



**International
House**
Torquay



**TORQUAY
INTERNATIONAL
SCHOOL**

Standard English and Wellbeing

2026

Pursuing excellence

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 wellbeing classes focussing on Mindfulness, Kundalini-inspired Yoga, Somatic Movement 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.



Wellbeing Class with Julia

This dedicated Wellbeing Class is gently tailored to your individual needs. Within this calm, supportive environment, you can slow down, breathe deeply, and reconnect with your natural rhythm through movement and restorative rest.

- Breath-led movement to release tension and awaken vitality
- Soothing stretches to invite softness and spaciousness in the body
- Deep rest to support your nervous system and offer true replenishment
- Calming breathing practices to settle the mind and bring you home to presence
- Mindfulness to support emotional ease and inner clarity

Whether you're completely new to these practices or experienced, each session will meet you where you are — inviting a greater sense of calm, clarity, and ease.

If you'd like to explore how your own Wellbeing Class could support you during your time here, just let the school know — they'll be happy to connect us. I look forward to meeting you.



Sample weekly activity programme

Social Programme



Monday

08:30 - 13:00
English Lesson

13:00 - 14:00
Lunch break

14:00 - 15:15
Wellbeing Class

Tuesday

08:30 - 12:30
English Lesson

12:30 - 13:30
Lunch break

13:30 - 14:45
Wellbeing Class

Wednesday

08:30 - 13:00
English Lesson

13:00 - 14:00
Lunch break

14:00 - 15:15
Wellbeing Class

Your Wellbeing Class is especially tailored for you, involving a mix of practice

Kundalini-Inspired Yoga

This uplifting practice weaves movement, mantra, and breath to awaken your energy and clear stagnation from the body and mind. Each sequence is playful, accessible, and revitalising — supporting emotional balance, heart health, and a joyful sense of aliveness.

Somatic Movement

A slow and intuitive journey back to your body's innate wisdom. Somatic practices help you unwind tension, restore ease, and move with greater sensitivity, presence, and connection.

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Thursday

08:30 - 12:30
English Lesson

12:30 - 13:30
Lunch break

13:30 - 14:45
Wellbeing Class



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

es including:

Mindfulness

The art of coming home to the present moment. Through simple guided practices, you'll cultivate awareness of breath, body, thought, and feeling — helping you soften reactivity, build emotional resilience, and rest more deeply in the here and now.

<https://ihtorquay.uk/>

Yogic Sleep (Yoga Nidra)

A profoundly restful practice guiding you into the liminal space between waking and dreaming. Through sound healing, visualisation, and guided awareness, your body is invited to deeply rest and renew.

ACCREDITATIONS

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



+44 (0)1803 295 576

study@ihtorquay.uk

www.ihtorquay.uk

Emergency number: +44 (0)7798 560 458