



Vellai Thamarai France

Association sociale, éducative et culturelle (Association Loi 1901)

Organisme d'Intérêt Général

20 rue Deparcieux, 75014 Paris

www.vellai-thamarai.com

Yoga workshop at Gretz conducted by Selvi SARKAR 8th to 27th of April 2024 and 9 to 28th of September 2024

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 certified instructors.

Vellai Thamarai France proposes 6 weeks of **training courses** in two sessions of 3 weeks in 2024: in April Units 7 to 9, in September Units 10 to 12. Courses are open to those who want to undergo or finish the Yoga teacher's training program. 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 school for underprivileged children near Puducherry.

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 65 € 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 6.30pm 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 hours are as follow (Wednesday and Saturday afternoon are free):

-Morning – 6.00am to 7.45am: body and energetic awakening – 9.30am to 11.45am: conference and practice

-Afternoon – 1.45pm to 4.15pm: Yoga Nidra, conference, Bhajan and Yoga for the eyes – 5.00pm to 7.00pm: pedagogy and teaching

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