

# ENGLISH AND YOGA IN HAWAII

Practice Yoga. Speak English. Breathe in Nature.

hawaii  
**PALMS**  
ENGLISH SCHOOL



## **YOGA WELLNESS CLASS: Every Friday 8:45am - 10:15am**

Wellness Workshop + Beach Park Yoga    Registered Student: \$25    Non-registered Student: \$35

Learn English through Yoga in this class that's open to students of all levels. We start off with a wellness workshop at school before walking to Kapiolani Park for our Yoga class.

Our wellness themes vary from week to week, but our main focus is on living a healthy lifestyle.

Examples of our wellness themes: Emotional wellness, Physical wellness, Social wellness, Intellectual wellness...

## **YOGA WELLNESS COURSE: 1 Week Course** \* Registration Fee required: \$125

### **ENGLISH TRAINING COURSE FOR YOGA INSTRUCTORS: 1 Week Course**

Students can start the course on any Monday.

\* Yoga Wellness Course: \$400

\* English Training Course for Yoga Instructors: \$750

**YOGA WELLNESS COURSE:** Monday - Thursday, 9:30am - 11:30am, and Friday 8:45am - 10:15am

Beach Park Yoga + Wellness Workshop

This weekly course focuses on aspects of living a healthy lifestyle. We practice yoga at the park and conduct daily workshops related to yoga and wellness. This course is for anyone interested in yoga, wellness, and English

**ENGLISH TRAINING COURSE FOR YOGA INSTRUCTORS:**

Monday - Friday, 9:30am - 1:00pm + Thursday 1:00pm - 2:30pm

This course is designed to help yoga instructors learn how to conduct yoga lessons in English. We cover basic yoga phrases that will help you communicate with your students. At the end of the course, students are tested on how well they conduct a yoga lesson in English and receive a Certificate of Completion.

## **PRIVATE YOGA LESSONS, YOGA WELLNESS CLASSES, AND PRIVATE GROUP LESSONS**

Private Lessons: \$60    Semi-Private Lessons: \$40/person    Group Lessons: \$35/person

(Prices are for Registered students. Contact us for non-registered prices)

Private and group lessons are ideal for students wish to have a more taylor-made yoga class. Our instructor will spend more time focusing on your needs and lessons will flow at your own pace. Ideal for friends and family members who wish to practice yoga together.

## **SPECIAL EVENT: YOGA WELLNESS WORKSHOP**



Private group yoga lessons are available for kids, teens, and adults. Learning English through Yoga is a healthy way to learn English!

For more information about yoga classes, visit:

<http://www.englishschoolhawaii.com/english-programs/english-and-yoga/>

Please contact us for more details at [info@EnglishSchoolHawaii.com](mailto:info@EnglishSchoolHawaii.com)