



HAWAII PALMS ENGLISH SCHOOL YOGA WELLNESS COURSE

HAWAII
PALMS
ENGLISH SCHOOL

1week Monday – Friday 9.5 hours/ week \$400

Students can start their course on any Monday, except when the school's Kids Programs are in session.

9:30am

Meet at Kapiolani Park. * On Mondays and Fridays, we will meet at school and walk to the park together.

Beach park yoga lesson starts on Mondays.

Wellness Workshop held at a nearby park

11:30am

Our day finishes at Kapiolani Park * On Fridays, class ends at 10:15am.

* Friday 8:45am – 10:15am Class is combined with Friday Yoga Wellness Class.

YOGA WELLNESS COURSE THEMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Orientation • Wellness • Intro to Yoga • Body Parts • Yoga Poses 	<ul style="list-style-type: none"> • Yoga related vocabulary • Yoga Phrases 	<ul style="list-style-type: none"> • Various types of Yoga, and let's experience 	<ul style="list-style-type: none"> • Healthy Habits • Improving your Body & Mind 	<ul style="list-style-type: none"> • Yoga Wellness Class *8:45am 10:15am



PRICE INCLUDES: Tuition, material fee, yoga mat, essential oil, one-elective ticket
WHAT TO BRING: A towel, water, sunscreen, a pen, your yoga mat, and essential oil.

NEW TO YOGA? :No problem. This course is designed with all levels in mind.

OPTION : Join our English Intensive Course before or after the course to improve your English fast. You can also purchase elective tickets to take afternoon Elective classes. We help students finding accommodation.

WHO CAN JOIN THIS COURSE? Anyone healthy over the age of 16.

Students who sign up with family or friends get 10 % off tuition.

www.EnglishSchoolHawaii.com/yoga