

# ENGLISH AND YOGA IN HAWAII

Practice Yoga. Speak English. Breathe in Nature.



## YOGA WELLNESS CLASS: Every Friday 8:45am - 10:15am

Wellness Workshop + Beach Park Yoga Registered Student: \$25 Non-registered Student: \$35

Learn English through Yoga in this class that's open to students of all levels. We start off with a wellness workshop at school before walking to Kapiolani Park for our Yoga class.

Our wellness themes vary from week to week, but our main focus is on living a healthy lifestyle.

Examples of our wellness themes: Emotional wellness, Physical wellness, Social wellness, Intellectual wellness...

## YOGA WELLNESS COURSE: 1 Week Course \* Registration Fee required: \$125

### ENGLISH TRAINING COURSE FOR YOGA INSTRUCTORS: 1 Week Course

The weeks of 2/11, 3/11, 4/8, 5/6, 6/10, 7/8, 9/9, 10/7, 11/4, 12/9, 2019

\* Yoga Wellness Course: \$340

\* English Training Course for Yoga Instructors: \$630

YOGA WELLNESS COURSE: Monday - Thursday, 9:30am - 11:30am and Friday 8:45am - 10:15am

Beach Park Yoga + Wellness Workshop

This weekly course focuses on aspects of living a healthy lifestyle. We practice yoga at the park and conduct daily workshops related to yoga and wellness. This course is for anyone interested in yoga, wellness, and English

ENGLISH TRAINING COURSE FOR YOGA INSTRUCTORS: Monday - Friday, 3:00pm - 6:00pm

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 and receive a Letter of Certificate.

## PRIVATE YOGA LESSONS, YOGA WELLNESS CLASSES, AND PRIVATE GROUP LESSONS

Private Lessons: \$60 Semi-Private Lessons: \$40/person Group Lessons: \$35/person

Private and group lessons are ideal for students wish to have a more taylor-made yoga class. Our instructor will spend more time focusing on your needs and lessons will flow at your own pace. Ideal for friends and family members who wish to practice yoga together.

## SPECIAL EVENT: YOGA WELLNESS WORKSHOP



Beach park Yoga with guest instructor, vegan lunch from Peace Cafe, Wellness Workshop, and Q + A.

Hawaii Palms has collaborated with TV personality and certified Yoga Instructor, Mieko Hanada for a workshop held right before the Honolulu Marathon.

Please contact us for more dteails.