, a private balcony overlooking the valley below or a deck viewing gardens and foliage. The Kiva with 2 queen beds can accommodate 4 people.

Shakti Villa - 2 bedrooms, each with its own private bath

Bedroom 1 - King bed only - double sink, double shower

Bedroom 2 - Queen bed only - single shower plus outdoor shower

The villa shared space has a spacious seating and eating area, a full kitchen, and a balcony overlooking the valley below. A private jacuzzi is on the balcony.

After acceptance, Pura Vida will contact you for your room choice.

Rooms are booked through Pura Vida for our group

Visit puravidaspa.com for photos of various room options.