



Vellai Thamarai France

Association éducative, sociale et culturelle

Organisme d'Intérêt Général

20 rue Deparcieux, 75014 PARIS

www.vellai-thamarai.com - contact@vellai-thamarai.com

Yoga for the eyes Training Course

Drishti Vardhanam

Eyes relaxation method

Registration Form 2026 at Gretz – May & September 2026

Closing date for registration: one month before

NAME
SURNAME
ADDRESS
ZIP CODECITYCOUNTRY.....
Telephone Mobile.....
e-mail
Date of birth..... Place of birth
Profession



WORKSHOPS DATES 2026

The number of participants is limited to 20 for each workshop.

Unit	Workshop Date	Programme	Arrival Time & Day at Gretz	Departure Time & Day from Gretz
1	1st to 4th of May 2026	Theory and presentation of main exercises		
2	25 th to 28 th September 2026	Applications to specific cases		

Please give your motivations to undertake yoga for the eyes training course.

FINANCIAL CONDITIONS May & September 2026

Unit 1 and Unit 2

Course: **480 €** + full board (8 days): **560 €**

Total: 1040 €

PAYMENT

The cost for full board (lodging, meal) is to be paid directly to Centre Védantique.

To confirm my inscription to the selected units, 2 possibilities:

- ☐ I am already Member in 2026 of Vellai Thamarai France: I send a deposit of **100 €**,
- ☐ I am not Member in 2026 of Vellai Thamarai France: I send a deposit of **100 €** and I give a contribution of **35 €** to VTF either by check, order of Vellai Thamarai France or by wire transfer (ask for instructions). I pay the balance of the course fee 15 days before the beginning of the course.

In case of cancellation, 50 € are reimbursed based on presentation of supporting documents.

Done at On Signature

This registration form is to be sent to: Vellai Thamarai France, 20 rue Deparcieux, 75014 Paris

In order to check the availabilities and book a room, your contact is:

Marie-Odile Tesnière, +33 (0)6 74 11 43 63 – motesniere@orange.fr

How did you know Vellai Thamarai?

- ☐ *Already a member*
- ☐ *Internet*
- ☐ *Friend*
- ☐ *Other, please specify*