GlobalVillage
ENGLISH CENTRES

ENGLISH + YOGA
GV Victoria

20 lessons per week (AM only)
25 lessons per week (Full Time)
Minimum: 4 weeks
Minimum age: 16+

YOGA FOR THE BODY AND MIND

Have you thought about combining English study with something that will enhance your life and health?

You can make the most of your time abroad by refining your English skills and exploring yoga through Global Village Victoria.

THE ENGLISH + YOGA offers students the chance to improve their English skills and combine the experience with yoga practice. A GV Activity Coordinator will help you select the yoga studio that better fits you and your schedule. Victoria has many different studios that offer a variety of methods, such as the traditional Hatha, Iyengar, Bikram, Moksha and new popular 'Hot Yoga'.

If you already practice yoga in your home country this will allow you to keep in contact with the practice and experience different techniques. If you have not yet tried it but is interested in doing so, this is the opportunity for you! Yoga is the best way to improve physical and mental health.

Students can enroll in any program at the school and combine it with our yoga pass add-on.

*Entrance Requirement: 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 - 01:05 PM

25 Lessons (AM + 1 PM)	**Monday - Thursday**
PM Elective 1	01:05 - 02:10 PM
30 Lessons (AM + 2 PM)	
PM Elective 2	02:25 - 03:30 PM

YOGA ADD-ON INCLUDES:

> Unlimited 4-week pass to yoga studio

> Welcome tour of studios, with assistance from GV Activity Coordinator to select a studio and a lesson schedule.

*A variety of traditional yoga styles and levels available.

2018 CLASS START DATES

Jan 15, Feb 13, 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 victoria@gvenglish.com for more information.

"I have tried yoga before in Brazil and decided to do it here in Victoria while taking my English classes. It was a great experience! I had my studies in the morning and had the afternoon free to explore and practice new styles of yoga. It helped me keep active while learning English and making friends. I definitely recommend it!"

Roberta - Brazil

Global Village English Centre Victoria
1290 Broad Street, Suite 200, Victoria, British Columbia V8W 2A5 Canada
Tel: +1.250.384.2199 Fax: +1.250.384.2123 **www.gvenglish.com**