



Vellai Thamarai France

Association éducative, sociale et culturelle

Organisme d'Intérêt Général

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Yoga workshops at Gretz with Selvi Sarkar **1st to 3rd of May, 5th to 7th of May and 19th to 21st of September 2025**

Vellai Thamarai France proposes for 2025, 3 training courses of 3 days each in May with Units 1 and 2, in September with Unit 3. These workshops are aimed at those who wish to finish the yoga teacher's training. They are as well open to all. The number of participants is limited to 20 trainees.

These workshops are organized to the benefit of Vellai Thamarai School, founded for children of villages living at 15km South of Pondicherry.

Courses are held at Centre Védantique Ramakrishna, 64 boulevard Victor Hugo, Gretz Armainvilliers, France (Seine et Marne, 31 km from Paris, reachable by RER E).

It is mandatory to stay and take meals at the Centre. Full board is 70 € per day. It is advised to arrive on the evening before the first day of a course, for dinner at 7.30 pm. Gates of the Centre close at 9.30 pm.

Rooms have 2 or 3 beds; sheets and towels are provided. The ashram is a non-smoking area. Mats and cushions are at disposal but, for sanitary reasons, it is better to bring its one's own.

The Centre Védantique is an ashram, that is a spiritual community with these living conditions:

- meals are vegetarian, taken together at precises times, 8.00 am, 12.00 noon and 7.30 pm,
- daily tasks are done voluntarily by the residents of the Centre (peeling vegetables, washing dishes, cleaning the room and practice hall). This is known as SEVA in all ashrams.

The programme is the same as Units 1 to 3 which are on line on Vellai Thamarai's website. The schedule is as follows:

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| 06.00 am - 07.45am | Practice |
| 08.00 am - 09.00 am | Breakfast, Seva |
| 09.00 am - 11.45 am | Conference A – Teaching A |
| 12.00 pm - 01.00 pm | Lunch, Seva |
| 01.00 pm - 02.00 pm | Yoga Nidra |
| 02.00 pm - 03.30 pm | Bhajan, Teaching A |
| 03.30 pm - 04.30 pm | Conference B |
| 04.30 pm - 05.00 pm | Snack |
| 05.00 pm - 07.00 pm | Teaching B, Pranayama |
| 07.30 pm - 08.30 pm | Dinner, Seva |

Detailed programme

Common to all units: meditation, warming-up, *kriya*, *surya namaskar*, *asana*, *pranayama*, relaxation

Unit 1

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|---------------------|---|
| Conference A | Anatomy / Physiology: structure and functioning of different parts of the body |
| Conference B | History of Indian culture |
| Teaching A | Notions: yoga, asana, pranayama, meditation, relaxation, mantra, awareness, warming-up, axis of the body, posture of the body, body reading |
| Teaching B | Side and forward bending postures, physiological breathing, <i>bandha</i> |

Unit 2

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|---------------------|---|
| Conference A | Anatomy / Physiology / Biomechanics: structure, mobility and pathology of the spine |
| Conference B | The Veda: fundamental knowledge on which Indian philosophy is based |
| Teaching A | Warm-up, different positions of the body, position changes, mobility of the back |
| Teaching B | Backward bending postures, counter-postures, twist postures Complete breathing, <i>kapalabhati</i> , learning of <i>kriya</i> , <i>bandha</i> , <i>mudra</i> |

Unit 3

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|---------------------|--|
| Conference A | Upper and lower limbs; structure, mobility, pathology |
| Conference B | The Upanishad: development of the deep meaning of the Veda |
| Teaching A | Abdominal muscles strengthening balanced by dorsal muscles Warm up: mobility, stretching and strengthening of shoulders, arms, hips and legs |
| Teaching B | Strengthening and stretching of shoulders, arms, hips and legs through postures Alternate breathing: <i>nadi shodhana</i> , <i>kriya</i> (<i>bhastrika</i> , <i>navli</i> , <i>tribandha</i>) |

The training is delivered by Selvi Sarkar and, for a number of practices, with the contribution of teachers trained by Ajit and Selvi Sarkar.

Gates at Centre Védantique Ramakrishna open at 6.00 am and close at 9.30 pm.