



News Notes

#1013 A weekly bulletin for residents of Auroville 8 February 2024



*They beheld the self-force of the Divine Being deep hidden by its own conscious modes of working.
Swetaswatara Upanishad.*

*This is he that is awake in those who sleep.
Katha Upanishad.*

Pondering

Momentous logical consequences follow...



Does the range of what we can call consciousness cease with the plant, with that in which we recognise the existence of a sub-animal life? If so, we must then suppose that there is a force of life and consciousness originally alien to Matter which has yet entered into and occupied Matter, — perhaps from another world. For whence, otherwise, can it have come? The ancient thinkers believed in the existence of such other worlds, which perhaps sustain life and consciousness in ours or even call it out by their pressure, but do not create it by their entry. Nothing can evolve out of Matter which is not therein already contained.

Conscious Force, The Life Divine by Sri Aurobindo

Contents

| | |
|---|-----------|
| PONDERING | 1 |
| HOUSE OF MOTHER'S AGENDA | 5 |
| Chapter XXVII—The Gnostic Being, The Life Divine by Sri Aurobindo | 5 |
| TOWNHALL SPEAKS | 6 |
| New Admission & Termination Regulations Clarification for Newcomers and Volunteers | 6 |
| FAQ on Admissions and Terminations Regulations, 2024 | 6 |
| Centralized Accounts And Human Resources Platform | 6 |
| COMMUNITY NEWS | 6 |
| New Arrival | 6 |
| Ambar was Born | 6 |
| Passing On | 6 |
| Sylvia Passes On | 6 |
| Remembering | 7 |
| Remembering Our Service Flower Lady On 10.02.2024, 4 th Anniversary | 7 |
| Matrimandir News | 7 |
| Matrimandir Newsletter for February 2024 | 7 |
| Awakening Spirit | 7 |
| Room Darshan Tokens | 7 |
| Pondy Saiier Bus On Darshan Days | 7 |
| Toward a Collective Awakening: Experiments in Evolution | 7 |
| International Spiritual Summit | 8 |
| The Om Choir | 9 |
| Celebration of 10 th Anniversary of Hall of Peace | 9 |
| Savitri Bhavan February 2024 | 9 |
| Exhibitions | 9 |
| Films | 9 |
| Full Moon Gathering | 9 |
| Dream Divine Series | 9 |
| Regular Activities | 9 |
| Savitri Satsang By Narad | 10 |
| Stars in the Soup: A Programme of Poetry and Music | 10 |
| Amphitheatre—Matrimandir, Meditation with Savitri | 10 |
| Bases of Yoga—The Mother's Talks: An Interactive Book Reading Circle | 10 |
| Realising the Supermind: The Summit of Sri Aurobindo's Sadhana | 10 |
| Reading Circle of the Human Cycle | 10 |
| Mudra Chi | 11 |
| Brahmanaspati Kshetram | 11 |
| Education | 11 |
| Training Session For Unit Executives: Fundamentals Of Finance For Non-Finance People | 11 |
| Auroville Library | 11 |
| Weekly Timings | 11 |
| Story time At the Auroville Library! | 11 |
| For Your Information | 11 |
| The Fares for the Auroville Public | 11 |

| | |
|---|-----------|
| Health Care | 11 |
| Road Accident Procedure | 11 |
| Health Fund Pending Bills | 11 |
| Santé Services, February 2024 | 12 |
| Working Hours | 12 |
| Tests and Sample collection | 12 |
| For emergencies | 12 |
| Appointment | 12 |
| Santé Services Schedule | 12 |
| Aurokiya Integral Eye Centre @ Arka | 12 |
| Aurodent Dental Clinic | 12 |
| Maatram at Arka | 12 |
| Auroville Health Center New Phone Numbers | 12 |
| International | 12 |
| European Pavilions Present a Joyful event | 12 |
| The Pavilion of India, Presents The Voice of Shiva Mayurbhanj Chhau MEETS Rudra Veena | 13 |
| The Pavillon de France presents Divine Anarchy and social organization in Auroville | 13 |
| Auroville Spanish Pavilion Commemorates Carlos's Saura | 13 |
| The Arts | 13 |
| Ambiguous by Danasegar S | 13 |
| Celebrating 30 years of Singing Together Part 2: The Auroville Choir sings Popular Favorites | 14 |
| Firehead Soul Liberate Shining in the Dark | 14 |
| Concert: Breeze of India | 14 |
| Bharat Nivas presents | 14 |
| Gratitude an Odishi Dance Recital | 14 |
| Meera Bai The symbol of Love and Surrender | 15 |
| Vrindavani Venu a Abhang by Saint Bhanudas | 15 |
| International Spiritual Summit presents Persian Sufi Music By Davood Azad | 15 |
| Kala Kendra—Bharat Nivas Presents The Glimpses of Ramayan Theme | 15 |
| Hey Ram A Unique Creation Of Bharat | 16 |
| Inky Onky by Ongkie Tan | 16 |
| Art Exhibition by Crystal | 16 |
| Books | 16 |
| Children's Story Performance: and New Book Release | 16 |
| Second Kolam Book Launch | 16 |
| Dance Activities | 17 |
| Auroville Tango Activities | 17 |
| New Creation Dance Studio: Schedule | 17 |
| Tango Dance Class | 17 |
| Join Our Bollywood Dance Session | 17 |
| Zumba with Preeti | 17 |
| Angam Tree | 17 |
| Workshop: LA Style Salsa Dance | 17 |
| Salsa Dance Class | 18 |

| | |
|---|-----------|
| Music and Art Activities | 18 |
| Vocal Explorations | 18 |
| Light Fish Professional Photography Studio | 18 |
| Basic Analogue Photography | |
| Darkroom Workshop by Sasikanth Somu | 18 |
| Writing from Within | 18 |
| Tanjore Art Classes | 19 |
| Explore WaterColor Techniques | 19 |
| Welcome to Open Studio: Center for Research Education Experience in Visual Arts | 19 |
| Bansuri (Flute) Group Classes With Michael | 19 |
| Kirtan Sacred Songs | 19 |
| Sports Gatherings | 19 |
| Auroville Marathon Market 2024 | 19 |
| Auroville Cycle Ride—9 | 20 |
| Sports & Martial Arts | 20 |
| Kalpna Gym | 20 |
| Kshetra Kalari, Aspiration | 20 |
| Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram | 20 |
| Tai Chi Hall | 20 |
| Daily Classes | 20 |
| Tai Chi Chuan Intensive | 20 |
| Looking for Volleyball players | 20 |
| Abhaya Martial Arts | 21 |
| Auroville Aikido Schedule | 21 |
| Swimming Class | 21 |
| Inline Skating | 21 |
| Bioregion Activities | 21 |
| Mohanam, February 2024 | 21 |
| Conscious and Cultural Tour, Workshops & Therapy | 21 |
| Tours | 21 |
| Make and Take Workshop | 21 |
| Classes and Therapies | 22 |
| Auroville Bioregion Experience with Mohanam Team | 22 |
| Auroville Sunday Tour & Brunch Experience | 22 |
| Mohanam School of Art & Music activities | 22 |
| Thiruvannamalai Eco & Spiritual Services | 22 |
| Egai: Art of Giving | 23 |
| Coconut Shell Craft Workshop | 23 |
| Incense Making Workshop | 23 |
| Cooking class | 23 |
| Kuilai Creative Center Activities | 23 |
| Enlight: Light of Auroville | 23 |
| Arts and Crafts Workshops | 23 |
| Enlight Tour Activity | 23 |
| Musical Instruments Workshop | 23 |
| Sound Healing | 23 |
| Auroville Bamboo Centre February Program 2024 | 23 |
| Bamboo Centre Campus Tour | 23 |
| Auroville Bamboo Tour with Special Bamboo Lunch | 24 |
| Training and workshop | 24 |
| One-Day, Make and Take Workshops | 24 |
| 3 Hours Make and Take Workshops | 24 |
| Upcoming Workshops—February 2024 | 24 |
| Hyperbolic Paraboloid Dome Workshop | 24 |
| Bamboo Furniture Designing Workshop | 24 |
| Bamboo Tree House Workshop | 24 |

| | |
|--|-----------|
| Nature Activities | 25 |
| Conscious Nature Immersion at MahaKali Park | 25 |
| Edible Weed Walks | 25 |
| Food Forest Tour | 25 |
| Honorary Voluntary | 25 |
| Gau Seva at Sadhana Forest! | 25 |
| Volunteering Opportunities @ Language Lab! | 25 |
| The Auroville Marathon Is Back Again | 26 |
| Available | 26 |
| Office Space Available | 26 |
| Egai Velai Workspace | 26 |
| Looking For A Car? | 26 |
| Looking For | 26 |
| Poorni Looking for Work | 26 |
| Lakshmi Looking For Work | 26 |
| Long Term House Sitting | 26 |
| Needs a French Laptop | 26 |
| Work Opportunities | 26 |
| Quiet Healing Center | |
| Looking for experienced massage therapists | 26 |
| Looking For A Half Day Cook | 26 |
| Foods, Goods and Services | 27 |
| Dropzy | 27 |
| Hairdresser | 27 |
| The Sprout Cafe | 27 |
| German Bakery Opening Hours | 27 |
| Free store Opening Times | 27 |
| We Can Help To Fix All Your Broken Items | 27 |
| Annapurna Farm Baskets | 28 |
| Auroville International Talents | 28 |
| Auromode Tanto Open for Breakfast Buffet | 28 |
| Aurinoco Systems | 28 |
| What is the need to support an Auroville Campus Network? | 28 |
| Tech Elves Services | 29 |
| InterNet Connectivity Service Offered | 29 |
| Rapid Care Services | 29 |
| Auroville Printers | 29 |
| Rupavathi Joy Activities | 29 |
| Bio-Region Temple Tour | 29 |
| South-Indian Cuisine—Cooking Class | 29 |
| Thai Massage | 29 |
| Tailoring | 29 |
| Taste of Korea | 29 |
| AuroCabs | 30 |
| Unity Transport Service | 30 |
| Vegan Lunch in Red Dot Cafe | 30 |
| Surabhi Supplies | 30 |
| Organic Quality Milk Available | 30 |
| Poetry | 30 |
| How Neatly a Cat Sleeps | 30 |
| A Light-hearted Smile | 30 |
| Auroville Radio | 30 |
| Last published podcasts | 30 |
| Last Youtube Live Video | 30 |
| Gatherings | 31 |
| Do We Still Have A Future To Dream About? | 31 |

| | |
|--|-----------|
| Voices and Notes | 31 |
| It Is Everywhere | 31 |
| Message from the Entry Board | 31 |
| Regarding Housing Service | 31 |
| Announcements | 31 |
| Editors' Note | 31 |
| Love-in-a-Mist | 31 |
| Languages | 32 |
| News From Auroville Language Lab | 32 |
| Tomatis | 32 |
| Current Schedule of Classes | 32 |
| The Language Lab is open | 33 |
| Classes, Workshops & Healing Arts | 33 |
| Intro Awareness Through the Body | 33 |
| Acro Yoga | 33 |
| Yoga Classes in Bharat Nivas | 33 |
| Yoga with Rachel | 33 |
| Dance With Air! Astrology and Dance | 33 |
| Sankalpa: Art Journeys, Presents Reflections | 34 |
| Detox your Mind & Breathe, Heal your Body | 34 |
| Reconnect with your Inner Cycle | 34 |
| Anitya Community | 34 |
| Well-Being—Hatha Yoga | 34 |
| Fall in Love with Your Voice | 34 |
| Authentic Relating Workshops | 35 |
| Shiatsu Practicing Hours | 35 |
| The Embodied Voice: Weekend Voice Immersion | 35 |
| Auromode Yoga Space February 2024 Schedule | 35 |
| 5 day Yoga Nidra Intensive | 35 |
| Mobility with Karlakattai | 35 |
| Vinyasa flow with Bala | 36 |
| Tamil Culture And Temple Visit | 36 |
| Arka Wellness Center & Multipurpose Hall | 36 |
| Treatments | 36 |
| Classes | 36 |
| Beautiful Sounds | 36 |
| Traditional Mantra and Stotra Classes | 37 |
| Angam Tree Therapies | 37 |
| Sound Healing Therapy | 37 |
| Massage Therapy | 37 |
| Dance Movement Therapy | 37 |
| Traditional Massage Therapy Classes | 37 |
| Holistic: Healing and Awareness | 37 |
| Women's Circle | 37 |
| Pitanga Program February 2024 | 38 |
| Drop-In Classes | 38 |
| Youth activities | 38 |
| Art Therapy class with Gala (with registration) | 38 |
| Healing Space | 38 |
| New Activities | 38 |
| Harmonization of Spirit and Body by Nadia Labiod | 38 |
| Chinese tea ceremony (Gongfu cha) offered by Chun | 38 |
| Born Free—Live Free | 38 |
| Yoga classes | 39 |
| Verité Programs February 2024 | 39 |
| Workshops (pre-registration required) | 39 |
| Yoga & Re-creation Programs | 39 |
| Therapies (by appointment only) | 39 |

| | |
|--|-----------|
| Verité Workshops | 40 |
| Yoga Therapy for Back Pain with Bijou | 40 |
| Safe Yoga Asana Practice: Do's & Don't's with Rebeca | 40 |
| Quiet Healing Center | 40 |
| Baby Watsu Class with Appie & Friederike | 40 |
| Watsu® & OBA® Basic with Dariya & Daniel | 40 |
| Shiatsu for Watsu® with Petra | 40 |
| Pregnant Couples Class with Appie & Friederike | 40 |
| Birenda Massage Course with Jean-Louis & Kumar | 40 |
| Cinema | 40 |
| Ilion-Auroville Presents: The Olympic Games, Their true meaning in ancient Greece | 40 |
| Eco Film Club | 41 |
| Schedule of Events | 41 |
| It'll Never Catch On: The Veganuary Story | 41 |
| Aurofilm | 41 |
| At Multi Media Centre Auditorium, Town Hall | 41 |
| AV Film Institute: Study Circle | 41 |
| Cinema Paradiso | 42 |
| Film Program 12 to 18 February | 42 |
| Accessible Auroville Public Bus | 43 |
| Bus passes | 43 |
| N&N Guidelines | 43 |
| Emergency Services | 43 |



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

House of Mother's Agenda



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

(continued from last week)

These are the first major results of the spiritual transformation that follow as a necessary consequence of the nature of Supermind. But if there is to be not only a perfection of the inner existence, of the consciousness, of an inner delight of existence, but a perfection of the life and action, two other questions present themselves from our mental view-point which have to our human thought about our life and its dynamisms a considerable, even a premier importance. First, there is the place of personality in the gnostic being, — whether the status, the building of the being will be quite other than what we experience as the form and life of the person or similar. If there is a personality and it is in any way responsible for its actions, there intervenes, next, the question of the place of the ethical element and its perfection and fulfilment in the gnostic nature. Ordinarily, in the common notion, the separative ego is our self and, if ego has to disappear in a transcendental or universal Consciousness, personal life and action must cease; for, the individual disappearing, there can only be an impersonal consciousness, a cosmic self: but if the individual is altogether extinguished, no further question of personality or responsibility or ethical perfection can arise. According to another line of ideas the spiritual person remains, but liberated, purified, perfected in nature in a celestial existence. But here we are still on earth, and yet it is supposed that the ego personality is extinguished and replaced by a universalised spiritual individual who is a centre and power of the transcendent Being. It might be deduced that this gnostic or supramental individual is a self without personality, an impersonal Purusha. There could be many gnostic individuals but there would be no personality, all would be the same in being and nature. This, again, would create the idea of a void or blank of pure being from which an action and function of experiencing consciousness would arise, but without a construction of differentiated personality such as that which we now observe and regard as ourselves on our surface. But this would be a mental rather than a supramental solution of the problem of a spiritual individuality surviving ego and persisting in experience. In the supermind consciousness personality and impersonality are not opposite principles; they are inseparable aspects of one and the same reality. This reality is not the ego but the being, who is impersonal and universal in his stuff of nature, but forms out of it an expressive personality which is his form of self in the changes of Nature.

Impersonality is in its source something fundamental and universal; it is an existence, a force, a consciousness that takes on various shapes of its being and energy; each

such shape of energy, quality, power or force, though still in itself general, impersonal and universal, is taken by the individual being as material for the building of his personality. Thus impersonality is in the original undifferentiated truth of things the pure substance of nature of the Being, the Person; in the dynamic truth of things it differentiates its powers and lends them to constitute by their variations the manifestation of personality. Love is the nature of the lover, courage the nature of the warrior; love and courage are impersonal and universal forces or formulations of the cosmic Force, they are the spirit's powers of its universal being and nature. The Person is the Being supporting what is thus impersonal, holding it in himself as his, his nature of self; he is that which is the lover and warrior. What we call the personality of the Person is his expression in nature-status and nature-action, — he himself being in his self-existence, originally and ultimately, much more than that; it is the form of himself that he puts forth as his manifested already developed natural being or self in nature. In the formed limited individual it is his personal expression of what is impersonal, his personal appropriation of it, we may say, so as to have a material with which he can build a significant figure of himself in manifestation. In his formless unlimited self, his real being, the true Person or Purusha, he is not that, but contains in himself boundless and universal possibilities; but he gives to them, as the divine Individual, his own turn in the manifestation so that each among the Many is a unique self of the one Divine. The Divine, the Eternal, expresses himself as existence, consciousness, bliss, wisdom, knowledge, love, beauty, and we can think of him as these impersonal and universal powers of himself, regard them as the nature of the Divine and Eternal; we can say that God is Love, God is Wisdom, God is Truth or Righteousness: but he is not himself an impersonal state or abstract of states or qualities; he is the Being, at once absolute, universal and individual. If we look at it from this basis, there is, very clearly, no opposition, no incompatibility, no impossibility of a coexistence or one-existence of the Impersonal and the Person; they are each other, live in one another, melt into each other, and yet in a way can appear as if different ends, sides, obverse and reverse of the same Reality. The gnostic being is of the nature of the Divine and therefore repeats in himself this natural mystery of existence.

(to be continued next week)

*The Gnostic Being,
The Life Divine by Sri Aurobindo
With love and gratitude,
Gangalakshmi (HOMA)*

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

Townhall Speaks

NEW ADMISSION & TERMINATION REGULATIONS

Clarification for Newcomers and Volunteers

The Admissions & Terminations Regulations 2023 were published on 4.1.2024 and came into effect from that date. All actions from that date onward must be in conformity with these Regulations. Once the Admissions and Terminations Scrutinizing Committee (ATSC) is constituted and announced, it will decide on the admissions of Volunteers, Newcomers, and Residents. Similarly, it will also scrutinize cases of terminations of persons as Newcomers and Residents. See below for clarifications to questions received.

In the meantime, we advise all Newcomers and Volunteers to wait for the ATSC to be formed, which is under progress and will be formalized shortly.

Please note that the earlier Entry Board is no longer the office bearers and bear no responsibility towards matters related to admissions and terminations as of 4th January, 2024, therefore they are not authorized to communicate on matters related to admissions and terminations in any official capacity, including handing out of 'Newcomer kits'.

The new system, and the points related to this transition, will be announced shortly.

FAQ on Admissions and Terminations Regulations, 2024

1. Will the previous process be accepted, or is it necessary to restart the application?

The application process will be picked up at whatever stage it is in. There will be no need to restart, notwithstanding cases of applicants who are not compliant with the Admissions Criteria.

2. Since the old entry group is not functional, could you announce to which email new volunteers and newcomers should direct their questions?

- Email id for the Admissions and Terminations Registry: atr@auroville.org.in
- Email id for the Admissions and Terminations Scrutinizing Committee: atssc@auroville.org.in

3. One newcomer mentioned old entry group submitting a letter to the O/o. Secretary, AVF in November without the secretary's signature yet. Whom should they contact to check the status of the process, including the recommendation letters? Is it the responsibility of the Working Committee until new groups are established? (B Form)

Anyone seeking any information may send an email to atr@auroville.org.in

However, any Newcomer/ Resident should send email only from their email id with the domain name @auroville.org.in

4. For those who have completed the YUCCA program, is attendance at the new spiritual orientation program required, or will their completion of YUCCA be taken into account?

Subject to the policy decisions made by the ATSC.

5. When will the new system start?

Once the ATSC is formed, it will start scrutinizing the applications for Volunteer/ Newcomer/ Resident both for admission and also for termination.

6. Who prepares the Auroville Orientation Programme? Can existing material and some from YUCCA be integrated, including people?

Please refer to Regulation No. 7(8) of the A&T Regulations which mentions that Auroville Orientation Programme shall be organised by the Human Resource Service. HRS will formulate or modify material, duration etc.

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

CENTRALIZED ACCOUNTS

And Human Resources Platform

Dear Units, Services & Activities executives, the Funds & Assets Management Committee is preparing for a centralized accounts and human resources platform very soon.

Please fill up the following online form which is very simple but basic information on the structure of your entity and Aurovilians and paid staff currently engaged in the entity.

This form is to be filled and submitted ASAP. Definitely by the 10 February. Sooner the better.

- https://docs.google.com/forms/d/1ImntMqjQ5NuSkb7P-LDM3GANgExSeTxzz-TZx9lwzpOU/viewform?edit_requested=true

In appreciation, FAMC

Community News

New Arrival

AMBAR WAS BORN

Dear Auroville family, on 3 February, at midnight Ambar was peacefully born into this world surrounded by love and light. We are eternally grateful for your care and love we have and continue to receive. Towards a new adventure for her (and us),

Anshul & Angelica

Passing On

SYLVIA PASSES ON



This is to inform the community of the passing of Sylvia Zimmerman, who lived in Surrender, on the evening of Sunday, 04.02.2024. Friends who wish to say a last goodbye can do so until 3 pm today at her place.

Sylvia, after a long worldwide search and experiences in different spiritual places and communities, joined Auroville in 1999 and has stayed here since.

She always mentioned that in Auroville she finally found a community with a sensible lifestyle where the community had improved and cared for nature as well as for their residents. She also mentioned that she found Auroville had never

stopped trying to find improved ways of living together.

She involved herself by teaching English and Meditation in the Life Education Center, and Transition School. She provided individual tuition too. In the last two years especially she was also involved in caring for and entertaining Auroville's elderly residents.

Her smiling presence, the ability to talk in 5 different languages and her lively interest in innumerable things made her a wonderful companion for many. She was known to reveal a sense of gratitude, often for nothing in particular, for Life as a whole—'It's something'. She expressed though living daily with the possibility to pass away she felt calm, and rather curious. She had a trust, always a trust 'It's all consciousness, probably one dissolves in consciousness...'

We will miss her presence deeply. Thank you Sylvia for having been with us for so many years. We are sure you will carry the light on.

Lisa For the Farwell Team

Remembering

REMEMBERING OUR SERVICE FLOWER LADY

On 10.02.2024, 4th Anniversary

My dear Auroculture. Now it is the 4 years of your departure. You were not only my teacher at Udavi school, but my inspiration also. You have taught me a lot in my life. I am grateful and proud of being with you my dear. Thanks a ton. I miss you so much.



Love, Raji

Matrimandir News

MATRIMANDIR NEWSLETTER FOR FEBRUARY 2024

Friends, find below a link to the Matrimandir February Newsletter: [Matrimandir Newsletter Feb 2024.pdf](#)



Submitted by John

Awakening Spirit

ROOM DARSHAN TOKENS



21st February 2024
The Mother's Birthday
and
29th February 2024
The 'Golden Day'
The Sri Aurobindo Ashram
Room Darshan Token Service
for residents of Auroville

Dear friends, as announced last week, the Sri Aurobindo Ashram is preparing for two Room Darshans in February.

- On 21 February and 29 February, the Mother's Room and Sri Aurobindo's Room will be open for Darshan to the general queue on both days from 4:30am to 6pm.

Room Darshans are available to all who have a token for the visit. Tokens will be available to the general public on the day at the Sri Aurobindo Ashram. There will be a booth near the main gate of the Ashram where you can collect your token.

By a kind arrangement made by the Ashram, Aurovilians and Newcomers will be able to pre-book their tokens. Time slots available for Auroville are from 12 noon to 3:30 pm on both Darshan days.

- Registration Dates for Aurovilians and Newcomers:

- Tuesday, 13, and Wednesday, 14 February
9am—12 noon and 3—5:30pm at Pitanga.

Please come in person to Pitanga to register your name for a token and to help us identify you as an Aurovillian or Newcomer if you are not known to us.

Please **do not** send your request by email or WhatsApp.

Andrea, for Pitanga team

PONDY SAIER BUS ON DARSHAN DAYS

21 February—Mother's Birthday

29 February Golden Day

For those using the SAIER bus to have darshan on these two days, the bus will leave from Matrimandir at 3pm and return from Pondy at 6pm.

- This service is reserved to Aurovilians and newcomers only.
- Tokens are required; the reservation is done in Pitanga, as announced, on 13 and 14 February.

Paulette

TOWARD A COLLECTIVE AWAKENING:

Experiments in Evolution

10—13 February, Unity Pavilion

Organized by The Auroville Foundation

This gathering was conceived as a follow-up to the Summit held in Auroville in February 2023, the theme of which was Science, Spirituality and Human Awakening. This follow-up gathering will explore efforts to facilitate consciousness



change at a collective level new social, economic and spiritual models that create a greater sense of human unity and focus on spiritual rather than solely material development. As we have entered a new stage in the cycle of time, where we are witnessing rapid technological advancement, an accompanying spiritual development is essential so that these technologies will be used for beneficial rather than detrimental purposes. Spiritual evolution was a concern of Sri Aurobindo and a number of the great masters who incarnated in the late 19th and early 20th century. The spread of spiritual teachings and practices over the last few decades has led to a deepening of individual sadhana. The challenge now is to effect a shift in the collective consciousness, bringing the benefits of our individual efforts to the greater community.



10-13 February 2024

Organized by The Auroville Foundation

International Zone, Auroville
Unity Pavilion



The format of the dialogues will be a discussion of about 45 minutes between 3 people, followed by breaking into small group discussions and then a reconvening to share the reflections of the small groups. The small group discussions will be led by Aurovilians. The three discussants will rotate among the groups. This is designed to be a participatory gathering where everyone can have a voice. All are welcome and open to participation and we look forward to your presence and participation

International Spiritual Summit 10—13 February, Unity Pavilion, Auroville

| Saturday, February 10 | |
|-----------------------|--|
| 9:20am—12:30pm | Meditations will be in segments of 45 min. at the beginning of each the segment, the person leading will offer a chant, a prayer, or reading. |
| 12:30—1pm | Chanting with Kriyacharya Tyagi Shurjo and Kriyacharya Tyagi Narayani Ananda India |
| 1—2:30pm | Lunch |
| 2:30—3:30pm | Pooja with Kishori Ma and Yogini Shambhavi Chopra |
| 4pm | Walking meditation through Matrimandir gardens and crystal gardens. |
| Saturday, February 11 | |
| 9:30—9:45am | Opening Session |
| 9:45—10:15am | Lighting of lamps by dignitaries |
| 10:15—10:30am | Break |
| 10:30—11:15am | Session I: From Individual to Collective Sadhana: A dialogue between Shurjo Jha , Ananda India, Sraddhalu Ranade , Educator and Scholar, Sri Aurobindo Ashram, and Dena Merriam, Chair, the International Advisory Council of the Auroville Foundation, Founder, GPIW. <i>Discussion led by Sraddhalu</i> |
| 11:15am—11:30am | There will be a brief tea break at 11:15am before breaking into discussion groups. |
| 11:30am—12:30pm | Discussion Group #1, #2 and #3 |
| 12:30pm—1.00pm | Sharing key points of discussion groups. |
| 1pm | Lunch |
| 2:30—3:15pm | Session II: From Individual to Collective Sadhana: A dialogue between Raghu Ananthanarayan , Manoj Pavitrnan , Auroville, Ven. Bhante Buddharakita , Uganda Buddhist Center. <i>Discussion led by Raghu Ananthanarayan</i> |
| 3.15—3.30pm | There will be a brief tea break at 3:15pm before breaking into discussion groups. |
| 3:30—4:30pm | Discussion Group #1, #2 and #3 |
| 4.30—5pm | Sharing key points of discussion groups. |
| 5—5:30pm | Kirtan with Kriyacharya Tyagi Shurjo and Kriyacharya Tyagi Narayani , Ananda India |
| 5:30—6pm | Meditation in Peace Hall with the Community—10 th anniversary of Hall of Peace |
| 7:30pm | Evening Concert with Sufi musician Davod Azad from Iran at Bharat Nivas Auditorium |

Monday, February 12

The two sessions on this day will be looking at social and educational efforts at consciousness change—moving from a consciousness of separateness and opposition to one of unity and cooperation. Personal sadhana alone may not be enough to effect significant behavioral change. A new understanding of the cooperative model built into nature can help facilitate more beneficial ways of social interaction, of governance and an integrated economy. Digital technologies, which are an essential part of modern life, can be harnessed to shift awareness to one of greater unity. The first session will focus on social evolution and the second on the role of education.

| | |
|-------------|--|
| 9—9:30am | Meditation with Ven. Bhante Buddharakita , Uganda Buddhist Center |
| 9:30—10am | Kirtan with Kriyacharya Tyagi Shurjo and Kriyacharya Tyagi Narayani , Ananda India |
| 10—10:45am | Session III: Social Evolution and the Science of Cooperation , a dialogue between Jeff Genung , Managing Director ProSocial World, USA, Dr. Vinaya S. Ariyaratne , President of Sri Lanka Medical Association and Honorary President of Sarvodaya Shramadana Movement, Sri Lanka and Kiran Bali , Interfaith Leader and Hindu Scholar, UK <i>Discussion led by Jeff Genung</i> |
| 10:45—11am | A tea break before dividing into discussion groups. |
| 11am—12pm | Discussion Group #1 #2 and #3 |
| 12—12:30pm | Sharing key points of discussion groups. |
| 2—2:45pm | Session IV: Evolution through Education , a dialogue between Daniel Abreu , Ecology Retreat Leader & Environmental Educator, The Dominican Republic Georgia Dousikou , Ways of Council, Greece & Dr. Ananda Reddy, SACAR. <i>Discussion led by Daniel Abreu</i> |
| 2:45—3pm | Tea break before dividing into discussion groups. |
| 3—4pm | Discussion Group #1 #2 and #3 |
| 4—4:30pm | Sharing key points of discussion groups. |
| 4:30—5:30pm | Session V: Creating Conscious Communities with Prof. Dr. Gautam Ghosal , Member of the Auroville Foundation Governing Board, Sri Aravindan Neelakandan , Member of the Governing Board, Dr. David Frawley , American Institute of Vedic Studies, USA. <i>Discussion led by Kriyacharya Tyagi Shurjo</i> |

Tuesday, February 13

Session V will be devoted to the vision of young people for the collective future they want to create. This will be a dialogue among a group from outside as well as within Auroville. Session VI will focus on Auroville and its contribution to building a spiritual collective. What are its successes and shortcomings—the potential and challenges?

| | |
|-----------|--|
| 9—9:30am | Meditation with Venerable Bhante Buddharakita , Uganda Buddhist Center |
| 9:30—11am | Session VI: Envisioning the Future with Shashank Kalra , Co—Founder, India Youth Alliance, Vibhuti Aggarwal , Co—Founder, India Youth Alliance, Riddhi Shah , Pradnya Mathur , Climate Change Educator and Founder, DHARINYA, Arun Selvam , Member Auroville Working Committee, Auroville, and Prakar Bhartiya , Founder, Indian School of Democracy. Moderated by Naveen Vasudevan , Transformative Education & Member Rithambara |
| 11—11am | Tea Break |

| | |
|--------------|--|
| 11:30—1:30 | <p>Session VII: Initiatives and Collaborations: Last year's summit resulted in a number of collaborations that have been incubating over the last year. This session will highlight some experiments in evolution that are moving from idea to action.</p> <p>Ashta Lakshmi (Integrating spiritual, social and digital technology to facilitate the exchange of many forms of capital) Teams from Auroville, Ter-ran Collective & ProSocial World</p> <p>The Heartweaving Initiative (Integrating individual and collective sadhana for peace and reconciliation) Rajeev Natarajan & team</p> |
| 12:30—1:30pm | Pro—Social World—The Science of Cooperation. Integrating evolutionary science and evolutionary spirituality to consciously evolve a world that works for all. Jeff Genung |
| 1:30pm | Lunch |
| 3:30—4:30pm | Session VIII, Characteristics of a Conscious City: A Dialogue with Auroville Residents moderated by Luca Baldesi |
| 4:30pm | Closing words by Master of Ceremonies |
| 4:45pm | Closing Chant |

*Arun for Unity Pavilion
and Organizing Team
of International Spiritual Summit*

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

CELEBRATION OF 10TH ANNIVERSARY of Hall of Peace

11 February at 5:30pm @ Unity Pavilion



Celebration of 10th Anniversary of Hall of Peace

On 11th February at 5.30pm, we will celebrate 10th Anniversary of the installation of the Peace Table and the inauguration of the Hall of Peace at Unity Pavilion.

All are Welcome

On 11 February at 5:30pm, we will celebrate 10 Anniversary of the installation of the Peace Table and the inauguration of the Hall of Peace at Unity Pavilion.

All are Welcome

Arun

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 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 Shraddhavan
- **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*

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, I-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

REALISING THE SUPERMIND:

The Summit of Sri Aurobindo's Sadhana

A lecture by Dr Alok Pandey
about Walking the Supramental Path.



Monday, 12 February 2024, 4 pm at Savitri Bhavan.

Duration: 64min.

Sri Aurobindo uses the terms 'Supermind' and 'Supramental' to signify the consciousness-force working for the realization of a new evolutionary step on earth.

In the last chapters of *The Synthesis of Yoga* he describes his insights into the several levels and functions of the Supermind and Supramental: its working in Nature, Supramental Thought and Knowledge, Supramental Instruments-Thought Process, Supramental Sense, Towards the Supramental Time Vision and Time consciousness.

In 1920 Sri Aurobindo wrote in a letter to his brother Barin about his sadhana: 'After fifteen years I am only now rising into the lowest of the three levels of the Supermind and trying to draw up into it all the lower activities.'

Later a lot of experiences and changes took place, especially after 1956 when the Supramental consciousness-force descended upon earth. Transformation started everywhere and the very process of sadhana changed. The Mother communicated that the Supramental is working and by its very nature it is freedom and infinity.

Dr Alok Pandey reflects further on the Supermind as the Creator and the Supreme who has two aspects of the Truth of all Existence, Satyam. It is the static Truth, and it is the Truth in its dynamic aspect which awakens the truth hidden in the depths of matter and in the inconscient.

The Supreme Divine has taken millions of years with successive efforts to create the mountains, the stars, the galaxies, plant life, animal life, and supported stages of human life with increasing readiness to receive light from the higher plans.

The Creator himself plunged into creation and became the creation because the Divine wants his creation to be supramentalised for a life divine on earth. That is the original Divine project, and some of the Vedic rishis speak about it as the home of Truth.

Throughout history, Sri Krishna has been leading man to a new and wide Divine path of karma yoga and surrender here on earth.

Sri Aurobindo, himself a rishi, plunged into the depths of matter and the darkest corner of existence to bring light and consciousness there. He surrendered to the Divine Mother and opened new pathways for a Life Divine on earth. The experiences of his sadhana are recorded in the poem *Savitri*, *The Book of the Traveller of the Worlds*, and in his poems.

In the Integral Yoga and Supramental Path of Sri Aurobindo, surrender and karma yoga are basic features for spiritual seekers, besides other qualities as equanimity, sincerity, wideness, plasticity, silence of the mind, faith in the Divine and openness to the Divine Will.

When the psychic is open and an urge for progress and self-mastery are there, the Supermind will be active. On the way forward to Supermind and Supramental truth consciousness, surrender to the Divine and Infinite Mother is essential.

The film is also available on YouTube.

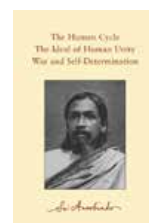
Submitted by Margrit

READING CIRCLE of the Human Cycle

Starting a discussion group on The Human Cycle by Sri Aurobindo.

If you'd like to join and participate, contact me on +380678392683, phone or WA.

Leonid Shokh





MUDRA CHI

We have our classes

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

Everybody Welcome!

Anandi

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



Submitted by Rajan

Education

TRAINING SESSION FOR UNIT EXECUTIVES

**Fundamentals Of Finance
For Non-Finance People**

Saturday, 17 February, 9:15am—12:30pm



Flourish (a unit under Service Trust) is organizing a series of training sessions to help those running units in Auroville understand the fundamental aspects of utilizing financial data to make operational decisions.

We welcome unit executives and any others who make critical business decisions for the unit to attend this session.

The training will be held on Saturday, 17 February from 9:15am to 12:30pm including breaks.

- If you are interested to attend please email flourish@auroville.org.in

Submitted by Ellie
for Flourish team

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

For Your Information

THE FARES FOR THE AUROVILLE PUBLIC BUS have Changed

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>

Raju for Auroville Public Bus

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

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



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



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)

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/>

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



International

EUROPEAN PAVILIONS

Sunday, 18 February, 4—9pm

@ International Zone, Opposite Tibetan Pavilion

Present a Joyful event

- Games, Story-telling
- Live music, Folk
- Jam session, bring your instrument
- Dancing
- European snacks
- Planning of EU zone will be presented



In the spirit of community All are welcome

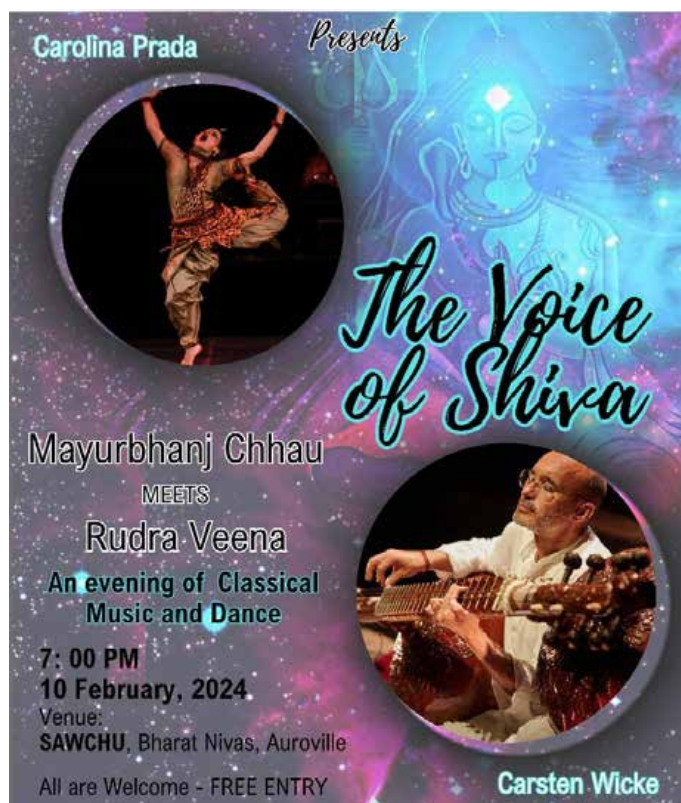
europe.house.auroville@gmail.com

Dan for the European House, +91 9500271460

THE PAVILION OF INDIA, PRESENTS

The Voice of Shiva

Mayurbhanj Chhau MEETS Rudra Veena
7:00pm, 10 February, SAWCHU, Bharat Nivas



An evening of Classical Music and Dance

All are Welcome—Free Entry

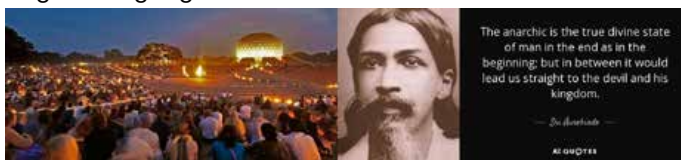
Monisha, BN Team

THE PAVILLON DE FRANCE PRESENTS

Divine Anarchy and social organization in Auroville

Wednesday, 14 February, 5pm, in English

A series of three conferences to think about the relationship between spiritual and social life, a question which is at the heart of the Auroville experience. This will be explored through the lens of French academics who work in French research or teaching establishments, and who are regularly staying in Auroville or Pondicherry. Second time, in English language this time:



- Divine Anarchy and social organization in Auroville: An Exploration by Rémi Astruc

Divine Anarchy is what Mother said she wanted for Auroville. But people surely wouldn't understand, she added... Even if it's a fairly misleading formula, can we try to understand a little better what she meant? What kind of 'anarchy' did she associate with Auroville? What does it have in common with the word anarchy as understood in political philosophy? Finally, how can the 55 years collective experience in the city of Dawn inform us on these points?

Rémi Astruc is a French researcher—Paris-Cergy University, UMR Héritages (CY/CNRS/Ministry of Culture)—who has carried out research on different aspects of Auroville. Last year, during a conference at the French Pavilion, He had shared his research on the aesthetics and beauty of the city ('Eco-poetics of Concrete Human Unity', 2022).

Vivekan

AUROVILLE SPANISH PAVILION

commemorates Carlos's Saura on his first year's death anniversary



Carlos Saura Atares (4 January 1932—10 February 2023) was a Spanish film director, photographer and writer. With Luis Buñuel and Pedro Almodovar, he is considered to be among Spain's great filmmakers. He had a long and prolific career that spanned over half a century, and his films won 63 international awards and 46 nominations.

Saura began his career in 1955 making documentary short films. He gained international prominence when his first feature-length film premiered at the Cannes Film Festival in 1960. Although he started filming as a neorealist, Saura switched to films encoded with metaphors and symbolism in order to get around the Spanish censors of the Franco time. As his filmography progresses, he becomes more abstract and allegorical to deal with themes such as sexual repression, oppression, or the aftermath of the Civil War. In 1966, he was thrust into the international spotlight when his film *The Hunt* won the Silver Bear at the Berlin International Film Festival. In the following years, he forged an international reputation for his cinematic treatment of emotional and spiritual responses to repressive political conditions.

According to Saura he represented in some of his movies



'the three monsters of Spain: perversion of religiosity, repressed sexuality and the authoritarian spirit.' His films are sophisticated expression of time and space fusing reality with fantasy, past with present, and memory with hallucination.

Carlos Saura's cinema is that of a unique author, influenced by two Aragonese: the paintings of Francisco de Goya, and the surrealist cinema of Luis Bunuel.

Mr. Saura focused also on cultural subjects, especially dance, whose beauty and excitement he had a knack for capturing on film. 'Blood Wedding' (1981), 'Carmen' (1983), 'El Amor Brujo' (1986) [all featured the flamenco dancer Antonio Gades], 'Flamenco' (1995), 'Tango' (1999) and 'Flamenco Flamenco' (2010).

In collaboration with MMC the Spanish Pavilion will present the films.

Lola, Mila, Mónica and Stela for the Spanish Pavilion

The Arts

AMBIGUOUS

by Danasegar S

Opening on 16 February at 4:30pm



- 16 February to 2 March @ Centre d'Art Auroville

- Monday to Saturday, 11am to 5pm

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!

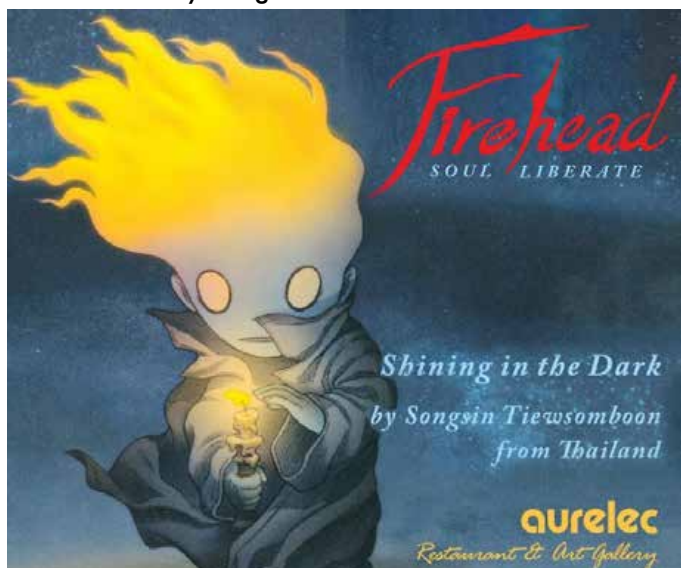


Kaia

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

CONCERT: BREEZE OF INDIA



- Free donation event
- Anitya Community: 500m after Centre Gh

Mathilde

BHARAT NIVAS PRESENTS



BHARAT NIVAS

PAVILION OF INDIA: AUROVILLE

Gratitude an Odishi Dance Recital

By Smt. Sangeeta Dash and Aneesh Raghavan

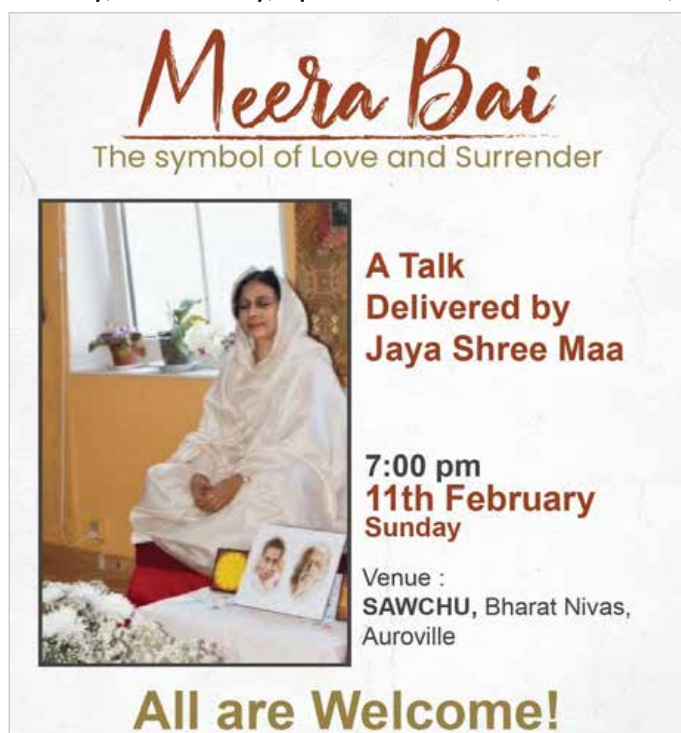
Friday, 9 February, 7pm @ SAWCHU, Bharat Nivas

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**

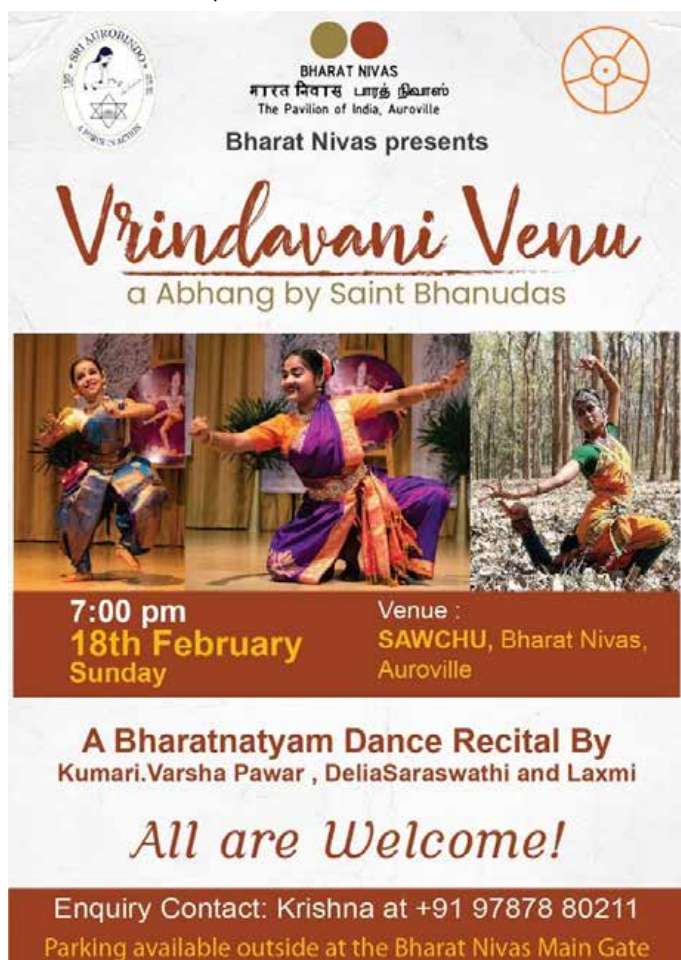
All are Welcome!

Vrindavani Venu

a Abhang by Saint Bhanudas

Sunday, 18 February, 7pm

A Bharatnatyam Dance Recital By Kumari.Varsha Pawar, Delia Saraswati and Laxmi



BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville

Bharat Nivas presents

Vrindavani Venu
a Abhang by Saint Bhanudas

**7:00 pm
18th February
Sunday**

Venue :
**SAWCHU, Bharat Nivas,
Auroville**

**A Bharatnatyam Dance Recital By
Kumari.Varsha Pawar , DeliaSaraswathi and Laxmi**

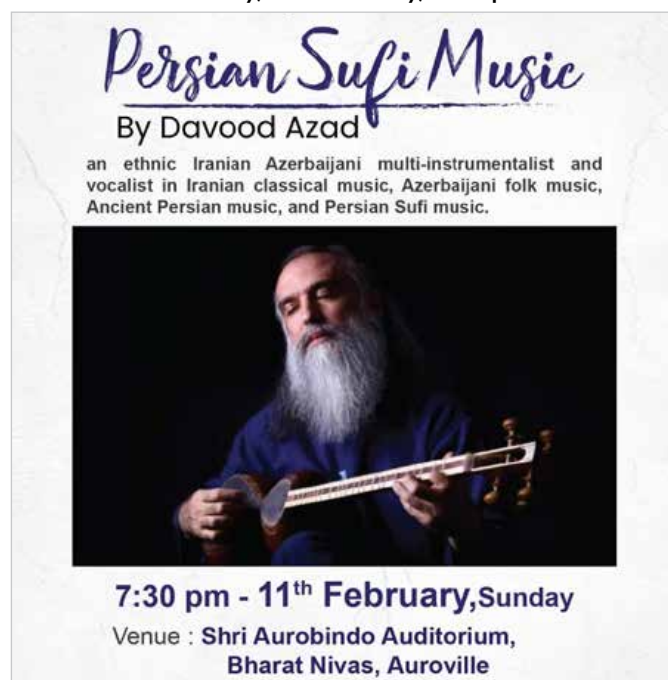
All are Welcome!

Enquiry Contact: Krishna at +91 97878 80211
Parking available outside at the Bharat Nivas Main Gate

International Spiritual Summit presents

Persian Sufi Music By Davood Azad

Sunday, 11 February, 7:30pm



Persian Sufi Music
By Davood Azad

an ethnic Iranian Azerbaijani multi-instrumentalist and vocalist in Iranian classical music, Azerbaijani folk music, Ancient Persian music, and Persian Sufi music.

7:30 pm - 11th February, Sunday

Venue : **Shri Aurobindo Auditorium,
Bharat Nivas, Auroville**

@ Shri Aurobindo Auditorium, Bharat Nivas

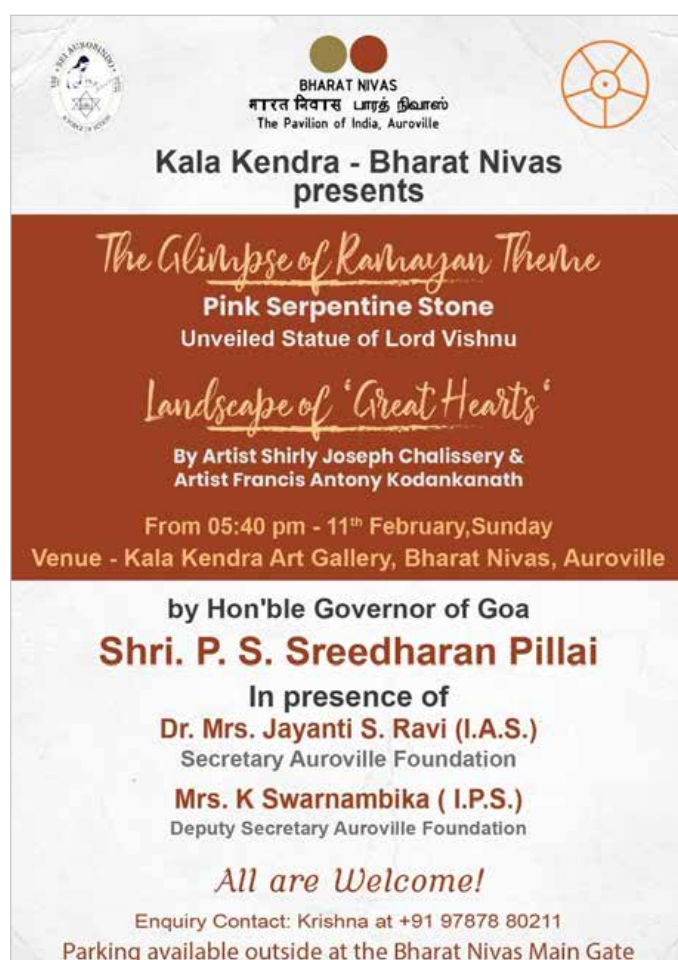
An ethnic Iranian Azerbaijani multi-instrumentalist and vocalist in Iranian classical music, Azerbaijani folk music, Ancient Persian music, and Persian Sufi music.

Kala Kendra—Bharat Nivas Presents

The Glimpses of Ramayan Theme

From 5:40pm, 11 February, Sunday

@ Kala Kendra Art Gallery, Bharat Nivas, Auroville



BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville

**Kala Kendra - Bharat Nivas
presents**

The Glimpse of Ramayan Theme
Pink Serpentine Stone
Unveiled Statue of Lord Vishnu

Landscape of 'Great Hearts'
By Artist Shirly Joseph Chaliserry &
Artist Francis Antony Kodankanath

From 05:40 pm - 11th February, Sunday
Venue - Kala Kendra Art Gallery, Bharat Nivas, Auroville

by Hon'ble Governor of Goa
Shri. P. S. Sreedharan Pillai

In presence of
Dr. Mrs. Jayanti S. Ravi (I.A.S.)
Secretary Auroville Foundation

Mrs. K Swarnambika (I.P.S.)
Deputy Secretary Auroville Foundation

All are Welcome!

Enquiry Contact: Krishna at +91 97878 80211
Parking available outside at the Bharat Nivas Main Gate

Hey Ram

A Unique Creation Of Bharat

Kalakendra, Bharat Nivas, starting 9 February



A miniature replica of the Shri Ram temple, Ayodhya which is made from pure silver with black oxide treatment. The Temple Dimensions of 6cm in height and 9cm in width. The model is displayed at Kalakendra, Bharat Nivas.

We heartily welcome one and everyone for viewing this one of its kind creation.

• Enquires +91 8249335483

All are Welcome!

• Enquiry Contact: Krishna at +91 9787880211

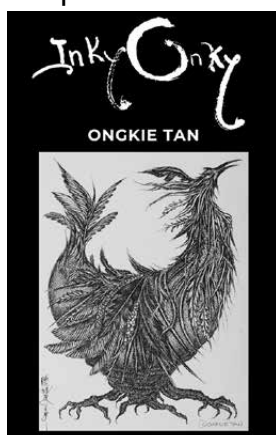
Parking available outside at the Bharat Nivas Main Gate
Monisha, BN Team

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.

By Inge, for It Matters



ART EXIBITION BY CRYSTAL

3 February—4 March @ Pitanga



Books

CHILDREN'S STORY PERFORMANCE and New Book Release

Saturday, 10 February, 3—4 pm

@ Solitude Farm Festival—Secret Garden Stage



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!

Noel Parent

SECOND KOLAM BOOK LAUNCH

21 February, 5:30—7pm,

@ Auroville Library

With lots of joy and love for our Auroville experience held fabric by the great Aspects of the Divine Mother, and continued inspired vision mastery of Sri Aurobindo and the many gorgeous Gardian keepers of Kolam Language, I invite you to the Second book launch in the Auroville Library on Mothers Birthday the 21 February 2024 at 5:30 to 7pm to celebrate with me her MahaShakti powers all in Kolam Script.

It truly is an opportunity for me to share in depth her powers held reservoirs like a throne, seat and /or charm that you can make available to invoke her (already) presence within your life.



All most welcome, Grace

Dance Activities

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 | Fleur ballet teens | Elodie practice | | Gymnastic private (Terra) | Ballet private | |
| 4pm 4:45 | | | | | Elodie practice | 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

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: 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

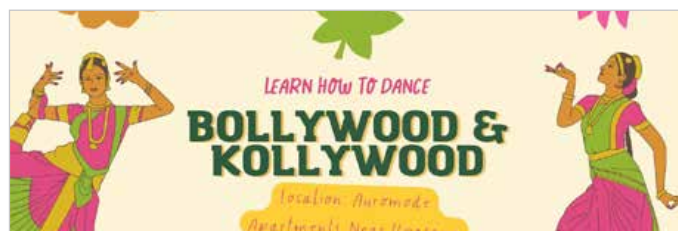


For bookings contact us:

- +918637633696, bakisatadance@gmail.com. Mani

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

VOCAL EXPLORATIONS

12—16 February,
Bhumika Hall, Bharat Novas



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

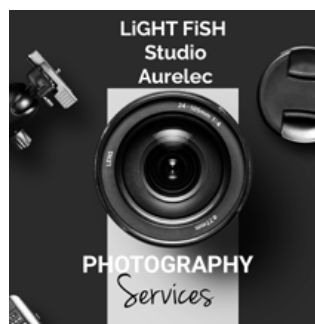
LIGHT FISH

Professional Photography Studio

Photography Services

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

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



BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

22, 23, 24 February

Program:

- **Thursday, 22 February, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 23 February, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 24 February, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing contact sheets & photos in the darkroom.

Registration Contact: centredart@auroville.org.in

The workshop fee for Guests: Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey for Centre d'Art



WRITING FROM WITHIN

European Pavilion, Wednesdays, 9—10:30am

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 at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>

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 <https://ijustwannawrite.com>

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

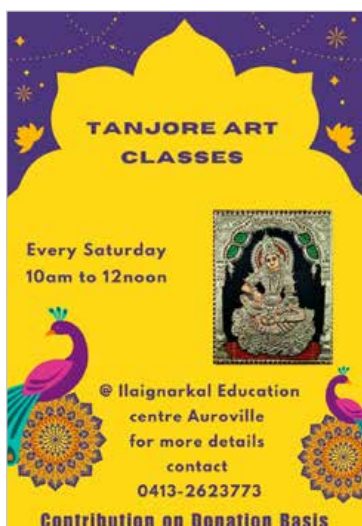


TANJORE ART CLASSES

Every Saturday, 10am—12noon
@ Ilaigarkal 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

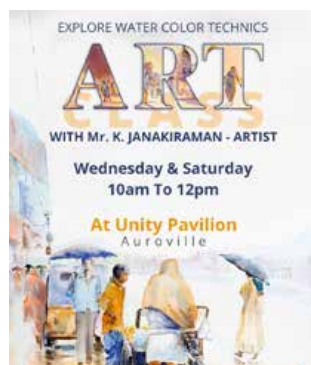
- For more details contact 0413 2623773
- Contributions on Donation Basis



Ayyanar

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

Center for Research Education Experience in Visual Arts Art Activity

- **Infusing Colors By Angela** (in this session You'll learn color composition, and you'll enjoy discovering your creation.)
 - Mondays 4—6pm.
 - Contact: 9042237193
- **Watercolor Class By Sathya**
 - Every Thursday 4—6pm.
- **Life Drawing Session**
 - Every Saturday 2—4pm.
- **Portrait:** Live portrait in sketch and watercolor painting in 40 min, by Sathya.



'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 12:30—4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in advance. Contact Abi at +919042058981.

CREEVA Studio, +91 9486145072 WA, Sathya



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 SACRED SONGS



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

- **Free donation event @ Anitya community.**
- **More info:** +91 7094058699 WA message only. Mathilde

Sports Gatherings

AUROVILLE MARATHON MARKET 2024

17 & 18 February 2024

Inviting all the creative thinkers, Artists, Makers, Designers & Units of Auroville to participate in Marathon Market happening on the 17 & 18 February 2024.

- **Auroville Units and Activity book your stall now!**
EGAI team will assist you

Kindly contact us: marathonmarket@auroville.org.in

Phone: +91 9791896488 WA only

- Limited space, First come First priority.

Anand



AUROVILLE CYCLE RIDE—9

10 February, 6:15am @ Town hall Main Parking

Dear All, we invite everyone to join us on 10 February, 6:15am @ Town hall Main Parking for our monthly cycle ride for 20 kms in and around Auroville. Let's pedal together to create the awareness for sustainable mobility and the importance of cycling to our beloved ones and Let's save the nature and the mother earth for the next generation. Bring your own cycle and a water bottle.



Let's Celebrate this ride for
The Mother & Auroville's Birthday.

Note: People who don't have a cycle could pick one from us and return it back after the ride (depends on the availability/ first come gets priority).

Ride's Schedule

| | |
|-------------|--------------------------------------|
| 6:15am | Reporting at Town Hall Main Parking. |
| 6:30—7:30am | Cycling around Auroville |
| 07:30—8am | Breakfast at Town Hall campus |

Raju

Sports & Martial Arts

KALPANA GYM

Kalpana Gym is open
◦ 7—9am & 5—8pm
◦ Monday To Saturday
All Are Welcome!



Satyakam

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 appointment, 9042009200, Maneesh



Where Body Becomes Eyes,
Maneesh For Kalari Team

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



Vani for BN Team

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

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 Certitude.

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

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/abhayaauroville/> 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

SWIMMING CLASS

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

Mani



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



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 |  Coconut 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

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

Arts and Crafts Workshops



Join us, art and craft enthusiasts to learn from all the village artists and craftsmen who have been practicing and teaching to one and all



- Pottery workshop, Finger Painting, Thread Art

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

Learn 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.

Musical Instruments Workshop

Tune into the joy of music through the journey of creating your own instrument and the delight of playing it and feeling contentment.

- Nut Shell Shaker
- Bamboo Tongue Drum
- Nose Whistle
- Bamboo Scraper
- Coconut Shell Shaker



Sound Healing

It's an ancient wellness practice for healing, relaxation, and self-care Everything is Vibration, Everything is Frequency Aura and Energy Relieve your stress Let go of anxiety Release your fears Heal your traumas



Contact Us

- +91 91594 6894
- +91 82700 71581
- 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

Nature Activities

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

Let's walk

Edible Weed Walks ON FEW SATURDAYS

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

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)
for groups of min 5 people it can happen any day of the week

Sign up and infos whats app Sarah 9047421044
myfoodforestgarden@gmail.com
myfoodforestinfo.wordpress.com
www.youtube.com/myfoodforest

Sarah

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**

VOLUNTEERING OPPORTUNITIES @ Language Lab!

Auroville Language Lab
International Zone, Auroville
info@aurovillelanguage.org
0413 2623 661 / WhatsApp: +91 9843030355

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

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/>

Available

Office Space Available

Office Space inside Auro-mode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant. Interested people may contact Mr. Pandian at Auromode in person:



- +91 99433 90391 or pandian@auroville.org.in

Best Regards, Pandian

Egai Velai 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

Looking For A Car?



Looking for a car? We have one for you! If the car receives the currently needed upkeep by you—this would be the balance for your use for now. Please contact us. For call: 10am to 1pm is best. WA fine, too. Drupad, 9626561256

Ulrike

Looking For

Poorni Looking for Work



Poorni, an Amma who works at my house (Shanks) in Dana, at a house Sve Dam and at a restaurant unit in Auroville is looking for a daily afternoon job. She is punctual, efficient, regular and fastidious. Kindly email me on chun-gates@gmail.com and I will connect you to her.

Shank

Lakshmi Looking For Work

I am Lakshmi, staying in Alankuppam, looking for a house cleaning job on Saturdays 2:30pm to 5:30pm. I already work in Grace community the rest of the week. I work efficiently and autonomously. 6385629071.

Proshanto

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**



Needs a French Laptop

New volunteer in AV needs a laptop with French keyboard to buy or to borrow. Please contact Mani by 0033632511422 WA

Michelle



Work Opportunities

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

Aurelec Restaurant is looking for a half-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

DROPZY

YOUR DAILY BREAD & PASTRY NEEDS

Now Delivered at your Doorstep.

FREE DELIVERY
Only for Bread & Pastry until end of February!

Dropzy
www.dropzy.in

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.g/32zcixy/32zcix>
- **iPhone** <https://rb.g/visp4c>
- **Desktop** <https://rb.g/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

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, Kulapalayam.

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

AUROVILLE INTERNATIONAL TALENTS

DEAR COMMUNITY,

We are a new unit called "International Talents" with the aim to help Auroville talents.

If you are interested in acting or modeling, professionally, or occasionally, we offer a regularized way of working outside under Auroville, legally, and help you find ways to become self-sufficient with your talents.

We look forward to hearing from you.

- **Contact Gaia** for Modeling, Photo and Advertisement Shootings: +91 8610836022
- **Contact Andrii** for Movie Shootings: +91 7397538652



Love, Gaia



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

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, Inverter 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



- 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 for UTS Transport Service 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

lyyappan

ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



Poetry

HOW NEATLY A CAT SLEEPS

How neatly a cat sleeps,
sleeps with its paws and its posture,
sleeps with its wicked claws,
and with its unfeeling blood,
sleeps with all the rings-
a series of burnt circles-
which have formed the odd geology
of its sand-colored tail.

I should like to sleep like a cat,
with all the fur of time,
with a tongue rough as flint,
with the dry sex of fire;
and after speaking to no one,
stretch myself over the world,
over roofs and landscapes,
with a passionate desire

to hunt the rats in my dreams.

I have seen how the cat asleep
would undulate, how the night
flowed through it like dark water;
and at times, it was going to fall
or possibly plunge into
the bare deserted snowdrifts.
Sometimes it grew so much in sleep
like a tiger's great-grandfather,
and would leap in the darkness over
rooftops, clouds and volcanoes.

Sleep, sleep cat of the night,
with episcopal ceremony
and your stone-carved moustache.
Take care of all our dreams;
control the obscurity
of our slumbering prowess
with your relentless heart
and the great ruff of your tail.

Pablo Neruda

A LIGHT-HEARTED SMILE

A light-hearted smile
Weighs more than
A solemn speech.
With joyful Gratitude, Anandi Z.

Auroville Radio

AUROVILLE RADIO

Dear Aurovilians, Your favourite radio is always working for you. Stay tuned!

- [Here you can listen to the stream channel](#) (playing 24/7).
- [Here you can see on-air schedules](#).



Last published podcasts:

- 8th Auroville Film Festival
 - [Interviews with the judges, part 1.](#)
 - [Interviews with the judges, part 2.](#)
 - [Interviews with the judges, part 3.](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—457](#) (Integral Yoga)
- [Seeking Our Inner Being Se. 1, Ep. 6](#) (Spirituality)
- [I Just Wanna Write Ep. 23—Navigating the Depths—The Power of Crises in Plot](#) (Creative Writing)

Last Youtube Live Video:

- Nate Hagens
 - [Energy, Technology, Money and the Human Ecosystem—Part 2/5](#)
 - [Systems Ecology and the Environment—Part 3/5](#)
- Auroville 8th Film Festival 2024 Concerts!
 - [DAY 1—The Trio & Jazztified](#)
 - [DAY 2—Deep Dawn](#)
 - [DAY 3—Noize Gate](#)
 - [DAY 4—Aurolcats](#)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovilian wish, make a donation to F.A. number 0867. Thanks for your help!and more! on www.aurovillerradio.org. For more information write to radio@auroville.org.in

Peace and love, Wobbli

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

Voices and Notes

IT IS EVERYWHERE

'The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville.'

• <https://auroville.org/page/a-true-aurovilian>

A clarification for anyone still too hypnotized by superficial mental appearances:

When we speak of The Mother's body, it is not anymore the individual body of her human vessel named Mirra Alfassa. Here's an open secret:

'You see, it's not a question of just these cells here: it's a question of cells in, well, quite a lot of people, hundreds, maybe thousands—all that clings anywhere and in any way to the higher Consciousness. And since my mind is silent (I deliberately keep the mind absolutely still, trying not to react to all that constantly comes to it from 'outside,' or trying to react almost subconsciously), nothing is there to think, 'Oh, it's this one's body, it's that one's body'—it's THE Body! That's what is so difficult for people to understand. It is THE body—this (Mother touches her body) is not my body any more than other bodies (a bit more, in the sense that it is more directly the object of the concentration of the Force). So everything, all the sensations, the movements of consciousness, the battles, all of it is everywhere.'

Carefully read it all and understand...

• <https://incarnateword.in/agenda/04/april-6-1963>

This Integral/Supramental Knowledge and the simplified transformative psychophysical practices associated with it is what makes Auroville this City of Dawn of the eternal and deathless Avatars Sri Aurobindo and the Mother a most special playing field in the ongoing terrestrial evolution.

In total surrender, in the Sunlit Path of Bhakti to the Supreme Divine Mother Shakti, we continue on...

Zech, 2024.02.03

MESSAGE

from the Entry Board

Dear Community, the Entry Board would like to thank the community that supported us all these past years. We are grateful to have served Auroville in the best way we could. We wish to share with you a few updates from our side.

Regarding RoR: A few weeks ago the AVFO entered 37 names in the RoR. Apparently most of the people entered in the RoR were not called for an interview at the Foundation Office.

The slips confirming their registration were given back to us and it was noticed that the chronological order of the B-forms submitted by our office to them was not followed. There are still many confirmed aurovilians who were not added in the RoR unfortunately. We were not informed of any reason why.

Regarding Housing Service:

We have been informed by an individual that the Housing Service has refused to provide their service and assistance to the said Newcomer at the end of the process by refusing to sign a Housing agreement and saying they do not recognise/acknowledge the Entry Board any longer.

Announcements:

The Entry Board is still committed to communicate and announce the few Aurovilians and Newcomers that we have already met and accepted.

We will follow up on what we can with our limited resources.

But the N&N (@auroville.org.in) has been requested to stop any publication of announcements by the Entry Board; we do not know the implications for Newcomers and Aurovilians already announced. This situation leaves individuals without a valid status.

Dear Newcomers, please inform the Entry Board if you have encountered any difficulty with one or more of the above areas (entryservice@auroville.services).

This week, members of the Board and of the Aspiration team (Yucca) were informed that they would not receive a maintenance next month.

We hope to get support and help from all the residents who still believe in the RA decision making process and RA groups.

Kind Regards, Swadha for The Entry Board

Editor's Note: 'Please note that the earlier Entry Board is no longer the office bearers and bear no responsibility towards matters related to admissions and terminations as of 4th January, 2024, therefore they are not authorized to communicate on matters related to admissions and terminations in any official capacity, including handing out of Newcomer kits.'

The new system, and the points related to this transition, will be announced shortly.'—from Auroville Working Committee

(See full text of [New Admission & Termination Regulations, Clarification for Newcomers and Volunteers](#) on Page 6)

LOVE-IN-A-MIST

There is in Auroville a small plant, Passiflora foetida—a perennial vine. One of the common names of it is 'Love-in-a-mist'. Its name is symbolic for Auroville which has a lovely environment but a dark situation now: technology creates new and new roads, kills new and new trees, and other plants.

According to the Mother, the spiritual name of Passiflora foetida is 'Integral Silence': with a commentary 'The source of true force'. Silence plays an important role in a ritual tradition. Blavatsky wrote a book called, 'Voice of Silence' and Castaneda—'Power of Silence'. People are so talkative and arrogant. But we are not above nature, we are a part of nature. If nature in Auroville is under attack—it means, the citizens are under attack too.



The noise of the new roads kills not only plants but quietness in the city. Wounds of Auroville's nature are also our wounds. Roads project transforms green city to roads city. Systems of new roads in Auroville are similar to the huge octopus tentacles. That's really predator creatures—monsters, enemies of people.

Buenos Aires means 'Good Air'. Previously it was really a city with good air. But not now, that's a common story. Auroville is a green city and it is transforming into an ordinary city. For four years I lived in Marika Home and previously didn't see a cobra near it. But now a big cobra appeared in Marika home's garden. Of course the snake is running from new roads.

Boris

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@aurovillelanguagelab.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.

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=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

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 Start date 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 February | 5:30—6:30pm | Tuesday & Friday |
| Sanskrit | Beginner To start March 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 Start date 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!

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@aurovillelanguage.org
 - Phone: (0413) 2623661, 2622467, 919843030355
- Enzo, for Language Lab Team

Classes, Workshops & Healing Arts

INTRO AWARENESS THROUGH THE BODY

Saturday, 17 February, 9:15am—12:15pm

Intro Awareness Through the Body



with Suryamayi & Natascha

All are welcome!

Saturday, February 17th, 9.15am - 12.15pm

advance registration required:
suryamayi@auroville.org.in

Join us for an introductory experience of Awareness through the Body, an integral yoga practice developed in Auroville. Through a wide variety of introspective, interactive, dynamic, meditative and playful exercises and activities, ATB offers opportunities to explore the different planes of our being, and to integrate these around our innermost center.

- Advance registration required:
suryamayi@auroville.org.in
- For more information on Awareness Through the Body, see: www.awarenessthroughthebody.org

We look forward to sharing the ATB practice with you !

Suryamayi & Natascha

ACRO YOGA

- First time & beginner
 - By appointment only:
9047722740
- Intermediate:
 - Tuesday: 5—6:30pm
 - Saturday: 9—10:30am

Damien



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



YOGA WITH RACHEL

INTEGRAL ALIGNMENT ALINEAMIENTO INTEGRAL



Reservas en:
Bookings on: +91 7457085676, Rachel

- One to One lessons—Small groups

Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.

- Clases particulares—Pequeños grupos

Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

Submitted by Rachel

DANCE WITH AIR


allthingsvedic.in presents

DANCE WITH AIR

Dance with your body and mind in an Astrology inspired session! Let the Air in you meet the physical in a celebration of movement and music. Let the element guide your steps in a workshop to free your spirit and energize your practice, in the backdrop of Vedic Astrology.

When: Friday, 9th Feb 630pm
Where: Vikram's at Aurelec

Vikram +91 9843948288
Maria Luisa +32 478982495



Dance With Air! Astrology and Dance

- Friday, 9 February, 6:30pm @ Vikram's at Aurelec

Dance with your body and mind in an Astrology inspired session! Let the Air in you meet the physical in a celebration of movement and music. Let the element guide your steps in a workshop to free your spirit and energize your practice, in the backdrop of Vedic Astrology.

- Contribution basis, only 6 spots, so pls RSVP
 - Vikram 9843948288, WA to register
 - Maria Luisa +32 478982495

Vikram

SANKALPA: ART JOURNEYS

Presents Reflections

24 February, 10am—4pm

A phone-free interactive art installation with highlights of almost 15 years of community art & arts therapy programs in the Auroville bioregion.

- Save the date, more details to follow!

*With gratitude,
Krupa for Sankalpa*



DETOX YOUR MIND & BREATHE Heal your Body



- **Scientific Meditation with sound healing for distress Mind Body and Soul.** Experience exclusive sound frequencies created by a Japanese Scientist.
 - Monday, Wednesday, Friday, 7—8:30am
 - Advance registration required
- **One To One Health & Wellness Therapy.** Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development
 - Pre appointment is required
- **Analysis of Multiple Intelligence using Scientific Neuroscience Tools.** Eligibility: Anyone from 6 years to 60 years of age
 - Pre appointment is required
- **Conscious Circle & Chanting**
 - Tuesday, 6:30—7:30pm
 - Reserve your space in Advance

*Yatra Srinivasan,
Yatra Art and Culture Foundation, Yatra Arts Media,
Near New Creation Sports Ground, Kuilapalayam
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>,
<https://www.yatraartsmedia.org/>*

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
for the Eco Femme team*



ANITYA COMMUNITY

Well-Being—Hatha Yoga

WELL-BEING - HATHA YOGA

SATURDAY FEB 10 - 10:00 to 11:30 am

SUNDAY FEB 11 - 4:30 to 6 pm

LAST CLASSES

Straighten your spine, balance your mind & emotions

Location: Maloka Hall, ANITYA community

- Saturday, 10 February, 10—11:30am
- Sunday, 11 February, 4:30— pm

Wali is offering her 2 last classes in Anitya (Maloka hall) this week on Saturday and Sunday. With 1h30 of Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!

- For all levels. Donation based.
- Contact Wali for info: 7042565206
- Please note the class timings changed for Saturday morning. Thank you!

On Saturday Wali, who is also a singer, songwriter and yogini, loving devotional music to enliven the divine in all of us will offer a concert in Anitya Community (Maloka hall). It will be a mix of classical Indian songs, Bhajans, devotional songs and Dhrupad. Just listen and enjoy or come to sing along!

- Be on time.

Fall in Love with Your Voice

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

FALL IN LOVE WITH YOUR VOICE WORKSHOP

**FRIDAY, 16 FEBRUARY 2024
10 AM - 1PM**

Join us to connect your Voice to your Soul,
Break through Fear and Shame,
and liberate your unique song

By healing your voice, you gain access to a
powerful tool for fearless self-expression

With **SABINA ELSA ASTOLFI**
*Singer, Voice Coach &
Voice Healing practitioner*
www.powerful-voices.com

**LOCATION: MALOKA,
ANITYA COMMUNITY**
REGISTER IN ADVANCE:
CONTACT MATHILDE:
WA: +917094058699

Sabina will offer a voice workshop in Anitya community. 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



AUTHENTIC RELATING WORKSHOPS
Every week different theme

Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, heart-centered environment?

JOIN US IN THE HALL OF LIGHT, CREATIVITY
EVERY THURSDAY FROM JAN 11TH TO MARCH 14TH
9:15AM-12:15PM

Open to all

+918098503386
+919489244823

AV, NC & SAVI discounts available

+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*

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*



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 |
| February 15 to 19 | 10:30am—12:30pm | 5 day Yoga Nidra workshop |
| Sunday, February 11 & 24 | 10am—1pm | Tamil culture tour & temple visit |
| Every Sunday | 5:30—7pm | Vinyasa flow Asanas |

5 day Yoga Nidra Intensive

5 days Yoga Nidra Intensive

February 15 to 19, 2024 Time - 10 30 am to 12 30 pm

Yoga Nidra, also known as Yogic Sleep, is a state of consciousness between waking and sleeping, where profound relaxation and rejuvenation occur. Through guided meditation and deep relaxation techniques, you will explore inner tranquility and unlock your innate potential for healing and self-discovery.

What to Expect:

- Daily guided Yoga Nidra sessions
- Philosophy of Yoga Nidra practices
- Techniques for stress reduction and deep relaxation
- Personalized guidance and support
- Tools to integrate Yoga Nidra into your daily life

Rukmini - Dancer, Kalaripayatu practitioner completed her Yoga Nidra TTC from Bihar school of Yoga and taught this practice for many years in India & abroad.

Yoga Alliance YACEP certificate included

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



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.

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.



Date and Time :

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

Tamil Culture And Temple Visit

- 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.

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



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 Sundays & 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

WOMEN'S CIRCLE

Together we rise, united we shine—a circle of strength, support, and sisterhood.



- We gather for 2h starting at 4:30pm
- 8, 16, 24 February, 2, 9, 16 March
- @ Maloka hall in Anitya community
- Guests 400rs, for Aurovilians, Newcomers & Savi volunteers discounts available. +91 9489244823, Prem Shakti

PITANGA PROGRAM FEBRUARY 2024



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 | 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 |

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.)

No children activities w/Gala from 13 February to 15 March

Art Therapy class with Gala (with registration)

- No classes with Gala from 13 February to 15 March

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

New Activities

Harmonization of Spirit and Body by Nadia Labiod

Any physical or mental unwellness begins in an instant, usually after a shock that we can call a triggering conflict.

Nadia's sessions are aimed at restoring the harmony of body and mind by creating a personalized, nutritional diet and accompanying the process by decoding the symptoms of physical, vital, emotional, mental and spiritual imbalance.

Nadia is a certified Naturopath (Lyon, France), which includes nutrition and psychology (among other fields).

- Please register at Pitanga



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

Yoga classes

- Rachel invites you on Tuesdays and Saturdays to new classes.
- Restorative Yoga on Tuesdays 5am—6:30pm



Restorative poses and breath work help to calm and soothe the nervous system, improving sleep, reducing stress and anxiety while we open the body in a supported yoga practice. For new and continuing practitioners of all ages.”

- Starting on Tuesday, 13 February at 5am

Intermediate level asana class

For regular practitioners who want to go deeper into their practice. For those with a good understanding of the fundamental yoga poses with a steady practice, who are able to maintain a stable Sirsasana and Sarvangasana, or their variations, for at least 5 minutes.

- Starting on Saturday, 17 February at 9am

Asana class mixed level is like before

- on Mondays, Wednesdays and Fridays from 7:30—9am

Rachel offers a detailed verbal guidance and instruction along with extended practical experience to drive you into the posture with focus on the alignment of body, mind and essence. This practice helps to improve overall the physical and mental capabilities, helping us to live in the present with stability and joy.

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

VERITÉ PROGRAMS

February 2024

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



Workshops (pre-registration required)

| Day & Date | Workshops (pre-registration required) | Timings | Pre-senters |
|--|--|---------------|-------------|
| 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 |

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 |
| Fridays | Regeneration Circle:Voices of Wholeness (contributions are voluntary) | 5—6:30pm | Nadim |
| | 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 |

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,
Verité Programming

VÉRITÉ WORKSHOPS

Pre-registration required

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



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't's 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

QUIET HEALING CENTER



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.quiethealingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966, Guido

Cinema

ILION-AUROVILLE PRESENTS:

The Olympic Games, Their true meaning in ancient Greece

The four great games of ancient Greece were not intended to celebrate remarkable athletes but spiritual seekers. They marked four major stages on the spiritual journey, the keys to which are given in mythology.



With the decline of the mystery schools and the loss of the deeper meaning of the myths from the 5th century BC onwards, the sporting games took over from the initiation ceremonies to become what they are today, a celebration of man rather than the Divine.

A lecture by Claude de Warren

- In French: Saturday 10 February, 5pm, Pavillon De France
- In English: Thursday 15 February, 4:30pm, Cinema Paradiso, 1h+Q&A

Claude

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, 16 February

It'll Never Catch On: The Veganuary Story

23 mins / 2023 / Veganuary

The Veganuary Documentary! Founders Matthew Glover and Jane Land look back over 10 years of Veganuary, with team members and celebrity ambassadors including Evanna Lynch, Kellie Bright, Chris Packham, Peter Egan, Benjamin Zephaniah and Jasmine Harman shining a light on how it has become the cultural phenomenon it is today. Discover how the seed of an idea grew from a kitchen table in Yorkshire, UK and blossomed into a global calendar event—a journey with struggles, laughs and unexpected twists and turns along the way.

Shek



At Multi Media Centre Auditorium, Town Hall

- Reminder: Friday, 9th, **Graves Of Fireflies** (animated film) by: Isao Takahata, Japan, 1988
- Friday, 16 February, **Arthur Rambo**—France, 2021

Directed by Laurent Cantet

With: Rabah Nait Oufella, Antoine Reinartz

Overview: Laurent Cantet, best known for 'The Class,' (Entre les murs) his Cannes 2008's Palme d'Or-winning film and others based on real society topics, highlights here the cracks within French society and the easy use of social media.

Synopsis: Karim D. is a young writer riding success with a new novel. A rare Arab rising star in Paris' intellectual hothouse, his social life shunts between glittering literary cocktails and hanging with his old friends from the banlieues. But Karim's teen online identity is revealed -under the alias Arthur Rambo, a nickname in which a poet (Arthur Rimbaud) and a rejected veteran (Rambo) coexist, and the two worlds collide. Where Karim is now a nuanced author, 'Arthur Rambo' was profane and blindly provocative...

Original French version with English Subtitles, Duration: 1h27'

Surya

STUDY CIRCLE



Auroville Film Institute invites you to the screenings of specially curated films and a book reading.

• Please register via +91 9769976898 WA.

- Voluntary contributions are welcomed.

Screening of *Macbeth Adaptations* is part of the 'Theatre & Cinema series' *Macbeth in Spotlight* event 8—10 March 2024.

- **Thursday, 8 February 2024 (17:00 IST)**
Macbeth

Orson Welles, United States, 1948, English, 107 mins

A film adaptation of William Shakespeare's tragedy of the same name, it tells the story of the Scottish general who becomes the King of Scotland through treachery and murder.



+91 9769976898



- **Friday, 9 February 2024 (17:00 IST)**
Throne of Blood

Akira Kurosawa, Japan, 1957, Japanese, 110 mins

In Kurosawa's Noh inspired adaptation of Shakespeare's *Macbeth*, set in feudal Japan, a spirit tells Washizu, a war-hardened general, that he will remain undefeated unless the spider's web forest rises against the castle. However, Washizu is betrayed by his own troops.



- **Saturday, 10 February 2024 (17:00 IST)**
Matter = I

Readings from *The Journal of Auroville: Equals One*.

What could be more spiritual than matter? So obedient, so resonant, so plastic and responsive! From here to the farthest galaxy, from the grossest physical to the subtle psychic, all matter is one with the whole hierarchy of being. ISSUE: VII-2 (1967)



- **Sunday, 11 February 2024 (17:00 IST)**
Workers Leaving the Factory in Eleven Decades (2006)

Harun Farocki, Germany, 1995, German, 36 mins

This film stems from the fact that the first camera in the history of cinema was pointed at a factory, but a century later it can be said that film is hardly drawn to the factory and is even repelled by it. Films about work or workers have not become one of the main genres. Most narrative films take place in that part of life where work has been left behind.



Raj, AVFI Study Circle,
Auroville Film Institute, +91 9769976898





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
12 February to 18 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 12 February, 8pm
PATHAAN

India, 2023, Writer-Dir. Shridhar Raghavan w/ Shah Rukh Khan, Deepika Padukone, John Abraham and others, Action-Thriller, 146mins, Hindi-English-Russian w/English subtitles, Rated: NR (PG-13)

The Research and Analysis Wing (RAW) is the foreign intelligence agency of India. A RAW agent 'Pathaan' gets to know of a major impending attack against India, mounted by a mercenary group led by the ruthless enigma Jim, who has a history of his own. With the doomsday clock ticking away and an agent Rubai his only possible ally, Pathaan must fight countless betrayals and deal with destruction as he takes on Jim.

Potpourri—Tuesday 13 February, 8pm
RAINMAN

USA, 1988, Writer-Dir Barry Levinson w/ Dustin Hoffman, Tom Cruise, Valeria Golino, and others, Drama, English w/ English subtitles, Rated: R

After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.

Interesting—Wednesday 14 February, 8pm
CHIMP EMPIRE 1—EPISODE 1: PARADISE

UK, 2023, Dir. James Reed w/Mahershala Ali (Narrator), Documentary-Series, 53mins, English w/English subtitles, Rated: NR (PG)

Exploring the fascinating world of the largest chimpanzee society ever discovered as they navigate complex social politics, family dynamics and dangerous territory disputes. In this episode—an alpha male Jackson faces possible threats to his leadership. Meanwhile, mother-of-two Christine educates her new baby.

Spanish—Thursday 15 February, 8pm
CRIA CUERVOS (Raise Ravens)



Spain, 1976, Dir. Carlos Saura, w/ Ana Torrent, Geraldine Chaplin, Monica Randall and others, Drama, 109 mins, Spanish w/ English subtitles, Rated: PG

Shot while General Franco was on his deathbed, the film melds the personal and the political in a portrait of the legacy of fascism and its effects on a middle-class family. It portrays the disturbed eight-year-old Ana, living in Madrid with her two sisters and mourning the death of her mother, whom she conjures as a ghost (an ethereal Geraldine Chaplin). Seamlessly shifting between fantasy and reality, the film subtly evokes both the complex feelings of childhood and the struggles of a nation emerging from the shadows. *This is part of a series of films offered by the Spanish Pavilion as a tribute to the director.*

International—Saturday, 17 February, 8pm
EVERYTHING EVERYWHERE ALL AT ONCE

USA, 2022, Writer-Dir. Daniewl Kwan & Daniel Scheinert w/ Michelle Yeoh, Stephanie Hsu, Jamie Lee Curtis, and others, Action-Comedy, 139mins, English-Mandarin-Cantonese w/English subtitles, Rated: R

With her laundromat teetering on the brink of failure and her marriage to wimpy husband Waymond on the rocks, overworked Evelyn Wang struggles to cope with everything and everybody. She must also brace herself for an unpleasant meeting with an impersonal bureaucrat: Deirdre, the shabbily dressed IRS auditor. However, as the stern agent loses patience, an inexplicable multiverse rift becomes an eye-opening exploration of parallel realities. Will Evelyn jump down the rabbit hole? How many stars are in the universe? Can weary Evelyn fathom the irrepressible force of possibilities, tap into newfound powers, and prevent an evil entity from destroying the thin, countless layers of the unseen world?

Children's Matinee—Sunday, 18 February, 4pm
HARRY POTTER AND THE DEATHLY HALLOWS—PART 1

UK-USA, 2010, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Action-Adventure, 146mins, English-Latin w/ English subtitles, Rated: PG

As Harry, Ron and Hermione race against time and evil to destroy the Horcruxes, they uncover the existence of the three most powerful objects in the wizarding world: the Deathly Hallows. *Please note the rating; it is for older children and followers of the book.*

Ridley Scott Film Festival @ Ciné-Club:

Ciné-Club Sunday 18 February, 8pm
BLADE RUNNER

USA-UK, 1982, Dir. Ridley Scott w/ Harrison Ford, Rutger Hauer and others, Drama—Sci-fi, 117mins, English w/ English subtitles, Rated:R.

In the early twenty-first century, the Tyrell Corporation, during what was called the Nexus phase, developed robots, called 'replicants', that were supposed to aid society, the replicants which looked and acted like humans. When the superhuman generation Nexus 6 replicants, used for dangerous off-Earth endeavors, began a mutiny on an off-Earth colony, replicants became illegal on Earth.

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

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 Entrance | 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>

N&N 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.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a 'Reply' to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

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,
Media Centre, Town Hall,
NewsAndNotes@auroville.org.in

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:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108