

Optional activity: Yoga (Y)

This option is designed for adults of all levels who wish to improve their French level while enjoying the benefits of practicing yoga (Ashtanga/Vinyasa).



Yoga Objectives:

- Learning different techniques of yoga during various courses
- Enjoying the benefits of varied types of yoga (hatha yoga, vinyasa, pilates)
- Benefit from courses supervised by professionals

This optional course is intended exclusively for students taking a FG course or 20 lessons CP/week at least

LEVEL OF YOGA	DURATION	PARTICIPANT	PROGRAM
<ul style="list-style-type: none"> • All levels 	<ul style="list-style-type: none"> • 2 weeks course on the dates of your choice • 10 hours in the afternoon over the two weeks • Other options on request 	Minimum 1 participant <i>(students will share yoga classes with other participants)</i>	Our partner will share their passion of the practice of yoga and teach you its numerous benefits. The lessons are taught in French, in small groups.
LEVEL OF FRENCH	SCHEDULE	TRANSPORT	PAYMENT AND CANCELLATION
<ul style="list-style-type: none"> • A1 to C2* 	<ul style="list-style-type: none"> • 10 hours total over two weeks (8 courses of 1h15 each) between 13.30 and 20.30 	10 minutes walking distance from IS Aix-en-Provence (possibility to take the bus)	To be paid directly to the partner. Booking fee to be paid upon reception of the invoice from IS Aix-en-Provence or your agency. Cancellation rules: <ul style="list-style-type: none"> - In case of cancellation until 10 days before the course start: 25€ of cancellation fee will not be refunded. - Between 3 and 10 days before the course start: 50% of the course price will not be refunded. - Less than 3 days before the course: 100% of the course price will not be refunded.
DETAILS	On your first course day at IS Aix-en-Provence you will receive the schedule for the French course as well as the schedule this optional course as well as all other necessary information for your stay.		

*All levels according to CECR: <https://www.coe.int/en/web/common-european-framework-reference-languages/level-descriptions>

