Santa Rosa Junior College Yoga Teacher Training in Costa Rica Summer 2026



The AIFS program based on enrollment of 20 or more participants is: \$4,395.00 and includes the following:

Accommodation, Meals, and Ground Transportation:

- Accommodation in twin/triple-bedded rooms in centrally located hotels in San José (2 nights on arrival, 1 night on departure), and Punta Leona (17 nights), including linens and towels, regular cleaning, and Wi-Fi. In Punta Leona rooms include kitchenettes.
- Meals: daily breakfast at the hotels, a welcome lunch, and four additional group meals.
- Private buss transfers between San José and Punta Leona.

Orientation:

• An orientation program in San José consisting of a meeting with experienced AIFS staff, covering topics such as general acclimation to Costa Rica safety and security issues, cultural differences, travel, money and cultural activities, and a local area walking tour covering housing and classroom location and local amenities.

Academic and Cultural Activities:

San José

- A half-day sightseeing tour of San José with the services of a professional, English- speaking guide.
- A hike and yoga session at the Huetar Indigenous Reservation.

Punta Leona:

- A full-day excursion to Manuel Antonio National Park, including round-trip transportation, a guided hike in the national park, and free time to enjoy the surroundings.
- A full-day excursion to a Botanical Garden and the Macaw Lodge Chocolate Factory, including round-trip transportation, and a guided chocolate experience.
- A three-day, two-night excursion to Monteverde, including round-trip transportation, two nights' accommodation in twin or triple-bedded rooms with daily breakfast, a coffee tour and tasting with lunch, a zipline adventure experience, a visit to a female-led artisanal market with lunch included, and a guided night hike through the biological reserve, with the services of an AIFS representative throughout.

Also included:

- A dedicated AIFS Tour Manager to ensure the smooth operation of the program, provide information and advice to participants, organize excursions, and supervise housing, and 24-hour emergency contact service.
- Medical insurance policy

Program does not include the following:

- Optional transportation package including round-trip airfare between San Francisco (SFO) and San José, Costa Rica (SJO), and round-trip transfers overseas between the airport and the student accommodation on the standard program dates for \$1,025, and mandatory U.S. government and airline-imposed departure taxes, fees of \$124.
- Single room supplement (20 nights) for \$1,495 offered on a first-come, first-served basis. Note: single occupancy rooms are not guaranteed.
- Textbooks
- Santa Rosa Junior College tuition and/or administrative fees
- Meals other than those listed.
- Passport and visa fees if applicable
- Field trips or excursions required by your instructors.
- Personal expenses
- Anything else not specified.

2026 PROGRAM DATES

Sunday, July 5 Depart San Francisco.

Monday, July 6 Arrive in San José, Costa Rica.
Wednesday, July 8 Transfer to Punta Leona.
Saturday, July 18 – 20 Excursion to Monteverde.

Saturday, July 25 Return to San José.

Sunday, July 26 End of program, Depart San José.

PAYMENT SCHEDULE FOR AIFS FEES

Summer Program Enrollment deposi Balance of fees Total	 <u>Deadline</u> April 10, 2026 May 8, 2026	<u>Optional</u> Transportation Package Taxes/Fees Total	Fee \$1,025.00 \$124.00 \$1,149.00	<u>Due Date</u> May 8, 2026 May 8, 2026
		Single Room Supplement	\$1,495.00	May 8, 2026

All students must submit the \$450 enrollment deposit when completing the online enrollment form. Subsequent payments may be made by check or credit card. Checks should be made payable to "AIFS." American Express, MasterCard and Visa are also accepted.

Please note: A \$35 returned check fee will be charged on all checks returned by the bank for insufficient funds.

AIFS TRANSPORTATION PACKAGE

Participants have the option of purchasing a round-trip ticket for the flight arranged through AIFS. Participants choosing this option should note the following restrictions: Tickets purchased from AIFS are exclusively on scheduled airlines (not charters). They are not endorsable to another carrier. Flights are not necessarily direct or non-stop, and frequent flyer miles are not applicable. The AIFS Transportation Package includes round-trip ground transportation between the airport in Costa Rica and your accommodations on the regularly scheduled program dates. AIFS will book flights on the dates indicated on this form only. Note: baggage is not included on flights between the US and Costa Rica, with each checked bag costing around \$40-50 (see https://www.united.com/en/us/checked-bag-fee-calculator/any-flights for more info)

Participants wishing to purchase the Transportation Package should select this option on the online enrollment form, or if you wish to add the flight after you complete the form you must notify AIFS in writing by Friday, March 27, 2026. Participants wishing to cancel the flight must notify AIFS by Friday, May 8, 2026. Cancellation penalties will apply. Tickets are non-refundable after this date.

AIFS cannot guarantee that all passengers will be booked on the same flight. A minimum of 10 participants must take the flight for it to be offered.

AIFS Airfare Regulations: Return must be to original U.S. departure point. No refunds are available for any unused portion of the ticket. Tickets cannot be rerouted, and stopovers are not permitted. Group round-trip ground transportation to and from the airport in Costa Rica is on the regularly scheduled program dates only.

Refund policy and important dates to remember should you need to cancel your participation:

Withdrawing on or before Friday, April 10, 2026	All fees paid less than a \$150 processing fee will be refunded.
Withdrawing after Friday, April 10, 2026, and on or before Friday, May 8, 2026	All fees paid less the \$450 deposit and any non-refundable deposits paid by the participant or by AIFS on the participant's behalf will be refunded.
Withdrawing after Friday, May 8, 2026	No refund and the total program fee is due.

Please note that after the final payment deadline the full program fee is due to AIFS even if you have not yet paid and do not participate or plan to participate in the program. Non-refundable financial commitments have been made to secure your spot. If a participant withdraws once the program has begun, there is no refund. This refund policy applies whether a participant pays AIFS Abroad directly for all, part, or no program fees.

Protecting your investment:

Participants may purchase additional trip cancellation or interruption insurance which allows them to protect their study abroad program. This policy includes options to cancel for any reason (CFAR) and interrupt for any reason (IFAR). Details of the Worldwide Trip Protector Plans with Travel Insured International (TII) is underwritten by the United States Fire Insurance Company, rated A (Excellent) by A.M. Information on these options is available on the Travel Insured International website – www.travelinsured.com - or by phone at 855-611-0918. The policy is time sensitive and must be purchased within 21 days after the deposit is paid.

General Cultural Resources:

At AIFS Abroad, we support all participants in your study/intern abroad journey. We invite everyone to engage with the cultures around you while at home and abroad. Everyone is complex, and the uniqueness of who we are is important when deciding on a program and location. Exploring who you are and learning about the uniqueness of others is an important part of this journey. Thus, we invite you to take the time to learn about the cultures you embody and the cultures of others on your program as well as the cultures that are a part of your host country.

We invite you to use the information here - https://www.aifsabroad.com/student-resources/ - before, during, and after you study abroad.

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