



YOGA, CUISINE, SPA & ADVENTURE

## REDUCING OUR CARBON FOOTPRINT

Learn about Blue Osa's  
sustainable practices

## THE POWER OF MORNINGS

And our choice to be silent

## THE STORY OF BLUE OSA

Get the full inside scoop  
and never before seen photos

## FARM TO TABLE CUISINE

Recipes inspired by Chef Marie



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# WELCOME HOME

We appreciate the long journey you have made to come here! We have now been open since 2010 and welcome you to our Blue Osa family.

The word family is a powerful one. It can conjure up so many different feelings in us. For some, those feelings are happy and create a sense of refuge. While for others, those feelings are conflicted.

Throughout my childhood, I was blessed to have been a part of loving and supportive communities.

Growing up, I remember people coming to stay at our home. My parents had an open-door policy for roaming souls. At our church, the congregation of 500+ embraced me every Sunday as I made the rounds. In my childhood, I found affection, many hugs, and support from every corner.

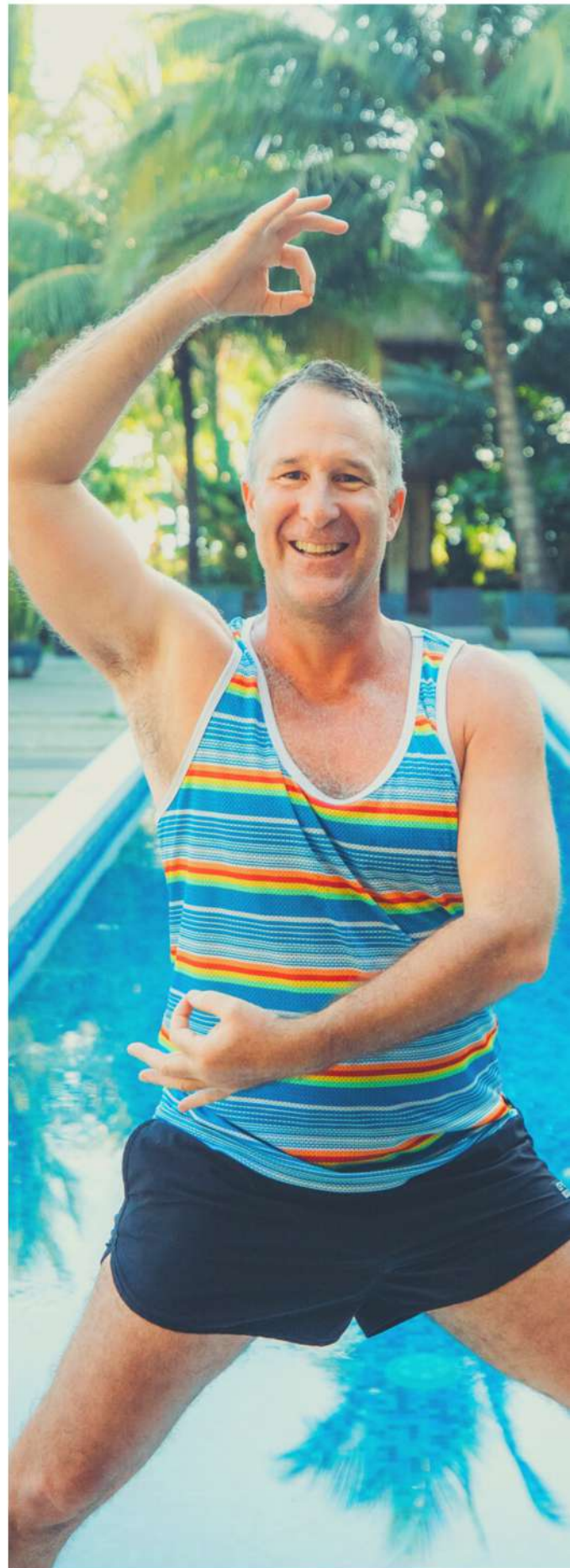
During my 30's, I lived in New York City for ten years teaching yoga. The group of students created a community that endeavored to engender the quality of family. From every corner, people came together in our inner-city yoga ashram. We found fellowship and strength in each other's company.

The daily struggles of life can be very consuming. We sometimes forget about cultivating that essential human connection that we all crave to have—that connection of family.

Now that I live in Costa Rica, we work as a family to create this home. Blue Osa is a home for those roaming souls who need a temporary sanctuary.

And the truth is, sometimes I am that roaming soul who needs sanctuary. So may it be for you.

Blessings,





# THE BLUE OSA WAY

Please take a moment to read over this list of our most essential practices! We thank you in advance for being mindful of them during your stay.

## Morning silence:

As a yogic practice, we enjoy property-wide silence until breakfast which is usually served at 7:30am. During this quiet time, WiFi is turned off to encourage a truly unplugged experience of the surrounding nature.

## Don't flush toilet paper:

Our biodigesters that process our waste cannot function with the addition of paper products. We ask that you dispose of your used paper in the trash bin next to your toilet. It will be removed and refreshed daily.

## Rainforest friends:

The rule in the jungle is simple: be aware of your surroundings. Look around you as you move through the property and always use a flashlight at night, check your shoes before putting them on, and give you clothes a shake-out just to be sure.

## Water conservation and consumption:

Water is a precious resource here. Though we have sustainable systems in place, we ask that you try to limit your shower time to 2 minutes. We source our drinking water from three wells that have been tested for safety but are still treated for consumption. Please consume this safe and treated water from the dining area.

A group of approximately ten people are captured in mid-air, jumping joyfully on a sandy beach. The background features a vibrant sunset sky with orange and pink clouds, and the ocean stretches out behind them. The overall mood is one of happiness and freedom.

# BLUE OSA'S GUEST MANIFESTO

## EMBODY THE BLUE OSA WAY

I slow down to **savor this moment** and embrace the pure life, "**Pura Vida**" of Costa Rica. I **unplug from technology** and awaken my senses to the natural world. I align to the earth's rhythms and consciously flow with her in a way that sustains life. In **morning silence** I listen deeply, receive, and reflect. At mealtimes, I eat fresh, **wholesome food** with **gratitude** and discover new flavors and **connections with others**. As night falls, I **stargaze** to my heart's content and retire happily to the **sounds of the ocean** in anticipation of another day of **nourishment, exploration, and relaxation**. I realize I'm **part of the greater whole** and my energy impacts everything around me. I chose to **be a force for good**, take responsibility for my actions and reactions, and **leave no trace upon this beautiful Costa Rican land**.

*~Om Tat Sat*



# REDUCING OUR CARBON FOOTPRINT

Blue Osa consumes less energy than an average American household of four! That's pretty impressive if we do say so ourselves. We aim to have the lowest carbon footprint possible. We hope that this keeps our gorgeous home within the rainforest pure, healthy, and happy.

Our sustainable lifestyle supports our yogic practices. We seek to approach life with compassion, gratitude, and surrender. Being in tune with the circadian rhythm of nature allows us to feel our deep and inherent connection with the world. **We do what is best for Mother Earth, as a way to thank her and respect her for all she provides.** We accept the challenges and the discomfort that this can lead to because we are on a constant journey of growth.



We seek empowerment and strength through our ability to adapt and thrive. You'll step outside of your comfort zone, and you will be all the better for it.

Thus, there is always a method to our madness here at Blue Osa, and we are more than happy to quell your curiosity about a strange noise, foreign practice, or funky smell. Just ask! Sustainability is about teaching, learning, and building an understanding of how to live peacefully with our natural world.

## How do we practice sustainability?

**Solar Power:** Our 93 solar panels power every appliance that requires electricity. Water heaters, lights, pool filters, fans, etc. That's right, all of it! We are a grid-neutral site, meaning we produce at least as much power as we consume. You will not find hairdryers, air conditioners, microwaves, or dishwashers here. We thank you for understanding that their absence substantially reduces our carbon footprint!

**Waste:** We don't have a sewage system, and this eliminates ocean dumping! We recycle as much as we can and compost the rest to create a potent, natural fertilizer for our garden. Our system keeps the ocean clean and healthy and helps us produce fresh herbs and plants.

**Water:** This is a precious resource at Blue Osa. By using biodegradable laundry detergent, we can reuse that water to irrigate our garden. We also have a rain catchment system to make use of all the rainfall we receive here.

**Farm to table:** We purchase fruits, vegetables, eggs, and meat from local farms and grow cooking herbs and plants in our on-site garden. We consciously choose food vendors that have practices in place that care for the soil and limit the use of pesticides and herbicides. Additionally, by buying from nearby farms we reduce fossil fuel burning in transportation.

**Local eco-partners:** We support many eco-friendly businesses. Products you find for sale at Blue Osa come from local, responsible producers!



A full-page background image showing a woman in a yoga pose on a beach at sunset. She is in a standing pose with one leg lifted and bent, arms extended in a yoga mudra. The sky is filled with dramatic, colorful clouds in shades of orange, yellow, and blue. The ocean waves are visible in the background.

“God speaks in the  
silence of the heart.”

~ MOTHER TERESA

# CHOOSING TO BE SILENT

At Blue Osa, you will come to love the early alarm clock of the howler monkeys, songbirds, and the gentle ease of the sunrise. At home, you may be used to reaching for the snooze button, but here, you will celebrate the opportunity to bask in the glory of the early morning.

Many people who come to Blue Osa return home with a renewed love of early mornings and early nights. Falling into your natural circadian rhythm here may be more accessible than back in a big city, you can begin to develop a pattern to take home to your daily life.

Rather than staring at your phone first thing in the morning, here, with the sunrise tempting you out of bed, and having nowhere to rush to, we encourage you to step out of your technological shell, and into this lush jungle paradise and natural beauty of your surroundings! You have this whole beautiful playground at your fingertips! You can walk or run the beach, stretch in the yoga studio, swim laps in the pool or ocean, or do sunrise salutations to greet the day. Part of your journey with us is enhancing your wellbeing, and we encourage you to do this by exploring new ways to jumpstart your day.

Of all of our routines here at Blue Osa, one of the most sacred is morning silence. From the time you wake up until 7:30, the entire property practices silence — and do so without the internet. While it sounds like a challenge at first, this will quickly become one of the essential parts of your day. During this quiet time, you will hear the music of the jungle, the waves crashing on the shore, the squawk of the macaws, and, most impressively, your thoughts.

Experiencing a deep and peaceful practice of silence will reveal so much to you about yourself. Thoughts tend to race in the morning while you build up anxiety and adrenaline, but here, you can sink into the wonder of silence and peace. This moment is often a great time of day to take a private meditation in the temple or on the beach. Morning silence can also satisfy your desire to sit with a hot cup of coffee and watch the world awaken around you. No matter how you fill your mornings, we hope that you find your unique way to celebrate the birth of each new day here at Blue Osa.





# HOW TO STRETCH PROPERLY

## FOR PAIN FREE LIVING

If you're a yogi chances are you believe that stretching and increasing your flexibility are key components to advancing your practice and achieving all of yoga's amazing benefits.

But in reality, not all stretching is equal. In fact, many of the ways students stretch in yoga classes today debilitate muscle function.

**Passive stretching**, for example, is when you grab your toes to pull yourself deeper into a forward fold. Applying an external force to increase elongation in your muscles like this, however, leaves you vulnerable to overstretching and muscle instability. The muscle loses its ability to contract and, specifically, contract on demand. Essentially, passive stretching makes you weaker and increases your risk of injury and pain.

**The solution? Dynamic stretching!** In dynamic stretching, there is no external force employed as you stretch. In a forward fold instead of grabbing your toes to pull yourself 'deeper', you would engage the muscles at the front of your hips to flex the torso towards the legs.

**Dynamic stretching invites the entire body to work in balance and re-affirms a healthy body-mind connection.** It is *the* way to stretch properly in your yoga practice and will elicit increased strength, stability, and range of motion in your body — and **keep you living pain-free for life!**



Check out the **Applied Yoga Anatomy + Muscle Activation™** method on page 28 to learn more!

# LIVE PAIN-FREE!

## LEARN HOW WITH YOGI AARON

**Yogi Aaron** is the creator of AYAMA — Applied Yoga Anatomy + Muscle Activation™ and has been teaching yoga for 30+ years. He is a bestselling author, owner, and yoga director at Blue Osa. A revolutionary at heart, he's on a mission to get people back in touch with the true essence of yoga, flip the script on stretching, & help humanity live pain-free!

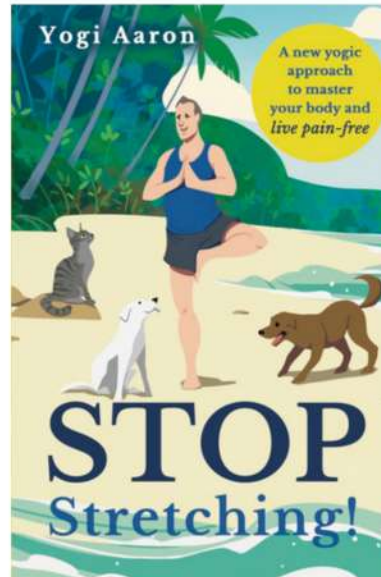
### Stop Stretching! Podcast

In this 8-part podcast series, Yogi Aaron shares his story from living in pain to becoming pain-free, how he came to develop his signature yoga methodology, AYAMA, the science behind why stretching is actually hurting us, & how mainstream yoga has become fixated on flexibility even though it has nothing to do with enlightenment — which is the true purpose of the practice.



Available wherever you listen to podcasts including Apple + Spotify.

### Stop Stretching! Learn a new yogic approach to master your body and live pain-free.



In his newest book, Yogi Aaron shares how for decades he seriously abused his body in the name of fitness and yoga. After a brush with a spinal fusion, he began to ask, why are we stretching, and how much flexibility do we really need?

In his quest to answer this question, Yogi Aaron discovered a shocking truth: The fitness industry's obsession with stretching is causing unnecessary, catastrophic pain and injury. He goes on to outline how to stop the flexibility madness & start living a pain-free life using his revolutionary approach, AYAMA.

[Buy the book now on Amazon.](#)

### Autobiography of a Naked Yogi

Through humorous & poignant life stories — attending an all-male boarding school, coming out as a gay man, & building a successful yoga career — here Yogi Aaron shares lessons in living with empowerment and authenticity. A must-read for aspiring yogis, yoga teachers, world travelers, nudists, gay men, and people wanting to manifest positive change in their lives.

[Buy the book now.](#)



"Get motivated and inspired  
by what surrounds you."





# A BRIEF HISTORY

## THE OSA PENINSULA

The Osa Peninsula is a jewel of the natural world. Shaded by thick canopies of rainforest, edged by rocky, seashell-encrusted beaches, and alive with some of the Earth's most unusual creatures, the Osa is fascinating and dynamic.

This land once was an island in the middle of an ancient ocean. When vigorous volcanic activity brought mainland Costa Rica to the surface, the two landmasses joined together. On this patch of land, making up just one one-thousandth of the Earth's surface now sits 2.5% of the world's biodiversity.

Golfo Dulce, which separates the peninsula from the mainland, is one of the only tropical fjords on the planet. It has a steeply sloped inner basin that reaches a maximum depth of a whopping 705 feet! Dolphins, hammerhead sharks, and whales grace the waters. Much of the land surrounding the gulf is dedicated to wildlife protection.

There is the Golfo Dulce Forest Reserve, Piedras Blancas National Park, and Corcovado National Park, as well as an area devoted to the protection of endangered Scalloped Hammerhead Sharks.



The Osa Peninsula and Golfo Dulce have been so well preserved thanks primarily to grassroots efforts throughout history. Spanish conquerors, including Christopher Columbus, were responsible for the colonization of Costa Rica and the near-decimation of indigenous groups like the Chiriqui and Borucas. Over time, much of the country was taken, deforested, settled, and developed. Though in 1821, Costa Rica gained independence from Spain, a new kind of colonization took place in much of the country: the banana industry.

The United Fruit Company had its hands in the Osa for many years, until abandoning its projects thanks to unproductive soils. Around the same time, gold was discovered on the Osa, and a gold rush began. As new industries formed and old ones disappeared, the Osa started to change. As people flooded the area, Puerto Jimenez was built up, and the natural world was threatened, a new movement for land conservation began. Ticos, or locals, heavily protested business ventures, manufacturing plants, and plans for deforestation from local and outside investors alike. Soon, the Costa Rican government began to establish protected wildlife areas and national parks. Gold mining, deforestation for agriculture, and ideas for widespread construction were dismantled and replaced by fresh ideas for ecotourism.

Many people advocated for the salvation of the Osa. Scientists, locals, foreigners, and politicians alike gave this incredible part of the world a voice. Because of the foresight from many passionate people, they manage to preserve the Osa. It did not fall to a similar fate of the natural world: destruction for the sake of industry.

Today, we enjoy unspoiled land, regrown rainforests, and wild native species. Few places exist on our planet like the Osa Peninsula. We hope that this bit of history inspires you to not only appreciate the raw world around you but also to act in its best interest and advocate for it! By generating little or no waste, refraining from buying plastic products, supporting local environmentally conscious producers, and treating the land with respect, you can be an ally of the Osa.

If you want to learn more about conservation, sustainable development, or environmental advocacy on the Osa Peninsula, we encourage you to check out some of these fantastic non-profit organizations:

*Osa Conservation*

*Corcovado de Carate Integral Development Association Corcovado Foundation*

*Asociacion de Servicio Comunitario Nacional y Ambiental Tortugas Preciosas*





# IN THE KITCHEN

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## FARM TO TABLE CUISINE

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# FOOD MADE WITH LOVE

The foundation of a healthy life is a healthy diet. Nourishing your body means nourishing the home of your soul. Eating foods that are clean, healthy, whole, and sustainably sourced, is the first step to living an active and productive life. Caring for what you consume is a practice of mindfulness. It has tremendous and obvious health benefits, but it also encourages your practice of being present.

We take your health and your wellbeing seriously here at Blue Osa, and want to provide you with the freshest and healthiest food we can! That's why we source most of our food from our very own garden and nearby farms. From bananas and pineapple to chicken and spinach — most of the produce and meat you eat here is grown carefully and chemically-free right here on the Osa Peninsula!



# HEALTHY & TASTY

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We use a variety of methods to maintain our garden like a five-part compost system to utilize our food waste, our greywater irrigation that reuses wastewater from our laundry and showers, and our rainwater cache that makes use of our excessive amounts of rainfall!

Our fresh juices, signature cocktails, breakfast, lunch, and dinner, are all packed with nutrient-dense fruits, veggies, and herbs either grown here at Blue Osa or at a nearby farm that we've partnered with. So, when you dig into a hearty dinner, you can have peace of mind, because you can trace your food and know the hands it passed through! It's healthy for you and healthy for the planet.

## Meals at Blue Osa

Nutritious and wholesome food is at the center of our mindful eating practice. All portions and meals are prepared with your optimum health in mind. Daytime meals are primarily vegetarian. Evening meals can sometimes include meat. If you have special dietary requirements or allergies, please inform our kitchen staff so we can accommodate you. Vegan and gluten-free options are almost always available. However, kosher or individual meals will not be possible to provide.



## Alcohol policy

Our bar is open throughout the day, and we offer a selection of beer, wine, and refreshing specialty cocktails. If you still choose to consume privately bought alcohol, please do so in the privacy of your room or on the beach. We do not allow privately bought alcohol in the dining room or at the pool.

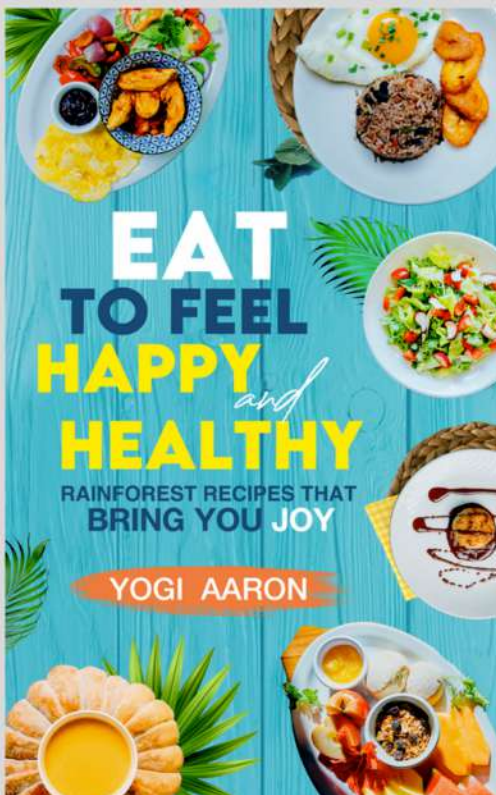


# OUR CHEFS

Yogi Aaron (Blue Osa founder) and Blue Osa's lead chefs, Elner and Byron, are always refining our recipes, incorporating the freshest and most local ingredients as possible, and of course, joyfully sharing their creations with our guests at every meal.

We decided to put together our favorite recipes for YOU so you can experience a little taste of Blue Osa from your very own kitchen:

***Eat to Feel Happy and Healthy  
— Rainforest recipes that  
bring you joy by Yogi Aaron***



## OUR COOKBOOK

We packed over 60 of our favorite recipes into this cookbook! Breakfasts, lunches, dinners, desserts, juices, smoothies, cock(mock)tails, breads, dressings, and sauces — it's all in there! And the spell-binding photography brings each recipe alive while capturing the essence of Blue Osa...

Our food philosophy has always been that food should be fun. A celebration. And of course, fuel for living a fuller, more meaningful life.

Grab our cookbook today to learn easy, wholesome recipes designed to bring you joy, happiness, and health!

**BUY NOW ON AMAZON**

# RESET AND REFRESH. THE JUICE BAR

## SMOOTHIES AND JUICES — MADE TO ORDER

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We prepare juices and smoothies in-house every day. Our juices are made with a varying combination of seasonal ingredients, some of which could be ginger, turmeric, pineapple, spinach, lemon, coconut water, and celery. Smoothies are also crafted with our farm-fresh foods, like coconut, banana, cacao, spinach, and berries, to name a new!

Upon your arrival, you can find a list of the current juice and smoothie ingredients that make up a detoxifying and nutrient-dense addition to your daily routine. Ask our staff about adding a juice package to your stay!





# Traditional Gallo Pinto Recipe

Gallo Pinto is the national dish of Costa Rica, consisting of beans and rice. Sometimes it is topped with scrambled eggs and Salsa Lizano, the latter, which is a favorite condiment of Ticos (locals). Gallo Pinto is simple and nourishing, as well as Gluten-Free and Vegan.

## Recipe:

- 2 cups of cooked white short-grain rice
- 1 cups of cooked red beans
- 1/2 cups of Salsa Lizano
- 1/3 a red pepper
- 1/3 an onion
- 1/2 tablespoon of finely chopped garlic
- 1/3 cup of chopped cilantro

## Instructions:

- Saute the onions, pepper, garlic in a large pan.
- Add the cooked beans and the Salsa Lizano.
- Simmer over medium heat, stirring occasionally for 5 minutes. Stir in the cooked rice.
- Simmer on very low heat for 20 minutes, stirring occasionally until all excess liquid is absorbed.
- Fold in the fresh-cut cilantro.
- Serve warm!



# Starfruit Juice

Starfruit, also known as carambola, is a sweet and sour exotic fruit in a star shape. It's not only tasty but its health benefits make it one of the best tropical fruits on the market. Refresh your day with this star fruit juice recipe!

## Recipe:

- 3 starfruits
- 1 cilantro leave
- 3 leaves of mint or lemon hierbabuena plant
- 2 cups of water
- Cinnamon to taste
- Ice

## Instructions:

- Trim off the ends of starfruits, chop the rest and put into a blender, or muddle well
- Pour fresh water and blend it all until smooth
- Add mint and cilantro leaves.
- Add cinnamon to taste and blend or muddle for another second
- Serve in a glass
- Enjoy!

*\*Turn this Starfruit juice into a fun Happy Hour cocktail. Simply add a shot of your favorite rum, or Cacique, the national liquor of Costa Rica.*



## Blue Osa Granola

No matter the time of day, this gluten-free and completely vegan granola is a great stand alone snack. Or it can go with your favorite fruit, granola, yogurt or milk.

### Recipe:

- 10 cups of rolled oats
- 1 cup finely chopped almonds
- 1 cup finely chopped pecans
- 1 cup finely chopped walnuts
- 1 1/2 teaspoon salt
- 1/2 cup brown sugar
- 1/4 cup maple syrup (if you have it)
- 3/4 cup honey
- 1 cup vegetable oil
- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla
- 2 cups of raisins or dried cranberries

### Instructions:

- Preheat oven to 325 degrees and line two large baking sheets with aluminum foil
- Mix oats and nuts in a bowl
- Stir into a saucepan the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla until the sugar is dissolved
- Bring sugar mixture to a boil over medium heat and pour over the oat/nut mix and blend
- Spread mixture evenly over the baking sheets and bake for 8-10 minutes, or until toasted
- Remove from oven and let stand until cool
- Once cool add dried cranberries
- Store in airtight container



# STORY OF BLUE OSA

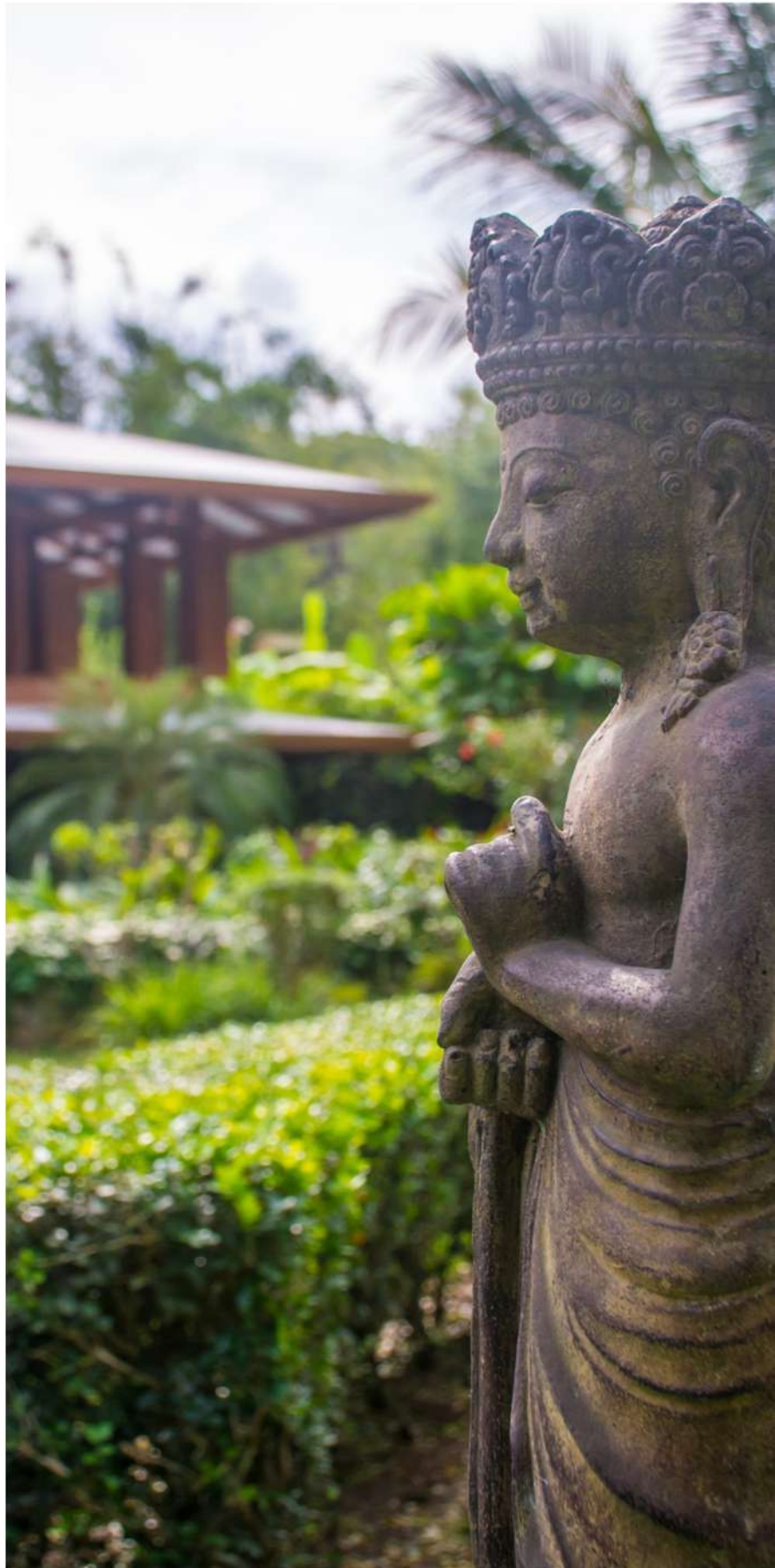
## HOW DID THIS ALL BEGIN?

You may be wondering how this beautiful place came into being. Maybe you have a similar dream in mind, or you're just curious about how Blue Osa was born. We invite you to read this interview with Aaron, co-founder of Blue Osa, to learn how it all began...

**Q:** Aaron, tell us, how did you end up here on the Osa Peninsula?

**A:** Well... (Aaron chuckles). Adam, my business partner and I had always talked about creating something. That was our dream. I was actually the one who put the project on hold. I remember asking him if I could take a rain-check — if I could cash in on that idea at some point in the future. A few months later, we were down in the Osa Peninsula, I was holding a retreat, and we were driving down the road when I noticed a property with a Century 21 sign out front. So we pulled the car over and peeked through the gates. The foliage had made sort of a tunnel, which led all the way to the ocean. The way the light was bouncing off the water, and the contrast of the blue sky, the water had this radiant turquoise gleam to it. You know how it is when the light hits the water just perfectly here.

Well, all I could think was how beautiful this place was, how perfect. So I turned to Adam and told him, "I'd like to cash in on that rain-check now."





**Q:** Wow, sounds like a magical moment. So then did you guys get to explore the property?

**A:** Well, no. In fact, just then, a group of dogs charged the gate. Very mean dogs, barking, and howling like the rapture was upon us. Then we saw an older lady returning from the ocean, who had just been surfing, and she began shouting and flailing her arms, telling us, "No!" and "Go away!" We were beginning to see where the dogs had picked up their demeanor. She told us that she wasn't going to talk to us unless we have a realtor. So, we got ourselves a realtor.

**Q:** Why don't you tell us who that lady is, and what role she plays in Blue Osa today.

**A:** That French lady who came shouting at us that very first time we arrived, that was Marie, and she has been with us at Blue Osa ever since. She is our head chef, but more than that, she is our mother here at Blue Osa. She has become a part of our family, and I couldn't imagine how we'd operate without her. Marie is not here all the time at Blue Osa as her family is in France, so we treasure her time here when she is able to come.

**Q:** Amazing! So what was your vision after signing off on the property? Was it exactly like Blue Osa is today?

**A:** Initially, we envisioned it to be a bit more rustic. We wanted to have a few Cabinas. The yoga studio was always part of the vision, as was being eco-friendly.

But we didn't plan on having electricity, just a few solar panels and reading lamps in the rooms. It was actually Adam's doing, he was the interior designer, and gradually one thing after another began being added. We recognized that this was going to be our home, and we wanted to be comfortable, and we wanted our guests to feel comfortable. Gradually things like hot water, fans, screens for the windows were implemented, and Blue Osa started to take off.



Q: Tell me a bit about the financing of the project. Was it difficult to find investors?



**A:** So we bought the property in February of 2007, but didn't break ground and start building until 2009. Those two years were spent talking, planning, and looking for investors. It was a long and convoluted journey, but in the end, we decided that we wanted to do the project ourselves.

We had dreamt up our vision and didn't want to sacrifice that by bringing in investors. You know the old saying, "Too many cooks spoil the broth."



**Q:** Well, all these years later, you're here, and you've achieved something remarkable. You've transformed this piece of land into a center for healing, a center for growth, and guidance. What does the future have in store for Blue Osa?

**A:** If I'm being honest with myself, I would like Blue Osa to become a center of yoga learning. This place is so magical. There is a healing power that exists on the Peninsula, an energy that guides us and, at the same time, keeps the wrong people out. I envision this place to remain that way. I have faith in the process, and whatever comes our way, we will embrace it.

**Q:** Amazing. Thank you, Aaron, for sharing with us the amazing story of how your dream became our dream location. If there is one piece of advice you could offer to someone who maybe has a project of their own they're thinking of starting, what would that be?

**A:** I encourage people to follow their dreams, but at the same time, you need to be prepared. This was a big project that was romantic on paper, but when things started to come to fruition, we realized how demanding it was. Some of the people, people who said they could be counted on backed out, so be prepared to handle those things on your own. You need capital and resources; that is crucial. Setbacks will arise; they most definitely will arise, so be prepared. If you're going into this, you need to go all-in 100%.

The story behind Blue Osa is filled with humor, coincidences, misfortune, and happy accidents. It is also, however, filled with tireless hard work, seemingly insurmountable obstacles, determination, and dedication. Maybe you believe in destiny and fate, or maybe you believe that we shape our own realities. Regardless of your beliefs, the story of Blue Osa is a story of how something miraculous came to be from no more than an idea.

So much has happened for you to arrive where you are. Everything that's happened in the history of the universe has unfolded in such a way that you are here now. Whether that is desperately following a dream, taking a leap of faith, or slow and gradual baby steps, we are glad to have all arrived here together.





BE SPIRITUALLY AWAKENED

# YOGA TEACHER TRAINING IMMERSIONS

## GET READY TO TRANSFORM

Dive deep into the art of yoga teaching with any one of Blue Osa's Yoga Teacher Training (YTT) programs. Your YTT with us will deepen your yoga practice and enhance your teaching skills. YTT immersions are also a **spiritually awakening experience** enhanced by the wildlife and biodiversity that Costa Rica offers.

Blue Osa is a safe space that brings the powerful practice of yoga to all regardless of age, body type, race, gender, nationality, or any other categorization. You will be guided on a personal journey of transformation and liberation, and be fully supported by a remarkable team of experienced and seasoned Yoga Masters.



## 14-Day, 200-Hour

This two week yoga teacher training is for you if:

- You don't have much time
- You're craving a healthy immersive yogic environment
- You want to **become a confident certified yoga teacher**



## 28-Day, 200-Hour

This 28-day yoga teacher training immersion is for you if:

- You're ready to take a deep dive into the philosophy and application of yoga.
- You want hands-on experience safely
- instructing yoga classes.
- You're **seeking a big shift in your life.**

## 28-Day, Advanced 300-Hour

This 28-day advanced 300-hour yoga teacher training immersion is for you if:

- You want to learn the powerful advanced subtle practices of yoga
- You want to improve your leadership skills
- You'd like to deepen your personal practice and teaching skills





## LEARN APPLIED YOGA ANATOMY + MUSCLE ACTIVATION™ WITH YOGI AARON

**BONUS!** Blue Osa's Yoga Teacher Training Immersions include the Applied Yoga Anatomy + Muscle Activation™ (AYAMA) curriculum.

**AYAMA**, created by Yogi Aaron, is a revolutionary way to practice yoga that focuses on activating and engaging muscles rather than stretching them — and it's only being taught at Blue Osa! This yoga methodology **reduces pain and risk of injury while increasing range of motion, muscle strength, stability, and alignment.**

The AYAMA approach sets Blue Osa's certified yoga teachers apart from other teachers, giving them an embodied way of understanding movement, how the muscles work, and **techniques to eliminate pain.**



A full-page photograph of a wedding couple standing in a garden. The groom is on the left, wearing a teal suit and a light pink tie. The bride is on the right, wearing a white wedding dress with a long veil and holding a bouquet of white and pink flowers. They are both smiling. The air is filled with many red rose petals falling around them. In the background, there are green bushes and trees.

A DESTINATION  
**WEDDING**

## IMAGINE YOUR WEDDING AT BLUE OSA

We invite you to celebrate your love here with us in paradise. There is no place more magical than this beachfront site nestled in the tranquil rainforest.

As an **all-inclusive wedding destination**, you and your friends can come to enjoy your special day without worries or cares.

Our sun-kissed slice of paradise will lay the path for your happy and healthy future.





BALANCE~HARMONY~SERENITY

# THE SPA

## INSPIRED BY THE RAINFOREST

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Nourishing your body as the home of your soul is crucial to your wellbeing. We pride ourselves on being a safe space for you to practice the healing and self-care you need.

Your body, mind, and spirit will be attended to in our full-service spa. Our staff will utilize a fusion of techniques in their treatments. A blend of traditional healing practices and modern rejuvenation and wellness techniques will bring you the exact results you are craving.

Our variety of spa treatments involve some of the rainforest's finest ingredients, including coconut, cacao, lemongrass, mint, and volcanic mud. Consult with your spa practitioner to discuss what ingredients are available for your appointment.

From facials to chakra balancing, the Blue Osa Spa is your safe place for relaxation and healing. We invite you to not only care for your wellbeing but also to deepen your spiritual and physical practice through our spa.



# SPA PACKAGES

## Osa Harmony and Balance

3 Hours

\$289.00

Foot soak, body scrub, body mask, chakra balancing, and full body massage. Nurture your body and mind with this treatment using local ingredients and products. A sensory journey will connect your body, mind, and spirit, hydrating and replenishing minerals in your skin, relaxing your body, and aligning your energy.

## Spirit of the Osa

2.5 Hours

\$249.00

Foot soak and therapy, full body massage, and facial. Unblock energy paths and find relief from tip to toe through exfoliation and stress-relieving massage. Reenter the world detoxified of negative energies, feeling youthful, refreshed, and filled with the spirit of the Osa.

## Osa Thai Fusion

2.5 Hours

\$289.00

Foot soak, Thai massage, scalp and body massages. Involving the movement of your body and the energy flow within you, this Thai massage will restore and mobilize you. After, a full-body massage will bring you to ultimate relaxation. Leave feeling reenergized for your yoga practice and daily life.



# MASSAGES

## Blue Osa's Chakra Balancing

### A signature service

90 Minutes

\$195.00

Calling upon your senses with aromatherapy, massage, and therapeutic sounds, this treatment balances the integral energy systems of your body. Balancing your chakras will leave you feeling heightened clarity, awareness, and positivity.

## Osa Thai Integral

### A signature service

90 Minutes

\$195.00

Our Thai Integral massage is a refreshing and therapeutic treatment that blends many techniques, such as Thai and Swedish massage, reflexology, reiki, and acupressure. This combination will allow for full-body muscle detoxification, energy balancing, and stress release to increase your flexibility.

## Osa Tranquility

60 Minutes / \$149.00

90 Minutes / \$189.00

Soothe your mind and body with this Swedish massage designed to relax you while easing deep muscle soreness.

## Osa Deep

60 Minutes / \$149.00

90 Minutes / \$189.00

This therapeutic massage will release tension held within hard-to-reach muscle tissue, leaving you restored and rejuvenated.





## Reflexology

60 Minutes

\$159.00

Using ingredients sourced from the rainforest, first experience a relaxing foot scrub. Then, using the art of reflexology, or zone therapy, you will be reenergized through the application of pressure to various zones of reflex on your body.

## Thai Massage

90 Minute

\$189.00

This is a deep full-body treatment that combines yoga, stretching, Shiatsu, acupressure, exercise movements, reflexology, and calmness meditation. You will leave with a greater range of motion, calmness, and relief from stress.

## Acupuncture and Chinese Medicine

60 Minutes

\$110

Using traditional Chinese medicinal techniques, a blend of Chinese herbs and acupuncture, this treatment is healing for pain, aches, or just for rejuvenation. To experience the full benefits of an acupuncture session, it is best to receive this healing treatment more than one time during your stay.

## Reiki

60 Minutes

\$99.00

This healing technique aims to restore and guide energy into your body. Reiki, or palm healing, involves channeling universal energy through your practitioner's hands to different points in your body, including the chakras.



# FACIALS

## Osa Awakening and Balancing Facial

### *Our signature facial*

90 Minutes

\$179.00

Foot soak, facial, foot and hand massage, chakra balancing, acupressure rejuvenation therapy, a fresh coconut body milk ritual. A personalized treatment for your own unique needs, this balancing facial will hydrate, calm, and restore your skin with the rainforest's finest ingredients. In combination with foot and hand treatments, this will leave you relaxed and refreshed.

## Osa Healing and Harmony Facial

60 Minutes

\$149.00

Facial, hand, and shoulder massage, a fresh coconut milk body ritual. Your individual needs will be addressed with this healing treatment. With the use of aromatic oils and botanical ingredients, this facial will help heal environmental damage, aging, and leave your skin luminous and healthy.

## Osa's Short and Sweet Facial

30 Minutes

\$109.00

Designed to give your skin the best care in a short and concise process, this treatment includes cleansing, refinement, and hydration. Add this facial to any of your selected body treatments!





# BODY SCRUBS

## Coconut Body Polish

60 Minutes

\$139.00

Freshly grated coconut, virgin coconut oil, carrot, raw sugar cane, and lemongrass. This is a less exfoliating scrub for sensitive skin. Cleaning, moisturizing and tropical, this scrub will fill your spirit with the qualities of the jungle.

## Coffee Lover

60 Minutes

\$139.00

Freshly ground coffee beans, raw sugar cane, mint, ginger, sweet orange, cinnamon, and olive oil. Coffee works to release toxins and reduce the build-up of fats. This scrub will leave your skin smooth and your body revitalized.

## Sea Salt and Herbs

60 Minutes

\$139.00

Costa Rican sea salt, chamomile, green tea, lemongrass, essential oils. This is a deeply cleansing treatment that rehydrates and purifies. Invigorating scents and textures will stimulate your mind and body.



# BODY WRAPS

## Aloe Plant Wrap

45 Minutes

\$139.00

Freshly harvested aloe, citronella, tea tree, chamomile, lavender, cucumber, and honey. These cooling ingredients will bring hydration and relief to your sun-kissed skin. Fresh and healing botanical remedies combine with a gentle massage to bring you ultimate relaxation and comfort.

## Miracle Wrap

45 Minutes

\$139.00

Blue Osa Clay, Costa Rican Poas volcanic Mud, and coconut oil. Let the Earth's healing mud restore essential minerals to your body. Locally sourced Osa Peninsula muds combined with volcanic mud from the Central Valley combine to nourish your body and soothe aching muscles.

## Chocolate Wrap

45 Minutes

\$139.00

Green volcanic mud, organic chocolate, and orange essence. Costa Rican chocolate mixed with nourishing volcanic mud and aromatic additions combines to bring you a sensory experience. This treatment is purifying, nutritious, and moisturizing.

## Massage Package Discounts

3/60 Minutes: \$379.00

3/90 Minutes: \$469.00

## Body Scrub and Wrap Combo

90 Minutes

\$195.00

An exfoliating body scrub will exfoliate your skin and rid you of toxins. Then, experience a nourishing, warm wrap and a short, moisturizing massage to relax you.





"Everything is so clear when  
you inhabit yourself."

A full-page background image showing two people rappelling down a large, powerful waterfall. The person at the top is wearing a black tank top, pink leggings, and a white helmet. The person at the bottom is wearing a red and white tank top, black shorts, and a white helmet. Both are equipped with ropes and harnesses. The waterfall is surrounded by lush green foliage.

# RAINFOREST ADVENTURES & ECO-TOURS

## **EXPLORE, EXPERIENCE, AWAKEN**

The Osa Peninsula is one of **the most biodiverse places** on the entire planet! Whether you choose to rappel down waterfalls, kayak through mangroves, go birdwatching or help with turtle egg counting, you can experience the true sense of Pura Vida here on the Osa.

Step out of your comfort zone, connect with nature, and take in the full wonder of Costa Rica by joining an eco-tour during your stay.

All tour prices are based on two people. If only one person wants to go, please add 50% to the fee.



## Experience the Sea to Skyway Beach Adventure

**100** Yogi Aaron Recommended

5 to 6 Hours

\$120.00 per person

Location: Playa Piro

Departure: mornings, but is tide conditional

Minimum 4 people

Experience the Sea to Skyway Beach Adventure, a beloved excursion at Blue Osa and endorsed by Yogi Aaron. Embark on a serene beach stroll, encountering cascading waterfalls, tide pools, and a refreshing swim in the Pacific Ocean. Explore abundant biodiversity, encountering various wildlife like monkeys, sloths, and colorful bird species in this pristine ecosystem. The tour includes an approximately one-hour beach walk in both directions.



## Matapalo Half Day Hike

2.5-4 Hours

\$89.00 per person

Location: Cape Matapalo

Departure: 6:00 am or 2:00 pm

This is the perfect guided tour for those who may not have the time to visit Corcovado National Park. Cape Matapalo is one of the most breathtaking locations on the Osa Peninsula. You are sure to see most of the species of local monkeys, scarlet macaws, coatimundis, and always check for toucans, agoutis, and jaguarundis!





## Rainforest Jungle Hike

2.5-4 Hours

\$35.00 per person

Location: Playa Tamales/Blue Osa

Departure: 6:00 am or 2:00 pm

This is the perfect tour for those who want to stay close to home and explore right here! On this amazing hike, you will leave with a packed snack and follow along with our in-house naturalist! Ask questions and listen carefully, because your guide is sure to reveal the secrets of the jungle.

## Canopy and Zip Line Tour

2-3.5 Hours

\$139.00 per person

Departure time is flexible.

For those who seek adventure and exhilaration but with control and peace of mind, this tour can satisfy your craving for an adrenaline-packed Costa Rican vacation. Glide through the forest canopy at eye-level with the forest wildlife, witnessing the beauty of the Osa from a new point of view.



## Chocolate Tour

4 Hours

\$110.00 per person

Departure: 8:00 am or 2:00 pm

Go back to the roots of cacao agriculture during the Mayan times and learn how chocolate is produced. Explore the orchards, the importance of cacao in the food cycle, and then see the whole process of making chocolate. Finish your tour, of course, with a tasting of chocolate fondue!



## Horseback Riding

3-4 Hours

\$125.00 per person

Departure time is flexible

One of the best ways to see the countryside is perched on top of a horse. Take this tour to traverse the forests, mountains, and beaches while living out a genuine adventure.



## Dolphin Adventure

3 - 4 hours

\$599 for 1 - 4 people

\$130 for each additional person

Location: Golfo Dulce

Departure time - 7:30 am

Take a sensational boat ride in our beautiful Golfo Dulce as you explore the mangroves and breathtaking coastline. You will have the opportunity to get up and close to our different species of dolphins. This tour also includes snorkeling and swimming. So be sure to pack your bathing suit and beach towel.



## Surfing

2.5-3.5 Hours

\$120.00 per person

Location: Matapalo

Departure time is flexible

Pan Dulce Beach in Matapalo is a special place with a long, rideable wave. The surf is gentle and consistent, making it an excellent place for beginners! This excursion is dependent on the tide schedule, fills quickly, and should be booked in advance! And it's great for all ages- so don't be afraid!





## Tree Climbing

3-4 Hours

\$139.00 per person

After a hike through the jungle, scale the largest original jungle gym in the forest. You are top-roped while climbing an enormous Strangler Fig roughly 70 feet to a viewing roost. After exploring the lofty perch and view of the ocean, an exhilarating free fall swing brings you safely back to the earth. Take on this exciting and challenging tour for a rewarding view from 450 feet!

## Waterfall Rappel

3-5 Hours

\$139.00 per person. Add Tree Climbing combo for \$189

### **This tour may not be available.**

This well-rounded excursion packs many adventures into one outing. Begin horseback riding through pastures and lush rainforests in Cape Matapalo, and take in the views of the Osa Peninsula. Continue with a short hike to the crest of our magnificent local Waterfall. Be prepared to have your breath taken away! You will take a short safety training, and then you'll be on your way to rappelling the waterfall to a swimming hole 100 feet below!



## Bird Watching

Duration: 2-3 hours

Price: \$35 per person

Location: Blue Osa

Departure: 5:00 am

With 359 species of birds that call the Osa Peninsula home, the entire peninsula is a rich birding ground. And not only are there a wide variety of habitats and healthy populations for birds but other wildlife too. With this tour, enjoy the best opportunity for birding at Playa Tamales.



## Mangrove Kayak Exploration

Duration: 4 hours

Price: \$99 per person

Location: Puerto Jimenez

Departure: Varies on the tides

Explore the mangroves and have the opportunity to see all kinds of wildlife up close and from the vantage point of a kayak. With their incredible root system that grows above water and spreads out as if by walking, the mangrove is a fascinating area to explore. Find yourself in the shade of 80-foot mangrove trees that are host to a fantastic array of biodiversity.





# Gift Shop

Supporting the local community











*...It's a way of life...*

