



News Notes

#1014 A weekly bulletin for residents of Auroville 15 February 2024



*For who could live or breathe if there were not this delight of
existence as the ether in which we dwell?*

*From Delight all these beings are born, by Delight they exist and grow,
to Delight they return.*

Taittiriya Upanishad

Pondering



The attempt of human thought to force an ethical meaning into the whole of Nature is one of those acts of wilful and obstinate self-confusion, one of those pathetic attempts of the human being to read himself, his limited habitual human self into all things and judge them from the standpoint he has personally evolved, which most effectively prevent him from arriving at real knowledge and complete sight. Material Nature is not ethical; the law which governs it is a coordination of fixed habits which take no cognisance of good and evil, but only of force that creates, force that arranges and preserves, force that disturbs and destroys impartially, non ethically, according to the secret Will in it, according to the mute satisfaction of that Will in its own self-formations and self-dissolutions.

When we blame others without applying the same law to ourselves, we are not speaking with a true ethical judgment, but only applying the language ethics has evolved for us to an emotional impulse of recoil from or dislike of that which displeases or hurts us.

*Delight of Existence: The Problem,
The Life Divine by Sri Aurobindo*

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Editors' Note

Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

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

House of Mother's Agenda



The Mother, Agenda, May 19, 1965

In connection with an old Playground Talk ([of March 14, 1951](#)):

I feel like asking you a very simple question. You say here, 'If we always had the feeling that what happens under any circumstances is the best, we wouldn't be afraid....' Is it truly the best that happens under any circumstances?

It's the best in the given state of the world—it's not an absolute best.

There are two things: in a total and absolute way, at every instant, it's the best possible with regard to the divine Goal for the whole; and for someone who is consciously attuned to the divine Will, what happens is the most favorable to his own divine realization.

I think this is the correct explanation.

For the whole, it's always, every instant, the most favorable to the divine evolution. And for the elements consciously attuned to the Divine, it's the best for the perfection of their union.

But it shouldn't be forgotten that it's constantly changing, it isn't a static best; it's a best that, if retained, wouldn't be the best of the next moment. And it's because the human consciousness always tends to want to retain statically what it finds or considers to be good that it finds this best always eludes it. That effort to retain is what warps things.

(silence)

I looked at the problem when I tried to understand the position of Buddha, who reproached the Manifestation for its impermanence; to him, perfection and permanence were one and the same thing. In his contact with the manifested universe, he had observed a perpetual change, and so his conclusion was that the manifested world was imperfect and had to disappear. And the change (the impermanence) does not exist in the Nonmanifest, therefore the Nonmanifest is the true Divine. When I looked and concentrated on this point, I saw that his observation was indeed correct: the Manifestation is absolutely impermanent, it's a perpetual transformation.

But in the Manifestation, perfection is to have a movement of transformation or unfolding to the divine Movement, the essential Movement. Whereas all that belongs to the unconscious or tamasic¹ creation tries to keep its existence unchanged, instead of lasting by constant transformation.

That's why certain minds have postulated that the creation was the result of an error. But we find all the possible conceptions: the perfect creation, then a 'fault' that introduced the error; the creation itself as a lower movement, which must end since it began; then the conception of the Vedas

according to what Sri Aurobindo told us about it, which was a progressive and infinite unfolding or discovery—indefinite and infinite—of the All by Himself... Naturally, all these are human translations. For the moment, as long as we express ourselves humanly, it's a human translation; but depending on the initial stand of the human translator (that is, a stand that accepts the primordial 'error,' or the 'accident' in the creation, or the conscious supreme Will since the beginning, in a progressive unfolding), the conclusions or the 'descents' in the yogic attitude are different... There are the nihilists, the 'Nirvanists' and the illusionists, there are all the religions (like Christianity) that accept the devil's intervention in one form or another; and then pure Vedism, which is the Supreme's eternal unfolding in a progressive objectification. And depending on your taste, you are here or there or here, and there are nuances. But according to what Sri Aurobindo felt to be the most total truth, according to that conception of a progressive universe, you are led to say that, every minute, what takes place is the best possible for the unfolding of the whole. The logic of it is absolute. And I think that all the contradictions can only stem from a more or less pronounced tendency for this or that position, that other position; all the minds that accept the intrusion of a 'fault' or an 'error' and the resulting conflict between forces pulling backward and forces pulling forward, can naturally dispute the possibility. But you are forced to say that for someone who is spiritually attuned to the supreme Will or the supreme Truth, what happens is necessarily, every instant, the best for his personal realization—this is true in all cases. The unconditioned best can only be accepted by one who sees the universe as an unfolding, the Supreme growing more and more conscious of Himself.

(silence)

(to be continued next week)

The Mother, Agenda, May 19, 1965

<https://incarnateword.in/agenda/6/may-19-1965>

With love and gratitude,

Gangalakshmi (HOMA)



Community News

Matrimandir News



'Thy peace, O Lord, a boon within to keep
Amid the roar and ruin of wild Time
For the magnificent soul of man on earth.
Thy calm, O Lord, that bears thy hands of joy.'...
'Thy oneness, Lord, in many approaching hearts,
My sweet infinity of thy numberless souls.'...
'Thy energy, Lord, to seize on woman and man,
To take all things and creatures in their grief
And gather them into a mother's arms.'...
'Thy embrace which rends the living knot of pain,
Thy joy, O Lord, in which all creatures breathe,
Thy magic flowing waters of deep love,
Thy sweetness give to me for earth and men.'

MOTHER'S BIRTHDAY AT THE MATRIMANDIR 21.2.2024

Collective meditation at the Amphitheatre from 5:45 to 6:30am

A recording of the Mother's voice reading from 'The Book of Everlasting Day' of Sri Aurobindo's 'Savitri' will be played.

- **Parking And Entrance: New This Year:** Entrance from the Mahasaraswati Gate (West gate).
 - Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside
 - Coming from Town Hall side: Park in front of West gate
- **Open from 5am.** All are requested to be seated by 5:40am.
 - Access will be limited to the Amphitheatre and up to 7am only.
 - Guests are requested to bring along their Aurocard with them.
- **Important Information:** The meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting.

To maintain the special atmosphere, everyone is requested to maintain complete silence and to leave their cell phones, cameras, tablets and other recording devices at home or in their vehicle. Those in possession of such items will be required to deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity.

Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or existing damage of items deposited at the 'Custody Facility'.

- Please do not bring your pets to the meditation.

Through your participation, you can help make the collective meditation a precious moment of inner experience. Thanking you in advance for your understanding and cooperation.

5:30—6:30pm, Musical Offering on Mother's Birthday

- at the 'Garden of the Unexpected' by Jean-Christophe on the Bansuri flute
 - Entrance from the Office Gate at 5pm.

Guests are requested to carry their Aurocard with them.

Bonne Fête!

Antoine, Divya, John H, Judith, Sundar K

EVENTS THAT WILL OCCUR IN MATRIMANDIR Volunteers Needed



Dear friends, this year, three events will occur in Matrimandir in February:

- **21 February: Mother's birthday**
- **28 February: Auroville's birthday**
- **29 February: Day of the Supramental Manifestation**

To manage the people coming for these events, Matrimandir is in **need of volunteers** to help guiding the people attending the morning meditations:

- At least 10 volunteers for the 21st and 29th
- At least 12 volunteers for the 28th

If you are willing to contribute to these events by volunteering, please write to matrimandir@auroville.org.in and give your phone number.

Thanking you in advance for your contribution,

Matrimandir Executives,

Antoine, Divya, John H, Judith, Sundar K

Awakening Spirit

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

THE OM CHOIR

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

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

Noel Parent

SAVITRI 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

**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 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**

THE ONE WHOM WE ADORE AS THE MOTHER

Monday, 19 February 2024, 4pm @ Savitri Bhavan.



Duration: 63min.

Sri Aurobindo wrote: 'The One whom we adore as the Mother is the Divine Consciousness Force that dominates all existence, one and yet so many-sided that to follow her movement is impossible even for the quickest mind and for the freest and most vast intelligence. The Mother is the consciousness and force of the Supreme and far above all she creates. But something of her ways can be seen and felt through her embodiments...in whom she consents to be manifest to her creatures.'

And the Mother declared: 'Between eleven and thirteen a series of psychic and spiritual experiences revealed to me not only the existence of God but man's possibility of uniting with Him, of realizing Him integrally in consciousness and action, of manifesting Him upon earth in a life divine.' Her quest for manifesting this reality ultimately brought her to Sri Aurobindo, in collaboration with whom the divine work was to be done.

An audio-visual presentation by the Sri Aurobindo Ashram Archives on the Mother's life from childhood onwards, her training, her meeting with Sri Aurobindo, and the creation of the Ashram and Auroville.

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

Submitted by Margrit

AN INVITATION TO BEAUTY

Opening Ceremony 21 February, 8:30am

@ The Mother's Flower Garden (Near Solar Kitchen)



- **21 February, 9am**—A talk by Narad. The material importance of the Significance of Flowers as given by The Mother
- **22 February, 4:30pm**—BloomO! Soulful Flower Card Game. Launch with a game play session
- **23 February, 5:30pm**—Om choir by Narad
- **24 February, 8am**—Exploring the garden with Narad
- **25 February, 6:30am**—Chanting by Sanskritam Auroville
- **25 February, 4:30pm**—Flute recital by Sarthak
- **28 February, 8:30am**—A presentation by Neel and Supriti of Ovoid. Presentation of Mother's Flower Garden's architecture and landscape design
- **28 February, 9:30am**—A talk by Alok Pandey. Flowering of the New Creation

MFG Team, Jyoti, Naren, Poonam, Rabi & Satyakam

EXIBITION:
The Golden Light


Welcome to an exhibition
The Golden Light



Inauguration on 20th, Feb 2024 at 5pm
February 20th to 28th March, 2024

Monday - 9am - 12pm
Tuesday to Friday - 3pm - 6pm
Closed on Sat, Sun & on 21st, 28th & 29th Feb

BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre
No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

Location


Submitted by Rajan

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

MUDRA CHI

We have our classes

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

Everybody Welcome!

Anandi



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

Savitri
B H A V A N

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

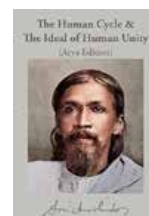
Dhanalakshmi for Savitri Bhavan Team

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



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

TUITION SESSIONS OFFERED

With my 20 years of experience in education, I offer

- academic tuition sessions from grade 1 to university level in all subjects.
- Also I am a Spoken and written English/ Hindi/ Marathi/ Kannada trainer.
- My contact number is 8270512606. *Ashwini, Aspiration*

FUTURE SCHOOL OPEN HOUSE

Tuesday, 20 February, 9:30am—1pm

On Tuesday, 20 February, there will be a Future School open house between 9:30am—1pm. There will be food, presentations, performances, games, music, science experiments, and just a whole lot of fun! Please come and enjoy!



Priya for Future School Team

VASTU DARSHANA

The Indic Perspective, Course in Auroville
14—17 March, 9am—5pm

Ritambhara
vAstu Darshana - The Indic Perspective, Course in Auroville

DATES : March 14th - 17th, 2024
TIME : 9am - 5pm

A 4 days beginner's course on vAstu, the oldest living system of Architecture that ties space, energy and design, dating back to the Vedic period i.e. over 3000 years ago.

FACILITATORS : Ar. Chandana Reddy, Ar. Radhika Soni & Ar. Shivangi Gadia
Ar. Sashikala Ananth will be joining online

<http://tinyurl.com/vastudarshanaregistration>

For registrations please follow the link or mail us at vastu@ritambhara.org.in

We are happy to announce an introductory course, vAstu Darshana in Auroville. vAstu is the oldest living system of architecture, dating back to the Vedic period, over 3000 years ago. The course pedagogy is designed to include theory, self-reflective exercises and interactive group dialogues during the sessions.

- Dates: 14 to 17 March
All 4 days are compulsory to attend
- Time: 9am—5pm

The course will have additional evening sessions which will include a visit to the 1000 years old Irumbai Shiva temple and screening of the 1991 award winning documentary, 'vAstu Marabu: The Shilpi Speaks'.

To know more details about the course and to register, please follow the link

- <http://tinyurl.com/vastudarshanaregistration> and in case of any questions please write an email to vastu@ritambhara.in
- Please note that prior registration is required.

Regards, Shivangi

ILION INVITES YOU

Ilion-Auroville invites you to Sharing Circles on the beginning of the spiritual journey based on Jason's Quest

'Break the moulds of the past, but keep safe its gains and its spirit, or else thou hast no future.' Sri Aurobindo.



These sharing circles will be about the Quest of Jason and the Argonauts for the Golden Fleece, which represents the beginnings of the spiritual journey. How does the stages of this Quest resonate in us? What can we learn from it and implement in our life? We will support each other on our inner transformation through sharing personal challenges. In order to attend these circles we ask every participant to respect two requirements:

- Be prepared by watching some episodes about 15 min each of the online course on Ilion YouTube channel (29) [Ilion-Auroville—YouTube](#) playlist Jason and the Argonauts—Quest for the Golden Fleece or by reading the script.
- Be committed to meet every three weeks. The first meeting will be on 2 March.
 - These circles will be facilitated in small groups (12 persons maximum) on Saturdays from 2:30 to 4:30pm in English and in French.
 - **The selected dates are:** 2 and 23 March, 13 April, 4 and 25 May. Contribution based.



If you wish to participate, please send an email to: ilion@auroville.org.in

- Interpretation Of Greek Mythology—Mythologie Grecque (greekmyths-interpretation.com)
- Ilion Auroville—Complementing Claudes (ilion-auroville.com)

Gaspard, for The Ilion-Auroville team.

AUROVILLE LIBRARY

Women Awakening Project: Female Masters for an Integral Spirituality

Women Awakening Project
Female Masters for an Integral Spirituality

Join us as Erica shares her experience of interviewing female masters of different traditions for over a year.

- **Friday, 16 February, 5pm @ Auroville Library.**

Join us as Erica shares her experience of interviewing female masters of different traditions for over a year.

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.

Devna, for the Auroville Library

INVITATION: CELEBRATING 47 YEARS of Ilaignarkal Education Centre

21 February, Wednesday — 29 February, Thursday
10am—12noon & 3—5pm @ Ilaignarkal Education Centre

Dear Family, as we rejoice in the vibrant spirit of Auroville's birthday week, we extend a heartfelt invitation to join us in commemorating a significant milestone—the 47th anniversary of the Ilaignarkal Education Centre.

Since its inception in 1976 as the pioneering further learning center for Auroville workers and their families, the Ilaignarkal Education Centre has evolved into a nurturing hub of inclusive education. From humble beginnings beneath the shade of a majestic Neem tree. Our journey has been one of growth, learning, and community building.

We cordially invite you to partake in our celebratory events where We will showcase archival photographs, collections from our monthly Newsletters Auroville Seythimadal and Vaasal along with our heritage numbers. This exhibition serves as a testament to the transformative power of education and the enduring spirit of Auroville's quest for unity in diversity.

*Harishini, R. Meenakshi Sivakumar, Indumathi
for Ilaignarkal Education Team*

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

International

AVI GENERAL ASSEMBLY



Saturday, 24 February, 2—5pm @ Tibetan Pavilion.

Aurovilians, Newcomers are most welcomed.

Vani, as AVI Representative

ILION-AUROVILLE PRESENTS:

The Olympic Games, Their true meaning in ancient Greece

A lecture by Claude de Warren

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.

- In English: Thursday 15 February, 4:30pm,
Cinema Paradiso, 1h+Q&A *Claude*

SPANISH PAVILION PRESENTS

Friday, 16 February, 4pm

@ Multi Media Centre Town Hall

Los Cuatro Altares (The Four Altars)

Un Film De Alonso Del Rio 'The Four Altars'

Perú, 2023, Dir. Alonso del Río, w/ Silke Klein, Damián Alcázar, Magaly Solier, Valentina Vargas, Eivaut, Diana Quijano and others, Magic Realism, 107 mins, Spanish w/ English subtitles, Rated: G

The film exposes the urgent need for attention that the Amazon and the planet need due to the over-exploitation of resources. It also addresses the transformation of consciousness through Sacred Plants.

Through Ana's story and the discovery of her own self-knowledge journey, the film shows the complexity of the human behavior and its capacity for constant change. In the search for happiness, we feed an increasingly distorted system that takes us away from the essence of what it means to be human.

To bring awareness and respect for the planet, plants and all living things is the intention of this project. We know that through this story we can create empathy to turn the gaze of society towards these problems that our world is facing. We trust that a powerful film can transform the outlook of its viewers.

Spanish with English subtitles, Peru, 2023, Duration 1h47'

*Lola, Mila, Mónica and Stela
for the Spanish Pavilion*



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

europa.house.auroville@gmail.com

Dan for the European House, +91 9500271460

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



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



AUROKIYA INTEGRAL EYE CENTRE

FOCUS III Eye Yoga Workshop

21—26 February, 7—8am
@ Garden Room, Savitri Bhavan



Aurokiya Integral Eye Centre

FOCUS III Eye Yoga Workshop

@ Savitri Bhavan

Date: 21st -26th February

Time: 7.00 am - 8.00 am

Place: Garden Room, Savitri Bhavan

Experience your visual healing...

Scan to Register

Limited Seats



Contact us for details

www.aurokiya.com

+91 80123 05151 : +91 9704258709

aurokiya@gmail.com

Arka Wellness Hub, Crown Road, Auroville

Contact us for details: www.aurokiya.com

+91 8012305151, +91 9704258709

aurokiya@gmail.com

Aurosugan for Aurokiya

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sutha

MAATRAM AT ARKA

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



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

Monday	Saif
Tuesday	Rashmi
Wednesday	Palani
Thursday	Chetna
Friday	Gopa

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

• **Message or call:** 9087709434

• maatram@auroville.org.in

• <https://maatram.org.in/>

Megha for Maatram

SPRING AND LIVER SUPPORT with Ayurveda and healthy plants



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) that takes away slowly the strength and energy, leaving us with low energy by the end of the summer.

In winter, Kapha (water and earth elements) accumulate in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer needed to keep warm.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

If these occur, it is time to decongest Kapha and help the liver to become light again:

With the food

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest
- Good tastes: bitter, astringent and spicy
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, green salads, lettuce, rucola, spinach)
- Artichokes, ashgourd, avocado (moderately), beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chowchow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- Good sweet = Cereals: amaranth, barley, buckwheat, red rice, millets, dry oats; Fruits: pomegranate, apple, dry apricots, chiku, papaya, grape, pear, raisins, strawberries...
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water, with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, soya milk warm and spiced, black tea, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatriadi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction—20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch**

Daily routine

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Wash with warm water (shower or bath)
- Keep the body warm: neck and feet especially
- Physical exercise: 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

Wishing you a cheerful Vasanta

Be @ Santé Clinic

Animal Care

AUROVILLE DOG SHELTER

Volunteer at the Auroville Dog Shelter!

Whether you're in Auroville for a short stay or a longer commitment, you're always welcome to volunteer at the Auroville Dog Shelter. We've created diverse and interesting volunteer programs allowing you to learn and engage in animal care while providing love and attention to our dogs.



AUROVILLE
DOG SHELTER

- For those looking to make a long-term commitment, we're happy to offer volunteering opportunities through the SAVI program. Feel free to reach out to us for more information on how you can get involved!
- Contact Arthur on 8122225266 WA

Book your dog's sterilization appointment now!

Dr. Anandi will be performing sterilizations at the dog shelter every Monday. Contact us to schedule your surgery date or ask for more information. **Auroville Dog Shelter, Arthur**

PUPPIES NEED A HOME

On Monday 12/2 these three puppies were dumped in front of Terra Amata in the International Zone (near the big water catchment). They are maybe 5 to 6 weeks young. There are 2 females and 1 male.

The Dog Shelter will not take them because they are healthy; so there is no 'official' place for them.

Here we make this appeal to you folks to come by and take one (or two or three?) into your safe home environment. Honestly, I'm concerned they'll get run over by one of the big lorries that come daily through here.



- Contact: +91 7598081237 WA.

Amy B. (Sunyata, next to International House)

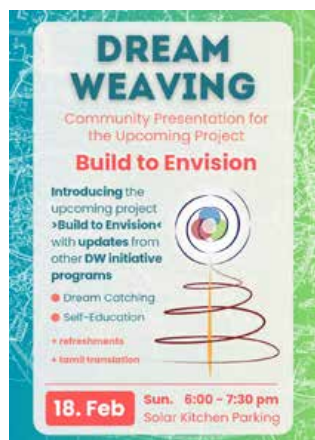
For Your Information

DREAMWEAVING: BUILT TO ENVISION

18 February, Sunday, 6—7:30pm

@ Solar Kitchen Parking

Dear members of the community, Auroville week is approaching, a time to celebrate the ideals, the diversity and the culture of Auroville. The Dreamweaving Initiative teams warmly invite you to a presentation of the upcoming project and updates from the Dreamweaving Initiative programs: Dreamweaving, Dreamcatching and Self Education! We will be introducing the new Dreamweaving Team, sharing the progress of the past months and plans for the next months.



The presentation will be translated in parallel in Tamil and refreshments will be provided.

- Please join us at the Solar Kitchen Parking on 18 February, Sunday from 6 to 7:30pm, you can also add this event to your calendar for reminders.

**Dreamweaving Team,
Bhavya, Henrik, Radhika, Shivangi**

Youth Initiative

COMMUNE: BLIND BABBLE GATHERING

Thursday, 22 February, 5:30—7pm

Le Morgan Cafe

Hey Community! Come together to celebrate the essence of Commune in our community. Remember, commune comes before community. Communing goes beyond mere communication; it's about sharing, connecting, and understanding each other on a deeper level.



- Join us at Le Morgan Cafe from 5:30—7pm on 22 February, Thursday for our Blind Babble Gathering.

Remember, it's not just about what we say, but about how we listen and learn from one another. Let's make tonight an extraordinary experience of Commune and discover the richness within our diverse community.

It's a walk-in event and everyone is welcome!

Gautam

The Arts

SUNLIT PATH POETRY

Saturday, 24 February, 7:30pm @CRIPA

Duration: 1 hour



The idea of this event is to join in the celebration of the Oneness of the best parts of ourselves and offer it to the highest expression of Human Unity.

Poetry is the highest possible way for humans to express themselves,—says Sri Aurobindo.

The Sunlit Path is open to everyone if we are ready to choose it.

Language is a code of the Nation Soul. So, we express our deepest aspirations for Unity in our mother tongues tonight, invoking the highest vibration and seeking to manifest Light, Love and Life of the Divine in us.

These poetic expressions in national languages, the vibration of which are in unison with millions of hearts of peoples, will produce a transformative effect making the manifestation of Unity possible.

Let us be focused and calmly aspire for Unity in our beings.

Shakti and a team

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



Entering **Danasegar's** world is accepting to get lost in a labyrinth. His work is double-bottomed, like a magician's trunk piled high with the artist's past and present experiences. Each painting is a dreamlike composition where the notion of time and space is no longer, a distillate of emotions.

It is precisely here that the ambiguity evoked by the artist lies, this ability to render these intense sensations while remaining somehow alien to the process, as if in a trance. He opens up his inner worlds to our unfamiliar eyes, without really knowing what's going on there, as if hoping to discover it through the eyes of others.

'I am visible only if there is a mirror reflecting me', he says.

As long as Danasegar doesn't see himself, as long as the mystery persists, the symbiotic bond with his creature is preserved, then when he finally understands what he's done, when the painting is finished, it is then that detachment happens.

It's a game of mirrors, an invitation to find and lose oneself, for us, the spectators allowed to wander through these disconcerting dreams, for him, the artist emerging from the trance, almost forgetful of his identity like an awakened shaman.

Dominique Jacques

ART EXHIBITION BY CRYSTAL

What's in a speck of dust. ..

3 February—4 March @ Pitanga



Daily, except Sundays

8—12:30pm & 2—5:30pm

Submitted by Verena

SANKALPA: ART JOURNEYS

Presents Reflections

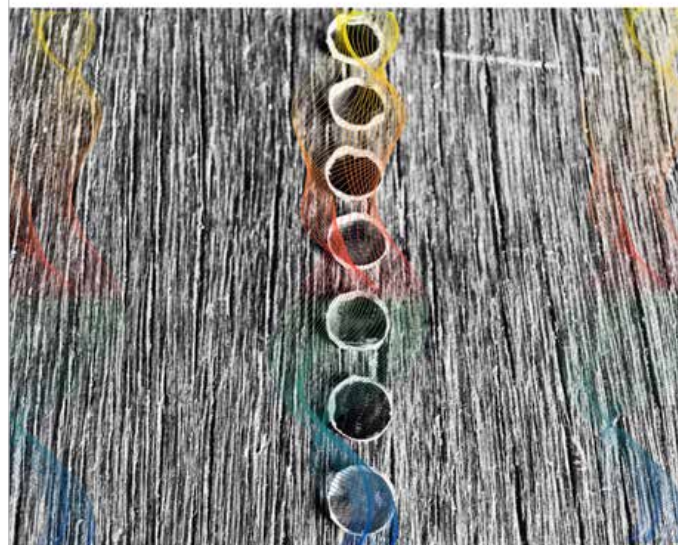
24 February, 10am—4pm

@ Sankalpa, International Zone

behind Pavilion of Tibetan Culture



REFLECTIONS



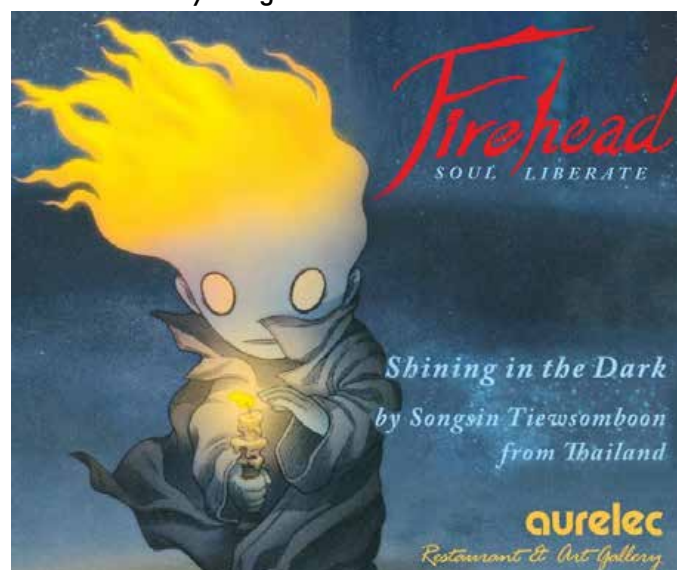
A phone-free interactive art installation with highlights of almost 15 years of community art & arts therapy programs in the Auroville bioregion.

Submitted by Krupa

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

Franz

BHARAT NIVAS PRESENTS



Vrindavani Venu
a Abhang by Saint Bhanudas
Sunday, 18 February, 7pm

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

All are Welcome!

• Enquiry Contact: Krishna at +91 9787880211
Parking available outside at the Bharat Nivas Main Gate
Monisha, BN Team

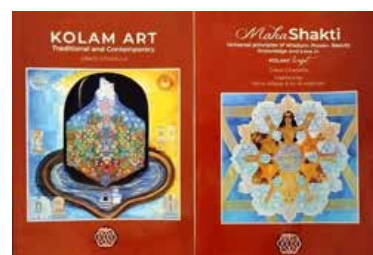


Books & Cards

KOLAM ART BOOK RELEASE

Wednesday, 21 February, 5:30—7pm
@ Auroville Library

We invite you on Mother's Birthday, Wednesday, 21 February, to join us in celebration of her Shakti forces at the Auroville Library with the release of a Book dedicated to her in English and Kolam Script.



In this book you will find pictorial symbolic languages, in images of feminine forces, representing Universal principles. Just waiting for us to pick them up, inspire us and support us in manifesting our co creative powers on Earth.

They are beautifully described by the Mother and Sri Aurobindo and the sacred ancient South Indian Kolam Script. Added with some of Grace her personal encounters, experiences and discoveries.

All most welcome

Grace on behalf of Kolam Yoga

BLOOMO! A SOULFUL FLOWER CARD GAME

Launch event on 22 February, 4:30—6pm

@ Mother's Flower Garden, Near Solar Kitchen

Discover the spiritual significance of flowers with BloomO! the soulful card game of memory and reflection. This game helps shape observation, memory, aesthetics, and reflexes. The Mother has given spiritual names to nearly 898 flowers revealing their deepest aspiration. Flowers have been an intrinsic part of life in the Sri Aurobindo Ashram.

This card game can be played with children ages 7+ and with 4 to 9 players. Individuals can use the deck as a tool for guidance and reflection, similar to tarot cards.

Join us for a sharing of our journey as artist and designer; the role of art & design in the making of this card game as played by The Mother and captured by Tara Jauhar based in Delhi.

- Available for purchase online or at Boutique D'Auroville
- <https://www.auroville.com/bloomo-the-flower-game.html>

Jyoti & Chetana

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			Gymnastic private (Terra)	Ballet private	
4pm 4:45		Elodie practice			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

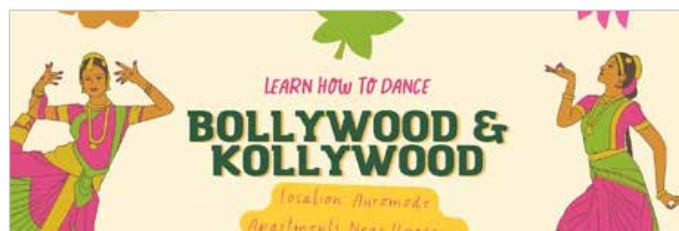


For bookings contact us:

- +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

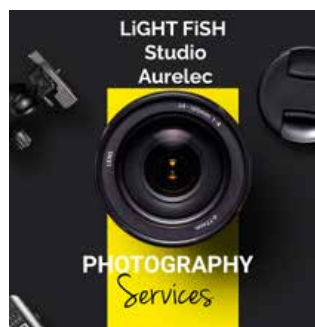
LIGHT FISH

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

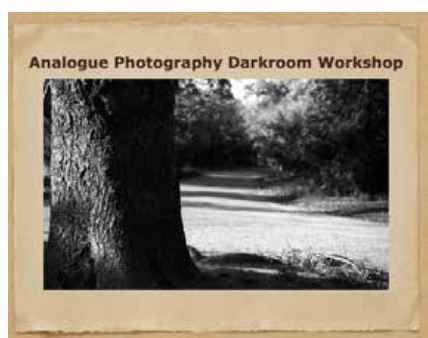
Darkroom Workshop by Sasikanth Somu 22, 23, 24 February

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.

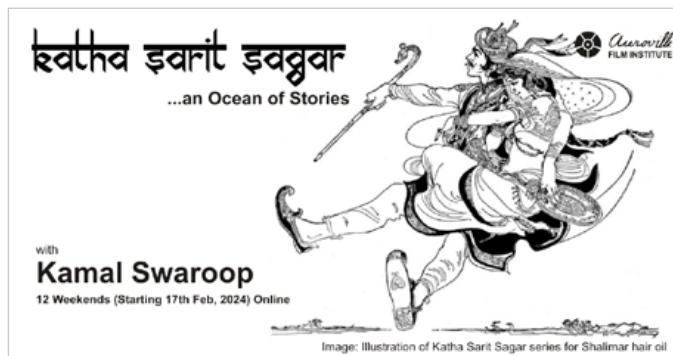
Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

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**

A CREATIVE READING AND WRITING WORKSHOP

With Kamal Swaroop

12 Weekends, Online. Starting 17 February
14:30 to 18:30 IST.



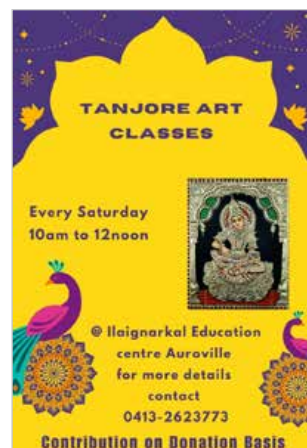
Warmly, Richa

TANJORE ART CLASSES

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

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

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



Ayyanar

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.



and

'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



EXPLORE WATERCOLOR TECHNIQUES

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

Submitted by Arun



WRITING FROM WITHIN



Writing from Within is a session to learn how to use writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves but also the natural resources we have inside to overcome obstacles and evolve.

Many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more

- **Book a session** with me writing at ijustwannawrite.email@gmail.com

The sessions will take place at the European Pavilion.
Duration of the session: 1h30min.

- Collective sessions cost: Towards contribution
- For Aurovilians and Newcomers: free contribution.

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

Let's walk together the Path of Never Ending Education!
The One that comes from Within.

- If you want to know more about me, check my Vlog [Just Wanna Write](#)
- Or my blog <https://ijustwannawrite.com>

And let's keep up with the good writing! **Francesca**

OPEN-MIC NIGHT AT YATRA'S ARTISTE CAFE

Every Saturday from 7—9:30pm!



Join us in our cozy garden cafe for an evening of smiles and creativity. Whether you are a singer, musician, dancer, comedian, actor or poet...young or simply young at heart...you are most welcome to perform. And of course all are welcome to watch.

- **Traditional home-cooked South Indian food** available.
- **Artiste Café**
- Near New Creation Sports Ground, Kuilapalayam
Open Monday to Saturday (8am to 9.30pm)
Sunday—Holiday.
- Contacts: 0413 2623071, 9786772209,
yatraartistecafe@gmail.com

Yatra Srinivassan

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

Sports & Martial Arts

RUN FOR THE JOY OF RUNNING:

14th Auroville Marathon

Sunday, 18 February

Dear Community, greetings from the Auroville Marathon Team! Here we are at this time of the year where we have around 3000+ runners from all over the world running in Auroville!

This Sunday the 14th Auroville Marathon run will be hosted by the Auroville Marathon Team.



- **Full Marathon will start at 5am, Half at 6:15am, 10K start at 7am and the Children's/Open at 7:30am.**

We invite Aurovilians and guests to cheer and encourage the runners as they pass by your community. Play music, greet them, cheer them, offer water, offer your wishes. We also request everyone to drive slowly and give ample space for the runners and walkers sharing the roads on Sunday. The less dust we kick off, the happier the runners will be and so much better their 'Joy Of Running' in Auroville.

- **Bibs For All The Registered Runners Will Be Distributed From Bharat Nivas on 17 February, at 9am—5pm**

A Special request to Our Pet Lovers: We request you to keep our pets under personal supervision to avoid any stray incidents with the runners on their trail.

- **The runners will pass by the following Aid stations:**

- Visitor Center, 4:30—11:30am
- Pitanga, 5—8:45
- Deepanam School, 5:15—8:55am
- Gaia Junction, 5:20—9:10am
- Ansuya Forest, 5:30—9:30
- Aikyam School/New Creation, 5:40—9:40am
- Rajeswari College, 5:45—9:50am
- Youth center, 5:55—10:05am
- Auromics, 6—10:20am
- Matrimandir Gate, 6—10:50am

The starting point for the event will be at the Visitor Center and finishing at Aurodam Football Ground.

Everyone is welcome.

Prabhu & Rajesh
alongwith AV Marathon Team
<https://www.aurovillemarathon.com/>

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 CYCLOTHON

Dear Auroville Communities, online registration for the Auroville Cyclothon 2024 as 1st edition started from this year, scheduled for Sunday, March 10, 2024, opens on February 15, 2024, at noon.

If you plan to join this edition of the Auroville Cyclothon, we invite you to register via the following link:

- <https://www.aurovillecyclothon.com/>.

Please note that registration remains open from 15 February, Noon, until 2 March, Noon.

The organizing team is dedicated to ensuring a safe and injury-free ride for all registered participants. We strongly encourage comprehensive training for the ride and wish you an exceptional experience at Auroville and its bio-region.

Murali, Prabhu and Raju, Auroville Cyclothon Team



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



KALPANA GYM

Kalpana Gym is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!



Satyakam

TAI CHI HALL

Daily Classes

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

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

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

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/abhayauroville/> Giacomo



AUROVILLE AIKIDO SCHEDULE

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

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

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

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

Surya



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,
- +91 8300949081, 10am—4pm every day except Sundays

Make and 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 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 workshops one day Advance booking is necessary.

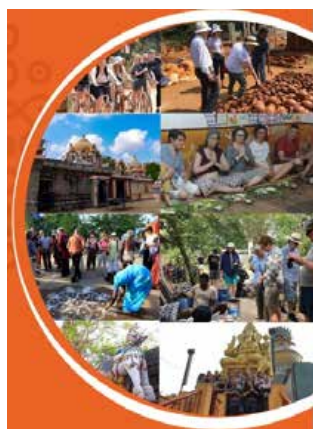
- Contact: preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081



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 mohanam-program@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, aashram 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

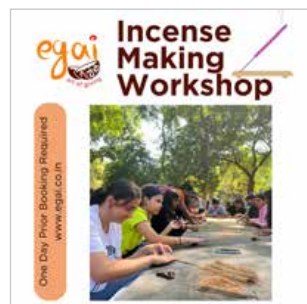
+91 9791896488 WA /0413-2963034

@ 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.

- 1day 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 Fitness	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. Release 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

Kattakara road, Mengalam

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

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 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

MEDICINE WALK

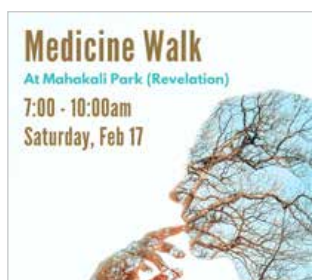
Saturday, 17 February, 7—10am @ Revelation

Is there a question that is alive in your heart? A medicine walk is an ancient earth-based practice for soulful inquiry. The Earth Mother, along with our collective wisdom council, conspire to guide you so that you may discover the soul-level 'medicine' needed to discern your next most aligned steps in life.

- Facilitator: Niharika Sanyal

- Register now: contact@auroville-jiva.com, +91 9443619403 WA.

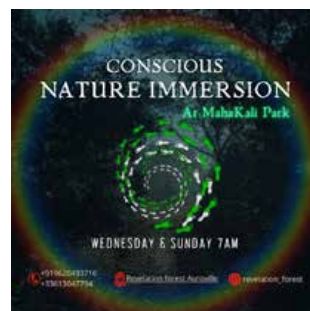
Submitted by Niharika



CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

Every Wednesday and Sunday

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



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

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

- Gmap link: Revelation forest Auroville

Arun for Revelation Management Team

EDIBLE WEED WALKS

Edible Weed Walk @ NinaS

EDIBLE WEED WALKS ON FEW SATURDAYS

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

Let's walk

Edible Weeds and Naturally Growing Plants in Auroville

Scan to purchase the Edible Weeds Coloring Book

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

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

We are right in the middle: 6 out of 12 edible weeds walks are done. Only one is scheduled in February and the rest in March before we close the season.

The only one in February would be on Saturday, 17th, and for all five Saturdays in March. You can join one or more.

To join, please plan and register early. Do not wait for the last moment. 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. You can register for any Saturdays listed.
- Pre-registration and a contribution are required.
- RSVP: Preferred +91 9840936907 WA or edibleweedwalk@gmail.com to register

Nina



Sarah

Gatherings

KARAOKE PIZZA NIGHT

Saturday, 17 February, 7—10pm @ Youth Center



Dear Community, Youth-Link & Youth Centre are thrilled to extend its warm invitation to you for an exciting Karaoke Pizza Night

Join us for an unforgettable evening where you can sing your heart out while relishing on delicious pizza.

Whether you believe you have the voice of a professional or you're just

a shower singer, this event is tailor-made for everyone to come together, have a blast, and foster a sense of togetherness within our community. Don't forget to bring your favorite song to share with us!

Looking forward to seeing you there!

Thank you for your understanding, and we look forward to your response. If you have any questions or need further information, please feel free to reach out to us.

Gautam, Youthlink Team

Honorary Voluntary

WORKING TOGETHER TO MANIFEST HUMAN UNITY

Auroville Festival 2024 from 21 to 28 February

Dear Aurovilians, Newcomers and Volunteers, we are pleased to inform and invite you to the Auroville Festival 2024 from 21 to 28 February in various venues of Bharat Nivas.

It will be a week with moments for meditation, workshops, discussions on many topics and performances everyday.

We invite Aurovilians, Newcomers and Volunteers to offer some of their time to help with the organization of the event and its many aspects.

- We await your email with your availability!

It will be joyful to prepare together this event that will be part of our celebrations for the most precious week of the year: Mother's Birthday and Auroville Birthday.

Bianca, Janmejaya, Kamala
for Bharat Nivas Trustees



WELLPAPER NEEDS A VOLUNTEER



Wellpaper needs a Volunteer for doing physical work in the garden, for art sculpture installation.

- You can contact us 9385744722.

Viji for Wellpaper

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!



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

Available

Items Available

- 3-sections dividing panel (each section: cm. 185x48) made by Shradanjali (wood+parchment paper decorated with leaves), like new. Photo available on WhatsApp.
- The Mahabharata translated by K.M. Ganguli, 12 volumes.
Paola +39 3388349491,
+91 9486422138, 2622138

Klara's HouseHold Goods Available

From Klara's house there are still 2 wooden trunks, a desk, AC and dishwasher for sale, preferably given to Aurovilians. If you are interested please contact Arumugam, Puncture Service, +91 94423 00346 phone & WA. Shivaya

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

Hero Lectro Available

Hero Lectro—speed is 25km/h. Three different speed modes are there. Can be ridden without pedaling, throttle mode is available. It's 1.5 years old. Warranty is still valid for another 6 months. Servicing booklet available. Towards contribution. Contact +91 8129751964 WA.



Regards, Radhika

Taxi Share

To Chennai Airport, 29 February, 9:30pm

Passengers wanted to share taxi from Auroville to Chennai Airport on Thursday, 29 February, leaving at 9:30pm.

- Michael: 9894689863, +44 7719743162 WA

Michael, European House



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



Looking For An Inversion Table

Dear ALL, I'm urgently looking for an inversion table because of a spinal cord problem. If you have one installed and are happy to share, it would be used for 15-20 minutes every day. Thank you very much in advance.

- +34685673777 WA, rimaa221@gmail.com

Sunny



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



YOUR DAILY BREAD & PASTRY NEEDS

FREE DELIVERY

Dropzy
www.dropzy.in



- Download link as shown below

- **Android** <https://rb.ghthttps://rb.gy/32zxcixy/32zxcixy>
- **iPhone** <https://rb.gy/visp4c>
- **Desktop** <https://rb.gy/bpnud5>



Android



iPhone



Desktop

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

FOODLINK IS OFFERING a Basket System

- You can place your order one day before and pick up your baskets from Foodlink between 10:30am and 12:30pm.

- You can [place your order using a google form](#)

Thank you for your support and goodwill,
Angelica & Falguni for Foodlink,
0413 3509946



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

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 pancake, 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

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



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

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 out-side 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 *Gaia*



LATEST NEWS

from Inside India Travel Shop

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10am till 4pm, Landline 2623030 Monday to Friday. Saturdays only on appointment. He can also be contacted anytime via cell phone or by +91 9894598686, and by mail travelshop@inside-india.com



- **Oman** airways offers flights from Chennai to Frankfurt.
- **Lufthansa** lower fares are available from Chennai to London, Paris, Milan
- **Emirates** offers fare from Chennai to Paris, Lyon, Milan, Munich
- **Etihad** airways special fare is available from Chennai to Frankfurt, Paris
- **Gulf** airways special fare from Chennai to Milan
- **Qatar** airways offers are available from Chennai to Frankfurt, Rome

Several travelers were 'boarding denied' as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are intact) your Original Visa, which is maybe in an older expired Passport. If not available any more, take at least a photocopy of the original Visa.

Joster



- 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

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:

- [Zach Bush's address to Aurovilians, 9th February 2024.](#) (Spirituality)
- [Soul Tracks Se.5, Ep.19](#) (Music)
- [La Vita Divinaep. 41—Libro II—Cap IV—Parte III—Il Divino e il Non-divino](#) (Sri Aurobindo)
- [Marlenka's weekly Offering—Ep.112](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—458](#) (Integral Yoga)
- [Seeking Our Inner Being Se. 1, Ep. 7](#) (Spirituality)
- **8th Auroville Film Festival: Interviews with the judges**
 - [Part 6.](#) (Auroville Film Festival)
 - [Part 5.](#) (Auroville Film Festival)
 - [Part 4.](#) (Auroville Film Festival)

Last Youtube Live Video:

- **Auroville 8th Film Festival 2024, Concerts!**
 - [Day 5—Beginnings](#)
 - [Day 6—Dog Days](#)
 - [Day 7—Sound Mirage & Ronny's Band & Collective Song](#)

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

Poetry

LOVE'S PHILOSOPHY

The fountains mingle with the river
And the rivers with the ocean,
The winds of heaven mix forever
With a sweet emotion;
Nothing in the world is single;
All things by a law divine
In one spirit meet and mingle.
Why not I with thine?—

See the mountains kiss high heaven
And the waves clasp one another;
No sister-flower would be forgiven
If it disdained its brother;
And the sunlight clasps the earth
And the moonbeams kiss the sea:
What is all this sweet work worth
If thou kiss not me?

By Percy Bysshe Shelley

ROBES AND ROLES

What robes do you wear?
What roles do you play?

What makes your eyes roll?
What makes them shine?

What makes you roar with anguish?
What makes you roll with laughter?

When will you shed robes and roles?

With joyful Gratitude,
Anandi Z.

Dialogs

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

WHY ARE WE ASKED TO SILENCE THE MIND?

In Sri Aurobindo's yoga, the first step towards the practice is trying to silence the mind. At one point, I had the question, 'why do we silence the mind?' What happens by silencing the mind? After a long contemplation now, I realize the answer from the current situation in Auroville and that is 'only by silencing the mind, we can reach to the Heart'. As long as we are in our mind and cultivating the mind, we can not reach to the heart, the way to self and the Supreme begins from the heart. The unity consciousness is rooted in the heart. There can never be unity as long as we are in mind, the mind only divides and breaks into pieces to analyze, to atoms, to nuclear, to At the end of analysis we can also reach to the heart, where we see oneness and love. Instead of going into a mental journey, by silencing the mind, we reach to the heart sooner, where we do not experience love but realize love. Without realizing love, there can never be Unity. So the only way to Unity, I will say is from the heart not from the mind. One way, I see is; in all the group meetings and general meetings, we may practice to meditate for a good duration of time, perhaps for half an hour before we begin to talk, besides the individuals practicing to silence the mind privately. I am confident that the quality of decisions and thoughts will change. If the friends who are in groups agree, please try to add it as a routine in the meetings, if you do not agree, please try to do any practice that helps to quiet or silence the mind, only then the divine begins to speak through us.

Love and light and best wishes, Arabinda

EMERGENCE OF THE GROUP-SOUL

The Auroville Prosperity

Mother's Prosperity and Guidelines are not a blueprint for utopia. Auroville was founded with young, enthusiastic people who were content living in huts. The early years, cycling was the customary means of transport; if these were not available, walking. In the green belt there was no electricity; if there was no wind to turn the windmill, water was carried on bullock carts from another community. In difficult years, when meeting the material needs dropped below the minimum, self-giving never wavered. There was no other chance to be in Auroville, living that way was a deliberate choice. Out of sheer idealism, even early Aurovilians hailing from wealthy families chose to live in minimal conditions.

The group-soul was being born: faith in the Ideal made them one. Brotherhood solidarity arose from living free from material cravings. One for all, all for one. Pure joy.

The Auroville Prosperity was in kind, along with some pocket money. The pioneers were taken care of according to the resources available at the moment, in a spirit of fraternal sharing. This service provided food, clothing, toiletries, transport, healthcare, simple accommodations and furniture, children's education and all essential services, as was the case with the Sri Aurobindo Ashram Prosperity after which it was modeled. The Admission Form, to be signed as a pledge and submitted to the Mother to be accepted as residents, set the conditions for receiving Prosperity:

1. Having no economic resources of one's own. This meant no pension, no bank accounts, no flats or properties, no help from family or friends. In this case, donating to Auroville whatever material possession one had, if any, was mandatory.

2. Working for the community daily, a minimum of five hours, all year round. Six hours, if Sundays were excluded. Work for oneself or family did not count.

A town had to be built and there was all sorts of work, also physical work, but there was time as well for leisure and introspection. Cultural entertainments, lectures on Integral Yoga, meditation, dance, martial arts and physical activities completed the picture, to take care of all layers of being: mind and body, heart and soul.

Property and profits did not exist with the Mother. Toujours Mieux—the only productive unit—belonged to the community as a whole. On 23.5.1972 she signed the final guidelines for the economic activities, concluding with the Auroville Prosperity:

'One of the objectives of Auroville is that economic activities of all kinds, whether industrial, artisan, agricultural etc., should be completely taken up by Aurovilians. Since the requirements of the Aurovilians are completely looked after by Auroville, the question of salary does not arise.'

The Mother sought the villagers' integration recommending the Auroville Prosperity for them too, if they accepted. She wished model villages and rural cooperatives where villagers and Aurovilians would work on equal footing; their children went to school along with the Auroville children.

Pointing to the nascent group-soul, the pioneer¹ who had donated the thirty-four huts of Aspiration wrote to the Mother:

'Auroville is the meeting point between the inner and outer world. In fact the two are one and Auroville wants to be a living example of this truth; the concrete demonstration that Spirit and Matter are one. This can only come about if the first Aurovilians decide voluntarily to subordinate their personal beliefs to the common aim in a total self-abnegation. Auroville aims for the greatest possible freedom—but to achieve this demands an effort. At the beginning the Aurovilians as a group will need to observe the same self-abnegation as the members of a tribe. As this group develops, growing from a village to a small town and then into a big city, it will be easier for each individual to express himself in a progressively less limited way. Tomorrow's freedom depends on today's self-abnegation.'

The Mother replied:

I am in full agreement and my blessings accompany the realisation.'

Psychic being to the forefront, this text highlights the spirit by which the pioneers chose to live in Auroville, charting the Unknown. A call and an adesha, summoned by the Great Adventure. A pledge. A certainty: a new humanity in the making.

With these people the Mother commenced Auroville. **Paulette**

¹ Gilbert Gaucher, known for his questions on Auroville's essentials to the Mother, with handwritten replies, in November 1968 joined the symposium in Paris about the Systems Engineering Galaxy.

NO ORDINARY HUMAN

As Auroville is now going through a hastened and intensified updatation, in the thick of it all, two Aurovilians a few days ago asked, each an existential question, and was answered: 'Dear ones, rare opportunities like this offer each individual a golden chance to deeply examine oneself and one's intentions, as for you, no ordinary human can answer these questions. You have to go within.'

Today we continue on with these questions as this moment is uniquely different from all other moments:

'Can someone clarify if The Mother wanted Auroville and the Ashram to be the same?'

'Why are we in Auroville?' (of The Mother)

In the questions is the clue to the answer:

The Mother

28.2.68.

*Greetings from Auroville
to all men of good will
Are invited to Auroville all
those who thirst for progress
and aspire to a higher
and true life.*

She is no ordinary human. The Supreme Mother Divine. So you can ask Her directly your question. She is always here, as every moment is She the Creator. Without Her we are nothing. Nowhere to hide as She is everywhere and everything. It is only a matter of acknowledging Her in sincere and total surrender.

And She comes with a partner:

Sri Aurobindo the Avatar.

No ordinary humans,

The Divine Incarnations.

The Two Who are One.

You just have to do your homework. Quite convenient these days in our modern age of information and communications.

Or in silence go within, using the psychic connection.

Or unglue from your human programmings and appearances with an out-of-body experience. You can meet more intimate with Sri Aurobindo and The Mother somewhere out there.

And so that's it.

Just some tips...

Zech, 2024.02.11

LE BATEAU SUPRAMENTAL



Acrylic on canvas 80x80, Lux, May 15—16, 2016

If you want to build a ship, don't drum up the men to gather wood, divide the work and give orders. Instead, teach them to yearn for the vast and endless sea.

Antoine de Saint-Exupéry

We do have such a vision of a vast and endless sea...

It's the dream of a place which No Nation could claim as its own, a place of Truth, Peace, Harmony, Beauty, Brotherhood...

Giovanni P.

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!

Something New: Evening Programs!

• 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@aurovillelanguage.org or a message to +91 9843030355 WA.

Our first full-length publication

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.

• **Order through our website:**
<https://books.aurovillelanguage.org/>

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free here, before decided to order through Amazon.

- **We are looking for sponsors** to cover costs of the first print run, so that it can be available as a paperback.
- For now, in India, it is only available as a **Kindle e-book**. You can use a free kindle e-reader to access it.

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.

Open House : Like last year,

we will have an Open House on 24 February, Saturday 10am—12noon to introduce our different activities:

- experience Tomatis listening
- try out Tomatis active exercises
- learn about our special building
- meet our teachers
- discover our mediatheque
- share the joy of language

Snack & juice—Chit chat—Happy vibes

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

- <https://www.aurovillelanguage.org/tomatis-method.php>
- <https://www.aurovillelanguage.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 Start date 8 February	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Start date 12 February	4—5pm	Monday & Wednesday
	Movements & Theater To start February	10:30am—12noon	Saturday
French	Beginner To start 10 February	2:30—4:30pm	Saturday
	Conversation Post-Beginner Start date 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.aurovillelanguageagelab.org/> You may also drop us an email at info@aurovillelanguageagelab.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@aurovillelanguageagelab.org
 - Phone: (0413) 2623661, 2622467, 919843030355
- Enzo, for Language Lab Team

Classes, Workshops & Healing Arts

**AUTHENTIC MOVEMENT, LIFE/ART PROCESS,
Danse du sensible & Sensorimotor drawing**
@ Hall of light Creativity, Tuesdays, 4:30—6:30pm,
from 20 February to 12 March
With Ambre Jaia, Donations for Creativity



Movement connects sensations, emotions, images, memories. It allows us to explore our inner world and express it, becoming more aware of it. In Authentic movement, we dive into a deep exploration in movement, while an external witness offers us an unconditional and safe presence, making us feel truly seen and accepted (which may heal deep insecure attachment wounds). Our inner witness also awakens. More alive and aware, we are able to gather precious insights along our 'movement in depth'. powerful transformations, and boosters for our creativity! Danse du sensible is a fine way to become more embodied and sensitive to our sensorial life. In Sensorimotor drawing, we draw with both hands, eyes closed, listening to the inner impulses of our physical and emotional body, letting then these impulses become visible on the paper. We use this practice to balance our nervous system and become attuned listeners of the hidden messages of our body. Each session will weave one or two of these modalities.

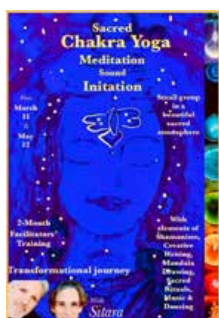
- Contact : +918301885179/ +33630018728 WA
 - Please bring 2 sheets of A3 drawing paper and oily pastels
- Lola

SACRED CHAKRA YOGA

Meditation, Sound, Initiation
March 11—May 12

A small group in a beautiful sacred atmosphere. 2-Month Facilitators' Training Transformational journey With Sitara Munay-Ki With elements of Shamanism, Creative Writing, Mandala Drawing, Sacred Rituals, Music & Dancing

- Contact: Giovanni,
+393288181300 WA



Under Auroville Art Service Trust, Giovanni

SHAKTIKUMBH PROGRAM

Dear Aurovilians, there have been many requests regarding attending the different elements of the ShaktiKumbh Program. We have now arrived at an agreement that the programs are open to Aurovilians, who can participate in the sessions without having to commit to the full 9-day program, which is difficult for many.



SHAKTIKUMBH

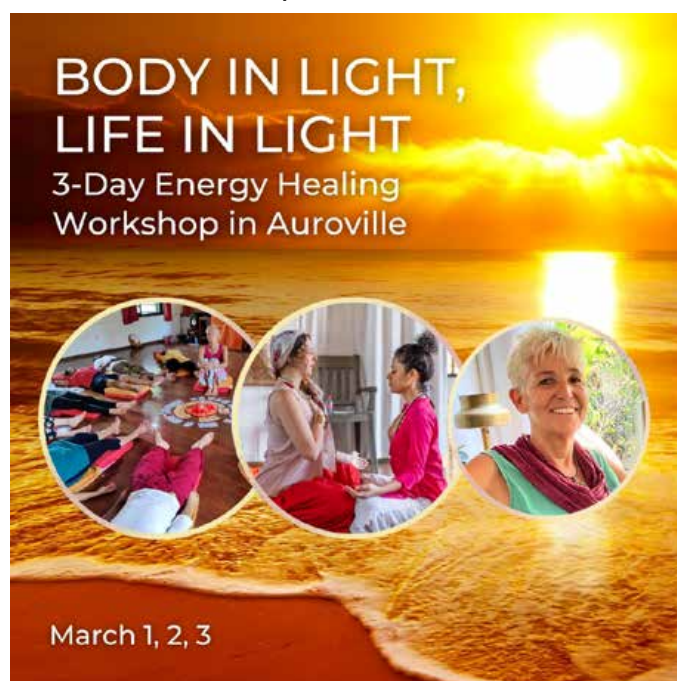
To attend the program, on a session basis, please be on time and attend the full session. During the session, the Unity Pavilion will be closed to visitors. A blue sheet will be placed for Aurovilians to offer donations.

Contributing towards the cost incurred for speakers travel, accommodation and other expenses.

Arun

BODY IN LIGHT, LIFE IN LIGHT: Energy Healing Workshop

1, 2, 3 March, 9am—5pm @ Bhumika Hall, Bharat Nivas



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

- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation

Dive into powerful techniques for self-healing, and explore Fundamentals, Principles and Universal Laws of energy healing.

- Facilitator: Sandya, Energy Healer & Teacher since 25 years.
- Register now: contact@auroville-jiva.com, or +91 9443619403 WA.

Niharika

ACRO YOGA

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



Damien

RECONNECT WITH YOUR INNER CYCLE

Thursday, 22 February, 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 message us at 9487179556 WA or email us at info@ecofemme.org)

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

Mila for the Eco Femme team

YUVABE PRESENTS

The Resilience Program

Monday, 26 February, 10am—1pm

@ Harmony Hall, Bharat Nivas

(Auroville Lunch at Solar Kitchen)

Discover the path to well-being by learning to adapt, embrace and use the right tools to bounce back from all that life throws your way!



Embark on a proven & scientific path to emotional resilience.

Benefits: Reduced anxiety, Release chronic tension, Discharge emotional and physical stress, Increase Energy / Stamina, Improve sleep and Mood, Decrease Aches and Pains, Increase Flexibility, Enhance Performance

- Contribution for 1/2 day session requested:

- Scan the QR Code below to Register and Pay
- Or [Click on the link](#)



Workshop conducted by: Dr. Aditya Varma is an Integrative Psychiatry Provider focusing on Mental Wellness through MindBody Medicine, Traditional Tibetan Medicine, Indo-Tibetan Yoga, Somato-Emotional Bodywork and allied therapies.

Submitted by Abilash.

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

INTRO

Awareness Through the Body

Saturday, 17 February,

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

9:15am—12:15pm

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

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



- 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

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/>

ANITYA COMMUNITY

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

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 awaken 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

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

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—Friday	10am—11am	Mobility with Karalakattai—NO classes from 21 February
Every Friday	5 30—7pm	Vinyasa flow Asanas
Every Saturday	5 30—7pm	Vinyasa flow Asanas
February 15—19	10:30am—12:30pm	5 day Yoga Nidra workshop
Sunday, 4 February	10am—1pm	Tamil culture tour & temple visit
Every Sunday	5:30—7pm	Vinyasa flow Asanas
1—22 March	Morning and evening	200 hr Ashtanga Vinyasa/ Vinyasa flow Yoga TTC intensive

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

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.

Auroville Yoga 200 hr TTC schedule

Auroville Yoga 200 hr TTC schedule

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

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

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

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

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

Introduction to Kalaripayatu, Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification.

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

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

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.

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

Submitted by Ramana



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

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



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, Kulapalayam 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
- 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
4—5pm	Biodynamic Deep Presence with Mike.	All levels
Tuesdays		
9—10:30am	Iyengar Yoga, Spine class, with Chloé	All levels
5—6:30pm	Restorative Yoga with Rachel	All levels
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola	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
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 to join!
Saturdays		
9—10:30am	Intermediate level Asana class, with Rachel	For intermediate students who are able to maintain a stable Sirsasana and Sirvanganasa
11—12:15pm	ATB explorations with Isora, Rosario & Teresa	All are welcome to join!
4:30—5:30pm	Body music 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**
 - Bio-Resonance (with Bi-Com machine) by Afsaneh
 - Chiropractic by Afsaneh
 - Cranio Sacral Therapy by Anne H.
 - Harmonization of Spirit and Body by Nadia L.
 - Thai Yoga Massage by Juan

New Activities

Eye Yoga Sessions with Aurosugan

- 19—24 February Daily from 8:30—9:30am

Eye yoga exercises strengthen weak eye muscles, improving blood circulation and muscle movements. Our technique involves activities that can help improve the complete visual system for better vision.

Our eye yoga and exercise are simple and can be done between your routine tasks and by doing them regularly, you can significantly reduce your level of eye discomfort, blurry vision and other symptoms of eye strain.

- Please register at Pitanga

Aurosugan is a certified eye yoga practitioner.



Professional Training: Advanced Massage and Bodywork—Part 1 with Shari

- **1st course: 11 March—17 April 2024,**
Mondays & Wednesdays, 10am—1pm
Weekly twice, for 6 weeks

We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/ mind/ spirit as the vehicle for doing bodywork, intimacy and moving deeply into the essence of healing. This will include deep listening, integration, and loving/ compassionate touch. We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions and contraindications.

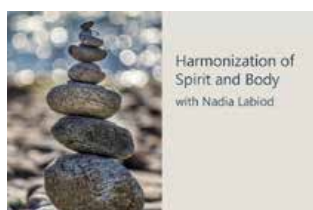
This is the first in a series of 4 courses with the intention of going deeply into what it means to be a successful professional in this field. A Certificate of Completion will be offered at the end of the 4 courses. The class size is limited.

- Please register beforehand with Shari +91 73059 41614.
- Contribution requested.

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.

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.'

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**

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

VÉRITÉ WORKSHOPS

Pre-registration required

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



Taste Of Yoga At Verite Integral Learning Centre

- **Monday—Saturday, 8:30am—12pm, 1—4:30pm**

Verite is happy to announce the opening of 'A Taste of Yoga', offering a simple, quiet space to read, reflect and nourish oneself. Delectably healthful snacks, treats & drinks (all free from animal products, caffeine, and added sugars) have been designed with utmost care to promote overall well-being. Selected reading materials relating to Integral Yoga, health, and conscious evolution are available to uplift and nourish the mind.



Savitri, Programs Coordinator, Verité Programming

VERITÉ PROGRAMS

February 2024

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



Yoga & Re-creation Programs

	Drop-in Classes	Timings	Presenters
Mondays	Gentle Hatha Yoga	7:30—8.30am	Claire
	Pranayama & Meditation	9:15—10:15am	Radhika
	Yin Yoga Nidra	3:30—4:30pm	Bijou
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga Asana: Deep Stretch & Relaxation	9:15—10:15am	Radha
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow	5—6pm	Rebeca
Wednesdays	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
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Vinyasa Flow	5—6pm	Rebeca
	Regeneration Circle:Voices of Wholeness (contributions are voluntary)	5—6:30pm	Nadim
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Peace with Pranayama (no class 24 Feb)	7:30—8:30am	Mamta
	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

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

Workshops (pre-registration required)

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

Savitri, Programs Coordinator,
Verité Programming

QUIET HEALING CENTER



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

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, 23 February

Planet Earth: Ice Worlds

2017 / 49 minutes / Alastair Fothergill

As the ice ebbs and flows at the two poles with the change of seasons, killer whales team up on a hunt and a polar bear is forced to travel a great distance in search of food. Also, beluga whales and narwhals feast on Arctic cod. This documentary is narrated by David Attenborough. **Shek**



At Multi Media Centre Auditorium, Town Hall

- **Reminder: Friday 16, Arthur Rambo** by Laurent Cantet, France, 2021
- **Friday, 23 February, Fallen Leaves** (Original title: Kuolleet lehdet)—Finland, 2023

Directed by Aki Kaurismäki

With: Alma Pöysti, Jussi Vatanen

Overview: Aki Kaurismäki is an inventive film director and a screenwriter, who began receiving international recognition in the late 1980s. His style is minimalist, his output prolific and his taste for wry melodrama shows an understanding of people (not devoid of tenderness) who are not usually successful in life!

Synopsis: In modern-day Helsinki, two lonely souls meet in a karaoke bar and try to build a relationship. Their path to happiness is beset by obstacles, from lost phone numbers to mistaken addresses, alcoholism and a charming stray dog... The film won the Jury Prize at the 2023 Cannes International Film Festival.

Original Finnish version with English Subtitles, Duration: 1h21'

Surya

CINEMA PARADISO PRESENTS:

Barir Naam Shahana (A House Named Shahana)



CINEMA PARADISO PRESENTS
On Monday, 19 February 2024 @ 8pm @ Cinema Paradiso, Auroville
Leesa Gazi's

Barir Naam Shahana (A House Named Shahana)
Bangladesh-UK, 2023, Writer-Dir. Leesa Gazi w/ Aanon Siddiqua, Lutfur Rahman George, Kazi Ruma, Iresh Zaker, and Wridhi, Drama, 137mins, Bengali w/ English subtitles, Rated: NR (R)
The story, of this much acclaimed and award-winning film - follows the turbulent life of Dipa, a young, divorced woman whose refusal to suffer silently makes her a misfit in a rural town in 90s Bangladesh. Raised by weak and ineffectual parents, she is married off by her relatives to a widower in England over a trunk-call wedding. Dipa suffers marital rape, refuses to settle and escapes. Seven years later, Dipa has become a transformed and confident professional, yet she still must fight the social stigma and the burden of family honor to live on her own terms.
The screening of this film which is still making its round in the festival circuit is made possible by a generous sharing by the film team. The screening will be followed by an online Q&A with the director. It is a story of resilience you cannot miss!

Nina for MMC-CP



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.

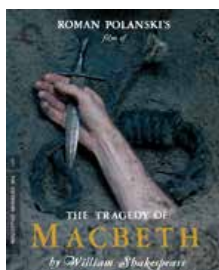


Screening of *Macbeth Adaptations* is part of the 'Theatre & Cinema series' *Macbeth in Spotlight* event (8th-10th March 2024).

Thursday, 14 February, 17:00 IST Macbeth

Roman Polanski, United States, 1971, 140 mins

In this *Macbeth* adaptation, fuelled by ambition and prophecy, a Scottish lord named *Macbeth* becomes king of Scotland. However, his quest to gain and maintain power unleashes a cycle of violence.



Friday, 15 February, 17:00 IST Maqbool

Vishal Bhardwaj, India, 2003, 132 mins

This film is an adaptation of *Macbeth*, and tells the story of *Maqbool*, an underworld don's henchman, falls in love with his boss's mistress, *Nimmi*, who instigates him to kill the don and become the next leader.



Saturday, 16 February, 17:00 IST Bhuvan Shome

Mrinal Sen, India, 1969, 96 mins

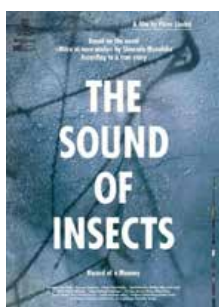
A lonely bureaucrat goes on holiday to a village in Gujarat where a young peasant woman helps him see beyond his job and develop a newfound empathy for people.



Sunday, 17 February, 17:00 IST The Sound of Insects: Record of a Mummy

Peter Liechti, Switzerland, 2009, 88 mins

A hunter finds a corpse in the woods and tries to find out why the man starved himself to death.



Raj for AVFI Study Circles,
Auroville Film Institute

OPEN SPACE Documentary Arts



Auroville Film Institute in collaboration with University of Ladakh announces India's first Multi-site Documentary Arts Diploma—in Auroville-Pondicherry and Ladakh.

'Open Space Documentary Arts Programme' starting 18 March 2024, is a 1 yr—dynamically designed integrative, interactive and application oriented filmmaking diploma programme, incorporating experiential learning modules in Auroville-Pondicherry and Ladakh.

Mobility, flexibility and trans-cultural-disciplinarity is the key to this programme.

To know more please visit:

- <https://filmstitute.auroville.org/2023/11/21/open-space-documentary-arts/>
- <https://uol.ac.in/>

Or contact

- Richa Hushing +91 9969879319
filmstitute@auroville.org.in
- Tsultim Zangmo at + 91 9797067266
t.zangmo2009@gmail.com

Please acknowledge receipt and confirm publishing.

Richa
for Auroville Film Institute





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
19 February to 25 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 19 February, 8pm

BARIR NAAM SHAHANA (A House Named Shahana)

Bangladesh-UK, 2023, Writer-Dir. Leesa Gazi w/Aanon Siddiqua, Naimur Rahman Apon, Naila Azad, Drama, 137 mins, Bengali w/ English subtitles, Rated: NR (R)

The story, of this much acclaimed and award-winning film—follows the turbulent life of Dipa, a young, divorced woman whose refusal to suffer silently makes her a misfit in a rural town in 90s Bangladesh. Raised by weak and ineffectual parents, she is married off by her relatives to a widower in England over a trunk-call wedding. Dipa suffers marital rape, refuses to settle and escapes. Seven years later, Dipa has become a transformed and confident professional, yet she still must fight the social stigma and the burden of family honor to live on her own terms. We can screen this film, which is still doing its festival circuit, through generous sharing by the filmmakers. The screening will be followed by an online Q&A with the director herself. You can't miss!

Potpourri—Tuesday 20 February, 8pm

MY FAIR LADY

USA, 1964, Dir. George Cukor w/Audrey Hepburn, Rex Harrison, Stanley Holloway, and others, Family-Musical, 170mins, English w/ English subtitles, Rated: G

In this all-time classic film based on George Bernard Shaw's Pygmalion, the pompous phonetics Professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle who agrees to speech lessons to improve her job prospects. The rest forms part of an endearing musical! Past screening had technical issues which have been addressed.

Interesting—Wednesday 21 February, 8pm

GOING TO MARS: THE NIKKI GIOVANNI PROJECT

USA, Writer-Dir. Joe Brewster & Michèle Stephenson w/ Nikki Giovanni, Taraji P. Henson, Virginia Flower, and others, Documentary, 102mins, English w/ English subtitles, Rated: NR (PG)

'I remember what is important and I make up the rest. That's what storytelling is all about.' A exploration of the life of poet, Nikki Giovanni and the revolutionary historical periods through which she lived, from the Civil Rights Movement to Black Lives Matter. Interspersed with her poetry and archival footage, it is an interesting experimental film.

Spanish—Thursday 22 February, 8pm

¡AY CARMELA!

Spain, 1990, Dir. Carlos Saura, w/ Carmen Maura, Andrés Pajares & Gabino Diego, Comedy- Drama, 102 mins, Spanish w/ English subtitles, Rated: PG-13

At the height of the Spanish Civil War, Republican troubadours Carmela and Paulino captured by Franco's forces, agree to perform for an audience of fascist soldiers and condemned prisoners of war. This is part of a series of films offered by the Spanish Pavilion as a tribute to the director.

International—Saturday, 24 February, 8pm

IO CAPITANO (Me Captain)

Italy-Belgium-France, 2023, Writer-Dir. Matteo Garrone w/ Seydou Sarr, Moustapha Fall, Issaka Sawadogo, Drama, 121 mins, Wolof-French w/ English subtitles, Rated: NR (R)

In this much acclaimed film, Seydou, a teenage boy, together with his cousin Moussa, decides to leave Dakar in Senegal and make their way to Europe. A contemporary Odyssey through the dangers of the desert, the horrors of the detention centers in Libya and the perils of the sea.

Children's Matinee—Sunday, 25 February, 4pm

HARRY POTTER AND THE DEATHLY HALLOWS—PART 2



UK-USA, 2011, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Action-Adventure, 130mins, English-Latin w/ English subtitles, Rated: PG-13 Harry, Ron, and Hermione search for Voldemort's remaining Horcruxes in their effort to destroy the Dark Lord as the final battle rages on at Hogwarts. Please note the rating; it is for older children and followers of the book.

Ridley Scott Film Festival @ Ciné-Club:

Ciné-Club Sunday 25 February, 8pm

LEGEND

USA-UK, 1985, Dir. Ridley Scott w/ Tom Cruise, Mia Sara, and others, Adventure—Romance, 94 mins, English w/ English subtitles, Rated: R (PG)

A magical adventure which features elves, demons, and other mythical creatures. The Lord of Darkness, the personification of evil, plans to disperse eternal night in the land where this story takes place, by killing every unicorn in the world. Although he looks unbeatable, Jack and his friends are disposed to do everything to save the world and Princess Lili from the hands of this evil monster.

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/Lt43wBCBno1E6CTwoaUf2x>

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