

ENGLISH + YOGA GV Victoria

30 lessons per week (Full-Time Super Intensive)

25 lessons per week (Full Time Intensive)

20 lessons per week (Full-Time)

Minimum age: 16+

YOGA FOR THE BODY AND MIND

Have you thought about combining English studies with something that enhances 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 are 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 LEVEL: no minimum level required.

GV ENGLISH PROGRAM SCHEDULE

20 Lessons (AM)	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.

2019 CLASS START DATES

Jan 14, Feb 11, Mar 11, Apr 8,
May 6, Jun 3, Jul 2, July 29,
Aug 26, Sept 23, Oct 21,
Nov 18, Dec 16

*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