

# YOGA WELLNESS COURSE

## BILINGUAL YOGA INSTRUCTOR TRAINING COURSE



**SPEAK ENGLISH. DO YOGA. BREATHE IN NATURE.**

**2020 starting dates: Monday – Friday**

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

### YOGA WELLNESS COURSE:

Learn English through yoga with this weekly course. The course focuses on aspects of living a healthy lifestyle. We practice yoga at the park and conduct daily workshops related to yoga and wellness.

**1 week Monday – Thursday 9:30am–11:30am Friday 8:45am–10:15am**

Basic	Daily Beach Park Yoga Lessons In Waikiki + Wellness Seminars + 1 English Elective class	\$400
Standard (1 week)	Basic Yoga Wellness Course + 10 English Elective Classes	\$650
Advanced (2 weeks)	Basic Yoga Wellness Course + 10 English Elective Classes + English Intensive Course	\$1,050

### BILINGUAL YOGA INSTRUCTOR TRAINING COURSE:(maximum 8 students)

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.

**1 week Monday – Friday 9:30am – 1:00pm Thursday 1:00pm – 2:30pm**

Basic	Bilingual Yoga Instructor Training Course only	\$750
Standard (1 week)	Bilingual Yoga Instructor Training Course + 10 English Elective Classes	\$1,000
Advanced (2 weeks)	Bilingual Yoga Instructor Training Course + English Intensive Course * 1 week up to 12 weeks of your choice. 10% discount on Intensive Course.	\$1,150 ~

The times listed include the time it takes to go from school to the park. Prices include Tuition Fee, a Yoga Mat, Essential Oils, Material Fees, and Certificate of Completion. Bilingual Yoga Instructor Training Course students also get a complete set of Yoga Cards. Registration fee is not included in the price. Private lessons are also available for students who need a more personalized lesson. Ask us for finding your accommodation during your stay. Contact us for more details.