



Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

9, Villa Deshayes, 75014 PARIS, FRANCE

Tél. : +33(0)1 40 44 85 29 / +33(0)6 74 11 43 63 / +33(0)1 40 44 48 37

email :vellaithamarai@gmail.com

YOGASANA AND PRANAYAMA INSTRUCTOR TRAINING PROGRAMME

YOGASANA AND PRANAYAMA WORKSHOPS

REGISTRATION FORM 2023 PUDUCHERRY - INIDA

Closing dates for registration: **December 20 2022 for winter session, June 5 2023 for summer session**

NAME.....

SURNAME

ADDRESS

ZIP CODECITY / COUNTRY.....

Telephone Mobile

e-mail

Date of birth..... Place of birth

Profession

I wish to register for Yogasana and Pranayama instructor training program

I wish to register for Yogasana and Pranayama workshops

WORKSHOPS DATES SUMMER 2023

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	January 30 to February 04	History of Indian culture		
	2	Feb 6 to Feb 11	The Vedas		
	3	Feb 13 to Feb 18	The Upanishads		
	4	July 10 to July 15	The Samkhya		
	5	July 17 to July 22	Yoga and Yogas		
	6	July 24 to July 29	The Yoga sutra of Patanjali		

Have you had a Yoga instructor training? YES NO
Do you teach Yoga classes? YES NO

Here are my motivations to undertake this training:

I wish to have a taxi ride from Chennai airport to Puducherry (around 50€). YES NO

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 2023

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 30 € a day (2 per room)	Payable directly to the restaurant. Price indication : from 5 € for a complete meal without beverages	Airline ticket from about 800 € (taxi ride Chennai,Puducherry about 50 €)
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 €			

Financial conditions for 2024 are subject to change.

Proceeds of all workshops are given to Vellai Thamarai School to help underprivileged children of surrounding villages.