



HAWAII PALMS ENGLISH SCHOOL

YOGA WELLNESS COURSE

1week Monday – Friday 9.5/ week \$340

2019 Starting dates:

2/11, 3/11, 4/8, 5/6, 6/10, 7/8, 9/9, 10/7, 11/4, 12/9

9:30am

Meet at Kapiolani Park. * On Mondays, we will meet at school and walk to the park together.
 * Friday 8:45am – 10:15am Class is combined with Friday Yoga Wellness Class.
 Beach park yoga lesson starts on Mondays. * We will start at 8:45am all other days.

Wellness Workshop held at the park

11:30am

Our day finishes at Kapiolani Park * Friday, we end the class at 10:15am.

YOGA WELLNESS COURSE THEMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Orientation • Wellness • Intro to Yoga • Body Parts • Yoga Poses 	<ul style="list-style-type: none"> • Yoga related vocabulary • Yoga Phrases 	<ul style="list-style-type: none"> • Various types of Yoga, and let's experience 	<ul style="list-style-type: none"> • Healthy Habits • Improving your Body & Mind 	<ul style="list-style-type: none"> • Yoga Wellness Class *8:45am 10:15am



PRICE INCLUDES: Registration fee, tuition, material fee, yoga mat, essential oil, one-elective ticket

WHAT TO BRING: A towel, water, sunscreen, a pen, your yoga mat, and essential oil.

NEW TO YOGA? :No problem. This course is designed with all levels in mind.

OPTION : Join our English Intensive Course before or after the course to improve your English fast. You can also purchase elective tickets to take afternoon Elective classes. We help students finding accommodation.

WHO CAN JOIN THIS COURSE? Anyone healthy over the age of 16.

Students who sign up with your family or friend get 10 % off tuition.

www.EnglishSchoolHawaii.com/yoga