



**International
House**
Torquay



**TORQUAY
INTERNATIONAL
SCHOOL**

Premium English and Wellbeing

2026

Pursuing excellence

Course description

This course is designed for more mature students and professionals wanting to improve their English in a more intensive setting with a maximum of 4 students per class.

Students learn English in the mornings and enjoy private yoga lessons in the afternoon included in the fees. The course content is negotiated with and guided by the teacher.

Course Facts

Minimum Age: 30
Maximum 4 students per class
Tuition: 15 or 19 hours
Level: All levels (beginners accepted on the first Monday of every month)

Aims and objectives

Students gain confidence in using English in a functional and practical way. Students will develop their accuracy across all the skill areas.

Progression routes

Students can opt to transfer onto one of our General English or MAX4 courses after they have completed the English and Wellbeing programme.

What is included

- Networking lunch with fellow students and a member of staff (Monday-Thursday)
- Pre-course placement
- Needs analysis
- End-of-course Report
- Certification of studied level
- Course materials
- Private car (with driver) transfer on arrival from any UK airport. Please note that departure transfer is NOT included.
- 4 private wellbeing classes focussing on Mindfulness, Kundalini-inspired Yoga, Somatic Movement and Yogic Sleep

Networking lunch

Students are invited to join a member of staff and their fellow students for lunch in a local restaurant or café very day, Monday to Thursday.

Menus for pre-ordering will be available at Reception.



Wellbeing Class with Julia

This dedicated Wellbeing Class is gently tailored to your individual needs. Within this calm, supportive environment, you can slow down, breathe deeply, and reconnect with your natural rhythm through movement and restorative rest.

- Breath-led movement to release tension and awaken vitality
- Soothing stretches to invite softness and spaciousness in the body
- Deep rest to support your nervous system and offer true replenishment
- Calming breathing practices to settle the mind and bring you home to presence
- Mindfulness to support emotional ease and inner clarity

Whether you're completely new to these practices or experienced, each session will meet you where you are — inviting a greater sense of calm, clarity, and ease.

If you'd like to explore how your own Wellbeing Class could support you during your time here, just let the school know — they'll be happy to connect us. I look forward to meeting you.



Sample weekly activity programme

Social Program



Monday

08:30 - 12:50

English Lesson

13:00 - 14:00

Networking Lunch at the Royal Carvery

14:00 - 15:15

Wellbeing Class



Tuesday

08:30 - 12:20

English Lesson

12:30 - 13:30

Networking Lunch at Me & Mrs Jones

13:30 - 14:45

Wellbeing Class



Wednesday

08:30 - 12:50

English Lesson

13:00 - 14:00

Networking Lunch at Three Degrees West

14:00 - 15:15

Wellbeing Class

Your Wellbeing Class is especially tailored for you, involving a mix of practice

Kundalini-Inspired Yoga

This uplifting practice weaves movement, mantra, and breath to awaken your energy and clear stagnation from the body and mind. Each sequence is playful, accessible, and revitalising — supporting emotional balance, heart health, and a joyful sense of aliveness.

Somatic Movement

A slow and intuitive journey back to your body's innate wisdom. Somatic practices help you unwind tension, restore ease, and move with greater sensitivity, presence, and connection.

mmme



Thursday

08:30 - 12:20
English Lesson

12:30 - 13:30
**Networking Lunch at Three
Degrees West**

13:30 - 14:45
Wellbeing Class



Friday

Optional upgrade to 19 hours in
the morning

or

Day free to join a school
organised activity



Saturday

08:00 - 18:00
Day Trip to Roman City of Bath

A famously elegant city full of
traditional heritage, contemporary
culture, green spaces and a few
surprises.

Price: £50

es including:

Mindfulness

The art of coming home to the present moment. Through simple guided practices, you'll cultivate awareness of breath, body, thought, and feeling — helping you soften reactivity, build emotional resilience, and rest more deeply in the here and now.

Yogic Sleep (Yoga Nidra)

A profoundly restful practice guiding you into the liminal space between waking and dreaming. Through sound healing, visualisation, and guided awareness, your body is invited to deeply rest and renew.

ACCREDITATIONS

Accredited by the
 **BRITISH
COUNCIL**
for the teaching
of English in the UK



+44 (0)1803 295 576

study@ihtorquay.uk

www.ihtorquay.uk

Emergency number: +44 (0)7798 560 458