

PREMIUM  
ENGLISH AND WELLBEING

2024



PURSuing EXCELLENCE IN ENGLISH

# Course description

This course is designed for more mature students and professionals wanting to improve their English in a more intensive setting with a maximum of 4 students per class.

Students learn English in the mornings and enjoy private yoga lessons in the afternoon included in the fees. The course content is negotiated with and guided by the teacher.



## Course Facts

Minimum Age: 30  
Maximum 4 students per class  
Tuition: 15 or 19 hours  
Level: All levels (beginners accepted on the first Monday of every month)

## Aims and objectives

Students gain confidence in using English in a functional and practical way. Students will develop their accuracy across all the skill areas.

## Progression routes

Students can opt to transfer onto one of our General English or MAX4 courses after they have completed the English and Wellbeing programme.

## What is included

- Networking lunch with fellow students and a member of staff (Monday-Thursday)
- Pre-course placement
- Needs analysis
- End-of-course Report
- Certification of studied level
- Course materials
- Private car (with driver) transfer on arrival from any London Airports and Bristol/Exeter
- 4 private training sessions focussing on Mindfulness, Yin & Yang Yoga, Sound Healing and Yogic Sleep

# Networking lunch

Students are invited to join a member of staff and their fellow students for lunch in a local restaurant or café very day, Monday to Thursday.

Menus for pre-ordering will be available at Reception.



## The Yoga Trainer

Since qualifying as a Registered Yoga Teacher RYT200 in 2012, Julia has been teaching a fusion of Kundalini and Yin Yoga with Mindfulness comprising movement, breath, mantra and meditation.

With an emphasis on nurturing the inner space, she will guide you into a deeper awareness your body, mind and emotions; releasing tension and stress, and allowing you to return to your natural state of being.

During your week of private yoga lessons, Julia will introduce you to a variety of rejuvenating and restorative practices including Mindfulness, Yin & Yang Yoga, Sound Healing and Yogic Sleep; all of which will give you a clear, focused mind for your studies, energy to sustain concentration and deep relaxation to help integrate everything that you have learned.





Sample weekly activity programme

# Social Programme



Monday

08:30 - 12:50  
English Lesson

13:00 - 14:00

**Networking Lunch at the Royal Carvery**

14:00 - 15:15  
Kundalini Yoga

Kundalini is an active style of yoga, which releases tension and toxins from the body and increases mental capacity through movement, mantra and breath. The exercises which are fun and dynamic, strengthen and tone the body, while improving cardiovascular health and emotional well-being.

Tuesday

08:30 - 12:20  
English Lesson

12:30 - 13:30

**Networking Lunch at Me & Mrs Jones**

13:30 - 14:45  
Mindfulness session

Mindfulness movement is a meditative practice with focused attention on the body and its sensations. This is a wonderfully relaxing practice that calms the mind and promotes total awareness of the body.

Wednesday

08:30 - 12:50  
English Lesson

13:00 - 14:00

**Networking Lunch at Three Degrees West**

14:00 - 15:15  
Sound Healing and Yogic Sleep

Yogic sleep is a nurturing and rejuvenating practice, which allows you to let go of the outer world and release all efforts. Through visualisation techniques and sound healing, you are guided into a profound state of deep relaxation.

Thursday

08:30 - 12:20  
English Lesson

12:30 - 13:30

**Networking Lunch at Three Degrees West**

13:30 - 14:45  
Yin & Yang Yoga

Yin Yoga is a passive and beautifully simple practice, that nourishes the joints, ligaments and connective tissue in the body. In the stillness of the poses, you become more aware of physical and emotional sensations, allowing everything to be exactly as it is.

Friday

Optional upgrade to 19 hours  
in the morning

or

Day free to join a school  
organised activity

Saturday

08:00 - 18:00  
Day Trip to Roman City of Bath

A famously elegant city  
full of traditional heritage,  
contemporary culture, green  
spaces and a few surprises.

**Price: £50**



## ACCREDITATIONS



Accredited by the  
 **BRITISH COUNCIL**  
for the teaching  
of English in the UK



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