

Brown Girl Yoga Tribe Work-Exchange Program FAQ

1. What is the primary language? What tools can I use to learn? Spanish, but some people do speak English. Duolingo is for words and conversation, Babble is mostly for conversation skills. Preference depends on the person.
2. Is Costa Rica an island? No. We are a country located in Central America.
3. What do I tell immigration as my location of stay? The Yoga Sanctuary located in Sarapiquí, Heredia of Costa Rica
4. What is the address? There is no physical address, but we are located next door to the Tirimbina Ecological Reserve (Reserva biológica Tirimbina)
5. How does transportation work from the airport? You will pay up to \$150 for the one-way trip to the sanctuary, depending on how many people are coming in at the same time. You will pay a transportation fee to return to the airport at the end of your stay as well, subject to the same cost.
6. Are we responsible for our flight purchase? Yes
7. What airport will I fly to? **SJO Costa Rica**
8. Are we able to mail things here? Not to this exact address, nearest post office is up to 30 min away
9. Do people drive here? Yes, and you are able to rent a vehicle. However, there are no physical addresses.
10. How close is the nearest grocery store? 0.7 miles one way, which is walkable within 15 minutes. Taxis are also available, subject to a cost.
11. Can I use USD or credit cards? Yes, change will most likely be provided in colones. ATMs are also available for colones.
12. What is the application fee? \$15
13. Are men able to apply? Yes, we have had a few men stay at The Sanctuary.
14. How long are the terms to stay? 2 weeks-1 month
15. Is there a cost to participate in the program? Yes, it ranges depending on the participant's responsibilities. It is a reduced amount from the average cost of stay, approx \$500 . Deposit is \$175, which is applied toward the total cost of the work-exchange.
16. Is this a retreat? No, but some work-exchange participants assist with retreats, if there are some occurring during their stay.
17. If I am not accepted for the program, am I still able to visit? Yes, you can book stays at any time. They are available at thebrowngirlyogatribe.com
18. How can we communicate? FB group, Whatsapp group, and Instagram page
19. Is the sink water viable to drink and use for teeth brushing? Yes, though we do also provide filtered water using the Berkey system.
20. Are there pets? Yes, 3 cats and 1 dog
21. Would I have to use international calling? Yes, or you can use WiFi calling when you are on a WiFi network.
22. What kind of power outlets do you have? 3-prong
23. What are the benefits? 3 home-cooked meals M-F, daily group yoga practice, 1 massage, private & shared room accommodations, river access, wifi access, and discounted rates on applicable local excursions
24. Are the provided meals vegetarian? They are plant-based meals cooked in-home at the same times each day M-F by our local Chef Miriam. On the weekends, there are restaurant and delivery options. Closest restaurant is in Tirimbina - breakfast is a buffet approx \$9-12.
25. How much does laundry service cost? \$12. They would be washed by washing machine and hung to dry.
26. How often does someone come to clean sheets and towels? Twice weekly

27. Should I bring my own hygiene products? Yes
28. Are there any suggested tools or requirements for excursions on our stay? Binoculars for Tirimbina (if available, also able to rent them for \$0 from their front desk), Close-toed shoes for Tirimbina and some excursions, cool towel for walks, water shoes for the lake (depends on the person), insulated water bottle, swimsuits (hot springs and the river), bug spray, sunglasses, and sunscreen
29. Are children allowed ? Yes under special circumstances, Jowana the founder has 3 children which live with her in the sanctuary