



## Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

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### Yoga workshops in India at Vellai Thamarai - Winter 2020 (in French)

Units	Workshops dates	Conferences' subjects
7	February 03 to Feb 08	The Tantrisme
8	Feb 10 to Feb 15th	The Ramayana
9	Feb 17 <sup>th</sup> to Feb 22	The Mahabharata
10	Feb 24th to Feb 29th	The Bhagavad Gita
11	March 2 to March 07	Different religions
12	March 09 <sup>th</sup> to March 14 <sup>th</sup>	The Integral Yoga of Sri Aurobindo

Closing date for registration: **December 5<sup>th</sup> 2019.**

Each workshop has a specific programme. Please see the Yoga instructor training programme.

### Financial conditions for 2020

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