



## Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

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### Yoga workshops in India at Vellai Thamarai - Winter 2019 (in French)

Units	Workshops dates	Conferences' subjects
1	January 28 to Feb 02	History of Indian culture
2	Feb 04 <sup>th</sup> to Feb 09 <sup>th</sup>	The Vedas
3	Feb 11 <sup>th</sup> to Feb 16 <sup>th</sup>	The Upanishads
4	Feb 18 <sup>th</sup> to Feb 23 <sup>th</sup>	The Samkhya
5	Feb 25 <sup>th</sup> to March 02	Yoga and Yogas
6	March 04 <sup>th</sup> to March 09 <sup>th</sup>	The Yoga sutra of Patanjali

Closing date for registration: **December 5<sup>th</sup> 2018.**

Each workshop has a specific programme. Please see the Yoga instructor training programme.

### Financial conditions for 2019

Number of units or weeks by workshop	Costs	Accommodation : board and lodging breakfast and lunch, miscellaneous expenses	Costs for dinner Your choice of restaurant in town	Transportation fees : airline ticket and ride to Puducherry (round trip)
1 unit or 1 week	295 €	Set price 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.