



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

Yogasana and Pranayama Workshops

Registration Form at Gretz – May, September & October 2026

Closing date for registration: 1 month before the starting date of each workshop

NAME

SURNAME

ADDRESS

ZIP CODECITYCOUNTRY.....

Telephone Mobile.....

e-mail

Date of birth..... Place of birth

Profession



WORKSHOPS DATES 2026

Please tick off box(es) for each workshop:

| Tick off boxes | Workshop Date | Programme | Arrival Time & Day at Gretz | Departure Time & Day from Gretz |
|--------------------------|--|---|-----------------------------|---------------------------------|
| <input type="checkbox"/> | 15 th to 17 th of May 2026 | Relieve backache | | |
| <input type="checkbox"/> | 11 th to 13 th of September 2026 | Overcome tiredness and stress | | |
| <input type="checkbox"/> | 9 th to 11 th of October 2026 | Improve the functioning of the digestive system | | |

Please give your motivations to undertake the Yogasana workshop.

Have you had a teacher's training course in yoga? YES NO

Do you teach yoga? YES NO

FINANCIAL CONDITIONS May, September & October 2026

Rate 1 workshop (3 days)

Course: 320 € + full board (3 days): 210 € Total: 530 €

Rate 2 workshops (6 days)

Course: 600 € + full board (6 days): 420 € Total: 1020 €

Rate 3 workshops (9 days)

Course: 900 € + full board (9 days): 630 € Total: 1530 €

PAYMENT

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

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

- I am already a member in 2026 of Vellai Thamarai France: I send a deposit of 100 €,
- I am not a 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