



## Spring courses for adults at International School of Helsinki

Explore our courses in English and enrol [www.helao.fi](http://www.helao.fi).

Mon	Tue	Wed	Thu	Sat & Sun
<p><b>17.00</b></p> <ul style="list-style-type: none"> <li>• Drawing &amp; Painting</li> <li>• Finnish Courses of Different Levels</li> <li>• Advancing English Conversation Skills and Vocabulary</li> </ul> <p><b>17.30</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> </ul> <p><b>18.00</b></p> <ul style="list-style-type: none"> <li>• Astanga Yoga</li> </ul> <p><b>19.15</b></p> <ul style="list-style-type: none"> <li>• Adult Ballet Beginner Continuation Course</li> <li>• Introduction to Adult Ballet</li> </ul>	<p><b>17.00</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> </ul> <p><b>17.30</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> </ul> <p><b>19.15</b></p> <ul style="list-style-type: none"> <li>• Finnish Popular Dancing</li> </ul> <p><b>19.20</b></p> <ul style="list-style-type: none"> <li>• Pilates Beginners Continuation Course</li> </ul>	<p><b>17.00</b></p> <ul style="list-style-type: none"> <li>• Guitar Playing for Beginners</li> <li>• Finnish Courses of Different Levels</li> </ul> <p><b>17.30</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> <li>• Meditation (Cultivation of Mindfulness)</li> <li>• Meditative Hatha Yoga</li> </ul> <p><b>18.15</b></p> <ul style="list-style-type: none"> <li>• Salsa Beginner Course</li> </ul> <p><b>19.20</b></p> <ul style="list-style-type: none"> <li>• Caribbean Mix</li> </ul>	<p><b>17.00</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> </ul> <p><b>17.30</b></p> <ul style="list-style-type: none"> <li>• Finnish Courses of Different Levels</li> </ul>	<p><b>January</b></p> <p><b>11.00</b></p> <ul style="list-style-type: none"> <li>• Acrylic Painting</li> <li>• Introduction to Somatic and Conscious Movement – Questions about Embodiment</li> </ul> <hr/> <p><b>May</b></p> <p><b>10.00</b></p> <ul style="list-style-type: none"> <li>• Weave Creatively™ (only Sat)</li> </ul> <p><b>11.00</b></p> <ul style="list-style-type: none"> <li>• Drawing and Painting – from Landscapes to Cityscapes</li> </ul>