



one

frequency

COSTA RICA

What do I need to bring?

Whatever makes you comfortable for sitting during the activation (you may wish to stand too). There are a few mats there that we can use, first come first serve.

Can I bring my kids?

One is a quiet space, much like a meditation space. If kids are participating and can be silent during our activation, they are welcome. There is a river and goats on the property so parents need to be attentive. There is no age limit. Please leave your furry friends at home.

How long is the event?

Please arrive shortly after 8:30 to get registered and settled. It will be over by 9:30am (approximately).

Can I invite anyone?

Please feel free to invite friends and family.

Is there parking?

Yes there is parking.

\$25 per family (\$12 tico pricing)

Please arrive shortly after 8:30am, Kaya will begin at 8:45am

Uvita Arts Center, past the Bamboo Forest at the river crossing

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