



Vellai Thamarai France

Association sociale, éducative et culturelle (Association Loi 1901)
Organisme d'Intérêt Général

9, Villa Deshayes, 75014 PARIS

www.vellai-thamarai.com

Yoga workshop at Gretz conducted by Selvi SARKAR March 20 to April 8th 2022 and 4 to 24th of September 2022

Driven by a long experience of common collaboration with her husband Ajit Sarkar, Selvi Sarkar ensures the continuity of Ajit Sarkar's teaching, with the help of a few others.

Vellai Thamarai France proposes 6 weeks of **training courses in replacement of Units 7 to 12**, that were cancelled in India, due to the sanitary situation. These courses will be scheduled in two sessions of three weeks each: in March-April Units 7 to 9, in September Units 10 to 12. Courses are open to those who want to undergo the Yoga teacher's training. Units 1 to 6 are maintained in Puducherry in India, June 27 to August 6th, 2022. These weekly courses are open as well to all, of all levels, with a minimum attendance of one week. Participation is limited to 20 trainees with a minimum of 10 persons.

These two sessions are organized in the benefit of the School of Vellai Thamarai, a free school for underprivileged children near Puducherry. The tuition fee is considered as a donation to Vellai Thamarai France (66% deductible from taxes in France).

Courses are held at Centre Vedantique 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 60€ per day. It is advised to arrive the eve prior to the first day of a course, between 4.00pm and 6.00pm, for the welcome meeting at 7.00pm and diner at 7.30pm.

- Rooms have 2 or 3 beds; sheets and towels are provided. The ashram is a non-smoking area. Chairs are at disposal however it is preferable to bring its own mat and cushion for sanitary caution.

The Centre Vedantique is an ashram, that is a spiritual community with community living conditions.

- Meals are vegetarian, taken together at preset times: 8.00am, 12.00 noon and 7.30pm.
- Daily tasks are carried voluntarily by the residents of the Centre: participate to peeling vegetables, washing the dishes, cleaning the room and the practice hall. This is known as SEVA in all ashrams.

The programme and conference subjects are the same as Units 7 to 12, which are online on Vellai Thamarai's website.

The teaching will be conducted by Selvi Sarkar, with the participation of Amir Zacia and some professors trained by Ajit and Selvi Sarkar.