



English Plus Yoga

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Students in this program attend regular English classes at ELC each morning, Monday through Friday. In the afternoons, students participate in an unlimited number of group yoga lessons at Back Bay Yoga Studio (BBY), a vibrant and friendly studio located about a 15 minute walk from ELC. Lessons are offered in a variety of levels ranging from gentle to moderate to vigorous. BBY also offers a variety of styles including, Ashtanga (led and Mysore-style), Forrest, Vinyasa, Restorative, Yin. Students with any level of yoga experience are welcome to join the program. An intermediate level of English is required.

2-week program includes:

40 lessons of General English:

+Pre-arrival registration at Source Yoga arranged by ELC

+First day initial consultation with a yoga advisor to put together a personalized yoga program

+ELC led visit to Source Yoga for tour, introduction to staff plus initial consultation

+Unlimited number of group yoga lessons for the duration of the course, any day of the week

+Complimentary yoga mat bag, water bottle and towel for student to keep

+Use of additional yoga materials and props included (students should bring loose, comfortable clothing)