



Blue Osa Rates

**Valid until September 15, &
November 15 – December 1, 2010**

All Prices are quoted in US Dollars.

High Season - Dec 1 - May 15

\$175 / person / night Shared Accommodation

\$250 / person / night Private Accommodation

Low Season - May 15 - September 15

\$150 / person / night Shared Accommodation

\$199 / person / night Private Accommodation

For Couples, Families, or Friends looking to spend 3 or more nights. Prices below include 3 meals/day, and accommodations at Blue Osa. Please email us for a rate if you are coming with a larger group.

Number of People	Total Cost Per Night
2	\$260 (\$130 per person)
3	\$360 (\$120 per person)
4	\$440 (\$110 per person)
5	\$525 (\$105 Per person)

Blue Osa Packages

Spa:

At Blue Osa Spa our team of spa professionals has designed a one-week retreat program that offers a holistic approach to ultimate health, and is dedicated to indulging in all aspects of living healthy all day, every day! This structured program, which includes daily fitness, lessons in organic living, massage, skin and body care, guided meditation and energy balancing, also allows for plenty of 'down time' for relaxation and personal introspection, or for simply enjoying life!

So come to Blue Osa Spa, and let us show you how to both look better, and feel better, than you even knew you could... with our 7-day, 6-night, all-inclusive 'Blue Osa Spa Package'. [PLEASE CLICK HERE TO DOWNLOAD OUR SPA MENU >>](#) <http://www.blueosa.com/blue-osa-spa-menu.pdf>

The 'Blue Osa Spa Package' includes:

- Six nights accommodations at Blue Osa.
- Three healthy and delicious meals daily.
- One Spa Treatment daily of your choosing.

Rates per person, for this exclusive package is \$1599

Each package can also be altered or adjusted to suit each individual clients needs, so please feel free to let us know how we can make this package the perfect one for YOU!

[Click here to email us and book your personal retreat.](#) <http://www.blueosa.com/contact.php>

Price of package does not include transportation, applicable taxes, incidentals, or gratuities.

Personal Yoga Retreat:

One of the best ways to unplug from daily responsibilities, busy schedules, tired surroundings, and the overall at-times frenetic pace of life is through a personal yoga retreat. Here at Blue Osa, we offer personalized yoga retreats that will teach you how to break through accumulated habits of distraction that perpetuate throughout our lives, while still affording you the space and solitude needed for the development of a daily practice that you can use as you continue along life's path. Your Blue Osa Personal Yoga Retreat will be customized to fit your needs. Spend more time lounging, or more time learning, either way, you will meet with your yoga instructor every day as they guide you through the development of your own personal yoga practice.

Whether you need to gain perspective or inspiration, you will find it here in our beautiful tropical paradise with you own, tailor-made Blue Osa Personal Yoga Retreat! The cost of a Blue Osa Personalized Yoga Retreat is \$2300/wk and includes all accommodation and three delicious and nutritious meals a day. If you wish to join a group coming to Blue Osa, please click on our [Events](#) page. <http://www.blueosa.com/upcoming-events.php>
[Click here to email us and book your personal retreat.](#) <http://www.blueosa.com/contact.php>

Private Couple's Retreat:

One of the best ways to unplug from daily responsibilities, busy schedules, tired surroundings, and the overall at-times frenetic pace of life is through a personal yoga retreat. In this personalized yoga retreats for couples, you'll learn to break through accumulated habits of distraction that perpetuate throughout our lives, while still affording you the space and solitude needed for the development of a daily practice that you can use as you continue along life's path. Your personalized Yoga Retreat will be customized to fit your needs.

Whether you need to gain perspective or inspiration, you'll find it here in our beautiful tropical paradise with your own, tailor-made Personal Yoga Retreat! Taking time out to do a yoga retreat will:

Greatly reduce your stress.

Seven luxurious days of private time with your partner.

Give you a fresh perspective of your life and relationship.

Help you to sleep better.

Recharge your batteries.

Increase your flexibility and range of motion.

Cultivate better health and overall sense of well-being and improve your overall vitality.

Provide you a week in one of the most beautiful places in the world.

Receive Individual attention all week in your yoga practice.

Cost: \$4299/wk/couple and includes all accommodations and three delicious and nutritious meals a day. Does not include transportation, applicable taxes, incidentals or gratuities.

When: Please let us know when you would like to make your reservation.

Two Upcoming Blue Retreats 2011

Blue Osa Yoga Retreat with Genny Kapuler January 29 – February 5, 2011

Genny Kapuler Yoga Retreat January 29 – February 5, 2011

[Click here to Download the full PDF information package.](http://www.blueosa.com/Genny-Kapuler.pdf) <http://www.blueosa.com/Genny-Kapuler.pdf>

Come to Blue Osa for a week of bliss, rejuvenation and in depth quality yoga instruction with Iyengar Teacher Genny Kapuler. [Who is Genny? >> http://www.blueosa.com/genny-kapuler.php](http://www.blueosa.com/genny-kapuler.php)

Price for each 7-day retreat \$1599 or

Save with the early sign up discount - \$1299 if you register and pay by July 31, 2010.

To register, a FULL non-refundable and non-transferable payment is required for any RSVP [Click here to Pay Now!](http://www.blueosa.com/pay.php)
<http://www.blueosa.com/pay.php>

When: January 29 – February 5, 2011. We officially begin the retreat at dinner on January 29, and end the retreat with breakfast on Feb 5.

Please [CONTACT US](#) for more information. [Click here to download the full information package on this retreat.](http://www.blueosa.com/Genny-Kapuler.pdf)
<http://www.blueosa.com/Genny-Kapuler.pdf>

Blue Osa Triathlon and Camp, April 3 – 9, 2011

Blue Osa is not only the perfect get away, it is also the best place to take the time to hone your skills, improve your fitness, and leave the week having achieved something tangible. You will gain insightful training and knowledge of open water swimming, biking, running, transitions and race nutrition for any distance race. The camp is designed for the beginner to intermediate level tri-athlete, or for those athletes looking to improve his/herself over all level of fitness and begin to incorporate a more encompassing training program. This camp is limited to 22 people. Training sessions will include open water swim skills, transitions, running drills and pacing, nutrition, racing strategies, new technologies for triathlon, running form, planning your season and on hand sports massage therapist.

[When: April 3 - 9, 2011](#)

Fee: \$1599 or Early Discount Fee - \$1349 by September 30, 2010. (Plus applicable taxes) [Please click here to download the Full information package and registration form.](http://www.blueosa.com/Blue-Osa-Triathlon.pdf) <http://www.blueosa.com/Blue-Osa-Triathlon.pdf>