



Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

9, Villa Deshayes, 75014 PARIS, FRANCE

Tél. : +33(0)1 40 44 85 29 / +33(0)6 74 11 43 63 / +33(0)1 40 44 48 37

email : vellaithamarai@gmail.com

YOGASANA AND PRANAYAMA INSTRUCTOR TRAINING PROGRAMME

YOGASANA AND PRANAYAMA WORKSHOPS

IN PUDUCHERRY, INDIA

REGISTRATION FORM 2018

Closing dates for registration: **December 5th** for winter sessions

and **May 5th** for summer sessions

NAME.....

SURNAME

ADDRESS

ZIP CODECITY / COUNTRY.....

Telephone Mobile

e-mail

Date of birth..... Place of birth

Profession

I wish to register for Yogasana and Pranayama instructor training programme

I wish to register for Yogasana and Pranayama workshops

WORKSHOPS DATES - 2018

Please tick off the boxes corresponding to the units you wish to attend this year:

| Tick off boxes | Units | Workshops dates | Conferences' subjects | Arrival date at Puducherry | Departure date from Puducherry, back to your country or for visiting India |
|----------------|-------|-----------------------------|------------------------------------|----------------------------|--|
| | 7 | January 29th to February 03 | The Tantrisme | | |
| | 8 | February 05 to February 10 | The Ramayana | | |
| | 9 | February 12 to February 17 | The Mahabharata | | |
| | 10 | February 19 to February 24 | The Bhagavad Gita | | |
| | 11 | February 26 to March 03th | The different religions | | |
| | 12 | March 05 to March 10 | The Integral Yoga of Sri Aurobindo | | |

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|----------------|-------|------------------------|-----------------------------|----------------------------|--|
| | 1 | July 02 to July 07 | History of Indian culture | | |
| | 2 | July 09 to July 14 | The Vedas | | |
| | 3 | July 16 to July 21 | The Upanishads | | |
| | 4 | July 23 to July 28 | The Samkhya | | |
| | 5 | July 30 to August 04th | Yoga and Yogas | | |
| | 6 | August 06 to August 11 | The Yoga sutra of Patanjali | | |

Have you had a Yoga instructor training? YES NO

Do you teach Yoga classes? YES NO

I wish to have a taxi ride from Chennai airport to Puducherry (around 35 €) YES NO

Here are my motivations to undertake this training:

I deposit a cheque of 100 € to the order of Vellai Thamarai France, to book my place for ticked off units. (In case of cancellation 50 € reimbursed based on presentation of supporting documents)

I will pay by cheque to the order of Vellai Thamarai France, or by wire transfer the remaining fees of the workshop one week prior my departure for India.

I will pay the accommodation costs and other expenses on the spot in cash and in Euros.

Date Signature

How did you hear about Vellai Thamarai?

Already a member Internet Friend Other, please specify.....

FINANCIAL CONDITIONS FOR 2018

| Number of units or weeks by workshop | Costs | Accommodation : board and lodging breakfast and lunch, miscellaneous expenses | Costs for diner Your choice of restaurant in town | Transportation fees : airline ticket and ride to Puducherry (round trip) |
|--------------------------------------|--------|---|--|--|
| 1 unit or 1 week | 295 € | Set price of 25 €a day (2 per room) | Payable directly to the restaurant. Price indication : from 4 €for a complete meal without beverages | Airline ticket from about 650 € (taxi ride Chennai,Puducherry about 35 €) |
| 2 units or 2 weeks | 570 € | | | |
| 3 units or 3 weeks | 820 € | | | |
| 4 units or 4 weeks | 1050 € | | | |
| 5 units or 5 weeks | 1255 € | | | |
| 6 units or 6 weeks | 1440 € | | | |

Proceeds of all workshops are given to Vellai Thamarai School to help underprivileged children of surrounding villages.