

ADULTS
2024



MEDITATION & RELAXATION PROGRAM

“

Learn French and get in touch with your emotional and physical well-being.

An exclusive program including French classes, meditation activities and accommodation on the Côte d'Azur!

”

FRENCH COURSE

20 morning lessons
From Monday to Friday

+

ACTIVITY PROGRAM

4 afternoons of relaxation activities
Between Monday and Friday

+

ACCOMMODATION

Centrally located studios,
Very close to the beaches



1 week minimum - 8 sessions per year

FROM **809€** / WEEK



FRENCH LANGUAGE AND LEISURE PACKAGE FOR ADULTS



PROGRAM LEADER

A dedicated leader throughout your stay!

- In addition to coordinating the activities, the leader guides the students in the workshop.
- Ensures the smooth running of the program, and connects students with the local guides of each workshop or visit.
- Encourages the practice of the students French language skills outside of the classroom.



TYPES OF ACTIVITES

A program which blends various relaxation techniques for the mind and body.

- A diversified program incorporating daily guided meditation exercises, yoga classes by the sea, pilates workshops, nature walks, Chanoyu tea ceremony, and stand up paddle yoga lessons.
- Intended for all levels of experience. Instructors will adapt to individual level of flexibility and comfort during sessions.

WHY PARTICIPATE IN OUR PROGRAM

- Join a unique **French language and leisure package** in Antibes, the ultimate place to **improve your physical and mental well-being**.
- Meet individuals with a **shared interest** in well-being and the practice of daily meditation in an **international community**.
- All participants will be **accommodated in a calm residential area of Antibes** within a **walking distance to the lively town centres and beaches** of Antibes & Juan les Pins.



MEDITATION & RELAXATION



SAMPLE OF SCHEDULE 4 activities per week

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + WALK IN CAP D'ANTIBES	PILATES SESSION ON THE BEACH	YOGA SESSION ON THE BEACH	EXCURSION IN THE NATURE	FREE TIME	

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	PADDLE YOGA OR FLYING YOGA	MEDITATION WORKSHOP	YOGA SESSION ON THE BEACH	FREE TIME	CHANOYU TEA CEREMONY & VISIT OF NICE	

NOTES

- * The meals are not included in this program.
- This timetable is given as a reference showing a sample of activity program, it may be subject to change due to operational reasons or according to weather forecast.





FRENCH COURSE

STANDARD COURSE

Lessons are taught through an interactive teaching method developed by the Centre International Antibes. Students will take part in a host of interactive and didactic activities in speaking and writing. With the use of various teaching aids students will actively participate in dynamic exercises involving real life situations and role-playing.

CLASS STRUCTURE

- 20 lessons of 45 minutes per week
- From Monday to Friday
- From 9:00 a.m. to 12:20 p.m. (15-20 min break)
- 12 students maximum in a class

WHERE DO CLASSES TAKE PLACE?

Lessons take place at the **Chateau School** or at the **Port School**.

NOTES

- Special arrival dates apply for absolute beginners: 02.06 - 01.09





ACCOMMODATION

Students are accommodated in our comfortable in our Residence Aragon*.

Our ideally situated residence offers recently renovated studios in an inviting and friendly atmosphere. The private modern en suite bathrooms and fully equipped kitchenette will provide additional comfort during your stay as it will make you feel just like at home.

HIGHLIGHTS

■ RESIDENCE ARAGON

Located in a quiet area between Antibes and Juan-les-Pins :

- **10 minute walking distance** from the beaches and the center of Juan-les-Pins and Antibes.
- **On site** : lounge area and large terrace.
- **Accommodation in studios** with private bathroom, air-conditioning and kitchenette.

NOTES

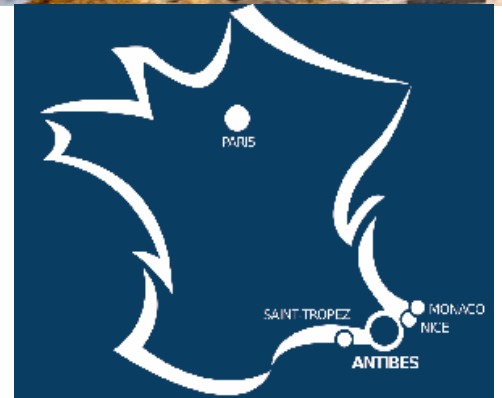
- Bed sheets are provided.
- **Towels are not provided.**
- * According to availability, we can also offer a studio in our **residence Castel Arabel.**

DESTINATION: ANTIBES



With 300 days of sunshine throughout the year and 25 kilometers of sandy beaches, Antibes is an exceptional destination on the French Riviera, between Cannes and Nice.

Learning French in Antibes allows you to enjoy the sunshine, the sea, and also to discover numerous picturesque attractions of the region.



DATES & PRICES 2024

Arrival Sunday → Departure Saturday

Dates	18/02 - 24/02	25/02 - 02/03	24/03 - 30/03	31/03 - 06/04	15/09 - 21/09	22/09 - 28/09	27/10 - 02/11	03/11 - 09/11
PACKAGE (price / week / student)								
In single studio	949 €	949 €	949 €	1089 €	1089 €	1089 €	949 €	949 €
In double studio (shared)	809 €	809 €	809 €	879 €	879 €	879 €	809 €	809 €
ADDITIONAL SERVICES (price / week / student)								
Transfer from/to Antibes railway station during the weekend (one way)	15 €							
Transfers from/to Nice airport during the weekend (one way)	60 €							
Supplement for guest in room (client does not participate in the package program)	100 €							

NOTES

No lessons are held on French national holidays.

Public holidays : 01.11

Lessons are neither refunded nor replaced but the missed activity/excursion is moved to an available afternoon.



MAP OF THE CITY

ANTIBES



FOR A DISTANCE ESTIMATE, PLEASE VISIT: <http://maps.google.fr/>

