



News Notes

#1012 A weekly bulletin for residents of Auroville 1 February 2024



Photo by Manohar

Hence whatsoever actions there be that are of might & forcefulness as smiting out fire from the tinder or leaping a great barrier or bending a stark & mighty bow, it is when one neither breatheth out nor breatheth in that one doeth these.
And for this cause ye shall worship the middle breath as Udgitha

Earth is the substantial essence of all these creatures and the waters are the essence of earth; herbs of the field are the essence of the waters, man is the essence of the herbs. Speech is the essence of man...OM is the essence.

Chhandogya Upanishad

Pondering

When we withdraw our gaze from its egoistic preoccupation with limited and fleeting interests and look upon the world with dispassionate and curious eyes that search only for the Truth, our first result is the perception of a boundless energy of infinite existence, infinite movement, infinite activity pouring itself out in limitless Space, in eternal Time, an existence that surpasses infinitely our ego or any ego or any collectivity of egos, in whose balance the grandiose products of aeons are but the dust of a moment and in whose incalculable sum numberless myriads count only as a petty swarm.

The Pure Existent
The Life Divine by Sri Aurobindo



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Editors' Note

Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery is rain on Friday.

Light and Peace, Roy and AgniJata
newsandnotes@auroville.org.in

NN Guidelines

Hard deadline for submissions TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

Disclaimer:

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Roy & AgniJata, News & Notes,
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House of Mother's Agenda



Chapter XXVII—The Gnostic Being, The Life Divine by Sri Aurobindo

(continued from last week)

An aspiration, a demand for the supreme and total delight of existence is there secretly in the whole make of our being, but it is disguised by the separation of our parts of nature and their differing urge and obscured by their inability to conceive or seize anything more than a superficial pleasure. In the body consciousness this demand takes shape as a need of bodily happiness, in our life parts as a yearning for life happiness, a keen vibrant response to joy and rapture of many kinds and to all surprise of satisfaction; in the mind it shapes into a ready reception of all forms of mental delight; on a higher level it becomes apparent in the spiritual mind's call for peace and divine ecstasy. This trend is founded in the truth of the being; for Ananda is the very essence of the Brahman, it is the supreme nature of the omnipresent Reality. The supermind itself in the descending degrees of the manifestation emerges from the Ananda and in the evolutionary ascent merges into the Ananda. It is not, indeed, merged in the sense of being extinguished or abolished but is there inherent in it, indistinguishable from the self of awareness and the self-effectuating force of the Bliss of Being. In the involutionary descent as in the evolutionary return supermind is supported by the original Delight of Existence and carries that in it in all its activities as their sustaining essence; for Consciousness, we may say, is its parent power in the Spirit, but Ananda is the spiritual matrix from which it manifests and the maintaining source into which it carries back the soul in its return to the status of the Spirit. A supramental manifestation in its ascent would have as a next sequence and culmination of self-result a manifestation of the Bliss of the Brahman: the evolution of the being of gnosis would be followed by an evolution of the being of bliss; an embodiment of gnostic existence would have as its consequence an embodiment of the beatific existence. Always in the being of gnosis, in the life of the gnosis some power of the Ananda would be there as an inseparable and pervading significance of supramental self-experience. In the liberation of the soul from the Ignorance the first foundation is peace, calm, the silence and quietude of the Eternal and Infinite; but a consummate power and greater formation of the spiritual ascension takes up this peace of liberation into the bliss of a perfect experience and realisation of the eternal beatitude, the bliss of the Eternal and Infinite. This Ananda would be inherent in the gnostic consciousness as a universal delight and would grow with the evolution of the gnostic nature.

It has been held that ecstasy is a lower and transient passage, the peace of the Supreme is the supreme realisation,

the consummate abiding experience. This may be true on the spiritual-mind plane: there the first ecstasy felt is indeed a spiritual rapture, but it can be and is very usually mingled with a supreme happiness of the vital parts taken up by the spirit; there is an exaltation, exultation, excitement, a highest intensity of the joy of the heart and the pure inner soul-sensation that can be a splendid passage or an uplifting force but is not the ultimate permanent foundation. But in the highest ascents of the spiritual bliss there is not this vehement exaltation and excitement; there is instead an illimitable intensity of participation in an eternal ecstasy which is founded on the eternal Existence and therefore on a beatific tranquillity of eternal peace. Peace and ecstasy cease to be different and become one. The supermind, reconciling and fusing all differences as well as all contradictions, brings out this unity; a wide calm and a deep delight of all-existence are among its first steps of self-realisation, but this calm and this delight rise together, as one state, into an increasing intensity and culminate in the eternal ecstasy, the bliss that is the Infinite. In the gnostic consciousness at any stage there would be always in some degree this fundamental and spiritual conscious delight of existence in the whole depth of the being; but also all the movements of Nature would be pervaded by it, and all the actions and reactions of the life and the body: none could escape the law of the Ananda. Even before the gnostic change there can be a beginning of this fundamental ecstasy of being translated into a manifold beauty and delight. In the mind, it translates into a calm or intense delight of spiritual perception and vision and knowledge, in the heart into a wide or deep or passionate delight of universal union and love and sympathy and the joy of beings and the joy of things. In the will and vital parts it is felt as the energy of delight of a divine life-power in action or a beatitude of the senses perceiving and meeting the One everywhere, perceiving as their normal aesthesis of things a universal beauty and a secret harmony of creation of which our mind can catch only imperfect glimpses or a rare supernormal sense. In the body it reveals itself as an ecstasy pouring into it from the heights of the spirit and the peace and bliss of a pure and spiritualised physical existence. A universal beauty and glory of being begins to manifest; all objects reveal hidden lines, vibrations, powers, harmonic significances concealed from the normal mind and the physical sense. In the universal phenomenon is revealed the eternal Ananda.

(to be continued next week)

The Gnostic Being—The Life Divine by Sri Aurobindo

https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

*With love and gratitude,
Gangalakshmi (HOMA)*

Townhall Speaks

DONATION CHANNELING GROUP TO MEET

Saturday, 3 February,
9:30am @ Unity Pavilion

Dear Aurovilians, a meeting will be held on Saturday, 3 February at 9:30am at Unity Pavilion, to interact with you and answer your queries, including issues in filling up the forms.

DCG Team,
Naren & Sandeep

COMMUNITY COORDINATORS

Meet 26.01.2024

A warm thanks to all those who came for the Community Coordinators meet at the Sri Aurobindo Auditorium, Bharat Nivas, on Friday, 26th. There was a very good turnout. Thanks for listening to the 3 working group presentations and for all your questions and comments.

Community Coordinators was a suggestion made by the GB in its 57th meeting that would help bring together a dispersed community through activities, information sharing, finding ways to self organize and do things to weave back the community together. In support of this both the Secretary and the Deputy Secretary attended the meeting and gave their comments.

As we ran out of time, each of the 3 groups took home some questions that could not be covered. The Working Committee had just one that remained:

Q: Will a Community Coordinator be placed with a different community than where they live?

A: Preferably, with the community they live in, but they may also represent a neighboring community in case no one is available there or, in the case of a temporary absence. Cross community assistance and communication can also come in handy.

• Errata

While explaining the Working Committee Regulations published in the GOI Gazette on 12 January 2024, an error was pointed out to us regarding the Membership Criteria for Serving in the Working Committee, Section 5. Instead of stating that the Working Committee selected would serve for One Term, (5.d*) it was erroneously stated that the Working Committee selected would serve for 1 year. The slip of tongue is regretted.

- Please see [the regulations for all the details](#).

Write to us at workingcom@auroville.org.in for any further queries.

* 5. (d) he shall serve in the Working Committee for one term and he may re-apply after a lapse of next one term.

The Working Committee,
Anu, Arun, Joseba, Partha,
Selvaraj, Srimoyi, Tine



Community News

Awakening Spirit

ROOM DARSHAN TOKENS



Dear friends, this is to inform you in advance that the Sri Aurobindo Ashram is preparing for two Room Darshans in February. The Mother's Room will open on 21 February for a Darshan to celebrate Her birthday. On 29 February the Sri Aurobindo Ashram will open for another Darshan on the occasion of 'The Golden Day'. These Room Darshans will be open to all.

To visit the rooms on this day, one needs to have a token. The Ashram has made arrangements to kindly allow residents of Auroville to pre-register for a token. Non-residents (visitors) will have to collect their tokens directly from the Ashram on the day of the Darshan. Timings for the general Darshan and registration will be published next week in the News & Notes.

Please save the date for the registration:

- Tuesday, 13 and Wednesday, 14 February @ Pitanga.

As usual you will need to come in person to Pitanga to register your name for a token. Please **do not send** us your requirements by email or WhatsApp. Thank you!

Andrea, for Pitanga team

DREAM DIVINE SERIES

Tuesday, 6 February, 4:30—5:30pm

Reminiscing the arrival of Sri Aurobindo back to India



Dr. Alok Pandey will speak about

East and West: A new synthesis

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4:30-5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Everyone is welcome

Dhanalakshmi for Savitri Bhavan Team

THE OM CHOIR

5:30—6:30pm, Tuesdays @ Savitri Bhavan

All are welcome to join with Narad and the choir to explore the sound of OM in an aspiration for collective harmony and transformation for ourselves, humanity and the Earth.

Noel Parent

SAVITRI BHAVAN
February 2024



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **Glimpses of the Mother: Photographs and texts** in the Square Hall. A new Bilingual Exhibition on 'Sri Aurobindo: A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

Films: Mondays at 4pm in the Sangam Hall

- **February 5: Interview with Jhumur by Narad.** Jhumur shares her remembrance about Sri Aurobindo and his golden Light. And also her and other children's **Learning with the Mother in the Ashram.** Duration: 72 min.
- **February 12: Realising the Supermind: The Summit of Sri Aurobindo's Sadhana.** Dr. Alok Pandey talks about walking on the Supramental Path and answers the questions how to approach the current global issues in the world. Duration: 63:22 min.
- **February 19: The One Whom We Adore as The Mother** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **February 26: Glimpses of the Timeless when the Psychic opens.** Paintings and drawings by Mirajyoti based on inspirations received at Matrimandir workers' camp in 1975 until 1978. A film by Manohar. Duration: 29min.

Full Moon Gathering

- **Saturday, 24 February, 7:15—8:15pm** in front of Sri Aurobindo's statue

Dream Divine Series

- Weekly session every Wednesday 4:30—5:30pm.
- The series will include presentations, films, talks, etc., followed by questions and answers.

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Tuesdays 5:30—6:30pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shradhdhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 10am:** Bases of Yoga—An interactive book reading circle
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

Dhanalakshmi for Savitri Bhavan Team

INTERVIEW WITH JHUMUR BY NARAD

Monday, 5 February 2024, 4pm at Savitri Bhavan.



Duration: 72 min.

Jhumur's grandparents, parents, and relatives had long been associated with Sri Aurobindo and the Mother, and they lived as a joint family with other devotees and their children in Calcutta. In 1942, the family came to Pondicherry when Jhumur was only three years old.

In the Ashram she had the first darshan of the Mother and Sri Aurobindo, and when they were coming down the stairs, she uttered 'Gold, gold, gold'. Such was her experience of Sri Aurobindo's presence at this young age. Then later during the darshans, which happened only four times a year, she kept on looking at Sri Aurobindo. She admired the grandness, magnificence, and the gold around him. To her, he was like a mountain peak sitting there, remote.

When Sri Aurobindo passed away in 1950, Jhumur saw and experienced the special golden-orange light radiating from his body and filling the whole room. For four days the golden-orange light had been calling her to come to Sri Aurobindo's luminous body and the room, like it called other devotees many times also.

Jhumur's relationship with the Mother was of another kind. She was close and familiar to her like a true mother. Even when Jhumur was very ill, she came and sat on her bed and told her stories. The group of the six girls that Jhumur belonged to, was allowed to meet the Mother several times a day. They used to play with her, sing with her, dance with her. She gave them dictations, and she always had new games. She encouraged them to learn by heart and recite Sri Aurobindo's poems and her own 'Prayers and Meditations'.

The Mother was close to the girls. And every child was eager to make a gift for the Mother, especially for their birthdays. She appreciated every present, and her smile was so special, so Divine, that everyone wanted to give something to her.

Once the girls make a cake for her. She admired it, tasted it, and shared it with all, after that she made a drink out of a part, and she and all girls drank from the same glass, and then she said '*you know, in occultism, when you drink from the same cup, it is the cup of union. We will never be separated.*' Sri Aurobindo expressed this principle in Savitri in the Book of the Divine Mother, '*Our self shall be one self with all through her.*' p.314

There was also a time when the girls sang songs to the Mother, and eventually, this motivated her to play organ music again on Sundays, this she did until 1958. Her intuitive playing of the organ was recorded, and now these recordings remain her lasting present to us all.

In this beautiful interview, Jhumur shares her rich memories about Sri Aurobindo and his golden light and her living and learning with the Mother in the Ashram and how the Mother educated the children in playful ways and particularly to grow in consciousness. At the end Jhumur reads lines from *Savitri*, from Book 1, Canto 4, The Secret Knowledge.

- The film is also [available at YouTube](#)

Submitted by Margrit

SAVITRI SATSANG BY NARAD

Thursdays, 6:30pm @ Kalpana

Savitri reading by Narad on Thursdays at 6:30pm in Kalpana Community @ E1-2B, East Block, 1st Floor (above the parking area). Cordially inviting you all.

William

STARS IN THE SOUP A Programme of Poetry and Music



Friday, 9 February, 4:30pm, Sangam Hall



Shraddhavan's Poems will be read from her collection and Gordon will play his flute. Everyone is welcome

Dhanalakshmi for Savitri Bhavan Team

AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

- **Reminder to all:** the Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, l-pads, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you
- Access only for the Amphitheatre from 5:15pm and for the meditation time. *Surya for Amphitheatre Team*



BASES OF YOGA—THE MOTHER'S TALKS An Interactive Book Reading Circle



Every Saturday, 10—11am

'One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes'. The Mother

During September 1954—May 1955, the Mother took up Sri Aurobindo's book 'Bases of Yoga' in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of 'Yoga' and how we can adopt the teaching in our daily life (This Book is part of collected works Vols. 6 and 7).

- Free for all. Join us every Saturday 10—11am

Venue: Garden Room, Savitri Bhavan

For more details, contact Debashish, 7678208825 WA, b.deb253@gmail.com

Dhanalakshmi for Savitri Bhavan Team

MUDRA CHI

We have our classes

- on Tuesdays at 4:30pm @ Savitri Bhavan
- Facilitator Anandi Ayun

Everybody Welcome!

Anandi



INTERNATIONAL CONFERENCE

on Revival and Promotion of Sanskrit in Auroville

7 and 8 February, 9am—6pm

@ Savitri Bhavan and Unity Pavilion, Auroville,

Auroville, the international city founded on the principles of unity, diversity, and spiritual evolution, has long cherished the idea of promoting Sanskrit alongside English, French, and Tamil. This conference aims to bring together scholars, educators, and enthusiasts from India and around the world to discuss and promote the revival of Sanskrit, recognizing its role in fostering harmony and unity.. We encourage participation and collaboration to achieve the common goal of reviving and promoting Sanskrit.

The International Conference on the Revival and Promotion of Sanskrit in Auroville aims to fulfill the visionary dream of Sri Aurobindo and the Mother by giving Sanskrit its due recognition and importance. Together, we can work towards a harmonious world where Sanskrit unites nations and enriches cultures.

• **Sanskrit: Uniting Nations, Enriching Cultures**

• **Objectives:**

- To emphasize the importance of Sanskrit in the cultural identity of India.
- To explore the relevance of Sanskrit as a unifying language in a global context.
- To discuss strategies for integrating Sanskrit education in Auroville and beyond.
- To honor the dreams of Sri Aurobindo and the Mother in preserving Sanskrit as a prestigious and harmonizing language.

• Watch the space for more details. All are welcome!

Submitted by Arun

BRAHMANASPATI KSHETRAM

Calendar of regular events of February 2024



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of February 2024

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

8th & 22nd Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

24th, Saturday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

21st, Wednesday, The Mother's birthday
29th, Thursday, The Golden Day
Meditation on these two Darshan days

6.00 - 6.30pm

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

kshetram2014@auroville.org.in



Education

AUROVILLE LIBRARY

Weekly Timings

- **Mornings:** Monday—Saturday, 9am—12:30pm
- **Afternoons:** Monday, Wednesday, Thursday, Friday & Saturday 2—4:30pm, Tuesday 4—6:30pm



Story time At the Auroville Library!

Every Saturday, 10—11am: Children's storytime.

- **Contact:** 0413 2622894, avlib@auroville.org.in. Kristina

GENAI USER GROUP MEETING

**Saturday, 3 February, from 10 to 11 am,
@ Auroville Consulting Office in Kalpana**

GenAI User Group meeting on Saturday, 3 February, from 10 to 11 am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.

Join Lucas from Last School in the third talk in this series, as he explores how Obsidian and AI can work together to create a powerful 'second brain' for organizing thoughts and enhancing productivity. Learn practical ways to integrate these tools into your daily life for smarter and more efficient information management.

- To learn about Future events: [Gen AI User Group](#)

Vikram



OPEN AIR EXHIBITION OF CERAMIC

@ White Peacock Clay Studio

Sunday, 4 February, 3—5pm

**@ White Peacock place next to Aha Kindergarten
(the gate is opposite Nandanam kindergarten)**



Dear Friends, you are warmly invited to attend an Open Air Exhibition of ceramic works done by the students of White Peacock Clay Studio.

Expect some creative activity

Saraswati

FREE MATH CLASSES

For Grade 9—12 (Cbse)

I'm Ravi (spouse of newcomer Priyanka), currently residing in Grace community. I am offering free math nourishment classes for students in grades 9 to 12, CBSE board. The classes will be in small groups (max 3 students per group), twice a week, for a period of 3 months from mid-December till mid-March.

- Interested ones may get in touch with me on WA: 9652928709 for more details.
- Please note that these sessions are NOT meant to be tuition for ongoing school activity.

Regards, Ravi

International

THE PAVILLON DE FRANCE PRESENTS

Conference 2:

Religion and Spirituality in Ancient Shaivism

Saturday, 3 February, 5pm @ Cinema Paradiso

Conference by Dominic Goodall,

director at École Française d'Extrême Orient, Puducherry

A series of three conferences to think about the relationship between spirituality, religion and society. This will be explored through the lens of academics who work in French research or teaching establishments, and who are regularly staying in Auroville or Pondicherry. They will be offered in French and/or in English.

- In English, approximately 1 hour



This illustrated talk will focus on aspects of the history of the worship of Śiva in the first twelve centuries of the common era. It will attempt to explore, through iconographic, epigraphic and textual sources, the tension discernible in the Śaiva traditions between the spiritual aspirations of individuals on the one hand, and the constraining (but also sustaining) forces of institutionalisation on the other.

Dominic Goodall has spent thirty years studying Sanskrit literature relating to the history of the religious traditions of Shaivism. After studying Sanskrit at Oxford, he began studying medieval Tamil in Hamburg. In 2000, he became a member of the Ecole Française d'Extrême Orient and was appointed director of the Pondicherry Center (2002-2011). He is now working again in Pondicherry, where he continues to pursue his scientific interests, particularly in Sanskrit poetry and the history of the Śaiva Siddhānta.

Thank you, Vivekan



Health Care

ROAD ACCIDENT PROCEDURE

Dear Community, there is increased traffic on our roads, leading to road accidents.



**Under no circumstances
should one move
an accident victim!**

Please call the Ambulance.

Peter for the AvHC

SANTÉ SERVICES, FEBRUARY 2024



Santé

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor consults with Dr.Senthil: Monday to Friday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
Ayurveda with Dr.Be: Tuesday/ Wednesday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Wednesday & Friday	Physiotherapy with Rebeca: As per Availability
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	Physiotherapy & Massage with Galina: Monday to Friday

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.*
- In case of cancellation or to reschedule, it is necessary to inform us in advance.*

Dasha for Sante Services, sante@auroville.org.in, <http://sante.auroville.org.in>

AUROKIYA INTEGRAL EYE CENTRE @ ARKA

Working Hours: Monday—Saturday, 9am—5:30pm

Services Provided

- First aid services, including conjunctivitis, corneal abrasion and ulcers, trauma, and foreign bodies
- Comprehensive eye examination with advance technology
- Dispensation of glasses and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind eye hospital for surgeries and procedures
- Natural eye healing sessions (eye exercises, eye yoga, and vision therapy)
- Outreach: Screening camps and eye health education (Schools, Workplaces and Villages)

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com, WA/ Mobile: 8012305151.

Aurosugan, www.aurokiya.com



AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sutha

MAATRAM AT ARKA

All sessions and activities of Maatram that were occurring at Mitra hostel now take place in our space at Arka. We provide consultation with professionals trained in Psychiatry, Clinical Psychology, Neuro/Bio feedback therapy, Integral eye movement therapy, NLP, EMDR, Art therapy, self-work with clay etc



Therapists schedule for Open Consultation Hour (OCH), 9—10am

Monday	Saif
Tuesday	Rashmi
Wednesday	Palani
Thursday	Chetna
Friday	Gopa

OCH is a walk-in session where anyone can come without an appointment. If the therapist is already seeing someone by the time you walk in, please leave your contact details and we will revert.

- Message or call:** 9087709434
- maatram@auroville.org.in
- <https://maatram.org.in/>

Warmly, Megha for Maatram

AUROVILLE HEALTH CENTER NEW PHONE NUMBERS

Auroville Health Center has new phone numbers, which are: **3509942** and **3509943**

These numbers have also to be dialed for reaching Health Center Pharmacy, Health Fund and Aurovision Center.

Peter for AvHC



HEALTH FUND PENDING BILLS

Dear Health Fund Members,

The end of the financial year is approaching and we kindly request you to check if you have any medical bills from April 2023 onwards.

We need to receive those bills in/before March of this year in order to process/refund them. **Any of those bills received/deposited later than March of this year will not be refunded/processed!**

Please check and deposit them at Sante or Health Centre in the respective bill boxes.

Stefan for Health Fund Team.'

1012 - 1 February 2024

Books

THE LEGEND OF THE FLUTE PLAYER

Saturday, 10 February, 3—4pm



@ Solitude Farm Festival, Secret Garden Stage

Children's Story Performance and New Book Release

Noel will be releasing his new children's book *The Legend of the Flute Player* with a reading and musical performance of the story, featuring Yunsung Cho playing the flute and Simran Shah doing performance acting for the story. This is an inspiring story about a boy's dream to discover and play the most beautiful music, exploring sound through a long journey into nature where he ultimately discovers the deeper music within himself in the silence of the Soul. Following the story we will have an activity for children to explore sound and expressing music using instruments and voice. For children and adults!

The book contains the artistic and beautiful illustrations by Marina Minina and is published by HarperCollins India.

- Books will be available, including Noel's previous book *Yaroslava's Flowers*. **Noel Parent**

Art for Land

ART FOR LAND PRESENTS

Dhyanam Meditation:

An Art Exhibition @ Unity Pavilion

Opening: 4 February, 5pm



For More Info: www.artforland.in, @auroville.artforland

Arun

The Arts

EXHIBITION OPEN CALL

10 days left to submit your project!

Centre d'Art is pleased to accept submissions of cohesive art projects. All artists are welcome to submit their projects for an exhibition in the season 2024-2025.



If you are interested please send your submission before 31 January 2024 to centredart@auroville.org.in and write 'Exhibition Submission' as the subject of the email.

- The email should contain:
 - Contact details
 - A short biography of the artist
 - The title of the art project and its explanatory text
 - Images of some work in jpg or pdf (max 20 images) in low definition



The selection will be made in February and the decision will be communicated within a few weeks. Looking forward to receiving your application. **Marco**

CELEBRATING 30 YEARS OF SINGING TOGETHER

Part 2

The Auroville Choir sings Popular Favorites

Saturday, 10 & Sunday, 11 February, 8pm @ CRIPA

Everyone is most welcome!

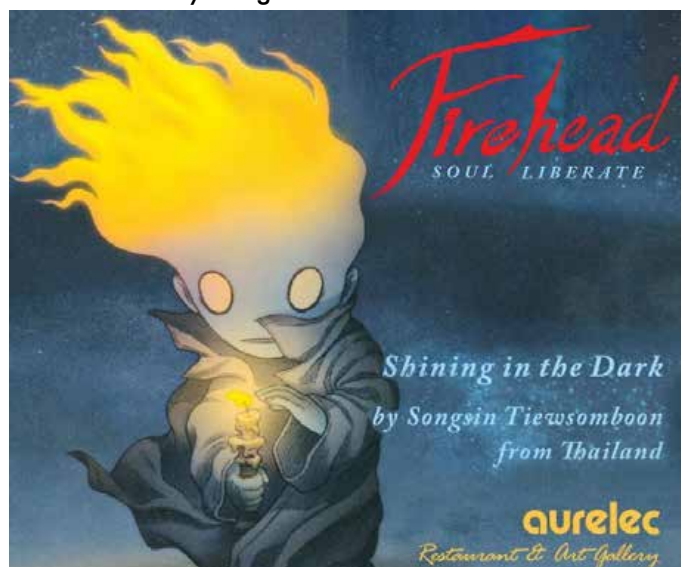


Kaia

FIREHEAD SOUL LIBERATE

Shining in the Dark

Illustrations by Songsin Tiewsomboon from Thailand



@ Aurelec Restaurant & Art Gallery

February—March 2024, 8am—5pm

Beansprout & Firehead, Shining in the Dark

Drawing is not what one sees but what one can make others see. Songsin Tiewsomboon

Songsin Tiewsomboon is a writer and illustrator. Over 15 years of working as an independent artist, Songsin has created Illustrated novels, short stories, and fables by working on both narrative and illustration parts. His books have been published in Thailand, Japan, Taiwan, Vietnam and China. Currently, he continues writing his graphic novels, along with designing book covers or illustrations for other writers, beside designing music band's album covers. In addition, he is also a co-founder of brand 'Songsinthings' which is his own publishing house to sell his books across the country, including creating various kinds of products that he designed with his wife such as perfume, clothing, music and many other forms of art.

Franz



Wali, an Austrian singer, songwriter and yogini, loving devotional music to enliven the divine in all of us will offer a concert in Anitya Community. It will be a mix of classical Indian songs, Bhajans, devotional songs and Dhrupad. Just listen and enjoy or come to sing along !

- Contact Wali for info: +91 7042565206

Mathilde

BHARAT NIVAS PRESENTS

Gratitude an Odishi Dance Recital

By Smt. Sangeeta Dash and Aneesh Raghavan

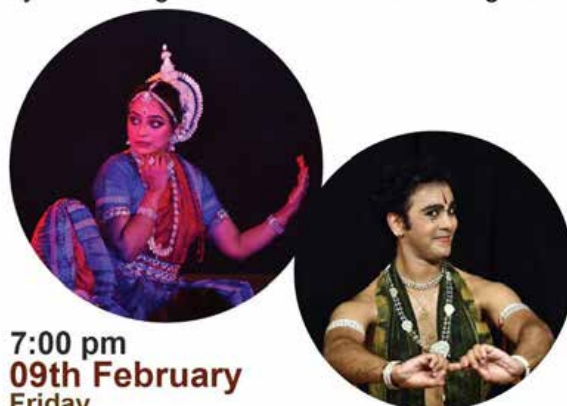
Friday, 9 February, 7pm

@ SAWCHU, Bharat Nivas, Auroville

Gratitude

an Odishi Dance Recital

By Smt. Sangeeta Dash and Aneesh Raghavan



7:00 pm
09th February
Friday

Venue :
SAWCHU, Bharat Nivas, Auroville

All are Welcome!

All are Welcome!

- Enquiry Contact: Krishna at +91 97878 80211

Parking available outside at the Bharat Nivas Main Gate

Meera Bai

The symbol of Love and Surrender

A Talk Delivered by Jaya Shree Maa

Sunday, 11 February, 7pm @ SAWCHU, Bharat Nivas,

Meera Bai

The symbol of Love and Surrender



A Talk
Delivered by
Jaya Shree Maa

7:00 pm
11th February
Sunday

Venue :
SAWCHU, Bharat Nivas,
Auroville

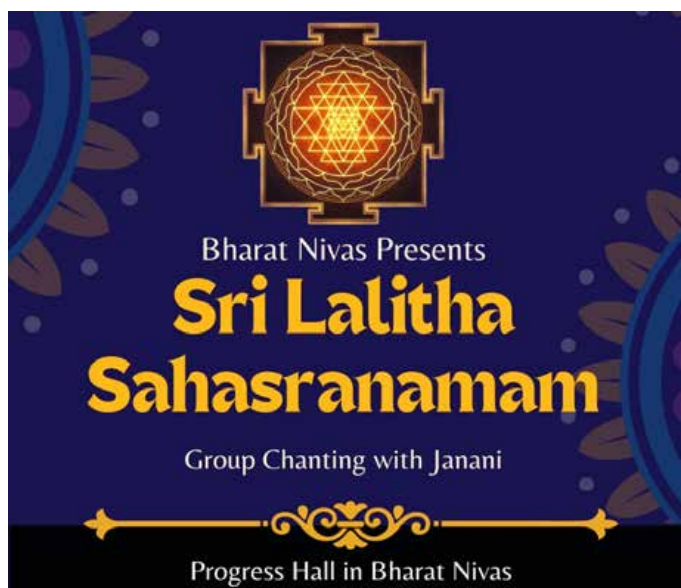
All are Welcome!

All are Welcome!

- Enquiry Contact: Krishna at +91 97878 80211

1012 - 1 February 2024

Sri Lalitha Sahasranamam:
Group Chanting with Janani
 Thursday, 1 February, 5:45—6:45pm
 @ Progress Hall in Bharat Nivas



1000 names of the supreme divine mother. It was composed by the eight Vaag devis. This stotra occurs in the Brahmanda Purana in the chapter of discussion between Hayagriva and Sage Agasthya.

Sri Lalitha Sahasranamam is one of the greatest scripts available for the praising and worshipping the supreme Goddess Sri Lalithambika.

Each and every nama in the namavali is a treasure to be enjoyed. There are millions of people who chant the sahasranamam even daily.

Our attempt is to enable us to understand the real meaning and significance of each nama in the namavali in the light of Sri Aurobindo and the Mother. So that, people could use this in the real life time currently and beyond.

Monisha, BN Team

ART EXHIBITION BY CRYSTAL
 3 February—4 March @ Pitanga



**Art
Exhibition**

**What's in a
speck of dust...**

INKY ONKY BY ONGKIE TAN

Ongoing till 10 Feb 2024

Monday to Saturday,
 10—12pm and 2—4:30pm

Inky Onky is an exhibition by Ongkie Tan, showcasing a series of drawings that one can see as a time travel over different facets and stages of his life. His ink drawings reflect his wild imagination around the themes of his muses and passions: family, nature, animals, spirituality and... hair cuts. Ongkie likes to travel light: a paper and a pen are enough to embody his creativity.

Ongkie Tan

Ongkie Tan is a self-taught artist hailing from Borneo where he grew up alongside nine siblings. He dropped out of college and moved to the U.S. to focus on street art in Los Angeles during the 80's and became also passionate about hair styling. Having found his place in the art scene of the time he painted for the art department of the film industry and was later represented by numerous galleries including Beverly Hills Gallery and the Museum of LA County. During this period, he also worked as a hair dresser in a famous celebrity salon, in Beverly Hills.

He has traveled the world for a decade, carrying his canvases tubes in his backpack. When his trip landed him in Auroville in 2010, he continued to combine both his passions not to make a living but to follow his innate curiosity. He found that in Auroville he could be himself, and he fills his days with a calm sense of belonging. When he paints, surrounded by wildlife, light, trees, and like-minded people, he draws his inspiration from animals, birds, and nature. More recently, Ongkie's paintings are portraying family.

In Auroville, the last destination of his ten-year travel, he found himself equipped with only a torch light during a tropical cyclone that resulted in extended power outages. He found solace once again in his drawings and discovered his love for black and white. His simple house surrounded by nature, birds, and light, is his refuge and muse. While hair styling is now on pause, his art is his channel to 'let go of expectations and be in the moment'. Recently, his paintings jumped from animals and psychedelics to family, a theme that he is beginning to explore more.

In his own words he describes himself as 'meticulous to the point of obsession over details that others don't see'; certainly a trait that has contributed to his art, as his fine drawings embody the detailed strokes of nature. Inspired by his early days in Indonesia, where tattoo art and life in the forest were his first source of inspiration, Ongkie's art represents the presence of light and shadow, good and bad, in each of us and in the world at large.

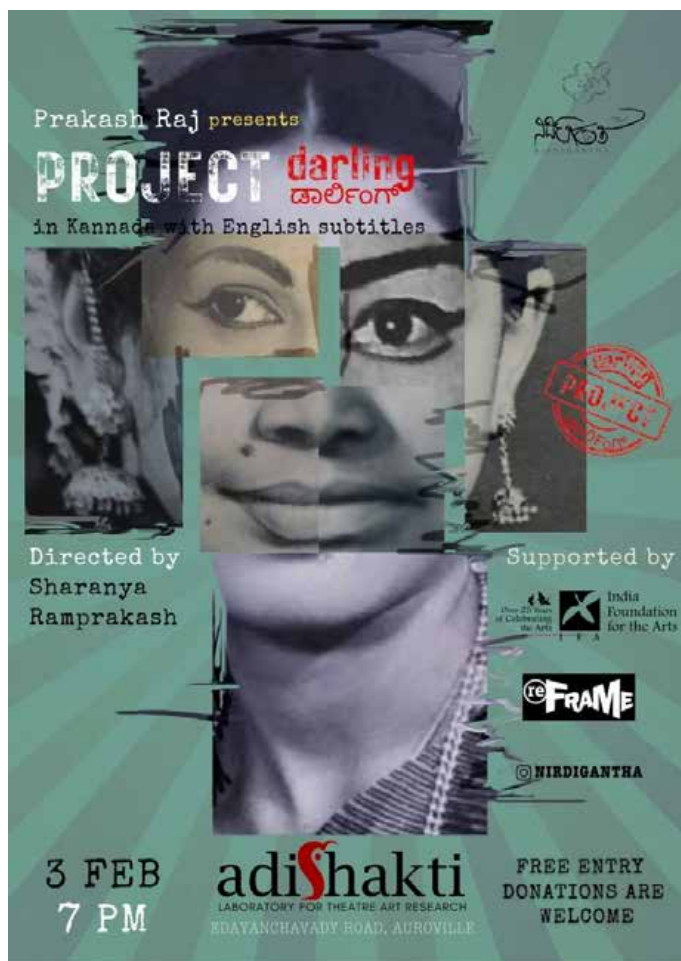
By Inge, for It Matters



1012 - 1 February 2024

PROJECT DARLING

3 February, 7pm @ Adishakti



Project Darling by Sharanya Ramprakash on 3 February at 7pm. As a policy, all the plays hosted at Adishakti are non-ticketed. Please come and watch the show. We welcome donations.

About the play: A group of performers set out on a search for an iconic character called 'Khanavali Chennai' who ruled the stage with her double-meaning dialogues and sexual innuendo. While trying to find her, they meet several other actresses. But will they eventually meet Chennai? Project Darling is an examination of female sexuality at the crossroads of censorship and culture.

- To know more about our productions, residency spaces, training sessions and events log on to www.adishakti-theatrearts.com

Submitted by Smitha

Dance Activities

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

Information:

- Bring water bottle, socks,
- Every month new batch beginner, Minimum commitment 1 month,
- Listen more Tango music, Dance Tango every day by booking for couples or Individuals, Be on time



For bookings contact us:

- +918637633696, bakisatadance@gmail.com.

Mani

AUROVILLE TANGO ACTIVITIES

@ Harmony Hall,



Bharat Nivas

- Monday, Class:**
 - 7pm intermediates;
 - 8pm beginners
- Wednesday, Practica:**
 - 7:30pm guided practica;
 - 8pm practilonga
- Friday, Open Source:** 6:30—8pm
No partner required, bring socks or dance shoes and plenty of cheer!
+91 9821166082, tango@auroville.org.in
Submitted by Aurevan

NEW CREATION DANCE STUDIO: SCHEDULE

- These are drop in classes, no experience needed.
- Ballet classes for teens only.
- Please contact Savitri for any info: savitri@auroville.org.in or 8940477667

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm				Gymnastic private (Terra)	Ballet private	
4pm	Fleur ballet teens	Elodie practice			Elodie practice	
4:45						Power Flow Movement (Purvi) From 4:30—6
5pm	Pilates interm (Savitri)	Fitness Dance (Elodie)		Fitness on Swiss ball (Savitri)	Low Impact toning (Elodie)	
6pm	Zumba (Preethi)	Salsa (Mani)				Salsa (Mani)

Submitted by Savitri

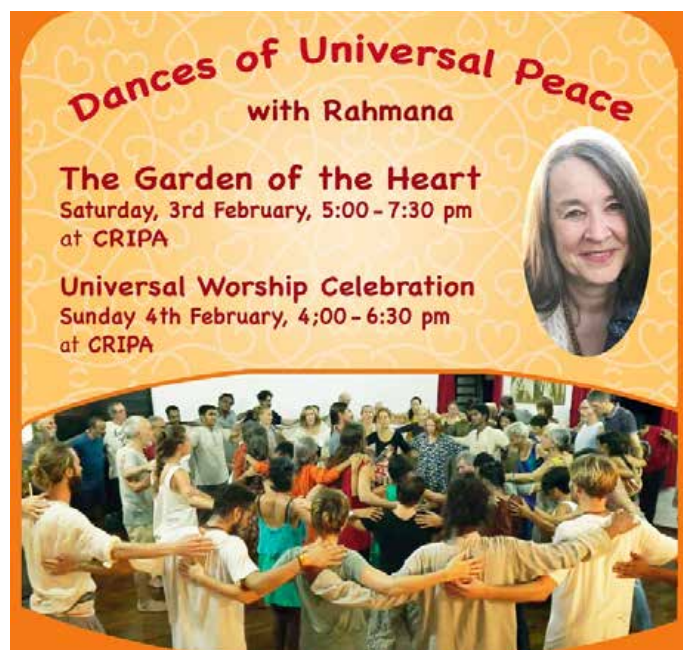
DANCES OF UNIVERSAL PEACE

The Garden of the Heart

- Saturday, 3 February, 5—7:30pm @ at CRIPA

Universal Worship Celebration

- Sunday, 4 February, 4—6:30pm @ at CRIPA
- Rahmana Dziubany is a Sufi guide, and an internationally



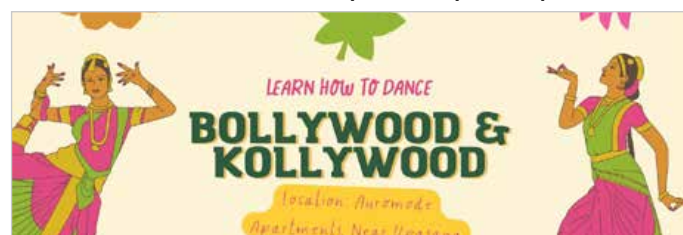
traveling senior mentor in the Dances of Universal Peace, with her own retreat center, Ananda, near Berlin in Germany.

Dances of Universal Peace are circle dances with simple movements while singing sacred songs from around the world, creating a deeply peaceful moving meditation.

All welcome, no previous experience needed. **Kaia**

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

- balaganesh.siva@gmail.com, +919446762034 WA only
- Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega



Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions

Contact: Instructor Raja,
+91 9751395939, Voice and WA

- Contribution Based
- www.angamtree.com/workshops
- Kindly WA to be added to the Salsa WhatsApp +91 9751395939



Raja

SALSA DANCE CLASS

- **Beginner Class:** Every Tuesday, 6:30pm
- **All Levels:** Every Saturday, 6:30pm
- **By appointment:** any time you can do Salsa, Bachata Kizomba
- **Need To Bring:** Socks, Water, Smile
- **Venue:** New creation Dance studio
- **Register before coming**
+918637633696



Mani, @bakisata_dance

Music and Art Activities

WRITING FROM WITHIN

Hello everyone, this is to inform you I resumed the creative writing sessions. I spent a lot of time increasing my knowledge on the subject in the last few years and now I'm ready to come back to those of you who want to develop their creative writing skills.

- If you want to know what I do, please check my new brand YouTube channel [I Just Wanna Write](#)



I'm using it to promote my cultural activity, following the path of never ending education.

- Also I am publishing the results of some of the writing practices I do on YT [in my blog](#)
- If you want to explore the infinite potential of writing with me, please contact me at ijustwannawrite.email@gmail.com to get info and book a session. Individual or collective.
- Free contribution from Aurovilians, Newcomers and Volunteers.
- The sessions will take place at the European Pavilion every Wednesday from 9—10:30am. If the timing is not suited to you, we can find another solution.

Please notice these are not meant to be classes but sessions, meaning that you are not compelled to follow a regular class.

- I'm also available to give sessions in the schools.

Francesca

VOCAL EXPLORATIONS

12—16 February,
Bhumika Hall, Bharat Novas



Vocal Explorations
Playshop, Practices, Training

12th-16th February
Bhumika Hall
Book your slots
For registration, please contact: +91 8056058269
svaramprograms@auroville.org.in

Come join us for a full week's programme focused on opening and exploring your singing voice. Svaram has gathered a group of professional singers and voice experts to dive deep into the topic of authentic and natural self-expression. Embark on this five-day exploration of the full potential of your voice through a variety of techniques and practices.

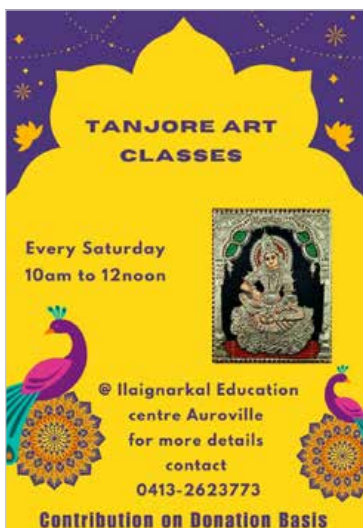
- **Book your slots:** for registration, please contact +91 8056058269, svaramprograms@auroville.org.in

Timon for SVARAM

TANJORE ART CLASSES

Every Saturday, 10am—12noon
@ Ilaignarkal Education center

Tanjore Paintings Hold Cultural And Religious Significance, originating In Tamil Nadu, India. They Depict Hindu Deities And Mythology With Vibrant Colors and Intricate Details. The Use Of Gold Leaf Adds Opulence, Reflecting the Region's Artistic Heritage. These Paintings Serve Representations Of South Indian Art, Preserving Traditional Techniques and Contributing to The Rich Tapestry Of India's Cultural History



TANJORE ART CLASSES

Every Saturday
10am to 12noon

@ Ilaignarkal Education
centre Auroville
for more details
contact
0413-2623773

Contribution on Donation Basis

- For more details contact 0413-2623773
- Contribution on Donation Basis

Ayyanar

PHOTO CIRCLE MEETS

Friday, 2 February at 5pm

Centre d'Art multimedia Room, Citadines

Dear photographers, Photo Circle meets again on Friday, 2 February at 5pm in the Centre d'Art multimedia room, at Citadines. The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images.

Everybody's welcome

Marco



LIGHT FISH

Professional Photography Studio

Photography Services

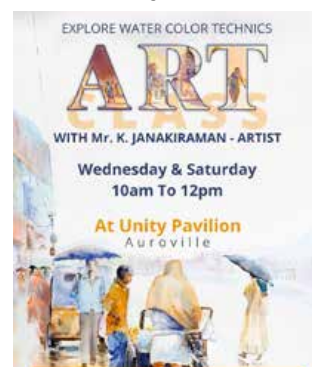
- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

Samvit Blas, Light Fish,
9442526287,
sales@light-fish.com



EXPLORE WATERCOLOR TECHNIQUES

- Wednesday & Saturday,
10am—12pm
@ At Unity Pavilion
- Art with
Mr. K. Janakiraman
- For More Details
9443648774,
7558401106



Submitted by Arun

WELCOME TO 'OPEN STUDIO'

Open Studio' is a creative space for individuals to explore various forms of visual art. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be there if you need help.



- **The studio is open**
from 12:30 to 4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in advance. Contact Abi at +919042058981.

Watercolor Class By Sathya

- Every Thursday 4—6pm.

Life Drawing Session

- Every Saturday 2—4pm.

Portrait

- Live portrait in sketch and watercolor painting in 40min of your sit, by Sathya.

CREEVA Studio, +91 9486145072 WA, Sathya

1012 - 1 February 2024

BANSURI (FLUTE)

Group Classes With Michael

The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhumi Music Studio, Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
- Drop in is possible at any time, flutes available to borrow or buy.
- Contribution:
 - Guests: Contribution required
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Connect: michael@sound-of-bansuri.com
+91 9150567003 WA
- More Info: www.the-sound-of-bamboo.com
- To Donate: <https://pay.auroville.org/divine-arts>
- Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>

Michael

KIRTAN @ ANITYA COMMUNITY—MALOKA HALL



Brenda McMorrow



Adam Bauer



Matthew Andrews

FRIDAY FEB 9
6:00 PM

KIRTAN
SACRED SONGS

Join us for an evening of meditative music and chanting featuring 3 great artists and musicians from Auroville

MORE INFO:
+91-7094058699 (Mathilde)

Free donation event

ANITYA COMMUNITY - MALOKA HALL
500 M AFTER CENTRE GH, AUROVILLE

+91 7094058699, Mathilde

Sports & Martial Arts

KALPANA GYM

Kalpana Gym is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!



Satyakam

TAI CHI HALL

Daily Classes

The Tai Chi Hall in Sharnga community offers daily classes six days a week.

- Mondays & Saturdays
 - 7:30—8:30am: Chi;
 - 8:30—9:30am: Form
- Tuesdays—Fridays
 - 7:30—8am: Chi;
 - 8—9am: Form




We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

Tai Chi Chuan Intensive

INNER WAY TAI CHI
SCHOOL

TAI CHI HALL in Sharnga
Presents

THE ART OF CHI - Stevanovitch's method



- 12 February—2 March, Monday to Saturday, 7:30—10:30am

Beginners: Chi and Tai Chi basics Three weeks, three steps through the discovery of the Chi work and the 24 posture form. Led by Krishna, the work is essentially directed towards: Concentration techniques to stay focused Mastery of the body through breathing and muscular relaxation; Improvement of movement through balance and coordination; Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity. This is a recreational activity

- For information and booking contact Krishna
0413 2623187, taichi@auroville.org.in
taichi.auroville.org, taichi@auroville.org.in

Warmly, Krishna

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- Kalari Class for Beginners
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- Kalari Classes for Advanced People
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday



- Kalari Massage Available
 - By apointment, 9042009200, Maneesh
- Where Body Becomes Eyes, Maneesh For Kalari Team

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- To book contact +91 8637633696

Mani



LOOKING FOR VOLLEYBALL PLAYERS



We are looking for people interested in playing 2x2 volleyball. If you are interested—please get in touch. We will be playing at Cetitude.

2x2 volleyball is played on a same size court and net height. It could be more physically demanding yet it gives each player a lot of opportunities to engage and enjoy the game.

- WA to 7598869223 if you would like to join. Slava

BHARAT NIVAS PRESENTS

Kalaripayattu Class

in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class

- bharatnivas@auroville.org.in, office: 0413 2622253

Parking available outside the Bharat Nivas main gate

Regards, Vani, BN Team



ABHAYA MARTIAL ARTS

Abhaya has a team of certified coaches in various disciplines (MMA, Self Defense, Shou Wu, Tai Chi Chen style, Grappling, BJJ, Kickboxing, K1, Wing Chun) and offers classes to kids and adults, from beginners to experts.



- **MMA for adults:** Monday, 5:30pm in Dehashakti: (Giacomo—International Instructor)
- **MMA for kids:** Tuesday, 4pm in Dehashakti: (Giacomo, Monica—MMA assistants)
- **MMA for adults:** Wednesday, 5:30pm in Dehashakti (Giacomo—International Instructor)
- **K1 for adults:** Friday, 5:30pm in Dehashakti (Ruben—Kickboxing coach)

Be punctual, come in sportswear, short nails, no jewelry.

- For more info please contact abhaya@auroville.org.in or 9487340778 WA
- <https://www.instagram.com/abhayauroville/> Giacomo

AUROVILLE AIKIDO SCHEDULE

Auroville Aikido at AV Budokan (Dehashakti) is happy to share again their Adults regular schedule for Beginners and others (with N. Murugan and Surya) for interested people to join this beautiful and complete practice in the form of a Japanese martial art:



- Every Tuesday, Thursday, Saturday early morning from 6—7:30am and
- Wednesday 5:15—6:30pm.

For children classes (with Surya, Philippe G. and Cristo) and other info, please contact us:

- budokan@auroville.org.in, 8300189062 Surya, 9952812843 Murugan/WA, 8300643963 Philippe/WA.

Reasonable contributions required.

Surya

INLINE SKATING

Wanna have more joy skating?

If you are a happy inline skater, get in touch with us! We can learn and enjoy much more together!

Ahana and friends.

9751513906,

essence.touch@yahoo.de

Ulrike



Nature Activities

SACRED DRUM JOURNEY

at Revelation Forest/Mahakali Park

3 February, 3:30—4:30pm

Experience altered states of consciousness, Deep aura cleansing, Spiritual healing, Connect with your spirit guides and spirit animals.

Facilitator: Kundhavi Devi

Kundhavi is a clairvoyant energy healer, crystal healer and Access consciousness healing practitioner who lives in Auroville, Tamil Nadu. She has received intense training in the Shamanic field with a Shaman from Northern Canada.



- **Clothing:** Loose fitting, fully covered to prevent mosquito bites
- **Contributions** are welcome and encouraged.
- **Registration:** Registration preferred. Please register at Kundhavi Devi +91 9360043538 WA
- **Gmap link:** Revelation forest Auroville

Arun

for Revelation Management Team

CONSCIOUS NATURE IMMERSION

at MahaKali Park

Every Wednesday and Sunday

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'Web of Life' brings, in turn, insights for our self-study and yoga of work.



- **Contribution** accepted for the management of the site.
- Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.
- **Meeting point** at Revelation's main gate 5-10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- Contact: Vignesh +91 9620493716

Please note: The park is not yet accessible without our supervision, Thank you for your understanding!

- Gmap link: Revelation forest Auroville

Arun for Revelation Management Team

EDIBLE WEED WALKS

Edible Weed Walk @ NinaS

Let's walk

EDIBLE WEED WALKS ON FEW SATURDAYS

From 7:30am to 8:30am (max 8:45am)
at a location in Auroville

Edible Weeds and Naturally Growing Plants in Auroville

Scan to purchase the Edible Weeds Coloring Book

Available Dates:
February 2024: 17
March 2024: 2, 9, 16, 23, 30

Don't wait; book your slot for 17th February, or the March dates

Contribution :
Rs. 500/person (for all).
Rs. 350/person for Aurovilian and SAVI-registered volunteer

Contact, Contribute, and Register (max 10 people) anytime, latest by 4pm on Fridays by

WhatsApp +91 98409 36907 or
Email: edibleweedwalk@gmail.com

It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. Only a few are left now, just one for February, and for all Saturdays in March before we will close for the year. You can join one or more. For that please plan and register early. The walk will be guided along with the Edible Weed Walk book. If you don't have a copy, you will be able to borrow one during the walk.

- Dates for the upcoming walks are 17 February, and 2, 9, 16, 24 and 30 March 2024.
- Pre-registration and a contribution are required.
- RSVP: +91 9840936907 WA Only or edibleweedwalk@gmail.com to register

Nina

FOOD Forest Tour

FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food.

Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

Sign up and infos whatsapp Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

Sarah

Bioregion Activities

MOHANAM

Conscious and Cultural Tour, Workshops & Therapy

Auroville Northwest Experience

Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture

For February 2024

Tours

- Auroville Northwest Tour
 - Every day, 10:30am to 1pm, Except Sunday

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.



- Mohanam Campus Tour
 - Every day, 10am to 4pm, Except Sunday

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, bio region art and craft centre, Lively one village boutique with products by bio region village artisans, Saree & veshti library, herbal tea.

- All above Tours One Day Advance booking is necessary
- Contact: preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081, 10am—4pm every day except Sundays

Make and Take Workshop

MOHANAM

Make & Take Workshop

Join and Experience the Learning aspect of engaging in arts and craft Workshop, Manifest Your inner Self through Various Materials and Form Using creative Technique

Pottery - 1hrs

Lamp Shade - 3hrs

Candle - 1-1/2 hrs

Incences 1-1/2 hrs

Cocunut Craft - 3hrs

Stone Carving - 2hrs

Soap 2 hrs or 1Day

Paper Marbling - 1hrs

Kolam Mandala - 2hrs

Daily - Make and Take, Hands- On Workshops at Bio region Art & Craft Centre (Mohanam , Cross Cultural Experiences and Educational Tours located in Mohanam campus)

Address : Mohanam Campus,
Isaiambalam Road,
Auroville

For Bookings: +91 8300949079
Mail us: mohanamprogram@auroville.org.in
Date: All working Days except Sunday

Join and Experience the learning aspect of engaging in arts and Craft Workshop, Manifest your inner self through various materials and form using creative technique.

Pottery making	1hrs
Kolam Mandala Painting	2hrs
Coconut shell craft	3hrs
Incense Making	1—1/2 hrs
Lampshade Making	3hrs
Paper Marbling	1 hrs
Candle making	1—1/2 hrs
Soap making	2hrs or 1 day

All above workshops one day Advance booking is necessary.

Daily: Make and Take, Hands-on Workshops at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- **Contact:** preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081, 10am—4pm every day except Sundays

Classes and Therapies:

Mohanam offer a variety of classes, and therapies, where participants can explore the classes and therapies.

- **Cooking Class**
 - 10am—12:30pm, Every Saturday

Learn how to cook traditional South Indian foods and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.

- **Saree and Vesti Experience**
 - 10am—4pm, Every Saturday

Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover – choose between kolam & cooking for an inclusive traditional

- **Tamil Siddhars Ongara: Five Elements Yantra Chanting Therapies with Anandou**
 - 11am—12pm, every Thursday

Harmonizing the spirit with ancient wisdom: Begin on a transformative journey through Tamil Siddhars Ongara—Five Elements Yantra Chanting Therapies

- **Circle of Conversations & Dialogue with Prop. Sehdev Kumar**
 - 11am—12pm, Every Sunday

Fear, Forgiveness, Peace, Love, Hope, Redemption, Spiritual Journey & Everything under the Sun Every Question is a Part of the Spiritual Quest.

- **Indo African Drumming Circle with Mohanam Youth**
 - Every Thursday, 6—7:30pm

Enjoy the evening with blissful fusion of instrumental music, freestyle dancing and traditional drumming with campfire, accompanied by traditional Tamil dishes. (with basic Contribution from each participant)

- All above Classes and Therapies one day Advance booking is necessary
- **Contact:** preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081

Auroville Bioregion Experience with Mohanam Team

Village Tour	3hrs
Munnur & Perumukkal visit	6hrs
Salt Dune & Kaluveli Tank Visit	6hrs
Bio-region Village Temple Tour (Irumbai Shiva Temple & Panchavadi Hanuman Temple)	4hrs
Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple)	3hrs
Wood Fossil Visit and Quarry Shower	6hrs

- **All above Activities** one day advance booking is necessary
- **Contact:** preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081, 10am—4pm every day except Sundays

Auroville Sunday Tour & Brunch Experience

To unlock the full potential of youth and women through art, craft, culture and traditional knowledge. By connecting the local villages to the international community and reconnecting the locals to their traditional knowledge.

Experience the Following Activities: Mohanam Campus Tour, Bamboo Sound Garden, Bamboo Tour, Tree House Experience and Special Steams Brunch

- One Day Advance booking is necessary
- **Contact:** preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081, 10am—1pm every day except Sundays

Mohanam School of Art & Music activities

Classes available for Kids 5 to 15 years old

Classes	Day and Time
Western Dance	Sunday, 10 - 11am
Indo African Djembe Class	Sunday, 11am - 12pm
Folk Dance	Sunday, 12 - 1pm

For more information, contact us

- Email: mohanamprogram@auroville.org.in
- Phone: +91 8300949081

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services, Aurunachala—Auroville Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

For more information, contact us

- Email: mohanamprogram@auroville.org.in
- Phone: +91 8300949081

Guru, For Mohanam

1012 - 1 February 2024

EGAI: ART OF GIVING

+91 9791896488 WA /0413-2963034

@ Egai, Isaiambalam



- Every Saturday, 2—4:30pm
- One Day Prior Booking Required
- +91 9791896488 WA 0413-2963034
- @ Egai, Isaiambalam

- Wednesday to Saturday, 3—4:15pm
- One Day Prior Booking Required
- +91 9791896488 WA 0413-2963034
- @ Egai, Isaiambalam



Cooking class



Egai is giving you an experience to explore village cooking methods of the ethnic coconut based cuisine cooked in traditional ecofriendly vessels.

- 1 day pre-booking need to be done
- Every Saturday: Morning & Afternoon

- egai@auroville.org.in, www.egai.co.in
- 9629297514 / 9791896488 Submitted by Arun

KUILAI CREATIVE CENTER ACTIVITIES

Activity	Day	Timing	For Children & Adult	Age Group. Only 10 To 20 Students Per Group
English Class	Monday, Tuesday & Thursday	10am—12pm	Free	Above 18 Years
Tailoring Activity	Wednesday Friday	11am—1pm	Free	Above 18 Years
	Evening Tuition Classes: Monday To Saturday	6—8pm	Free	From 1st Grade To 10th Grade
Physcial Fit-ness	Saturday	9—10am	Free	Above 8 Years
Painting	Saturday	11:30am—12:30pm	Free	Above 8 Years
Upcycling	Saturday	2—3pm	Free	Above 8 Years
Hip-Hop	Saturday	3—4pm	Free	Above 8 Years
Bharat Naattiyam	Saturday	4—5pm	Free	Above 8 Years
Exhibition On Mother's 12 Qualities	Soon	Soon	Soon	—

Selva from KCC



Light of Auroville

Musical Instruments Making Workshop



Sound Healing

Everything is Vibration,
Everything is Frequency
Aura and Energy



Enlight Tour Activity

- Explorative Educational Experience

Experience Auroville and travel through its cultural consciousness. It's art and crafts, Units and Activity.



- Township Cycle Tour



Lean about the Four Zones and Green Belt, each focussed an important aspects of the township life.

- Bioregion Village tour

Take a break from your city life and dig deep into the heart of rural villages around Auroville, where a land of history and culture can be experienced.



Contact Us

- +91 9159468946, +91 8270071581
- enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

AUROVILLE BAMBOO CENTRE February Program 2024



Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- 11am-12:30pm, 2:30pm-4:30pm
- Every day except Sunday
- Registration: One day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm, Every Saturday
- Registration: One day in advance.

Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

Daily: Make and Take Hands On Workshops Experiences

One-Day, Make and Take Workshops

- 9am—12:30pm, 1:30—5pm, every day except Sunday
- Registration: One day in advance.

1. Furniture Workshop

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Expert.

2. Bamboo Lampshade

Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

3. Bamboo Giraffe

Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

4. Bamboo Bicycle (For Kids)

Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

Auroville Bamboo Centre presents

MAKE & TAKE WORKSHOPS

An immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.

Bicycle Furniture Lampshade Giraffe

MONDAY TO SATURDAY 09:00AM TO 05:00PM - 1 DAY



JEWELLERY, TOYS, MUSICAL INSTRUMENTS, PLANTER, ARCHERY



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00 3 HOURS

FOR REGISTRATION & INQUIRIES:

*Prebooking a Day in Advance

Mobile : 08300949081
Telephone: 0413 2623806
Mail: bamboocentre@auroville.org.in



Auroville Bamboo Centre
Kottakarai road, Mangalam
Auroville, Tamil Nadu, 605 111

3 Hours Make and Take Workshops

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Registration: Walk-in registration available

1. Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

2. Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

3. Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

4. Bamboo Planter

Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.

5. Bamboo Archery

Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop.

This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course

Upcoming Workshops—February 2024

Hyperbolic Paraboloid Dome Workshop

- 9 to 10 February 2024

This workshop focuses on Bamboo Hyperbolic Paraboloid Dome building construction from bamboo and various natural materials. The Bamboo Hyperbolic Paraboloid Dome workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Furniture Designing Workshop

- 15 to 17 February 2024

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc. The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Tree House Workshop

- 28 February to 2 March 2024

This workshop focuses on Bamboo and Tree house construction from bamboo and various natural materials .

The Bamboo Tree House workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

For more information, special requirement, and pre-booking contact:

- Preferred: email bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: 0413 2623806—2964727, +91 8300949081,
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081

www.aurovillebamboocentre.org

Murugan For Bamboo Centre

Honorary Voluntary

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

Looking forward to welcoming you!
The Sadhana Forest team, Shek

THE AUROVILLE MARATHON Is Back Again

The Auroville Marathon is back again and we can't be happier! As runners from all over converge upon Auroville to be part of this event, **we need your volunteering skills** to make this event a resounding success.



The Auroville Marathon 2024 is slated to be one of the most people involved events. We are expecting around 3000+ runners and **would require volunteers** for aid-stations, show directions, logistics support and other services on the 17 and 18 February 2024. We welcome your support and urge you to volunteer.

- Please note that the volunteering timings would be 3:30am—12pm on the run day, 18.02.2024.
- Volunteering timing for logistics and night vigilant teams will be 6—11pm on the pre-race day, 17.02.2024.

Note The Last Date For Receiving Your Confirmation Is 8 February, Thursday

Kindly write to us expressing your interest to

- avmarathon@yuvabe.com

Thank you in advance !

Yuvabe's volunteering Team will assist and update you on the latest event information

Team AV Marathon (Prabu, Rajesh)

<https://www.aurovillemarathon.com/>

VOLUNTEERING OPPORTUNITIES @ Language Lab!



Volunteering opportunities!



Do You wish to enhance your Auroville experience? Volunteering at the Language Lab can be profoundly enriching. We are currently looking for volunteers to fill the following positions:

- Language Teachers, Fundraiser Event Coordinator, IT Assistant, Executive Assistant
- Tomatis Children's Assistant
- Tomatis Research Assistant

Contact or visit us to find out more and get started!

- We are open Monday to Saturday, 9am—12pm and 2—5pm

Submitted by Vismay

Taxi Sharing

From Chennai Airport, 5 February, 11am

To stay ECO friendly I am very willing to share a taxi from Chennai Airport to Auroville on Monday, 5 February 2024.

- Departure from Chennai Airport will be at about 11am.
- Please contact me on +34685673777 WA.



Sunny

Animal Care

AUROVILLE DOG SHELTER

Monthly Transparency Report, January 2024

As part of our commitment to transparency, we are happy to present our report for January.

• Overview

- New admissions: 4 (176 since April 2023)
- Rabies suspect cases: 1
- Adoptions: 12
- Rehoming and Releases: 10
- Vaccinations administered: 34

- ABC shelter dog sterilisation: 0

- Deworming: 84 doses for adults and 20 puppies

• **Donations:** This month we received Rs. 340.223 in monetary contributions which includes Rs. 50.000 funds from BCC to our FS account and also a transfer from AVI International USA of USD 1.794 from their December donation matching campaign.

• Expenditures

Animal Food: This month we fed our dogs 1.5 tons of rice, 1.8 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1 lakh

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, veterinarians, and volunteers including Pongal bonus money was Rs. 1.3 lakh this month.

Medical Costs: The medical costs in January for purchases of much-needed medicines, syrups, vaccinations, and deworming summed up to Rs. 36.219

• **Construction of Dog Houses** Finally, we were able to start building dog houses for our furry residents using almost entirely recycled materials. Thanks to valuable advice from AV Community members we found a way to make them termite-safe and coated the floor with leftover plastic sheets from the Matrimandir Lake. We also purchased used big blue barrels to construct doggy apartments out of them. If you are skilled in building things, please contact us, we are always grateful for a helping hand!

• **Volunteers!** Our poster campaign to call volunteers was very successful and we were able to expand our animal caretaker team. Soon we will be able to offer lots of activities like wheelchair training, physiotherapy, dog training walks, spa sessions, and many other programs. If you are interested in working with animals, even for a few hours per week, contact us, we would be happy to welcome you as a volunteer to our team.

• **Surgeries and Vet Consultations** Starting on the first weekend in February, our new vet Dr. Anandi, who specializes in sterilizations will offer her services also to dogs of Aurovilians and animal lovers. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For other dogs, we charge Rs. 2.800 per male and Rs. 3.000 per female dog (recent blood test required). Every morning from Monday to Saturday 10.00 to 12.00 am our shelter vet Dr. Deepan is available for free consultations per prior appointment.

• **Puppy Fair** Together with the incredible kids of Puppy Camp, we will host on Sunday, February 4th the big Auroville Puppy Fair with lots of puppies hoping to meet their adopters and to raise funds for the new Auroville Dog Shelter. The kids will offer homemade food and drinks and have fun games and activities. The dog shelter invites children and artists to paint and decorate our finished dog houses. There will be doggy wheelchair demonstrations and hourly guided tours of our shelter besides lots of other fun activities. Everyone is welcome!

We thank everyone for your continued support of the Auroville Dog Shelter!

Auroville Dog Shelter Team,
Mar, Tine, Joseba, Coco, Arthur, Kiran, Ranjit

AUROVILLE PUPPY FAIR

Sunday, 4 February, 10am—6pm

The incredible kids of the 'Puppy Camp' and the Auroville Dog Shelter invite everyone to the first Auroville Puppy Fair

- Puppy Adoption & Fundraising Drive
- Great Music and Dance
- Wheelchair and Physiotherapy workshop
- Cool Stalls for Shopping Auroville Products
- Homemade Food and Drinks
- Kids Games
- Rare Crystals and Stunning Stones for Sale
- Guided Tours of the Shelter

Ask us Anything: We are happy to share details about our volunteer initiatives, and animal care programs, our 1000-dog sterilization goal and offer insights into the upcoming new Auroville Dog Shelter project.

Everyone is Welcome!

Paint a Dog House Event! Children and artists! Express your imagination and artistic skills to decorate and paint our new dog homes.

Auroville Dog Shelter, Arthur



Available

Egai Velai Workspace

EGAI VĒLAI WORKSPACE

Available an hourly and daily basis

Contact us:
Email: egai@auroville.org.in
Mobile: 09791896488

We are offering a fully furnished machine shop to make and manufacture products and handicrafts as per your needs. We are also offering space to hold workshops in art, craft and culture.

- Available an hourly and daily basis
- Contact us: egai@auroville.org.in, 9791896488

Anand

Three Folding Panel Screen Available

- 3-sections dividing panel (each section: cm. 185x48) made by Shradanjali (wood+parchment paper decorated with leaves), like new. Photo available on WhatsApp.
- 'The Mahabharata' translated by K.M. Ganguli, 12 volumes.

+39 3388349491, +91 9486422138, 2622138,

Paola

Looking For

Landline Phone Wanted

Now that most people have moved to mobile phones, does anyone have a landline instrument that they don't need but is in good condition? Please contact Nandita, nandita@sharan-india.org / +91 9488483286 WA



Dr Nandita Shah, Aurelec Premises

Long Term House Sitting

Hi everyone ! I'm a natural dyer and a graphic designer. I lived for 4 years in Auroville. And I would like to come back with my family (my husband and my 2 kids) to start volunteering and the newcomer process. So I'm looking for a long term house-sitting from September 2024, if you have any plans please contact me at meghan.gillet@gmail.com or +33783627317 WA



Meghan

Work Opportunities

FULL MAINTENANCE POSITION OFFERED!

Are you an Aurovilian or a Newcomer with a deep love for animals? Join our team at the Auroville Dog Shelter! We're seeking a compassionate individual to take on the responsibility of caring for nearly 300 dogs. This full-time role requires a commitment of five days a week from 9 to 17. Alternatively it's possible to split a maintenance between two people.



AUROVILLE
DOG SHELTER

This isn't just a job; it's the real yoga of work. Understanding its demands, we offer a one-month voluntary trial period before a one-year commitment. With exciting plans for a new shelter on the horizon, become part of our vision to become the best shelter in the entire area, providing effective care and help for every animal in need.

- To start this rewarding journey, contactp Arthur at +91812225266 WA.

Arthur

QUIET HEALING CENTER

Looking for experienced massage therapists



We are looking for **experienced massage therapists** (Aurovilians, Newcomers and Volunteers) who feel inspired to work in Quiet's dynamic and beautiful environment. If interested, please send an email with background details (age, gender, qualifications, work experience, etc.) to quiet@auroville.org.in after which we'll invite you for an interview.

www.quiethealingcenter.info, +91 9488084966

Guido

LOOKING FOR A HALF DAY COOK

relec Restaurant is looking for a half-a-day Cook, timing 9:30am—2pm, who is familiar with cooking South Indian, North Indian and Western food including preparation of salads and juices.

- Interested may contact Mr. Siva of Aurelec in person or by phone to 2622293/ 2622294 or email your resume to adps@auroville.org.in

Siva For ADPS Trust



Foods, Goods and Services

HAIRDRESSER

Hairdresser. For your and/ or your child's next haircut: inspired, striving for perfection, 11yrs young artist Ahana looks after your and / or your child's hair and well being. After everyone who came was happy and content, we are now requesting short and long **Hair Models** to step forward and try something new and beautiful!



- For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Ulrike Urvasi

THE SPROUT CAFE

7am to 4pm Monday through Saturday

@ The Sprout Cafe in UTSAV on the Verite radial

The Sprout is open from 7am to 4:30pm Monday—Saturday for breakfast and lunch. We are located on the ground floor of the UTSAV building just before Verite community.



Dive into our delicious **breakfast menu from 7am to 11am**, and enjoy a casual and **yummy lunch from 12 to 3pm**. We aim to offer at least three different dishes daily. Or just come and try our coffee, hot chocolate, creamy ice cream, cakes and scrumptious cookies available all day long.



- You can join our WhatsApp group to get our menu of the day by scanning the QR code.

Akash

GERMAN BAKERY OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

Dear Bread Enthusiasts, we are delighted to announce the opening of our small German Bakery, located in the same building as Sakura Sushi on the ground floor, Kuilapalayam.

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our homemade smoked ham and sausages. For those seeking a meal, we offer a breakfast plate and a German version of tarte flambée (Flammkuchen) for dinner.

We look forward to serving you at German Bakery during our new extended hours daily from 7:30am to 8:30pm. Please note that we are closed on Tuesdays.

Egle



FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday: 8:30am—1pm

Afternoon hours:

- Tuesday and Thursday: 2:30—4:30pm



We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

Kamala for Free Store Team

WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kattidakalai Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, desoldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you have any requirements, please contact



- Dhandapani, Executive at 0413 2622295,
- Mobile 9443090082/8098193820
- or via email to newwaves@auroville.org.in

Priya

ANNAPURNA FARM BASKETS

Annapurna Farm has been running a CSA ordering system for Annapurna produce/products (dairy, fruits, and grains)



to connect with the consumers directly for a year now. The idea of the project is to deliver a selected range of produce/products on orders that could be made by simply filling in a Google form.

- Orders are delivered to Foodlink & PTPS on Saturdays.
- Some of the produce/products are exclusively available for CSA orders.

We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or email us at annapurnafarm@auroville.org.in to receive the order form.



Madhuri for Annapurna Farm

AUROMODE TANTO

Open for Breakfast Buffet

Open For Breakfast Buffet

Mixed Indian and Continental

From: Mondays To Sundays
Timings: 7:30 AM to 10:30 AM

Lunch & Dinner Available
From: Monday to Saturday

AURINOCO SYSTEMS

0413 3509900, aurinoco@auroville.org.in

Dear Friends, greetings and a Happy New Year from Aurinoco! Around 2022—2023 (<https://auroville.org.in/article/93861>) new year we announced some core network improvements and changes along with speed increase. Keeping the cost to subscribers the same.



Mid-way through 2023 (May—<https://auroville.org.in/article/95547> & July—<https://auroville.org.in/article/95968>) we reported on our overall statistics and finance.

This year begins on an even brighter note; The basic speed for all is now 120/120 Mbps even during peak hours, keeping the subscription cost same.

Aurinoco has upgraded some of its Auroville Campus Network core and backhaul during 2023, enhancing connectivity and stability. We've also extended our contracts with two reliable ISPs to ensure a good 98% uptime and deliver 1:1 bandwidth and speed even during peak hours. There is no longer a need for a BSNL high speed connection to compensate for peak time slow speeds. We have tested this past 3-4 months under live conditions of video conferencing & IT work, besides the usual office and residence usage.

During this year, 2024, we will continue to upgrade the remaining network areas. We are also actively compensating for reducing Aurinoco support to BSNL subscribers. In the next two months we will communicate to you individually and offer to change over your connection to the new high speed ACN connection at no cost. The subscription cost will also be less than what you are paying for BSNL now. We also provide Landline (VoIP) connection for those who need it.

Aurinoco's City Services contribution till December last was 4.5Lakhs This will increase as and when BSNL connections are changed to the Auroville Campus Network connection.

The only downside we are facing are the several OFC cuts due to ongoing construction work all around. We are taking some proactive steps to reduce the inconvenience caused due to this. Meantime we have adopted this motto 'Inconvenience today, for a better tomorrow' which has helped our morale.

We appreciate your support! *Regards, Aurinoco Team*

What is the need to support an Auroville Campus Network?

6. All internal communications at 1Gbps and mostly at no cost.

Examples: File transfers and backups. VoIP (landline) calls. Remote monitoring of energy & water.

How? Aurinoco has its own servers and Auroville 'EPBAX' type SIP server. Static IPs and custom routing. We are also planning on having AAA so that one can go anywhere in Auroville and connect to the communication network.

7. Connections to outside over the Internet are initiated faster.

How? We have our own DNS servers and an internal core 10Gbps network. Plus our Internet connection is a 1:1 line meaning no downgrading of speed & latency during peak times.

8. Flexibility in allocating bandwidth and custom configurations. Especially for IT work & video conferencing.

How? After our ISPs outside the supply line, we have complete management of the campus network. Unlike the BSNL line we supply, which is becoming redundant and being phased out.

9. Reduction in support calls and downtime.

How? Unlike BSNL, which has poor support and line stability, ACN connections have good stability and most support can be done remotely.

Aurinoco Team: Anand, Atchuthan, Chandresh, Dhanasu, Hemant, Madhi, Mahesh, Murugaiyan, Vishnu

DROPZY

Dropzy

Food, Groceries,
Fruits & Veggies,
Body Care,
Wellness, etc.

Stay home, order
and access. We'll
drop it to you.



Dropzy is made locally
by 150dpi, an Auroville activity.

www.dropzy.in
8098144686

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

• Download link as shown below

- Android <https://rb.ghttps://rb.gy/32zcixy/32zcix>
- iPhone <https://rb.gy/visp4c>
- Desktop <https://rb.gy/bpnud5>



Android



iPhone



Desktop

Stay tuned in to our announcements and the app regularly, for more updates.

Sathish Arumugam For Dropzy
+91 8098144686, www.dropzy.in



- aurocabs@gmail.com / www.aurocabs.in
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201
- Book Your Taxi!

Raju



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi f
or UTS Transport Service Team

1012 - 1 February 2024

TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community. Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

So if you have any issues you are currently facing with your phone, computer, smart tv etc, reach out to us and we will come and solve your problem while hopefully teaching you as well.

- Youthlink@auroville.org.in, +91 7397787112. **Sananta**



INTERNET CONNECTIVITY SERVICE OFFERED

I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our Auroville community Since 2015



And I am happy to provide the below services to our Auroville community

- Internet speed; Boosting up for dual bands 2.4 GHz or 5 GHz
- Wired/wireless; Fibre ONT modems, Routers, Switches installation/repairing work
- Fiber optic cable; Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- CCTV; Configuration/Installation/repairing work inside and outside your house
- Smart-TV/laptops/printers; Configuration/Installation/repairing
- Other network communications devices; Configuration/Installation/repairing

For any internet-related issues/complaints, please feel free to contact me:

- Ramakrishnan, 9943919899,
- ramkrishna@auroville.org.in

Ramakrishnan

RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. It has now been one year since we began serving the community. We take this opportunity to thank all the people who believed in us.

The support offered and shown by our customers played a big role in our growth.

Kindly avail this offer by taking a look at all the work that we offer. Please reach out to us for any enquiries that need our assistance to fix your home or any infrastructure. Look forward to your continued use of our services in the future.

- Carpentry, Masonry—renovations and remodulation, Plumbing, Aluminum channel work, Electrical, Steel Fabrication work, Painting—Interior, Exterior, Floor Waxing, Powder coating, Insect Treatment, Fencing, Washing machine repair & installation, A/c repair and installation, Dth repair and installation and Furniture purchase assistance,

Contact: + 91 8270071581/ +91 7639810621

Email:

- rapidcare@auroville.org.in, rcsrapidcareservice@gmail.com
- [Instagram](#), [Our Works](#)

Best regards, Balaji & Arun for Rapid Care



AUROVILLE PRINTERS

Auroville Printers offer a wide range of printing services to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels. Just name it, and we'll make it for you.

- **Auroville Printers Location:** In front of the Auroville Health Centre
 - 0413 2622534, Mobile: 9443202786
 - Email: aurovilleprinters@auroville.org.in

Raju

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.



South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.

- **Monday to Saturday, 10am—5pm @ Creativity.**
Please book sessions in advance.



Thai Massage

- **Monday—Saturday, 9am—5pm**

To book massage sessions or for more information, please contact me personally.



Tailoring

We can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy



TASTE OF KOREA

We are happy to announce three activities that Taste of Korea prepares in February.

- Goyo, the Korean silent restaurant in Luminosity, **Opens for Lunch, 12:30pm on Tuesdays and Fridays.** We serve Korean home style cuisine in a special ambience.
 - Please book for lunch minimum a day before by SMS, WA +919489693809 or goyo@auroville.org.in
- Also, there will be a **Korean tea ceremony** on Wednesdays at 10am and 3pm at Goyo hosted by Won Ja. We sell organic green tea from Jiri mountain in Korea.
 - Please book it by SMS, WA +919489693809 or goyo@auroville.org.in
- There will be **Kimchi making classes**. Kimchi is a Korean soul food and an one-picked healthy food in the world.
 - We prepare the class for who wants to learn how to make various Kimchies from 2:30—6pm on Saturdays, 4 & 18 February. On the end of Kimchi class you will have Kimchi fried rice and fancake, take a fresh Kimchi made by yourself in a 400g glass jar.
 - Please book for the class by goyo@auroville.org.in

Peace, Kim, Taste of Korea team





Café Red Dot
The Conscious Café

VEGAN LUNCH IN RED DOT CAFE

Low carb vegan office lunch in Red Dot Cafe, Upasana. Sign-up lunch scheme.

upasanared.cafe@gmail.com, Uma

SURABHI SUPPLIES

Dear Auroville Community, **Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in acquiring a wide range of materials and equipment, including but not limited to construction supplies, appliances, machinery, and more.



- If you have any inquiries, please don't hesitate to reach out to us at:

- surabhisupplies@auroville.org.in

- +91 9843846458 WA/Call

Iyyappan

ORGANIC QUALITY

Milk Available

Organic quality milk available, Morning/Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



Gatherings

DO WE STILL HAVE A Future To Dream About?

**DO WE STILL
HAVE A FUTURE
TO DREAM
ABOUT?**



**We need a radical shift for this
unprecedented situation**

Let us call for it together

**Saturday 17 Feb, 5pm
at Tibetan Pavilion.**

Open to all

"Call for Organisation" Group — Ann, Dan, Eric, Fabienne, Henrik, Laurence, Olivier, Pablo, Rakhal and Sandhya.

Submitted by Dan

Poetry

WINDS OF CHANGE

Winds of change
A daring little butterfly
Steering them
To the morrow...

Mauna

BURNING ISLAND

O Wave God who broke through me today
Sea Bream massive pink and silver
cool swimming down with me watching
staying away from the spear

Volcano belly Keeper who lifted this island
for our own beaded bodies adornment
and sprinkles us all with his laugh—
ash in the eve mist, or smoke,
on the bare high limits—
underwater lava flows easing to coral
holes filled with striped feeding swimmers

O Sky Gods cartwheeling out of Pacific
turning rain squalls over like lids on us
then shine on our sodden—
(scanned out a rainbow today at the
cow drinking trough sluicing off
LAKHS of crystal Buddha Fields
right on the hair of the arm!)

Who wavers right now in the bamboo:
a half-gone waning moon.
drank down a bowlful of shochu
in praise of Antares
gazing far up the lanes of Sagittarius
richest stream of our sky—
a cup to the center of the galaxy!
and let the eyes stray
right-angling the pitch of the Milky Way:
horse-heads rings clouds too distant to be
slide free. on the crest of the wave.
Each night O Earth Mother
I have wrapped my hand
over the jut of your cobra-hood
Sleeping; left my ear
All night long by your mouth.

O All Gods tides capes currents
Flows and spirals of pool and powers—

As we hoe the field let sweet potato grow.
And as sit us all down when we may
To consider the Dharma
bring with a flower and a glimmer.
Let us all sleep in peace together.

Bless Masa and me as we marry
at new moon on the crater
This summer.

Gary Snyder

ONCE BITTEN, TWICE SHY

‘Once bitten, twice shy.’
‘I know.’
‘Once bitten, beaten and broken?’
‘Well, ...’
‘Again and again?’
‘Well, ...I don’t know.’
Oh, I need some water
To knead it into a play dough
Once again.’

With joyful Gratitude, Anandi Z.

RULES VS FREEDOM

To create a society the way is Rules and organization. To create individuals that ultimately creates society, the way is Freedom. Only Freedom can let the lasting evolution possible. We need to understand why the Mother said 'no rules in Auroville'. Obviously she aimed to create individuals and beautiful beings. To create a society with rules, the Ashram was there, why did she create An Auroville? Experiencing, exploring, discovering is the way in Auroville, unfortunately, what we know is the way in Ashrams, because we know nothing else. Auroville is new, a new concept, a new vision, we can not create a new dream with old rules. It is obvious that we do not know. We must let go, let it be, let it evolve by itself, evolution does not happen by force, only force we may aspire is the divine force, that is there already and always there. We just have to realize that, even if we do not realize, it is still there. As the mother says 'I am with you always', and she also says, 'Sri Aurobindo is there always, one can realize him', when we know both The Mother and Sri Aurobindo are with us always, what is there to worry about? But just surrender and be open to the force. That is all we need to do. What else we can do is support the progress of beings and care for the beings blooming, but not create a prison and force the being to bloom in a certain way, inside the prison. We must be deeply aware of our steps and acts, we are trying to work for the mother, we also must let the Mother work through us.

Jai maa, Good luck to us, Arabinda

EXPECT THE UNEXPECTED

To be very specific here in the Auroville of Sri Aurobindo and the Mother, anyone who comes must understand 'Who is this Mother?' we are working for.

Our Charter is very clear, 'But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.'

In a mental world of dualities and all sorts of opposing cosmic forces working through humans climbing out of the Ignorance, this implies very clearly its opposite: 'unconscious or willing servitors of the undivine consciousness'. That is why the ongoing dances, wrestlings and battles within and without, as symbolized by the characters of the Gita, are similar with any hero-villain quest-purposed epic or sacred stories from different cultures.

This is very obvious on this Planet Earth as it is still now in its ever-transitional stage of evolution. That is also why our founders the Supramental Avatars Sri Aurobindo and the Mother envisioned and created this City of Dawn as a Deva Sangha, a Divine Sanctuary for the ever-coming sun-eyed children preparing and hastening the psychophysical evolution towards the next apex species the Supramental being.

Do we need to painfully keep reminding everyone of our [three Core Vision-Goals](#)?

So we ask ourselves very SINCERELY, after the first 50 years, has Auroville lived up to these divine tasks?

As Auroville is decreed and modulated by the Supreme, it is now very clear that what is happening needs to happen to get us back on track, or to be more specific to proceed with the next evolutionary stage, which is simply an upgrade. Intense and painful for anyone too attached to old modalities and therefore resisting the ever-constant and inevitable Supramental change.

So how to free oneself from this enslaving, limiting, separative ego-mind consciousness?

Simply surrender it to the Supreme Divine Mother.

'Who?' The ignorant, the faithless and misplaced may ask.

Anyone who wishes to be a true Aurovilian must first ask themselves this question:

'Who is this Mother?'

Here is Sri Aurobindo Himself to answer it:

- <https://incarnateword.in/cwsa/32>

Here also some definitive info:

- <https://incarnateword.in/cwm/13/the-mother>
- <https://sri-aurobindo.co.in/workings/other/van-vrekhem-mother.htm>

So we must live up to our Avatar founders' guidance, aspiring and working to be divinely conscious, not just keep uttering ignorant, hollow and purposeless words.

Remember, this Divine Spiritual Evolution happening on Earth is a Self-correcting, one unfolding living process ever-moving towards the Divine Manifestation beyond the limitations of the transitional human.

And this City of Dawn within Bharat Mata the Guru of the World is a hastened and intensified point of concentrated action by the Supreme Divine Mother.

So expect the unexpected.

Zech, 2024.01.26

Languages

NEWS

From Auroville Language Lab



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

• **Starting from 1 February 2024**, we are launching a new experiment. The Language Lab will **extend our opening hours from 5 to 7pm**, Monday to Friday. We will offer special evening programs which will include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediatheque. Our regular day-time students could take advantage of these sessions as well. This is to revive an old idea of 'language exchange' and 'sharing languages'. This program will be free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well.

• **Conversation Practice sessions** would be Mondays for Tamil, Tuesdays for Italian, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for German. Please come forward for other languages, especially Sanskrit and Hindi! All are welcome for these sessions.

• Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@auvillielanguagelab.org or a message to +91 9843030355 WA.

• **Our first full-length publication:** We are delighted to share that our first full-length publication, 'From Resonance to Bonding' by Dirk Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies. Links below:

- **Amazon India:** <https://amzn.eu/d/e4jhPpl>
- **Amazon.com:** <https://a.co/d/cwpVBlj>

• **Looking for:** Volunteer(s) capable of reading & writing Kannada & Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment.

Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	11am—12pm	Tuesday & Thursday
	Conversation Intermediate To start 6 February	4—5pm	Tuesday & Thursday
	Movements & Theater To start 3 February	10:30am—12noon	Saturday
French	Beginner To start 10 February	2:30—4:30pm	Saturday
	Conversation Post-Beginner To start 10 February	10:30am—12noon	
	Conversation Intermediate To start 5 February	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Start date 23 January	9:30—10:30am	Tuesday & Friday
	Spoken Intermediate To Start 6 February	5:30—6:30pm	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner February 2024	10:30am—11:30am	Monday & Wednesday
German	A1.1 Beginner Start date 5 February	9:30—11am	Monday & Wednesday
	German Elementary S&W Starts 6 February	4—5pm	Tuesday & Thursday
Spanish	Beginner	2:30—3:30pm	Monday & Wednesday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start March 2024	TBA	TBA
Italian	Beginner To start 7 February	4—5pm	Wednesday & Friday
	Intermediate Started 14 December	3—4pm 2:30—3:30pm	Monday Thursday

If there is a language you would like to learn, and it's not on our list, please send us a query!

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBmly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Please Note: Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

To join or enquire

Please fill out our form at <http://register.aurovillelanguagelab.org/> You may also drop us an email at info@aurovillelanguagelab.org, call us at 2623661 or come visit us!

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
 - Location: International Zone, after Unity Pavilion & Pump House.
 - Email: info@aurovillelanguagelab.org
 - Phone: (0413) 2623661, 2622467, 919843030355
- Enzo, for Language Lab Team

Classes, Workshops & Healing Arts

RECONNECT WITH YOUR INNER CYCLE

8 February, Thursday, 4—7pm

@ our office in Auroshilpam (Google map us!)

Understanding the world of menstruation as a gateway to connect more deeply with your body, your inner power, and to healing the Earth:

Eco Femme invites you to explore...

- Women as cyclical beings
- The empowering world of menstruation
- Learn menstrual cycle tracking to nurture the power of the womb
- Embodied practices to connect with and learn from your body's wisdom (including belly dance steps)
- Eco-Sisterhood through sharing authentically.

Cost: On contribution basis, contact us to know more

Prior registration required: (Please WA message us at 9487179556 or email us at learn@ecofemme.org or to register/ask questions)

P.S. Everyone has a woman in their life—men, please don't shy away from joining! Mila from the Eco Femme team



ANITYA COMMUNITY

Well-Being—Hatha Yoga

WELL-BEING - HATHA YOGA

MONDAY FEB 5 - 4:30 to 6 pm

TUESDAY FEB 6 - 4:30 to 6 pm

SATURDAY FEB 10 - 9:00 to 10:30 am

SUNDAY FEB 11 - 4:30 to 6 pm

LAST CLASSES

STRAIGHTEN YOUR SPINE,
BALANCE YOUR MIND & EMOTIONS



Wali, yoga teacher, is offering a few last classes in Anitya (Maloka hall). With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!
For all levels. Donation based.
Contact Wali for info: 7042565206

Anitya is a community project registered under LEAD, Auroville.
Location: Center Field, follow the ANITYA signs after Center gh

- Contact Wali for info: 7042565206
- Location: Center Field, follow the ANITYA signs after Center GH

Fall in Love with Your Voice



- Friday, 16 February, 10am—1pm
@ Maloka Hall, Anitya Community

Sabina will offer a voice workshop in Anitya community on Friday, February 16 from 10am to 1pm.

Through liberating voice coaching, you will tap into the inherent wisdom and alchemical power of your voice, and keep breaking the barrier of fear and shame.

We will sing and chant ancient mantras to access the divine gifts and essence of your soul. This allows you to heal step by step and experience the power and grace of your voice.

In this workshop, you will learn:

- To develop your voice and reawaken to the divine instrument that you are through technical and energetic exercises.
- To free the expression of your emotions and experience how they enrich your voice.
- To open and deepen your breath so that your singing is supported by the flow of prana

Workshop fee: free donation. Benefits will go to the dog shelter.

Note that this event will be filmed, we will kindly request your consent

Mathilde

AUTHENTIC RELATING WORKSHOPS

Every Thursday, Ongoing Till 14 March

9:15am—12:15pm, Hall Of Light, Creativity

+918098503386, +919489244823,
Dave

SHIATSU PRACTICING HOURS

Time to deepen your learning of meridians, give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the month of February and more to come, we will



mainly focus on the practical aspects of the Shiatsu Art of Touch. According to the needs of the participants, we will include a brief look into the extensive theory of Shiatsu as well. This is a good time for those who enjoyed the Study of Shiatsu and wish to practice and deepen with additional inspirations in a supportive environment as well as for those without prior experience who would like to simply get a free feel of this specific Shiatsu-Touch, characterized by 'intentionless intention'.

We are looking forward to hearing about your coming as well as hearing your questions, wishes, aspirations. Contributions required for ensuring future seminars. Kindly give whatever your heart tells you to.

- Wednesdays, 7—9am during the month of February at Budokan, Aikido Hall, Dehashakti
- Do contact Ulrike Urvasi at shiatsuindia@gmail.com or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

Ulrike Urvasi

MINDFULNESS



Mindfulness for Stress Reduction (MBSR)

- 5—11 February, 1 week course

This secular course synthesizes the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life—giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance. It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

It's actually something akin to a radical act of love just to stop in your life, just to drop in on the moment and be aware of what is going on' Jon Kabat-Zinn. We will meet daily from Monday, 5 to Sunday, 11 February.

- **Course timings are**
 - 7:30—9:45am, Monday, 5—Saturday, 10 February (daily) and
 - 8.30am—12pm on Sunday, 11 February.
- The course will be held at **Maloka, Anitya community** and is hosted by JOI Anitya (a LEAD activity).
- **Registration is required.** Contact Helen on 7094753054 WA for booking and details.

Helen

LETTING GO, LETTING BE, LETTING COME.

A journey with and through our emotions

4—8 February, 9am—1pm @ Cripa hall

Facilitator : Vega & Stefan

Join our dynamic self-exploration workshop, where participants use the body to uncover and address dormant energies and emotions. Through exercises like movement and inner parts work, the focus is on discerning present needs from past influences. This workshop fosters increased self-awareness and empowers conscious, authentic choices based on genuine needs.



Vega & Stefan

THE EMBODIED VOICE:

Weekend Voice Immersion

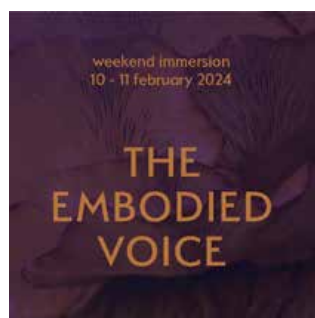
10 and 11 February @ Tibetan Pavilion

10am—12:30pm & 2—4:30pm

Expect deep listening, intuitive sound-making, movement, and nuanced bodywork to soften physical constrictions. Free your breath from your own control. Let curiosity take you through solo play and partner/group explorations, until you feel safe and alive enough to express yourself through song.

This is open to everyone, and is designed to be equally meaningful for the seasoned and for the uninitiated. You will be invited to relax into a deeply honest place of allowing and enoughness, to witness the magic that then unfolds.

Sekhar



YOGA CLASSES

in Bharat Nivas

We are starting a daily drop-in Yoga Classes in Bharat Niwas.

- Ashtanga Yoga from 8—9:30am.
- Hatha Yoga 4:30—6pm.

Class is open for all levels. No pre registration required.

Jessica



BODY IN LIGHT, LIFE IN LIGHT

Energy Healing Workshop

2, 3, 4 February, 9am—5pm @ Bhumika Hall, Bharat Nivas

In this 3-day workshop we explore with joy the 3 paths to ascension:

- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing
- Explore Fundamentals, Principles and Universal Laws of energy healing

Facilitator: Sandhya, Energy Healer & Teacher since 25 years.

Register now: contact@auroville-jiva.com, or +91 94436 19403 WA.

Sandhya



AUROMODE YOGA SPACE

February 2024 Schedule

Registrations must for all the program. Email or WA us to know about the fees structure and other details.



balaganesh.siva@gmail.com +91 9892699804 WA only

Day	Time	Description
Monday to Friday	10—11am	Mobility with Karalakattai
Every Friday	5:30—7pm	Vinyasa flow Asanas
Every Saturday	5:30—7pm	Vinyasa flow Asanas
Sunday, 11 & 24 February	10am—1pm	Tamil culture tour & temple visit
Every Sunday	5:30—7pm	Vinyasa flow Asanas

Vinyasa flow with Bala

Vinyasa Flow yoga is a style of yoga that emphasizes the coordination of breath and movement. It is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

- Every Friday, 5:30—7pm
- Every Saturday,, 5:30—7pm
- Every Sunday, 5:30—7pm



Mobility with Karalakattai

- Monday to Friday, 10—11am

Ready to enhance your flexibility and mobility? Karalakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karalakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

Tamil culture and temple visit

- Sunday, 11 & 24 February, 10am—1pm

Embark on a captivating journey through the rich history of Tamils and Tamil Nadu! The Auroville region boasts temples dating back 1300 years, each with its own story of history and culture. Uncover the legends that foretold the arrival of Auroville some 600 years ago, and immerse yourself in the vibrant tapestry of Tamil Nadu's heritage. Join us and discover the timeless tales that have shaped the essence of Tamil culture & delve into the diverse facets of Tamil religion, culture, and local traditions.

Auroville Yoga 200 hr TTC schedule

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification

200 hours-22 days- February 1 to 22, 2024

Contact -balaganesh.siva@gmail.com/WA + 91 98926 99804



Classical Tamil Music Concert

• 6 February, Tuesday, 5:30—6:30pm

Classical Tamil Music Concert

February 6, Tuesday
Time- 5 30 to 6 30 pm .

**Welcome to a
captivating evening of
Tamil music and soul-
stirring songs from
the rich repertoire of
Tamil Bakthi corpus,
Thevaram, and
Thiruvagasam, set to
the melodious strains
of "Tamil Pann"**

Free Entrance - Donation suggested
Auromode Yoga Space - balaganesh.siva@gmail.com - WA + 91 98926 99804



Featuring Artist Deva: An exceptional young artist who has mastered classical Tamil music through attentive listening. Deva. will be accompanied by Mirudangam Mr.Mathiselvadass Violin- Mr.Sathish

Featuring Artist Deva: An exceptional young artist who has mastered classical Tamil music through attentive listening. Deva will be accompanied by Mirudangam Mr. Mathiselvadass & Violin, Mr.Sathish

balaganesh.siva@gmail.com, WA +91 98926 99804,
Bala

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, 0413 2623799

Treatments

Treatment	Therapist	when
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Bare-foot body massage	Silvana	Monday to Saturday by Appointment 9047654157
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Kahuna, lomilomi Heartwork, hot stone Ili'Ili.	Sang	Monday to Sunday 8807132468, +4591118176 WA
Psychospiritual Intro-spective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413-2623767 antarcalli@yahoo.fr
Chinese Fire Cupping and Moxibustion Therapy	Chun 8098900708	Monday to Saturday by Appointment

Classes

Classes	Teacher	when
Acro Yoga	Damien	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes By Appointment: 9047722740
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am. Friday: 5:30—6:30pm By Appointment: 7867998952
Iyengar yoga	Olesya	Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743

BEAUTIFUL SOUNDS

• **Five Elements, duration 1h30**

Tibetan bowls, gongs, shruti box, chamanic drum, overtones. Nidra Yoga with Tibetan bowls. Individual couple and group (max 7 peoples)



• **Benefits:** Harmonizes body and mind. Extreme relaxation Reduce anxiety. Panic attack. Emotional disorders. Realign the chakras. Energize the brain and cells...

• **Angel Sounds, duration 1 hour**

Massage with Tibetan bowl chakras and tuning forks (Reinforcement of the chakras and reharmonizes the right and left brain).

• **Meditation With Gongs, duration 1 hour.**

Experience a musical journey to go into transcendental meditation, Maximum 7 peoples

• **Shamanic Journey**

A workshop to connect to yourself to the Source. Experience a powerful journey in your inner self thanks to energetic exercises & transformative sounds.

• **The morning:** qi qong & chamanic chants.

• **Afternoon:** pranayamas & 5 Elements, duration 1 hour

Possibility to book only for the morning or afternoon

• **Nada Yoga Ananda**

• **Every Wednesday, Thursday, Sunday, 4pm for 2 hours**

• **Ecstatic Wednesday,** Vowels chants Overtones (throat singing), Kototamas

• **Shamanic Thursday,** Reverse Bijas mantra Overtones Electric energy

• **Shamanic Friday,** Shamanism Native American's Chants & overtones (throat singing)

• **Sacred Sunday.** Mantras Desert's sounds Harmonics (mixe with gregorian chant, throat sing & noise singing)

• **Tibetan bowls, 30 minutes.**

To be in Theta mode.Singing for the soul(1h30 mantras, bijas mantra inverted, overtones and kototamas).

• **Fitness training—karla kattai**

• **Satyayuga.** Personal coaching for individuals and/or small groups (max 5 persons). I have 30 years of experience. needs over the short, medium or longer term.

• **Qi-Qong** for facial rejuvenation and for the back (spine, shoulders, neck).

• **Reiki**

Energy for wellbeing and struggle against stress...

• **Full And New Moon**

We will work with the energetic forces of the moon. Moon gong, sun gong, moon tibetan bowls and our group energy. We will create a energetic field to power your intention.

• Start promptly 7pm, finish 8:30

• Full moon: 22, 24, 25 February

• New moon: 9 February

• **For more info:** +917639761930 WA

or satyayuga@auroville.org.in

• French and English speaking.

• Location on request.

Satyayuga

TRADITIONAL MANTRA AND STOTRA CLASSES

@ Serendipity Community with Sonia Novaes



Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

info: serendipityauroville@gmail.com, +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Sincerely, Sonia



Therapies

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. Contribution based



Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Contribution based



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health.



- Contribution based.
- You can learn more about us and register at www.angamtree.com/therapies
- +91 9751395939, www.angamtree.com

Traditional Massage Therapy Classes

- The certificate course has three levels: Basic: 10 Hours, Intermediate: 20 Hours, Advanced: 30 Hours
- Course modules: Varma Massage



Therapy, Varma Touch Therapy, Varma Myology (Muscles), Varma Defense Methods

You can learn more about us at www.angamtree.com. Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Contribution based, angamtree@auroville.org.in, +919751395939

Submitted by Raja

HOLISTIC: HEALING AND AWARENESS



aurovilleholistic@gmail.com, christinep@auroville.org.in

+919489805493 WA, www.auroville-holistic.com

For kinesio only: +33686928426 WA

Ashtanga Yoga Mysore Style with Christine P. Pre-registration by mail or WA is compulsory. No drop in	Every day except Sunday, & Wednesday, 7 february & 23, 24, 25 February @ Holistic health care studio, Kuilapalayam Contact: +919489805493
Vocal Yoga classes with Caroline	@ New creation Contact: +91 9629975105
Kinesiology With Ricardo Sessions & Workshop	@ New creation Contact: +33686928426

Appointments by mail:

aurovilleholistic@gmail.com, christinep@auroville.org.in

Workshops: on the website www.auroville-holistic.com

The Ashtanga Yoga classes are open to everyone/ beginners and advanced students.

My purpose is to teach you each and every asanas that you will be able to practice on your own. If you have physical issues, I will adapt the asanas to your limitations.

For that reason, the minimum participation is one week.

Our teaching is to help each student through the study and understanding of the system to overcome their fear, to increase their equanimity to be able to purify their body. So you must subscribe before coming to the studio.

Christine Pauchard

PITANGA PROGRAM FEBRUARY 2024



Youth activities

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

- Teen Yoga, with Lisbeth Mondays, Wednesdays, 4—5:15pm

New Auroville school students, 5th grade onwards can join (sign up with Pitanga reception with your details & contact no.)

- Yoga for children, 5—8 yrs., with Gala Saturdays, 9am—10am
- Yoga for children, 7—9 yrs., with Gala Saturdays, 10am—11am
- Energy games for children, 9 yrs. +, with Gala Saturdays, 11am—12pm

Art Therapy class with Gala (with registration)

- Thursday 11, Friday, 12 January no classes.
- Thursdays, 3—5pm, for adults
- Fridays, 3—5pm, for families (children 5 years and older)

Healing Space

- **By appointment, 262403, 9443902403**
 - Acupuncture by Heidi (not from Monday, 5 February to Friday, 1 March)
 - Bio-Resonance (with Bi-Com machine) by Afsaneh
 - Chiropractic by Afsaneh
 - Cranio Sacral Therapy by Anne H.
 - Thai Massage by Juan

Drop-In Classes

Join without prior registration!

	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike.	All levels
Tuesdays		
9—10:30am	Iyengar Yoga, Spine class, with Chloé	All levels,
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriya-gandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola, Restart on 11 January	All levels
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
3—4pm	Weekly Readings of Savitri with Patricia	All are welcome to join
4:30—5:30pm	Weekly Readings of The Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari restarting on 12 January	All levels
5:15—6:45pm	For Giving Love Transmuting heavy emotions, with Marie-Claire	All are welcome!
Saturdays		
11am—12:15pm	ATB explorations with Isora, Rosario & Teresa	All are welcome to join
4:30—5:30pm	Bodymusic with Anandi Z.	All are welcome to join

New Activities

Chinese tea ceremony (Gongfu cha) offered by Chun

- Weekly on Saturdays, 3—4pm
- First session is held on 3 February.

Experience tea the way Chinese do

Tea has been grown, drunk and cherished in China for thousands of years.

In the Chinese tradition, drinking tea is more than just a beverage. Chun offers you an experience into the world of Chinese tea culture. This session is about experiencing a tea ceremony and learning about tea and the deeper meaning of its tradition and culture.



- Places are limited for each session and can only be booked in advance.
- Drop-ins are not possible.
- To experience the fragrance of tea it is essential that you do not wear body perfume on the day.
- Please register at Pitanga.

Born Free—Live Free

- Monday, 12 – Friday, 16 February 2024
- Daily from 12:45 – 1:45pm



Ange Sabine Blanchflower invites you to this workshop.

If you have great dreams, Ideas and goals for how you want like to live your life – but don't know how to make them happen, then this workshop is for you.

- Limited places available and prior registration required. Please contact Pitanga registration office

If you wish to receive our program of activities by email, please write to us: info@pitanga.in. Submitted by Verena

VÉRITÉ WORKSHOPS

Pre-registration required

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083
- Email: programming@verite.in
- Website: www.verite.in



Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques with Andres

- Saturday, 3 February, 9:15am—12pm (theory booklet included)

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies.

Lomi Hapai (Pregnancy Massage) Training Course with Claudia

- Monday to Wednesday, February 5—7, 9:15am—4:45pm, 3 day Training Course

Lomi Hapai training course is open to all. This is a gentle massage for pregnant women. Its slow and flowing movements guide the receiver into a peaceful inner space where everything is possible and all is blessed. Lomi Hapai is a beautiful way to experience relaxation, well-being, offering a space for deep connection and a loving ground for mother-child bond. Learn a 60 min. Lomi Hapai routine, a full body Hawaiian massage technique, using hands, oil and the fundamental intention of Aloha (Love).

Yoga Therapy for Back Pain with Bijou

- Friday, 9 February, 9:15am—12pm

Stretches, holds and strengthening asanas for the back with crucial attention to right posture, breath, and individual attention to body type to rejuvenate the muscles and alignment of the back muscles and spine. Helps relieve back pains and condition the back against future injuries.

Safe Yoga Asana Practice: Do's & Don'ts with Rebeca

- Saturday, 10 February, 9:15am—12pm

Although yoga offers many health benefits, if practiced incorrectly, it may cause muscle strain, torn ligaments, or other serious injuries. Rebeca will present a detailed breakdown of some challenging asanas, to both understand the risks and develop the necessary skills for a safe practice. Session open to all; especially designed for yoga teachers or yoga practitioners. *Kathir, for Vérité Programming*

VERITÉ PROGRAMS

February 2024

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Yoga & Re-creation Programs

	Drop-in Classes	Timings	Presenters
Mondays	Gentle Hatha Yoga	7:30—8.30am	Claire
	Pranayama & Meditation	9:15—10:15am	Radhika
	Yin Yoga Nidra	3:30—4:30pm	Bijou
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga Asana: Deep Stretch & Relaxation	9:15—10:15am	Radha
	Face & Eye Yoga	3:30—4:30pm	Mamta
Wednesdays	Vinyasa Flow	5—6pm	Rebeca
	Gentle Hatha Yoga	9:15—10:15am	Claire
	Yin Yoga Nidra	3:30—4:30pm	Bijou
	Kirtan- Songs for Your Soul (contributions are voluntary)	5— 6pm	Mamta & Savitri
Thursdays	Hatha Vinyasa Yoga	5—6pm	Andres
	Sivananda Yoga	7:30—8.30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Vinyasa Flow	5—6pm	Rebeca
	Regeneration Circle:Voices of Wholeness (contributions are voluntary)	5— 6:30pm	Nadim

Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Peace with Pranayama (no class 24 Feb)	7:30— 8:30am	Mamta
	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Friday, February 3	Master Class: Calm Your Nervous System & Mind through Yogic Techniques	9:15am—12pm	Andres
Monday, Tuesday & Wednesday, February 5, 6 & 7	Lomi Hapai (Hawaiian Massage for Pregnancy) Training	9:15am—16.45pm	Claudia
Friday, February 9	Yoga Therapy for Back Pain	9:15am—12pm	Bijou
Saturday, February 10	Safe Yoga Asana Practice—Do's & Don'ts	9:15am—12pm	Rebeca
Friday, Saturday & Sunday, February 16, 17, & 18	Conscious Relating	9:15am—4:45pm	Ananda
Saturday, February 17	Master Class: Calm Your Nervous System & Mind through Yogic Techniques	9:15am—12pm	Andres
Saturday, February 17	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Friday, February 23	Yoga Therapy for Back Pain	9:15am—12pm	Bijou
Friday, Saturday & Sunday, February 23, 24 & 25	Prana Yoga	9:15am—4:45pm	Ananda
Saturday, February 24	Master Class Sivananda Yoga	9:15am—12pm	Mani
Thursday, February 29	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai Yoga Massage	Andres
Private Yoga Session / Yoga Therapy	Andres
Individual Self-Work with Clay	Megha
Biodynamic Craniosacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Heart-Centered Resilience	Susan
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Savitri, Programs Coordinator, Vérité Programming

QUIET HEALING CENTER



Watsu® Yoga Round with Fred & Roberto

• Wednesday, 7 February, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being: body and mind become free to dance!

- **No previous experience required** (also no need to know how to swim)!

Baby Watsu Class with Appie & Friederike

• Thursday, 15 February, 9:30—11am

A special opportunity to connect with your baby!

You'll be guided on how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free play time.

Please bring towels and a closed swimming pants for your baby. For babies between 2 and 12 months.

Watsu® & OBA® Basic with Dariya & Daniel

• Friday, 16—Wednesday, 21 February
8:30am—1:30pm, 31 hours

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

- **Prerequisites:** no previous experience required.
- **Certificate** upon completion of the course.

Shiatsu for Watsu® with Petra

• Friday, 16—Wednesday, 21 February
8:45am—6:30pm, 50 hours

Watsu, the abbreviation of WATer ShiatSU, originates from Masunaga's Zen Shiatsu, which was transferred and adapted to warm water by the Californian Shiatsu practitioner Harold Dull. Therefore a deeper knowledge of Shiatsu is highly recommended. Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will

let you discover your own energy system and become more sensitive to your partner's energy body.

- To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.
- **Prerequisites:** Watsu 1.
- **Certificate** upon completion of the course.

Pregnant Couples Class with Appie & Friederike

• Thursday, 22 February, 9:30—11am

Experience the relaxing and connecting benefits of floating in warm water. You are invited to come with or without your partner or birth-attendant.

Birenda Massage Course with Jean-Louis & Kumar

• Friday, 23—Sunday, 25 February & 11—13 March
9am—5pm, 36 hours

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

This massage training consists of six days, divided into two times 3 days.

- **Prerequisites:** no previous experience required. Manual and certificate upon completion of the course.

www.quieth healingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966, Guido

Cinema

CONGRATULATIONS TO THE AWARD WINNERS Of The Auroville Film Festival 2024!

**AUROVILLE 2024
8TH FILM FESTIVAL**

International category of films that develop the theme of human unity

Wisdom Awards

Aware: *Glimpses of Consciousness* by Frauke Sandig and Eric Black

All That Breathes by Shaunak Sen

Both the movies stand out for their brilliant expressions of the meaning of the connections between all forms of life which penetrate deeper into the layers of human unity. Though both the movies are documentaries, a very specific style of filmmaking adopted by the filmmakers helps bring the authenticity of the stories, people, context and so on. While the 'tography and background score of *Aware: Glimpses of Consciousness* takes us into the vastness of life, the film *All that Breathes* connects us with the nuances of life.

Paradiso Award

The Miniaturist of Junagadh by Kaushal Oza

This fiction movie, through its brilliant acting, sharp and poetic script full of layers and metaphors, unraveled one's perception and imagination. It took us on a journey back in time in a seamless and gentle way bringing us into the context of households during the 1947 partition. It left us with a message of faith and hope. Hope, that despite our differences, whether cultural, religious, and whichever other label or belief it may be, that we can connect through something deeper: through poetry, through art, through creation, through emotion, through our humanity. The word that sprang to mind was Nambikai (Hope/Trust in Tamil)

Jury Awards

Bangla Surf Girls by Elizabeth D Costa

This Stained Dawn by Anam Abbas

These two documentaries, each lasting an hour and a half, complement each other in their expression of human unity. These two films speak to us of emancipation, emancipation of oneself but also emancipation of others. We have the right to see our aspirations implemented. When we saw these two films, one phrase came to mind: 'Femmes d'avenir'. The women of the future. In both films, we see women standing up to win their freedom, their right to dream, to be inspired, to be creative.

Category of films made by Aurovilians, bioregion residents and guests of Auroville

Paradiso Award

Thirai Virutham by Sugumar Shanmugam

For narrating his personal journey with the art that has a long history and his deep rooted passion for this art 'Therukoothu'.

Wisdom Award

The Path of the 12 Petals: Shanta, an Initiatic Journey by Michèle Decoust

For taking the audience on Shanta's self exploratory journey that is never ending and filled with growth, learning, challenges and creativity.

Jury Award

When Goupi Met the Mother Mira Alfassa (Founder of Auroville) and Found Home by Serena Aurora

For its simplicity and for capturing the quote of Lao Tzu, 'Journey of a thousand miles begins with one step'.

Mongbra Award

Fallin' by Valentina Beatriz

For an aesthetically alluring dance short depicting the dynamic use of body, energy, space and time.

Jury Mentions

Kolam by Saumya Srivastava

Meat the Vegan by Mélusine Schellenberger

Submitted by Krishna

THANK YOU

From The Auroville Film Festival 2024!

**AUROVILLE
8TH FILM FESTIVAL 2024**

MMC/CP and AVFF would like to THANK the following people and groups who each contributed importantly to the Auroville Film Festival 2024.

The people behind the event

Aadi, Aashay, Abhi, Abhirupa, Abilash, Aditya, Alex, Anand, Armando, Amarthyeswar, Anandhbasker, Aneeta, Anita, Antoine, Aravind, Avantika, Bhakti, Chetana, Chloe, Christel, Christoph K, Christoph P, Daljeet, Daniel, Dhani, Dimpri, Dominique, Edo, Elmo, Eric, Friederike, Gaia, Gali, Georgia, Gerhard, Guy, Hendrik, Jean Luc, Julien, Julietta, Jurriaan, Karthi, Kashvi, Kirtan, Kirtana, Krishna, Krithik, Laure, Laxmanan, Lella, Leslie, Lorenzo, Malcolm, Mani, Manish, Manish Kumar, Marco Saroldi, Marco, Marie, Martina, Masha, Matthew, Mehul, Michael, Mila, Moghan, Monica, Nataraj, Nikhil, Nila, Nurul, Olga, Paarvathi, Palani, Paul, Pierre, Poorani, Prakash, Pratik, Radhika, Rahul, Ramesh, Rashmi, Raul, Rolf, Ronny, Saga, Samagr, Sandra, Santosh, Sarah, Sasha, Sasi, Savitri, Shaily, Shanks, Shari, Sini, Sri, Srinadh, Sumit, Suryan, Swar, Swati, Sylvie, Thiru, Tlaloc, Tom, Vadivel, Veeramani, Venkatesh, Veronique, Vimala, Yunsung

Partners of AVFF'24

Aneeta's Kitchen, Anveshan, AV Bakery & Restaurant, AV Bg, AV Radio, AVI Germany, AVI USA, Blue Light, brain-fever media productions, It Matters, Kinisi, Mantra Pottery, Marc's Café, Miniature, Moveable Sound, Naturellement, Right Path Cafe, SAIER, Solitude Farm

'mbiente, Dharmashala International Film Festival, Film-Freeway, Goethe Institut-Max Muller Bhavan, Human Rights Film Festival – Berlin, International Film Festival of Kerala, Kriti Film Club, One World Romania

The performance groups

Abhi Mahua, Aurocats, Auroville Harmonies, AV Trio, Beginnings, Deep Dawn, Dog Days, Jazztified, Kshetra Kallari, Monica Fire Dance, Noizegate, Ronny's Band, Saragam Drummers, Sound Mirage

The artists

Bettina, Himal, Luca, Marie Claire, Youth Link

Documentation was done by

Alessandra, Ashik, Ashutosh, Daniel, Gautam, Gustavo, Jean, Marco Saroldi, Marko Bosko, Matthew, Rathees, Rajeev, Shubham, Titli

The judges

Ezhilmathy, Induja, Jean Francois, Jean, Premendra, Sivakumar

Thank You To All Of You!

Krishna and the MMC/CP team, AVFF team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00** Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30** Tour of Sadhana Forest
 - 18:00** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30** Eco Film Club begins with 'previews' of short Sadhana Forest films
 - 20:00** Dinner is served
 - 21:15** Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 9 February

Once upon a time in Spiti

24 mins / 2023 / Robin Singh

This short documentary film is about the journey of Peepal Farm, an animal rescue and awareness organization, in Spiti Valley, Himachal Pradesh, and their experience of bringing social change.

In the harsh winters of Spiti Valley, dogs eat dogs due to lack of food. With the help of locals Peepal Farm organised a feeding drive in sub zero temperatures. But, this was a stop gap solution, to reduce suffering and get friendly with the dogs. After winters, they followed up with a sterilization drive to spay around 180 female dogs, preventing over a 1000 pups from a miserable death. This documentary film doesn't just document the journey's second phase, but also encapsulates a lot of what the team learnt about doing good. **Shek**





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
05 February to 11 February 2024

Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

Indian—Monday 5 February, 8pm

NITHAM ORU VAANAM (A sky of eternity)

India, 2022, Writer-Dir. R. Karthik w/ Abhirami, Arjun, Aparna Balamurali, and others, Drama-Thriller, 146mins, Tamil w/ English subtitles, Rated: U (G)

In this acclaimed debut film by the director, Arjun the 20+ yrs old protagonist has OCD. He loves to read and imagine the characters without engaging to the real people around him. When his fiancé leaves him, Arjun's shrink advises him to read the short stories about two couples. As usual, Arjun delves into the stories and is disappointed for not knowing the end. He is propelled to travel, both literally and figuratively, to find out -- more about the stories and himself. *A must watch!*

Potpourri—Tuesday 6 February, 8pm

EL ABRAZO DE LA SERPIENTE (Embrace of the serpent)

Colombia-Venezuela, 2015, Dir. Ciro Guerra w/ Nilbio Torres, Jan Bijvoet, and others, Biography -Adventure, 125 mins, Spanish w/ English subtitles, Rated: PG.

The film follows two journeys made thirty years apart by the indigenous shaman Karamkate in the Amazonian forest—one with Theo, a German ethnographer, and the other with Evan, an American botanist. Both searching for the rare plant Yakura. The film was inspired by the travel diaries of Theodor Koch-Grünberg and Richard Evans Shultes, and dedicated to Amazonian cultures.

Interesting—Wednesday 7 February, 8pm

FIREBIRD

UK, 2023, Dir. Maria Craig w/ Britta Schmitz, Daniel Greenberg, Jonathan Caddy, and others, Documentary, 70mins English w/English subtitles, Rated: NR (PG)

Findhorn, the world-renowned spiritual community is confronting existential crisis. Over the past years, it was traumatized by an ex-member burning down its community center and sanctuary, an exodus of young people due to Brexit, and mass layoffs as the Foundation struggled financially post-Covid. This film tenderly captures the residents' attempts to face these challenges, as well as the community's joyous 60th birthday celebrations. *The film will be followed by a brief online Q&A with Maria Craig and Jonathan Caddy emceed in-person by Daniel Greenberg (A Friend of Auroville & ex-Director of Education, Findhorn Foundation).*

Spanish—Thursday 8 February, 8pm

LA CAZA (The hunt)

Spain, 1966, Dir. Carlos Saura, w/ Ismael Merlo, Alfredo Mayo, Emilio Gutierrez Caba and others, Thriller-Drama, 91 mins, Spanish w/English subtitles, Rated: R

Heralded as one of the greatest films ever made about the Spanish Civil War (1936–39) and its effects on a politically and culturally traumatized post-war society, this film is a triumph of modern '. Often characterized as a psychological thriller about fratricide, the film paints an intensely intimate, at times claustrophobic, portrait of masculinity, violence, and repression, which unfolds through a starkly minimalist narrative centered on four men who spend a day together rabbit hunting on a former Civil War battlefield. *This is part of a series of films offered by the Spanish Pavilion as a tribute to the director who passed away a year ago, on 10 February.*

International—Saturday, 10 February, 8pm

LE OTTO MONTAGNE (The Eight Mountains)

Italy-Belgium-France-UK, 2022, Writer-Dir. Felix van Groenigen & Charlotte Vandermeersch w/Lupo Barbiero, Cristiano Sassella, Elena Lietti, and others, Drama, 147mins, Italian-English-Nepali w/English subtitles, Rated: NR (PG)

This award-winning tale is about an epic journey of friendship and self-discovery set in the Italian Alps. Based on a famous novel by Paolo Cognetti, in the film, two childhood friends Pietro and Bruno, who were estranged are reunite after the passing of Pietro's father, to realize his dream of rebuilding a ruined cabin on a mountain slope. This emotional project, and eventual explorations of the mountains, create a strong bond between the two. Yet individual dreams, and the demands of society, drive them to pursue irrevocably divergent paths. *A beautiful film!*

Children's Matinee—Sunday, 11 February, 4pm

HARRY POTTER AND THE HALF-BLOOD PRINCE

UK-USA, 2009, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Action-Adventure, 153mins, English-Latin w/ English subtitles, Rated: PG



On his sixth year at Hogwarts, Harry Potter discovers an old book marked as 'the property of the Half-Blood Prince' and begins to learn more about Lord Voldemort's dark past. *Please note the rating; it is for older children and followers of the book.*

Ridley Scott Film Festival @ Ciné-Club:

Ciné-Club Sunday 11 February, 8pm

ALIEN

UK, 1979, Dir. Ridley Scott, w/ Sigourney Weaver, Tom Skerritt, and others, Sci-Fi—Horror, 117 mins, English w/ English subtitles, Rated: R

In the distant future, the crew of the commercial spaceship 'Nostromo' is on its way home when the crew picks up a distress call from a distant moon. The crew is under obligation to investigate, and the spaceship descends on the small planetoid afterward. After a rough landing, three crew members leave the spaceship to explore the area on the planetoid.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to "Paradiso" (account #105106) or set up for a monthly contribution.

Thanking You, Nina
MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in



At Multi Media Centre Auditorium, Town Hall

- **Reminder: Friday, 2 February, The Trial by Orson Welles, Germany/France/Italy, 1962**
- **Friday, 9 February, Graves Of The Fireflies, Japanese: 火垂るの墓, or Hotaru no Haka**

Director: Isao Takahata, Japan, 1988

Overview: Directed by Isao Takahata and produced by le studio Ghibli -which he has co-founded with Hayao Miyazaki, Graves of Fireflies is an animated film based on the semi-autobiographical novel written in 1967 by Akiyuki Nosaka. Set in the city of Kobe, Japan in June 1945, it tells the tragic story of two siblings and war orphans, Seita and Setsuko, and their desperate struggle to survive during the final months of the Second World War. Universally acclaimed, Grave of the Fireflies has been ranked as one of the greatest war films of all time and is recognized as a major work of Japanese animation.

English version with English Subtitles, Duration: 1h30' Not particularly for young children.

Aurofilm Present A 'Cine-Master Class'

- **Sunday, 4 February, 5—7pm @ Aurofilm, Kalabhoomi Next To Cripa**

If you like to discuss, share and learn more about films and 'we invite you to our this chapter led by Philippe May on **The Genius Of Orson Welles**

Overview: Orson Welles was a talented actor, a very creative director and scriptwriter who left an immense mark in the history of 'Citizen Kane', his first movie, is often quoted as the best film ever made—arguably for good reasons. Welles' constant struggles for creative and artistic control made him also an early outsider of the Hollywood studios. He then headed to Europe where he signed there other masterpieces like his adaptation of 'The Trial' by Franz Kafka, presented by Aurofilm **Friday evening in MMC**. With the support of movie clips and archives, we will explore the eclectic filmography, career and life of this exceptional artist.

- Philippe's presentation and the open discussion will therefore start directly as there is no specific screening apart from the prepared clips.

Philippe, an active Aurofilm collaborator, is an IT engineer, an Auroville forester and discernant film-lover.

Surya

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

- Health Center—0413 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Enterance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

Bus passes

- Rs.800: For All (10 single trips)
- Rs.850—ONE-WAY Monthly (Workers/Volunteers)
- Rs.1200 / Student Monthly pass

AV account / Cash / UPI Transfer :

- Rs.100 One way trip—for all
- Rs.200 Round trip—for All.

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join On WhatsApp group

of Auroville Bus to get the regular updates of the bus:

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>