

English + Yoga - 2017
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 mind!

This package includes:

- 25 or 30 Lessons of English per week in a great school while making new friends, developing your English ability and having 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 to choose from.

- 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

2017 CLASS START DATES

Jan 16, Feb 13, Mar 13, Apr 10,
May 08, Jun 05, Jul 04, July 31,
Aug 28, Sept 25, Oct 23,
Nov 20, Dec 18

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

