

French and yoga

8-12 April 2019

29 July-2 August 2019

16-20 September 2019 (°)

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

17 h of French classes + 50 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

8 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 eight years.

She offers thematic workshops: respiration, postures, concentration.



(°) 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".



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.

Programme

17 hours of general French + 8 hours of yoga + 40 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	16h30-18h15 Yoga	15h-18h30 (3) 'à la carte' activity	16h30-18h15 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 2019

1. One-week course: 8-12 April; 29 July-2 August; 16-20 September

* Course 'French and yoga': **1090 €**

* Full board accommodation 5 days (4 nights) from Monday 9 a.m. till Friday 6.30 p.m.: **509 €** double room; **653 €** single room.

2. Two-week course: 8-19 April; 22 July-2 August; 16-27 September

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

* Course: **1925 €**

* Full board accommodation 12 days (11 nights) from Monday 9 a.m. till Friday 4 p.m.: **1306 €** double room; **1702 €** 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: **93 €** double room; **129 €** single room.

* Group size yoga classes: minimum 4, maximum 8.

* Optional: private courses: 2 x 45' per week to work on your specific needs; supplement: **128 €**.

* 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 Wi-Fi.

* 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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GROUPEMENT PROFESSIONNEL DES ORGANISMES D'ENSEIGNEMENT DU FRANÇAIS LANGUE ÉTRANGÈRE

crea-langues
since 1984

