



The Association **Sunyogi Umasankar France**  
With the Universal Peace Centre



## Sun-Yoga beginner Workshop in France

May 1<sup>st</sup> - 3<sup>rd</sup>, 2015

### REGISTRATION FORM

Last Name:

First Name:

Telephone:

E-mail:

Zip Code:

City:

Country:

Do you wish to do car pooling?:

Driver or passenger?:

If you ride trains to Dijon Ville train station  
we can pick you up

Date + hour of **arrival** + train number:

Date + hour of **departure** + train number:



Location of the workshop: In French region of "Bourgogne" (Burgundy) department 21 "Côte d'Or", next to the famous historical city of Dijon, **in the town of ORGEUX (21490)** – Espace loisirs – Mairie (town hall) – street name: Rue de l'Abreuvoir (red building, behind the town hall of Orgeux).

#### DATES:

<b><u>Workshop:</u></b>	Friday	<b>1<sup>st</sup> May, 2015:</b>	6:30 am – 6:30 pm
	Saturday	<b>2<sup>nd</sup> May 2015:</b>	6:30 am – 6:30 pm
	Sunday	<b>3<sup>rd</sup> May 2015:</b>	6:30 am – 5:00 pm

Subscription to the association Sunyogi Umasankar France – membership: **10 €**

Price of the workshop: **120 €**, accommodation and evening meal are not included in this price.

Your financial contribution is necessary for the association to cover costs of the coming of Sunyogi Umasankar in France such as airline tickets, individual insurance submitted to the Embassy to obtain a visa for Sunyogi Umasankar, his accommodation charges and food, postage and communication costs etc. If the association Sunyogi Umasankar France has makes a surplus revenue (benefits), part of it will be offered to the "**Universal Peace Centre**" the non-profit association founded by Sunyogi for its humanitarian and social goals, and the rest will be set aside for future events.

Deposit: A deposit of **50 €** is required at the moment of your registration by check payable and **addressed to the association Sunyogi Umasankar France**, by cash or bank transfer (please ask for the association's Bank identification). Any registration sent without payment will not be valid.

Payment of the workshop: The balance payment (the rest of the money to complete your payment) will be required at the beginning of the workshop. In case of cancellation of the workshop, the reservation will be cashed in compensation, unless justified with serious proof of the situation.

• **ASSOCIATION SUNYOGI UMASANKAR FRANCE** • 16 rue de Bressey 21560 Arc sur Tille, France  
Sunyogi Umasankar travels throughout the world to give workshops and classes.

<http://www.sunyogi.fr> and <http://www.sunyogi-umasankar.info>



### Schedule:

- ♣ 6:30 am (60 minutes after sunrise) - Start of Meditation with the Sun
- ♣ Relax
- ♣ 9:00 am - indoor Class
- ♣ 1:00 pm - Lunch
- ♣ 3:00 pm - indoor Class
- ♣ 5:00 pm - Sunset Meditation

Translation: A French-English translation will be provided by Louis Robert.

Accommodation: We suggest you stay at the "Centre de Rencontres Internationales et de Séjour" (CRIS) de DIJON. When you contact them let them know it is for the SUNYOGA workshop. So you will have the special group prices (around 26 € per person and per night). You will have to pay when you arrive at the accommodation place.

Address: 1 Avenue Champollion, DIJON (21000), France

General Information: Phone: 03 80 72 95 20 (+33) They speak English.

You can make your reservation on the website [www.cri-dijon.com](http://www.cri-dijon.com). Do not pay anything online! Pay only when you arrive at the accommodation place.

We highly recommend you to be in Dijon the day before the workshop starts (**April 30<sup>th</sup>, 2015**), given the early time the workshop starts the next day (**6:30 am**). The CRIS is about 11km from Orgeux. We have cars to bring everyone to ORGEUX. The CRIS has a dinner service (we thank you to reserve your meal at the CRIS reception desk) which schedule is from 7 to 8 pm.

Meals: Morning breakfast and lunch are included in the price of the workshop. The meal will be vegetarian, gluten free, lactose free, and mostly raw. In case of allergies, please inform us.

Minors & children: All minors must be accompanied by an adult who looks after them.

Pets: Your pets are welcome at the workshop if they are peaceful with other animals. However the CRIS does not allow their presence in their location. An arrangement can be organized on site with the organizers. Please let us know.

Insurance: The insurance contracted by the association Sunyogi Umasankar France does not cover personal accidents, illness, hospitalization, transportation and loss of belongings. Please ensure that you and your children are covered by your own insurance. Everyone is responsible for their children and all their possessions.

### Useful things to bring at the workshop:

- ♣ A small blanket and possibly a cushion and a floor mat (Sun-yoga is practiced primarily outdoors)
- ♣ A notebook and pen to take notes (for indoor courses)

Dress: Appropriate clothes are required, as flexible clothes, non-transparent and covering arms and legs.

THIS REGISTRATION FORM HAS TO BE SENT TO THIS ADDRESS:

**Sylvie Rigole - 16 rue de Bressey – 21560 Arc sur Tille**

**Friendly warning: the number of places is limited for this workshop!**

