Craving for a little bit of history and culture? Phonetics?
Great conversation à la française? Or speak French while doing the Downward Dog? French à la Carte offers short classes and fun activities. From baking to yoga, you're sure to have fun and learn French!

French à la Carte est ici

Check regularly as we add new activities and classes.
French à la Carte offers

YIN YOGA AVEC ELISE
Today September 17th at from 6 to 7 pm

Enjoy a 1 hour long deep stretch yin yoga class with Elise for full body flexibility...en français!

Yin Yoga is a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga.

Yin Yoga is also great for reducing stress in the body and mind. Holding poses without distraction for several minutes teaches us to relax. We begin to release tension that is deeply ingrained in our muscles.

Beginners are welcome (in French or Yoga!)

Je m’inscris

KIDS YOGA - LITTLE WORKSHOP
Monday, Tuesday & Wednesday 5:00pm to 5:30pm
September 21st, 22nd & 23rd, 2020

- For 5-10 years old & All level of French -

Stretch and roar together! There’s nothing quite like watching active kids participate in animal yoga, those wild ones calm down in minutes. It’s a relaxing, quiet activity that’s keeping their body focused.

It’s fun and meant to engage children’s imagination and playfulness. They will engage their minds and learn French words related to poses. Enroll your kids for classes that will encourage their self-esteem and body awareness with a physical activity that is non-competitive.
Fall 2020 French Classes - ONLINE
September 28 - December 12

SEE OUR CLASSES

It's time to enroll for the Fall 2020 session of French classes!

Not sure which class to take?
Check out the Online French Placement Test here.

Become a member!

Fall Children's Classes - ONLINE
October 5, 2020 - February 6, 2021

REGISTER HERE!

Registration is now open for the next session of Children's French classes!

If you are unsure of which class to take, call the office at 916-453-1723
Le Club des Bouquineurs

Next Meeting: Friday, September 25, 6-8pm

The new Alliance book club, Le Club des Bouquineurs, meets every two months for two hours to discuss a book that the group has read.

The goal of Le Club des Bouquineurs is to engage in extensive reading and discussion in French to help increase fluency and vocabulary while becoming familiar with contemporary novels in French.

All discussion in Le Club des Bouquineurs meetings is in French. No bilingual dictionaries or online use of devices during the meeting, please. If the book is long we may extend the conversation over more than one meeting.

Participants must be current AF Sacramento members or students with a minimum of B1+ level in French.

PURCHASE MEMBERSHIP HERE!

We start each meeting with a brief review and summary, then continue to plot, character, leitmotifs; then delve into deeper points.

The next meeting will be:
Friday, September 25th, 6-8pm

and we will be discussing:
“Tous les hommes n’habitent pas le monde de la même façon”
by Jean-Paul Dubois

Come join us and expand your literary and linguistic horizons!

To participate:
RSVP your name + level to info@afsacramento.org before Wednesday, July 15, 4pm.
Login information to access the Club des Bouquineurs group will be emailed to you.

Learn More
Les Conversations du Jeudi
Thursdays 11am-12pm
Via Zoom

!! CANCELLED: September 17 and 24 !!

The Conversations du Jeudi group meets weekly via Zoom on Thursdays from 11am-12pm. Practice your speaking and listening skills, make new friends, and have fun!

UPDATE: AF Sacramento membership REQUIRED to join!
PURCHASE MEMBERSHIP HERE

To participate:

RSVP your name to info@afscramento.org
Login information to access your virtual Conversations du Jeudi group will be emailed to you.

Learn More
Le Cercle du Lecteur

Thursdays
Intermediate 6-7pm
New time! Beginner 7:15-8:15pm
Via Zoom

**Attention!** The Cercle will be taking a break at the same time as the Alliance between summer and fall sessions. Our last meeting for the summer will be Thursday, Sept. 3. We will resume the Cercle on Thursday Oct 8.

All Alliance Française members and students are invited to a weekly reading group on Thursday evenings to practice reading out loud, listening, and conversing en français!

The goal is to have fun and comfortably grow our skills. All levels are welcome. We will pick interesting books with easy vocabulary so everyone can follow. Participation is flexible: you can simply listen, or try a short reading.

We will review vocabulary, grammar and the readings (in English if necessary). Depending on the group we may incorporate discussion in French, then see where it goes! Every skill can grow with practice, especially among friends!

UPDATE: AF Sacramento membership REQUIRED to join!
PURCHASE MEMBERSHIP HERE

6-7pm for intermediate students

New time! 7:15-8:15pm for beginning students

To participate:
RSVP your name + level to info@afsacramento.org
Login information to access the Cercle du Lecteur group will be emailed to you.
CLARA's Corner

Do you know CLARA? The Alliance Française is thrilled to be a part of the CLARA Midtown!

Check out what our neighbors are up to en ce moment:

Blue Line Arts

Capital Stage Theater Company

Brazilian Center for Cultural Exchange of Sacramento

McKeever School of Irish Dance

Sacramento Ballet

Sacramento Preparatory Music Academy

Southside Unlimited

We hope you enjoy this e-newsletter. Feel free to send us your comments and feedback.

Bon weekend à tous!
Stay safe!

Bien cordialement,
L’équipe de l’Alliance Française de Sacramento

The Alliance Française de Sacramento is
an independent nonprofit 501(c)3 organization
and receives no subsidies.

Please click here to donate to the AF Sacramento!

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Contact Us