

YOGA PACKAGES

- Includes 5 hours of Yoga Practice, 4 days a week
- Support your language learning with a health practice that provides increased energy and reduces stress
- Gain strength, flexibility, focus and peace of mind

AVAILABLE IN

New Delhi

ENTRY REQUIREMENT

ILSC Beginner 1

Students must sign a physical activity waiver form in addition to the ILSC–New Delhi application

PROGRAM FEES

| | |
|-----------------------|-------|
| Registration fee: | \$25 |
| Materials fee: | \$25 |
| 2-week package price: | \$235 |
| 4-week package price: | \$415 |

Note: Yoga mats will be provided to students

Price is in US dollars and subject to change.

PROGRAM AVAILABILITY

For more information, please contact :

ILSC INDIA PRIVATE LIMITED
B–17, Shivalik, GF,
Gitanjali Road, Malviya Nagar,
New Delhi 110017, India

☎ (+91) 84 70 866 266

✉ inquiry@ilsc.in

WWW.ILSC.IN

DESCRIPTION

The Yoga program at ILSC–New Delhi offers a unique opportunity to experience the ancient holistic health practice developed in India under the careful instruction of a certified yoga teacher.

Students will practice yoga in its most traditional Indian method, as well as meditation and de-stressing techniques. They will learn the most common yoga techniques and poses, while paying special attention to English language learning. Students will develop English listening skills as they learn to follow physical instructions accurately while mastering the vocabulary of anatomy and movement.

Students can opt for this package as an add on to their chosen studies from ILSC’s selection of courses to develop their English Communication, Academic, or Business English, depending on their personal interests and language level.

The program is open to all yoga experience levels.

PROGRAM SCHEDULE

Program runs 4 days per week, for a total of 5 hours practise per week. Yoga classes take place either in the early mornings, from 8:00 - 9:15 am, or in the afternoon, from 3:45- 5:00 PM, and either Mon-Thu, or Tue-Fri, depending on what schedule and days best suit the current yoga package students.

