

STANDARD
ENGLISH AND WELLBEING

2024



PURSuing EXCELLENCE IN ENGLISH

Course description

We use the 'Communicative Method' to cover all aspects of the language used at each level of the CEFR. There is a comprehensive programme of grammar, reading, listening and writing, all supported by meaningful speaking activities.

Students learn English in the mornings and enjoy private yoga sessions in the afternoon included in the fees. Teachers use their professional expertise to select activities that will most engage and support their students.



Course Facts

Minimum Age: 18
Maximum 12 students per class
Tuition: 15 or 19
Level: All levels (beginners accepted on the first Monday of every month)

Aims and objectives

Students develop all four skill areas in a supportive classroom environment, following the IH Torquay curriculum. There is a strong emphasis on training our students to be independent language learners.

Progression routes

Students have the opportunity to progress through all the levels of the CEFR and their global progress is monitored every month by our academic team.

What is included

- Pre-course placement test
- Course materials
- End-of-course report
- Certification of level
- 4 private training sessions focussing on Mindfulness, Yin & Yang Yoga, Sound Healing and Yogic Sleep

Torquay

Torquay is known as the English Riviera, famous for its beautiful beaches, palm trees and warm climate.

Once a small fishing village, the town developed as a popular seaside tourist destination in the early 19th century.

In 2007 the English Riviera was designated an UNESCO Global Geopark to recognise the important geological, historical, and cultural heritage of the area.



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 - 13:00
English Lesson

13:00 - 14:00
Lunch break

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 - 12:30
English Lesson

12:30 - 13:30
Lunch break

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 - 13:00
English Lesson

13:00 - 14:00
Lunch break

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 - 12:30
English Lesson

12:30 - 13:30
Lunch break

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
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for the teaching
of English in the UK



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