



Vellai Thamarai France

Association éducative, sociale et culturelle

Organisme d'Intérêt Général

20 rue Deparcieux, 75014 PARIS

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Yoga for the eyes training courses - *Drishti Vardhanam*

Eyes relaxation method

This method is aimed at those who wish to improve their sight, those who wish to maintain their eyesight, those who wish to teach these exercises to others.

The method is based on Dr Bates' discovery. He maintains that most vision problems are caused by tensions in the eye muscles and the eyeball itself. The method involves relaxation exercises, helping to relief tensions. Therefore, the eye vision can improve according to age and the regularity of the practice. The exercises can also help to maintain the eyesight.

Selvi Sarkar has worked with Dr Agarwal who had followed this method. She has witnessed a number of cases where the eyesight has significantly improved. Without addressing the medical aspect, she proposes a workshop of 48 hours, during which we study the functioning of the eye, relaxation exercises for the eye and how to apply those exercises in everyday life. The intention is to spread the exercises around, in order for those who look to improve their sight in a natural way, could benefit from them.

Programme

- Dr William Bates, ophthalmologist, innovator of the method - his discovery
- Dr Agarwal, Indian ophthalmologist who continued the method in Pondicherry - his approach
- Anatomy and physiology of the eye
- Law of refraction
- Adjustment
- Defects, disorders, eyesight problems
- Eyes test
- Conditions for practice
- General exercises
- Exercises for specific cases
- Exercises for children
- Application / Art of seeing / Advices
- Diet / Living conditions
- Different sense organs
- Influence of the mind, of the emotions on vision
- Clear mind / mental silence / inner stillness
- Faith on healing
- "School of Perfect Eyesight"
- Bibliography

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Training Conditions

This training for a total of 56 hours is provided in 2 units of 4 days each, at the rate of 6 hours per day. Each day starts with a yoga class.

The first unit covers the theory and the presentation of main exercises.

The second unit covers applications to specific cases. There is a test at the end of each unit. A certificate is delivered at the end of the second unit. The number of participants is limited to 20 per unit.

It is possible to take unit 1 only. However, **unit 2 is only open to those who have finished unit 1.**

There is a test at the end of each unit. A certificate is delivered at the end of unit 2.

Workshops dates 2026 at Gretz (77)

Unit	Workshop Date	Programme
1	1 st to 4 th of May 2026	Theory and presentation of main exercises
2	25 th to 28 th September 2026	Applications to specific cases

Schedule

06.45 am - 07.45 am Yoga class
08.00 am - 09.00 am Breakfast, Seva
09.00 am - 12.00 am Theory and practice
12.00 pm - 01.00 pm Lunch, Seva
02.00 pm - 03.30 pm Practice
03.30 pm - 04.00 pm Snack
04.00 pm - 05.30 pm Theory
07.30 pm - 08.30 pm Dinner, Seva

Financial conditions

- Financial conditions are set out on the registration form. The form is available on line on Vellai Thamarai's website.
- Profits of workshops are given to Vellai Thamarai School, founded for children of villages located at 16km south of Pondicherry.