



**HEALTH INSTITUTE**  
A U S T R A L I A

## TIMETABLE

## LIVING ENGLISH - EDUCATION FOR LIFE

<b>MONDAY</b>	<b>9am - 4pm 6 hours (CORE ENGLISH 2 hours + Discussion + Movie)</b>
9:15-10:30am	Mindfulness and Yoga Breathing (pranayama). Circle, share names. Some philosophical concepts.. Practice. (1:15)
10:30-12:30pm	Core English (2 hours)
12:30-1:00pm	Lunch Break
1:00-2:00pm	Living Yoga, Living English. Mind-body-health: What's it all about? Discussion (1 hour)
2:00-4:00pm	Movie (2 hours)
<b>TUESDAY</b>	<b>9:30am -3:15pm. 5 hours (CORE ENGLISH 4 hours)</b>
9:30-12:30pm	Core English (3 hours)
12:30-1:30pm	Deep relaxation (1 hour)
1:30-2:15pm	Lunch Break
2:15-3:15	Core English (1 hour)
<b>THURSDAY</b>	<b>9:30am - 4:30pm. 6 HOURS (CORE ENGLISH 5 hours)</b>
9:30-12:30	Core English (3 hours)
12:30-1:30	Relaxation and Meditation. Room 1. (1 hour)
1:30-2:30pm	Lunch Break
2:30-4:30pm	Core English (2 hours)
<b>FRIDAY</b>	<b>9am- 1:15pm. 4 hours (CORE ENGLISH 3 hours)</b>
9:15-10:10	Yoga Stretch and Tone (1 hour)
10:15-1:15	Core English (3 hours)