



Vellai Thamarai France

Association sociale, éducative et culturelle

(Association Loi 1901)

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Yoga workshops in India at Vellai Thamarai - Winter 2021 (in French)

Units	Workshops dates	Conferences' subjects
1	February 15 to Feb 20	History of Indian Culture
2	Feb 22 to Feb 27th	The Vedas
3	March 01 to March 06	The Upanishads
4	March 08 to March 13	The Samkhya
5	March 15 to March 20	Yoga and Yogas
6	March 22 to March 27	The Yoga sutra of Patanjali

Closing date for registration: **December 5th 2020.**

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

Financial conditions for 2021

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.