

English + Yoga - 2018
GV Calgary

30 lessons per week (Full Time Intensive)
25 lessons per week (Full Time)
25 or 30 Lessons + \$295 (Special - 12 weeks unlimited Yoga!)
Minimum age: 18+

Learn English, Stay in Shape and Feel Great!!

What could be better after a day of studying and expanding your mind, but to then learn and practice Yoga for a great feeling of energy and peace for body and spirit?

This package includes:

- 25 or 30 Lessons of English per week in a great school in downtown Calgary. Make new friends from around the world, develop your English ability, and have fun!
- 12 weeks of UNLIMITED access to a premiere downtown Calgary Yoga studio, just a few minutes walk from the school! An Extensive selection of classes and Yoga styles is available to choose from.
- Enjoy the opportunity to improve your English, get in shape, and feel great!

ENTRANCE LEVEL: no minimum level required

GV ENGLISH PROGRAM SCHEDULE

| | |
|-----------------------|------------------|
| 20 Lessons | Monday - Friday |
| Communicative Grammar | 08:45 - 10:25 AM |
| Break | 10:25 - 10:40 AM |
| Functional Dialogue | 10:40 - 12:20 PM |
| Lunch Break | 12:20 - 1:05 PM |

| | |
|-------------------------------|-------------------|
| 25 Lessons | Monday - Thursday |
| PM 1 Session Focus on Skills* | 1:05 - 2:10 PM |
| 30 Lessons | |
| PM 2 Session Focus on Skills* | 2:25 - 3:30PM |

| | |
|-------------------------|------------------|
| Examples of Yoga Study: | |
| Vinyasa Yoga | Yoga Core |
| Restorative Yoga | Morning Yoga |
| Yin Yoga | Chakra Awakening |

*PM SESSIONS - Sample Electives/Options:

- Listening and Speaking
- Writing/Grammar/Pronunciation/Vocabulary
- Academic Preparation

2018 CLASS START DATES

Jan 15, Feb 12, Mar 12, Apr 9,
May 7, Jun 4, Jul 3, July 30,
Aug 27, Sept 24, Oct 22,
Nov 19, Dec 17

Alternate start dates available.
Please contact: Calgary@gvenglish.com

