



# Tour Program & Quote for 14 day Study Tour for English Language and Breathwork and Meditation studies

Quote for study tour for 14 days in 2010 for 20 students

- Activities organized by Study Tours Gold Coast.
- English Language and Breathwork and Meditation organized by Zentium International, Alakh Analda
- Homestay organized by Gold Coast Student Accommodation Centre



**Commercial In Confidence**



## PROGRAM FOR 14 DAY STUDY TOUR OF THE GOLD COAST

Day	Morning	Afternoon	Evening
Monday (Day 1)	Arrive at Brisbane Airport. Met by bus and taken on Brisbane City Tour: Kangaroo Point, King George Square, Southbank Parklands & Museum.	By bus to the Gold Coast and meet Homestay family at Southport Bus Interchange at 5 pm	Evening spent with Homestay family
Tuesday (Day 2)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	1 pm Class on Breathwork and Meditation. Introduction to breathing techniques and the benefits of conscious breathing	Evening spent with Homestay family
Wednesday (Day 3)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	1 pm Class on Breathwork and Meditation. Introduction to meditation and breathing techniques and different paths of self awareness.	Evening spent with Homestay family
Thursday (ay 4)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	1 pm Class on Breathwork and Meditation. Introduction to breathing techniques and the benefits of breathing fully, navel, chest and upper chest	Evening spent with Homestay family
Friday (Day 5)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school. .	1 pm Class on Breathwork and Meditation. Introduction to breathing techniques and the benefits of breathing slowly and evenly with pauses or no pauses between breaths	Evening spent with Homestay family
Saturday (Day 6)	Students delivered to school at 9.00 am for bus to Movieworld	Movieworld all day visit. 5.00 pm return to school for Homestay families to collect	Evening spent with Homestay family.
Sunday (Day 7)	Stay with Homestay	Stay with Homestay.	Evening spent with Homestay family.
Monday (Day 8)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	1 pm Class on Breathwork and Meditation. Introduction to breathing techniques and the benefits of releasing and body tension or trauma	Evening spent with Homestay family.
Tuesday (Day 9)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	1 pm Class on Breathwork and Meditation. Introduction to meditation and breathing techniques and the benefits of calming the mind	Evening spent with Homestay family.
Wednesday (Day 10)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school	Bus to Surfers Paradise for Surfing Lesson and/or Beach Safety Lesson. 5pm Bus back to Southport for collection by Homestay family.	Evening spent with Homestay family.
Thursday (Day 11)	Students delivered at 9.00 am for English Language	1 pm Class on Breathwork and Meditation.	Evening spent with Homestay

	Class at local English Language School. Lunch at school	Introduction to meditation and breathing techniques and the benefits of balancing the emotions	family.
Friday (Day 12)	Students delivered at 9.00 am for English Language Class at local English Language School. Lunch at school and Graduation Ceremony with students and families	1 pm Class on Breathwork and Meditation. Introduction to meditation and breathing techniques for spiritual benefits. Graduation Ceremony	Evening spent with Homestay family.
Saturday (Day 13)	Students delivered to school at 9.00 am for bus to Dreamworld	Dreamworld all day visit. 5.00 pm return to school for Homestay families to collect	Evening spent with Homestay family.
Sunday (Day 14)	Stay with Homestay	Stay with Homestay. Depart for Brisbane Airport	

**Cost per student - \$1,874.40 per student** for all costs from collection at Brisbane airport and return back to Brisbane airport. (Based on 20 students, small increase if less than 20 students attend)

Quote includes all bus travel, Homestay placement fee and family payments (this fee includes all meals and transport), visits to Dreamworld and Movieworld, English Language classes, Breathwork and Meditation classes and Graduation Ceremony and Certificate of Attendance.

25% deposit required on confirmation of booking.  
Full payment one week before arrival on the Gold Coast.  
At least one month's notice is required for this booking.



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