



## 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

### Yoga workshops in India at Vellai Thamarai – Winter and Summer 2023 (in French)

Units	Workshops dates	Conferences' subjects
1	January 30 to February 04	History of Indian culture
2	Feb 06 to Feb 11	The Vedas
3	Feb 13 to Feb 18	The Upanishads
4	July 10th to July 15	The Samkhya
5	July 17 <sup>th</sup> to July 22	Yoga and Yogas
6	July 24 to July 29	The Yoga sutra of Patanjali

Closing dates for registration: **December 20th 2022 for winter session, June 5<sup>th</sup> 2023 for summer session**

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

#### Financial conditions for 2023

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 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 650 € (taxi ride Chennai, Puducherry about 40 €)
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.