



English  
Language  
Company

Sydney – Australia

# ENGLISH PLUS YOGA

## Develop in mind and body!

Make the most of your time in beautiful Sydney to focus on your wellbeing while you study English.

This package is the perfect way to:

- ✓ Unwind, recharge and reconnect
- ✓ Reduce stress and enhance your wellbeing
- ✓ Cultivate inner peace and mindfulness
- ✓ Improve your flexibility, strength and balance
- ✓ Deepen your knowledge of holistic practices

## What's included?

By enrolling into any intensive daytime programs at ELC, you will have access to up to 27 hours of tuition per week, as well as access to a range of optional social activities and excursions after class and on the weekends.

In addition to these, over the first 4 weeks of your course, our English Plus Yoga package includes:

- › Unlimited yoga classes at a dedicated yoga studio in the city centre.
- › Overnight weekend retreat at Heart & Soul Retreat.
- › Full access to the online wellbeing course: A Life InYoga, offering a comprehensive approach to fostering a healthy and fulfilling life.





# UNLIMITED YOGA CLASS

**InYoga Studio** provides a sanctuary in the city where individuals can deepen their yoga practice and enhance their wellbeing. The studio is located in the vibrant area of Surry Hills, a short light rail ride or a 25-minute walk from the school. You will be able to book the classes you want at the time that suits you. Some features of the studio include:

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## ***Range of yoga classes***

Choose from a wide range of classes, catering to all levels from beginners to advanced practitioners. Each class is designed to improve flexibility, strength, and balance.



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## ***Experienced instructors***

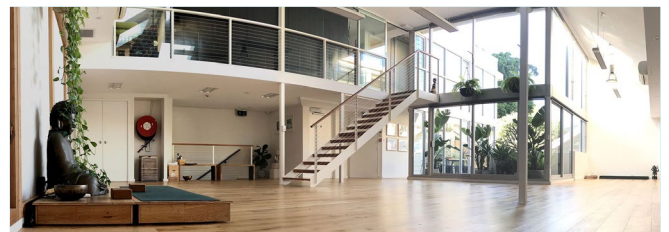
Teachers at InYoga Studio are highly trained professionals passionate about guiding students through their yoga journey. They ensure a supportive and inclusive environment.



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## ***Well-designed space***

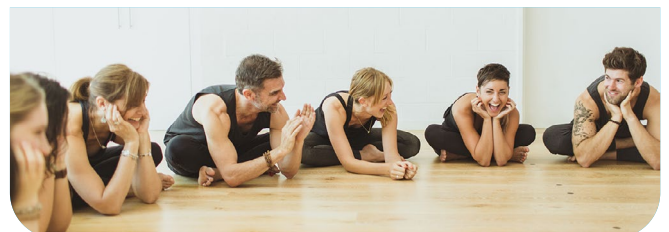
The studio space is light-filled, providing a calming atmosphere conducive to yoga practice.



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## ***Workshops and Training***

Regular workshops and training sessions are offered, covering topics like yoga philosophy, meditation, and pranayama, thus enriching the traditional practice with modern insights.



## ***Online Yoga Course: A life InYoga***

In addition to live classes, you'll get access to InYoga's online course through which you'll learn how to:

- › Use yoga to improve movement and maintain a healthy body
- › Eat well, practice effective breathing and boost your energy
- › Engage in meditation and mindfulness
- › Join a community, increase self-awareness and live mindfully



# Heart & Soul Retreat Centre

You will have the opportunity to spend 2 days, 1 night at a gorgeous retreat centre in the hills bordering the Royal National Park south of Sydney where you'll enjoy:

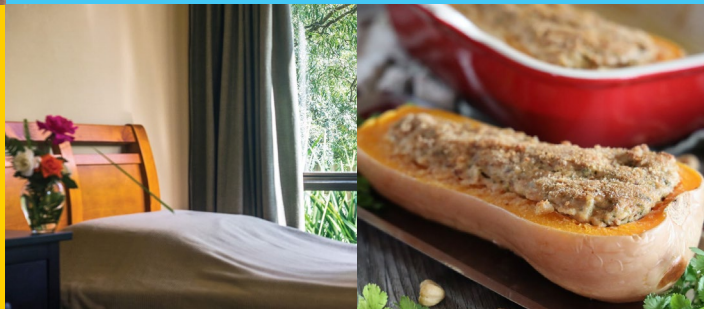


## CHOICE OF ACTIVITIES

The centre offers yoga, meditation, sound healing workshops, and evening events promoting health and community.

## ACCOMMODATION AND MEALS

You will be staying in a private room and will enjoy vegan meals prepared with local ingredients, supporting physical nourishment and spiritual cleanliness.

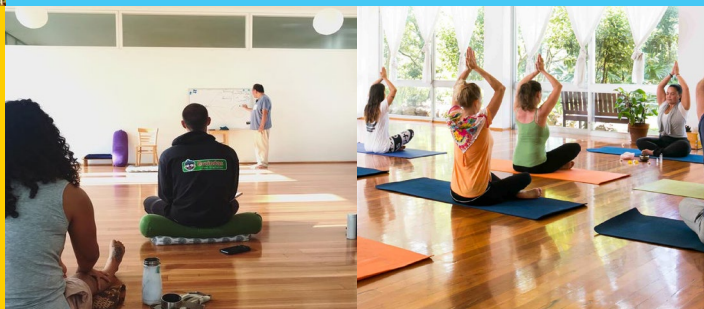


## NATURAL ENVIRONMENT

Explore, hike and connect with nature!

## PERSONAL DEVELOPMENT

The centre hosts educational workshops about the yogic lifestyle, encouraging a deeper understanding of wellness practices.



## COMMUNITY ENGAGEMENT

The centre fosters a supportive community where like-minded individuals share experiences and support each other in their wellness journeys.

The schedule for your weekend will be as follows:

### Saturday

- > 12pm-2.00pm Make your way to the resort
- > 2.00pm-3.00pm Check in
- > 3.30pm Orientation
- > 4.00pm Yoga class
- > 6.00pm Dinner
- > 7.30pm Evening event

### Sunday

- > 6.30am Yoga class
- > 8.00am Breakfast
- > 11.30am Workshop
- > 1.00pm Lunch
- > 2.00pm Departure
- > 2.00pm-4.00pm Make your way back to Sydney



# ENGLISH PLUS YOGA - FAQ

## ***How do I get to the Heart & Soul retreat?***

Heart & Soul Retreat Centre is located in Otford, a small town in the hills bordering the Royal National Park south of Sydney. Using public transport, the best way for participants to get there is by train to Otford station. Most trains depart from Central Station in Sydney and take 1hr-1hr45 to get to Otford station. Once you get there, the retreat centre is only a 6-minute walk away. You will just need your Sydney transport card (Opal card) to board this train and the cost will be \$5-\$8.

## ***Heart & Soul retreat house rules***

Heart & Soul asks all participants to respect their yogic, healthy and sustainable lifestyle during the weekend retreat, including:

- › **Veganism:** all meals served will be vegan and participants are asked to not bring non-vegan products to the centre.
- › **Intoxicants:** no drugs, alcohol, cigarettes or caffeine should be brought or consumed at the retreat. Chai and herbal tea will be available.
- › **Serenity:** in order to maintain a peaceful environment for all to relax and recharge in, the centre asks all participants to keep the noise levels down during the daytime and observe silent time at night from 9pm to 6:30am.

## ***Recommended level of English***

We recommend a minimum English level B1+ in order to easily follow yoga lessons & workshops.

## ***Program eligibility criteria***

- › Minimum 18 years old
- › Minimum 4-week enrolment into a daytime course at ELC
- › A general health declaration may be required to ensure fitness for physical activities involved.

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