

French and yoga

9-13 April 2018

30 July-3 August 2018

17-21 September 2018 (°)

At CREA-Langues you can combine learning French and practising yoga.

The unique setting of our school, a converted monastery tucked away among olive groves and fields of lavender, is the ideal location for a balance between study and relaxation, a total immersion in French and yoga.

Wellness and progress in French will be « au rendez-vous ».



French
15 h of French classes + 20 h of informal practice of French
as part of the total immersion concept

3 to 6 persons per level

20 à 25 people on site per course

Elementary till advanced level.

Minimum level required: A2 in the process of being acquired,
according to the CEFR (Common European Framework of Reference)

Concept of our courses

French practice from dawn till dusk, also out of class time
in company of our teachers

Intensive courses in a relaxed way to encourage the pleasure of learning
Focus on communicative skills (oral expression and comprehension)

Permanent guidance by our motivated and dedicated pedagogical team.
Convivial meals in their presence, to practice your newly acquired
knowledge and to speak French more fluently

Public

Adults from all countries

Yoga

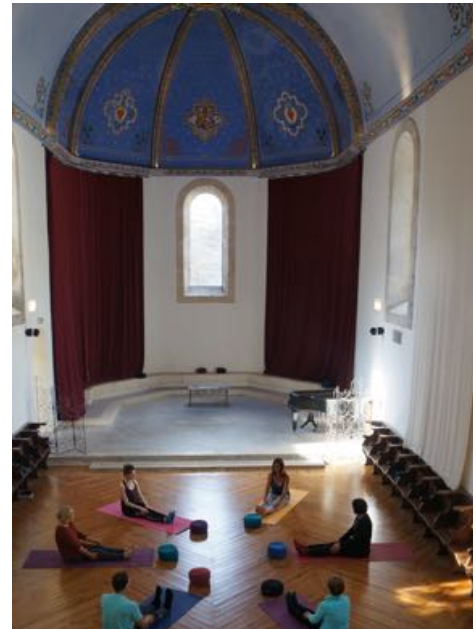
7 1/2 hours of yoga per week

All levels, beginners are welcome, too. Minimum 3, maximum 8
participants. The yoga courses will be held in the garden or in the
chapel of the Monastery.

See programme of the week p 2.

Your yoga teacher

Graduated from the French Institute
of Yoga, **Valérie Piu** is practicing and
teaching yoga since seven years.
She offers thematic workshops:
respiration, postures, concentration.



The yoga classes, given in French, will enable you to enlarge your
vocabulary and to live "à la française". You'll be given summary sheets.
Relaxation, concentration and calm will allow you to learn French in
the best conditions.



(°) You could also register for these dates
without doing yoga classes. In the
afternoon, you will have classes or activities
offered in our standard formulae: 'Intensif',
'A la carte' or 'Expat'. See website.

You could also register for a 2-week course
and benefit from the yoga programme : 9-20
April; 23 July-3 August; 17-28 September.
During one week you could choose one of
our standard programmes ; during the other
week "French and Yoga".

Programme

15 hours of general French + 7 1/2 hours of yoga + 20 hours of informal practice of French, as part of the immersion concept.

| | Monday | Tuesday-Friday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---|--------------------|--------------------------|---|--------------------------|--------------------------|
| | | 7h-8h | Yoga | | Yoga | Yoga |
| 8h-9h | Breakfast | 8h-9h | Breakfast | Breakfast | Breakfast | Breakfast |
| 9h-12h15 | Individual interview Assessment test Presentation | 9h-11h45 | French course | French course | French course | French course |
| 12h30-13h 13h-14h | Welcome drink Lunch (2) | 12h-12h45 | Mini atelier (1) | Mini atelier (1) | Mini atelier (1) | Individual assessment |
| 15h-15h45 | Introduction Yoga | 13h-14h | Lunch (2) | Lunch (2) | Lunch (2) | Lunch (2) |
| 16h-18h30 | French course | Afternoon | 16h30-18h Yoga | 15h-18h30 (3) 'à la carte' activity | 16h30-18h Yoga | 16h30-18h Yoga |
| 19h30-20h45 | Dinner (2) | 19h30-20h45 | Dinner (2) | Dinner (2) | Dinner (2) | Dinner (2) |
| | | Evening | Animation | Animation | Animation | |

- (1) Work on specific skills: written French, debate, pronunciation, etc.
- (2) All meals are taken in the presence of the teachers.
- (3) A la carte activity of your choice : culture, sports, nature.

Prices and conditions 2018

1. One-week course : 9-13 April; 30 July-3 August; 17-21 September

* Course 'French and yoga': **1060 €**

* Full board accommodation 5 days (4 nights) from Monday 9 a.m. till Friday 6.30 p.m. : **490 €** double room ; **634 €** single room.

2. Two-week course : 9-20 April; 23 July-3 August; 17-28 September

(1 week : 'Intensif', 'à la carte' or 'Expats' – 1 week ' French and yoga')

* Course: **1870 €**

* Full board accommodation 12 days (11 nights) from Monday 9 a.m. till Friday 4 p.m.: **1267 €** double room; **1663 €** single room.

* It is possible to arrive on Sunday before the start and/or to leave on Saturday morning after the end of your course. Price per extra night, half-board: **89 €** double room ; **123 €** single room.

* Group size yoga classes: minimum 3, maximum 8.

* Optional: private courses: 2 x 45' per week to work on your specific needs; supplement : **123 €**.

* General and cancellation conditions: see price list on website.

Others

* At your disposal to work individually : audio library, television, CD-pronunciation, books, newspapers, etc.

* Leisure activities : swimming pool, hike in the region or a tour on our bicycles (mountain bikes and electrical assisted bikes), billiard room, fitness area, piano; free transfer to neighbouring village ; organized evenings, free Internet access with Wifi.

* For the yoga classes : yoga mats and cushions available.

* Group transfers from and to Marseille airport and Aix-TGV station upon arrival on Sunday evening and at departure on Saturday morning with supplement. See price list.



www.crealangues.com

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crea-langues
since 1984

