



# Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

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## YOGASANA AND PRANAYAMA INSTRUCTOR TRAINING PROGRAMME YOGASANA AND PRANAYAMA WORKSHOPS IN PUDUCHERRY, INDIA

### REGISTRATION FORM 2022

Closing dates for registration: **December 5th** for winter sessions

and **May 5th** for summer sessions

NAME.....

SURNAME .....

ADDRESS .....

ZIP CODE .....CITY / COUNTRY.....

Telephone ..... Mobile .....

e-mail .....

Date of birth..... Place of birth .....

Profession .....

I wish to register for Yogasana and Pranayama instructor training

programme I wish to register for Yogasana and Pranayama workshops

### WORKSHOPS DATES - 2022

Please tick off the boxes corresponding to the units you wish to attend this year. The number of participants is limited to 20 for each workshop.

Tick off boxes	Units	Workshops dates	Conferences' subjects	Arrival date at Puducherry	Departure date from Puducherry, back to your country or for visiting India
	1	July 04 to July 09	History of Indian culture		
	2	July 11 to July 16	The Vedas		
	3	July 18 to July 23	The Upanishads		
	4	July 25 to July 30	The Samkhya		
	5	August 01to August 06	Yoga and Yogas		
	6	August 08 to August 13	The Yoga sutra of Patanjali		

Tick off boxes	Units	Workshop dates	Conferences' subjects	Arrival date at Puducherry	Departure date from Puducherry, back to your country or for visiting India
	7	January 31 to Feb 05	The Tantrisme		
	8	February 07 to Feb 12	The Ramayana		
	9	February 14 to Feb 19	The Mahabharata		
	10	February 22 to Feb 26	The Bhagavad Gita		
	11	Feb 28 to March 05	The different religions		
	12	March 07 to March 12	Integral Yoga of Sri Aurobindo		

Have you had a Yoga instructor training? YES  NO

Do you teach Yoga classes? YES  NO

I wish to have a taxi ride from Chennai airport to Puducherry (around 35 €) YES  NO

Here are my motivations to undertake this training:

I deposit a cheque of 100 €, to the order of Vellai Thamarai France, to book my place for ticked off units. (In case of cancellation 50 € reimbursed based on presentation of supporting documents)

I will pay by cheque to the order of Vellai Thamarai France, or by wire transfer the remaining fees of the workshop one week prior my departure for India.

I will pay the accommodation costs and other expenses on the spot in cash and in Euros.

Date ..... Signature

***How did you hear about Vellai Thamarai?***

*Already a member*  *Internet*  *Friend*  *Other, please specify*.....

## FINANCIAL CONDITIONS FOR 2022

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