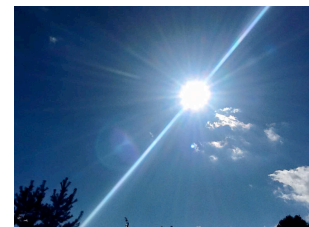


Sun Yoga India Workshop™ level 1 (beginner) in France

From May 6th to May 8th 2016

REGISTRATION FORM

Surname : Do you need to come by carpooling ? :
First name : Driver or passenger ? :
Phone number : E-mail address :
Zip code : City :
Country :



DATES AND SCHEDULE OF THE WORKSHOP :

| | |
|----------|--------------------------|
| Friday | May 6 th 2016 |
| Saturday | May 7 th 2016 |
| Sunday | May 8 th 2016 |

The workshop begins in the morning at 7:00 am and finishes around 6:00 or 7:00 pm.

Sun Yoga India™ is a method of connecting to the divine through the Sun.

The Sun Yoga workshops include a practical part (early in the morning and sometimes late in the afternoon concerning the beginner workshop) and a theoretical part.

- Will be taught during the practical part :
 - How to prepare body and mind for the practice of Sun Yoga India™
 - How to look at the sun safely for the technique of Sun Meditation India™
 - How to store within one's body the sun energy accumulated during the practice
 - How to improve one's daily life through the practice
 - How to recharge and heal oneself through the sun
- Will be discussed during the theoretical part :
 - 8 steps of Yoga
 - Benefits of Sun Yoga India™
 - The meeting of Uma Sankar Sunyogi™ with Mahavatar Babaji and the discovery of the 29 chakras and the law of creation of the universe
 - How sun energy can be used to modify the metabolism of the body
 - The different stages of spiritual realization
 - Questions and answers
 - And many other subjects

Place of the workshop : Gaudichard, in South Alps, near Prads-Haute-Bléone (at 1250 meters of altitude).

Price of the workshop and payment details :

- Attending one or several of the workshops (of acupressure or Sun Yoga India™) conducted by Uma Sankar Sunyogi™ during the year 2016 requires the contribution of 10 euros for the annual membership fee
- The price of the beginner Sun Yoga workshop (level 1) is 200 euros. This includes :
 - The price for the teachings of Uma Sankar Sunyogi™ (50 euros)
 - The price for the full board (50 euros a day including accommodation and 3 meals a day (except for the last day -May 8th- where dinner is not included)
- As the workshop begins early in the morning, it is advised to arrive the day before. The price for the dinner on May 5th and accommodation for the night of May 5th to May 6th is 40 euros
- For those wishing to stay one additional night at the end of the workshop, the global price for the dinner on May 8th, accommodation from May 8th to May 9th and the breakfast on May 9th

is 40 euros

- The balance payment will be demanded at the beginning of the workshop.

A deposit of 60 euros by check is required to finalize your inscription. It is to be addressed to Louis Robert (secretary of the association). In case of desistance less than 4 weeks before the workshop, the deposit check will be cashed.

The balance payment will be demanded at the beginning of the workshop.

Minors : Sun Yoga requires the proper application of certain rules to be practiced safely. The workshop is not open to people under 18.

Insurance : The insurance contracted by the Sunyoga France association does not cover personal accidents, disease, hospitalization, transportation and loss of one's property. Make sure to be covered by your own insurance. Everyone is responsible for his own goods.

Don't forget for the workshop :

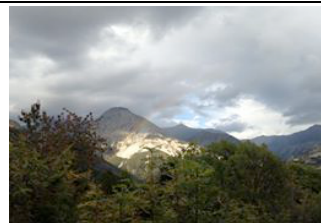
- a sleeping bag
- a headlight or a torch
- warm clothes
- a cagoule in case of rain
- a pen and a pad to take notes
- yoga mat + / - méditation cushion

Additional information :

- all meals will be vegan (no meat, no fish, no eggs, no dairy products)
- the maximum number of attendees is 35
- accomodation will be in chalets of 4 persons
- a translation from english to french will be given

THE REGISTRATION FORM AND THE DEPOSIT CHECK OF 60 EUROS ARE TO BE SENT TO :

Louis ROBERT
42 rue Patenôtre
Bâtiment R1, appart. R21
78120 Rambouillet



If you have any question, don't hesitate to send a mail to Louis Robert : luwi.med@live.fr

Sunyoga France association
in accordance with the
Universal Peace Centre

