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Kairos on the Mountain May 15-22, 2023

Frequent Questions

What is covered by the registration fee?

The registration fee covers lodging, meals, and retreat activities including meditation walks, and a visit to Monteverde Friends Meeting.

How do I get from San José to Monteverde?

We are coordinating a transportation service from the airport to the retreat site in Monteverde, and vice versa. The cost of this round transportation is not included in the registration fee, but we are working out with our logistical partners in Costa Rica to provide this service at an affordable price (around \$100 p/p) for the round trip.

Walking and Hiking

Kairos includes a series of walking and hiking opportunities. These walks are designed for participants to walk at their own pace based on their willingness and ability. This is not a fitness retreat but a spiritual journey with our full selves as we open to the movement of the Spirit within us. Hiking and walking will be an invitation to immerse yourself in contemplative practice in deep communion with self, others, and nature.

Will the schedule allow for leisure time?

Yes. In late January, you will receive a first draft of the schedule as well as information for our first online session via Zoom.

In general terms, you should expect a schedule that while flexible requires commitment to participate in the different session that the retreat will offer. Kairos embraces the living dynamic between the personal and community journey, and we invite you to make the most of this experience by fully investing yourself in the process. A regular retreat day includes personal and common time for prayer, reflection, and/or meditation, group sharing, a guided reflection or 'teaching' from the retreat leader, shared meals, and time for personal exploration.

Monteverde offers great opportunities for enjoying the cloud forest (bird watching, nature guide tours, etc.). You will be able to coordinate other activities outside the retreat as you feel lead.



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Do I need special gear to walk or hike in the cloud forest? How is the weather in Monteverde?

No, you don't need special gear. However, a rain jacket, comfortable walking shoes and comfortable clothing are highly recommended. May is a transition month from the dry to the rainy season. Regularly, during May the temperature fluctuates between 78° (high) and 63° (low).

Is there medical service available in Monteverde?

The closest hospitals to Monteverde are between 1 to 3 hours away. However, there are public and private services offered by local clinics that provide medical treatments that do not require major interventions (i.e. surgery).

How about room sharing?

We will assign you a roommate if you signed up for a shared room but do not have a companion joining you for the retreat.

Will I have a vegetarian diet during the retreat?

Yes. There will be a vegetarian option within the meals provided during the retreat.