



CENTRE
INTERNATIONAL
D'ANTIBES



MEDITATION & RELAXATION PROGRAM

 Package program  1 week minimum  7 sessions a year

2022

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Learn French and take the time to get in touch with your emotional and physical well-being under the guidance of our program leader with carefully selected workshops and excursions.

Ultimate relaxation on the French Riviera in our full package program with accommodation in studios within a walking distance from Antibes and Juan-les-Pins.

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FRENCH LANGUAGE AND LEISURE PACKAGES FOR ADULTS



FRENCH COURSE

20 morning lessons
from Monday - Friday



ACTIVITY PROGRAM

4 afternoons of relaxation activities
from Monday - Thursday



ACCOMMODATION

Centrally located studios in close
proximity to the beaches



PROGRAM LEADER

A dedicated leader throughout your stay!

- In addition to **coordinating the activities**, the leader guides the students in the workshop and also **conducts the daily guided meditation sessions**.
- 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 ACTIVITIES

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.





SAMPLE ACTIVITIES TIMETABLE 4 activities per week (Monday – Thursday)

WEEK 1

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------|------------------------------|---------------------------|------------------|-----------|--|
| <i>Welcome evening at the residence</i> | French Standard lessons | | | | | FREE TIME (or departure day for participants) |
| | Break & Lunch* | | | | | |
| | MEET & GREET + VISIT OF ANTIBES | PILATES SESSION ON THE BEACH | YOGA SESSION ON THE BEACH | NATURE EXCURSION | FREE TIME | |

WEEK 2

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------------|---------------------|---------------------------|--------------------------------------|-----------|--|
| <i>Welcome evening at the residence</i> | French Standard lessons | | | | | FREE TIME (or departure day for participants) |
| | Break & Lunch* | | | | | |
| | PADDLE YOGA OR FLYING YOGA | MEDITATION WORKSHOP | YOGA SESSION ON THE BEACH | CHANOYU TEA CEREMONY & VISIT OF NICE | FREE TIME | |

NOTES

- * Lunch not provided by the school
- * This timetable is a sample of sport activities, it might 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** (except on the first Monday of their stay which is dedicated to the placement test)
- **From 9:00 a.m. to 12:30 p.m.** (15-20 min break)
- **12 persons maximum** in a class

WHERE DO CLASSES TAKE PLACE?

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



IMPORTANT NOTES

- **All levels are accepted.**
- **Special arrival dates apply for absolute beginners:**
Jan 2 • Jan 23 • Mar 06 • Jun 19 • Aug 21 • Sep 18 • Nov 27



ACCOMMODATION

Students are accommodated in our comfortable studios in Aragon Residence.

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

■ ARAGON RESIDENCE

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

- **10 min by foot** from the beaches and the centre of Juan-les-Pins and Antibes.
- **On site:** lounge area and large terrace.
- **Accommodation in studios** with private bathroom and air-conditioning

IMPORTANT NOTES

- **Bed sheets are supplied** for the duration of your stay. A clean set is provided each week at the reception. Towels are not provided.

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.

Learning French in Antibes allows you to enjoy the sunshine, the sea, and also to discover numerous picturesque attractions of the region. Our package furthers your immersion experience by introducing well-being and meditation workshops conducted in French whilst regrouping students to socialize together.



DATES & PRICES 2022

Arrival Sunday → Departure Saturday

| Dates | Jan 2 - Jan 15 | Jan 23 - Jan 29 | Feb 27 - Mar 12 | May 22 - Jun 4 | Jun 19 - July 2 | Aug 21 - Sep 3 | Sep 18 - Oct 1 | Nov 27 - Dec 10 |
|---|----------------------|-----------------------|-----------------------|----------------------|-----------------------|----------------------|----------------------|-----------------------|
| ALL - INCLUSIVE PACKAGE (price/week/person) | | | | | | | | |
| With Single Studio | €820 | €820 | €820 | €890 | €890 | €890 | €890 / €820 | €820 |
| With Double Studio | €715 | €715 | €715 | €750 | €750 | €750 | €750 / €715 | €715 |
| SERVICES (price/week/person) | | | | | | | | |
| Transfers from/to Antibes railway station during the weekend (one way) | €15 | | | | | | | |
| Transfers from/to Nice airport during the weekend (one way) | €50 | | | | | | | |
| Supplement for guest in room (client does not participate in the package program) | €80 | | | | | | | |

NOTES

* No lessons are held on French national holidays.

Public holidays: May 26

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



MAP OF THE CITY

ANTIBES



SCHOOL "LE CHÂTEAU"
28, Avenue du Château

SCHOOL "LE PORT"
38, Boulevard d'Aguillon

ARAGON RESIDENCE
65, chemin Fournel Badine

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

