



News Notes

#1015 A weekly bulletin for residents of Auroville 22 February 2024



Vincent van Gogh Almond Blossom

That the invisible, that the unseizable, without connections, without hue, without eye or ear, that which is without hands or feet, eternal, pervading, which is in all things and impalpable, that which is Imperishable, that which is the womb of creatures sages behold everywhere. Fire is the head of Him and His eyes are the Sun and Moon, the quarters His organs of hearing and the revealed Vedas are his voice, air is His breath, the universe is His heart, Earth lies at His feet. He is the inner Self in all being.

Mundaka Upanishad

Pondering

The One whom we adore as the Mother is the divine Conscious 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 and the more seizable because more defined and limited temperament and action of the goddess forms in whom she consents to be manifest to her creatures.

Imperial MAHESHWARI is seated in the wideness above the thinking mind and will and sublimates and greatens them into wisdom and largeness or floods with a splendour beyond them. For she is the mighty and wise One who opens us to the supramental infinities and the cosmic vastness, to the grandeur of the supreme Light, to a treasure-house of miraculous knowledge, to the measureless movement of the Mother's eternal forces.

Sri Aurobindo



Contents

| | |
|--|-----------|
| PONDERING | 1 |
| HOUSE OF MOTHER'S AGENDA | 5 |
| The Mother, Agenda, May 19, 1965 | 5 |
| COMMUNITY NEWS | 6 |
| Matrimandir News | 6 |
| Auroville's Birthday at the Matrimandir 28.02.2024 | 6 |
| Collective Meditation with Dawnfire | 6 |
| Savitri Music at the Amphitheatre with the setting sun | 6 |
| The Golden Day 29.02.2024 | 6 |
| Morning Meditation at the Amphitheatre | 6 |
| Evening Program at the Amphitheatre | 6 |
| Auroville Festival 2004 | 6 |
| Acres for Auroville | 7 |
| Acres For Auroville Land Campaign | 7 |
| February's special anniversary dates: 21, 28 & 29 | 7 |
| Lands for Auroville Unified (LFAU) | 7 |
| Passing On | 8 |
| Shakuntala Passes | 8 |
| Awakening Spirit | 8 |
| Savitri Bhavan February 2024 | 8 |
| Exhibitions | 8 |
| Films | 8 |
| Dream Divine Series | 8 |
| Full Moon Gathering | 8 |
| Regular Activities | 8 |
| An Invitation to Beauty: The Mother's Flower Garden | 8 |
| Glimpses of the Timeless when the Psychic Opens | 9 |
| Amphitheatre—Matrimandir: Meditation with Savitri | 9 |
| Exhibition: The Golden Light | 9 |
| Mudra Chi | 9 |
| Bases of Yoga—The Mother's Talks | 9 |
| Reading Circle of the Human Cycle | 10 |
| The Om Choir | 10 |
| Savitri Satsang By Narad | 10 |
| Brahmanaspati Kshetram | 10 |
| Education | 10 |
| Basics of Astronomy an Online Event | 10 |
| Ilion Invites You | 10 |
| Auroville Library | 11 |
| Giving Away Books by Sri Aurobindo, The Mother and Their Disciples | 11 |
| Talk at the Auroville library: Cycling Journey from Delhi to Auroville | 11 |
| Weekly Timings | 11 |
| Story time At the Auroville Library! | 11 |
| Invitation: Celebrating 47 Years of Ilaignarkal Education Centre | 11 |
| Tuition Sessions Offered | 11 |
| International | 11 |
| AVI General Assembly | 11 |
| Change of AVI Board Chairperson and Appointment of an Interim Chair | 11 |

| | |
|--|-----------|
| Health Care | 11 |
| Road Accident Procedure | 11 |
| Health Fund Pending Bills | 11 |
| Santé Services, February 2024 | 12 |
| Working Hours | 12 |
| Tests and Sample collection | 12 |
| For emergencies | 12 |
| Appointment | 12 |
| Santé Services Schedule | 12 |
| Aurokiya Integral Eye Centre | 12 |
| @ Arka | 12 |
| FOCUS III Eye Yoga Workshop | 12 |
| Maatram at Arka | 12 |
| Aurodent Dental Clinic | 13 |
| Youth Initiative | 13 |
| Commune: Blind Babble Gathering | 13 |
| Animal Care | 13 |
| Auroville Dog Shelter | 13 |
| Volunteer at the Auroville Dog Shelter! | 13 |
| Book your dog's sterilization appointment now! | 13 |
| The Arts | 13 |
| Auroville's First French Literature Festival | 13 |
| Samsara, Exhibition | 13 |
| Adishakti: CieLaroque Dance | 14 |
| Feel The Vibe: Music & Dance Performance @ Cripa | 14 |
| Sunlit Path Poetry | 14 |
| Ambiguous by Danasegar S | 15 |
| Art Exhibition by Crystal: What's in a speck of dust | 15 |
| Sankalpa: Art Journeys Presents Reflections | 15 |
| Firehead Soul Liberate: Shining in the Dark | 15 |
| Books & Cards | 16 |
| BloomO! A Soulful Flower Card Game | 16 |
| Weave Lifelines | 16 |
| Dance Activities | 16 |
| Salsa Dance Class | 16 |
| Auroville Tango Activities | 16 |
| Tango Dance Class | 16 |
| Join Our Bollywood Dance Session | 16 |
| Zumba with Preeti | 16 |
| Angam Tree Workshop: LA Style Salsa Dance | 17 |
| Music and Art Activities | 17 |
| Svaram Sound Experience | 17 |
| Tanjore Art Classes | 17 |
| Light Fish Professional Photography Studio | 18 |
| Photo Circle Meets Again | 18 |
| Center for Research Education Experience in Visual Arts | 18 |
| Explore WaterColor Techniques | 18 |
| A Creative Reading and Writing Workshop With Kamal Swaroop | 18 |
| Writing from Within | 18 |
| Open-Mic Night at Yatra's Artiste Cafe | 19 |
| Bansuri (Flute) Group Classes With Michael | 19 |

| | |
|---|-----------|
| Sports & Martial Arts | 19 |
| Auroville Cyclothon | 19 |
| Swimming Class | 19 |
| Auroville Marathon a Success | 19 |
| Kshetra Kalari, Aspiration | 19 |
| Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram | 19 |
| Kalpna Gym | 19 |
| Tai Chi Hall Daily Classes | 19 |
| Yang Style Tai-Chi 16 Form | 20 |
| Abhaya Martial Arts | 20 |
| Auroville Aikido Schedule | 20 |
| Inline Skating | 20 |
| Looking for Volleyball players | 20 |
| Bioregion Activities | 20 |
| Mohanam February 2024 | 20 |
| Conscious and Cultural Tour, Workshops & Therapy | 20 |
| Tours | 20 |
| Make and Take Workshop | 20 |
| Classes and Therapies | 21 |
| Auroville Bioregion Experience with Mohanam Team | 21 |
| Auroville Sunday Tour & Brunch Experience | 21 |
| Mohanam School of Art & Music activities | 21 |
| Thiruvannamalai Eco & Spiritual Services | 21 |
| Egai: Art of Giving | 22 |
| Coconut Shell Craft Workshop | 22 |
| Incense Making Workshop | 22 |
| Cooking class | 22 |
| Kuilai Creative Center Activities | 22 |
| Enlight: Light of Auroville | 22 |
| Arts and Crafts Workshops | 22 |
| Enlight Tour Activity | 22 |
| Fireside Drumming | 22 |
| Musical Instruments Workshop | 22 |
| Sound Healing | 22 |
| Auroville Bamboo Centre February Program 2024 | 23 |
| Bamboo Centre Campus Tour | 23 |
| Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch | 23 |
| Training and workshop | 23 |
| One-Day, Make and Take Workshops | 23 |
| 3 Hours Make and Take Workshops | 23 |
| Upcoming Workshops—February 2024 | 23 |
| Bamboo Tree House Workshop | 23 |
| Nature Activities | 23 |
| Food Forest Tour | 23 |
| Conscious Nature Immersion at MahaKali Park | 24 |
| Edible Weed Walks | 24 |
| Honorary Voluntary | 24 |
| Wellpaper Needs a Volunteer | 24 |
| Gau Seva at Sadhana Forest! | 24 |
| Volunteering Opportunities @ Language Lab! | 24 |
| Available | 24 |
| Office Space Available | 24 |
| Egai Velai Workspace | 25 |
| Piano and Vocal Music Books Available | 25 |
| Royal Enfield Himalayan Available | 25 |

| | |
|---|-----------|
| Sky Fruit Seeds Available | 25 |
| Some Items are now Available | 25 |
| Taxi Share | 25 |
| To Chennai Airport, 29 February, 9:30pm | 25 |
| To Chennai Airport, 6 March, 7pm | 25 |
| Looking For | 25 |
| Japanese Cooking Class | 25 |
| Looking for a House | 25 |
| Work Opportunities | 25 |
| Egai Office Manager Position | 25 |
| Quiet Healing Center | |
| Looking for experienced massage therapists | 26 |
| Looking For A Half Day Cook | 26 |
| Foods, Goods and Services | 26 |
| Dropzy | 26 |
| New Waves | 26 |
| Foodlink is Offering a Basket System | 26 |
| Free store Opening Times | 26 |
| Taste of Korea | 26 |
| Rupavathi Joy Activities | 26 |
| Bio-Region Temple Tour | 26 |
| South-Indian Cuisine—Cooking Class | 27 |
| Thai Massage | 27 |
| Tailoring | 27 |
| Annapurna Farm Baskets | 27 |
| Auroville International Talents | 27 |
| Unity Transport Service | 27 |
| AuroCabs | 27 |
| Auroville Radio | 27 |
| Last published podcasts | 27 |
| Last Youtube Live Video | 27 |
| Poetry | 27 |
| Love has strained my Body | 27 |
| And Now | 27 |
| Y Ahora | 28 |
| Auroville | 28 |
| Voices and Notes | 28 |
| What Is The Future For Auroville Grown Food When We Are Losing So Much Farmland? | 28 |
| Dare To Dream About | 29 |
| ‘I Call You To The Great Adventure’ | |
| Full Moon Concreting On The Matrimandir’s Roof | 29 |
| Why What is Happening is Happening | 30 |
| An open Anonymous Letter | 30 |
| Languages | 31 |
| News From Auroville Language Lab | 31 |
| Something New: Evening Programs! | 31 |
| Conversation Practice sessions | 31 |
| Our first full-length publication | 31 |
| Tomatis | 31 |
| Current Schedule of Classes | 31 |
| The Language Lab is open | 32 |
| Classes, Workshops & Healing Arts | 32 |
| Mindful Monday | 32 |
| Authentic Movement, Life/Art process, Danse du sensible & Sensorimotor drawing | 32 |
| Sitara and Munay-Ki Yoga School | |
| Chakra Yoga Meditation Sound Initiation | 32 |

| | |
|---|----|
| Mindfulness, Half Day Retreat _____ | 33 |
| Body in Light, Life in Light: _____ | 33 |
| Energy Healing Workshop _____ | 33 |
| Acro Yoga _____ | 33 |
| Yuvabe Presents The Resilience Program _____ | 33 |
| Shiatsu _____ | 33 |
| Yoga Classes in Bharat Nivas _____ | 33 |
| Yoga with Rachel _____ | 34 |
| Detox your Mind & Breathe: Heal your Body _____ | 34 |
| Authentic Relating Workshops _____ | 34 |
| Auromode Yoga Space March 2024 Schedule _____ | 34 |
| Vinyasa flow with Bala _____ | 34 |
| Mobility with Karlakattai _____ | 35 |
| Auroville Yoga 200 hr TTC schedule _____ | 35 |
| Arka Wellness Center & Multipurpose Hall _____ | 35 |
| Treatments _____ | 35 |
| Classes _____ | 35 |
| Angam Tree Traditional Massage Therapy Classes _____ | 35 |
| Wellness Wood Products _____ | 35 |
| Karlakattai _____ | 35 |
| Therapies _____ | 35 |
| Sound Healing Therapy _____ | 35 |
| Massage Therapy _____ | 35 |
| Dance Movement Therapy _____ | 36 |
| Student Internship Program: Traditional Bodywork _____ | 36 |
| Beautiful Sounds _____ | 36 |
| Traditional Mantra and Stotra Classes _____ | 36 |
| Holistic: Healing and Awareness _____ | 37 |
| Women's Circle _____ | 37 |
| Pitanga Program February 2024 _____ | 37 |
| Drop-In Classes _____ | 37 |
| Classes with Prior Registration _____ | 38 |
| Youth activities _____ | 38 |
| Healing Space _____ | 38 |
| New Activities _____ | 38 |
| Surya Namaskar with Aadhithya _____ | 38 |
| Workshop Truth Based Relationships _____ | 38 |
| Professional Training: Advanced Massage and Bodywork—Part 1 with Shari _____ | 38 |
| Harmonization of Spirit and Body by Nadia Labiod _____ | 38 |
| Chinese tea ceremony (Gongfu cha) offered by Chun _____ | 38 |
| New Yoga classes with Rachel _____ | 38 |
| Verité Programs February 2024 _____ | 39 |
| Yoga & Re-creation Programs _____ | 39 |
| Therapies (by appointment only) _____ | 39 |
| Workshops (pre-registration required) _____ | 39 |
| Verité Workshops Pre-registration required _____ | 39 |
| Prana Yoga: Tuning Life Energy with Ananda _____ | 39 |
| Yoga Therapy for Back Pain with Bijou _____ | 39 |
| Sivananda Yoga: Masterclass with Mani _____ | 39 |
| Understanding Pranayama & its Practice in Asanas & Meditation with Radhika _____ | 39 |
| Sivananda Yoga: Masterclass with Mani _____ | 39 |
| Food is Medicine— Lifestyle Health Practice with Parvathi _____ | 40 |
| Taste Of Yoga at Verite Integral Learning Centre _____ | 40 |
| Quiet Healing Center: Birenda Massage Course with Jean-Louis & Kumar _____ | 40 |

| | |
|---|-----------|
| Cinema _____ | 40 |
| Eco Film Club _____ | 40 |
| Schedule of Events _____ | 40 |
| Children Full of Life _____ | 40 |
| The French Pavilion presents _____ | 40 |
| Auroville, Story of an Utopia And Interview with Roger Anger _____ | 40 |
| Aurofilm Presents _____ | 41 |
| Cine-Master Class _____ | 41 |
| At Multi Media Centre Auditorium (MMC, Town Hall) _____ | 41 |
| Auroville Film Institute _____ | 41 |
| Open Space Documentary Arts _____ | 41 |
| Study Circle 26 th week schedule, 8—10 February _____ | 42 |
| Cinema Paradiso _____ | 43 |
| Film Program 26 February to 3 March 2024 _____ | 43 |
| Emergency Services _____ | 42 |
| Accessible Auroville Public Bus _____ | 42 |
| Bus passes _____ | 42 |



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

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.

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*

House of Mother's Agenda



The Mother, Agenda, May 19, 1965

(continued from last week)

To tell the truth, all those things are without any importance (!) because in any case what IS exceeds entirely and absolutely all that the human consciousness may think of it. It is only when you stop being human that you know; but as soon as you express yourself, you become human again, and then you stop knowing.

This is undeniable.

And because of this incapacity, there is a sort of futility in wanting absolutely to reduce the problem to what human comprehension can understand of it. In that case, it's very wise to say, as Théon used to, 'We are here, we have a work to do, and what's necessary is to do it as best we can, without worrying about the why and the how.' Why is the world as it is?... When we are able to understand why, we'll understand.

From a practical standpoint, that's obvious.

But everyone takes his stand.... I have all the examples here, I have a little selection of samples of all the attitudes, and I see the reactions very clearly. I see the same Force—the same single Force—acting in this selection of samples and, of course, producing different effects; but those 'different' effects are, to the deep vision, very superficial: it's just 'they like to think that way, so then they like to think that way.' But to tell the truth, the inner advance, the inner development, and the essential vibration aren't affected—not in the least. One aspires with all his heart to Nirvana, the other aspires with all his will to the supramental manifestation, and in both cases the vibratory result is about the same. And it's a whole mass of vibrations which prepares itself more and more to... to receive what must be.

There is a state—an essentially pragmatic state, spiritually pragmatic—in which of all human futilities, the most futile is metaphysics.

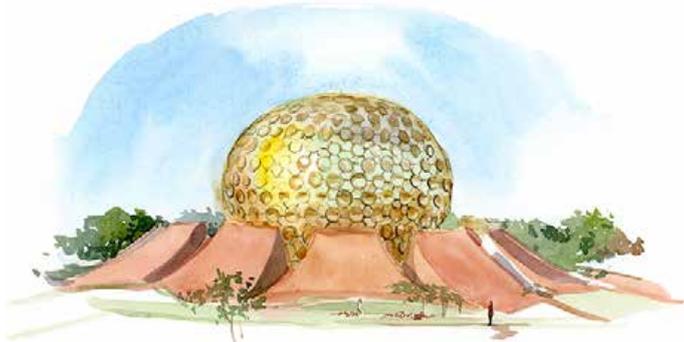
<https://incarnateword.in/agenda/6/may-19-1965>

*With love and gratitude,
Gangalakshmi (HOMA)*



Community News

Matrimandir News



*In her glorious kingdom of eternal light
All-ruler, ruled by none, the Truth supreme,
Omnipotent, omniscient and alone,
In a golden country keeps her measureless house;
In its corridor she hears the tread that comes
Out of the Unmanifest never to return
Till the Unknown is known and seen by men.*

Sri Aurobindo

Auroville's Birthday at the Matrimandir 28.02.2024

Collective Meditation with Dawnfire

• 5—6:30am @ Amphitheatre

◦ **Change Of Parking And Entrance:**

Entrance From The Mahasaraswati Gate Only (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 4 to 5 am and after 5.45 am.

All are requested to come early and be seated by 4.50 am.

Please note that during the meditation, from 5 to 5:45am the gates will remain closed. Latecomers may join in after 5:45am. Access is limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices will not be allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' 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 remember to leave your pets at home.

Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation.

Savitri Music at the Amphitheatre with the setting sun

• 5:30—6pm

◦ Entrance from the Office Gate at 5 pm.

◦ Guests are requested to carry their Aurocard with them.

Bonne Fête to all!

Submitted by Antoine

The Golden Day 29.02.2024

Morning Meditation at the Amphitheatre

• 5:45—6:30am

◦ Entrance from the Mahasaraswati Gate only (West gate).

◦ Open from 5am. All are requested to be seated by 5:40am.

• Access is limited to the Amphitheatre and up to 7am only.

Cellphones, cameras, all recording devices will need to be left outside the Park of Unity.

Evening Program at the Amphitheatre

• 5:30—6:30pm, A Musical Offering From Kim Cunio and Heather Lee With special guests from Svaram and beyond

Come and be part of a new immersive musical work at the Matrimandir on 29 February, the Golden Day.

Composer Kim Cunio has been working here in Auroville for some months on a work for 10,000 bells and 24 voices to offer on this day.

We invite you to join us in the Amphitheatre from 5:30 to 6:30pm. Please bring a small bell (the type that fits in your pocket), and be prepared to ring it and to chant 'Om' with us. We will create a work of the cosmos together, taking inspiration from these words of The Mother. Let us call to the Supramental together.

'This evening the Divine Presence, concrete and material, was there present amongst you. I had a form of living gold, bigger than the universe, and I was facing a huge and massive golden door which separated the world from the Divine.

As I looked at the door, I knew and willed, in a single movement of consciousness, that 'the time has come', and lifting with both hands a mighty golden hammer I struck one blow, one single blow on the door and the door was shattered to pieces. Then the supramental Light and Force and Consciousness rushed down upon earth in an uninterrupted flow.'

The Mother, 29 February 1956

• Entrance from the Office Gate at 5pm.

• Guests are requested to carry their Aurocard with them.

Bonne Fête to all!

Submitted by Antoine

Auroville Festival 2024



Please see the schedule, program and the posters of the Auroville Festival 2024 on the link below:

• https://drive.google.com/file/d/1REv4aRvorpKxW0UrbXRL_0_Pz-6w6eyp/view?usp=sharing

• For readers of paper version see the booklet attached

Monisha for BN Team

Acres for Auroville

ACRES FOR AUROVILLE LAND CAMPAIGN

February's special anniversary dates: 21, 28 & 29



Recently, three people spoke to us about the effect of the Matrimandir. One had never been here to experience it before, one had worked on its construction but then left Auroville and just last month came back after a long absence, and one is an Aurovilian who has worked on it and in it, dedicating all the decades of her life in Auroville to the Matrimandir. Here is what they each said:



'This singular building, this golden globe, calls you into your innermost self, its energy filling your whole body, and silencing your mind. And in the Chamber, then you just 'are'—light-filled and free. It is by far the greatest building that exists.'

'I lived and worked in the Matrimandir Workers Camp in the Seventies and have come back after 20 years to see the Matrimandir finally finished. I cannot believe how beautiful and perfect it is, and in every detail. I am grateful for the experience of giving years of my life to the construction of this wonderful symbol of peace and unity.'

'February 21 1972, I was standing on the edge of the excavation pit for the Matrimandir's foundations, and I was overwhelmed and transfixed by the pulsating force visibly pouring from above and rising from the earth below. With that ever-present Power at its heart, Matrimandir has been built and continues to bathe Auroville in Mother's Protection & Grace. It is a place of miracles where we constantly live and breathe Her Energy and Force.'

Acres for Auroville is a unity action, for the past ten years raising funds so Auroville can acquire its still-missing land—the encircling land needed to protect the Matrimandir & the land needed to consolidate and develop the City and Greenbelt that surround it.

Join us to protect the treasure of the Matrimandir and Auroville for generations to come!

- **Donating & Tax Deductibility information:**
<https://land.auroville.org/new-banking-information/>
- **News, videos, and land information:**
www.land.auroville.org
- **Contact:** lfau@auroville.org.in

Acres for Auroville is a collaboration of Auroville International & Lands for Auroville Unified

*With trust in Auroville's bright future,
Aryadeep, Mandakini*

LANDS FOR AUROVILLE UNIFIED (LFAU)

Auroville Centre for Urban
Research, Administrative Area,
Auroville—605101, TN, India



21 February The Mother's Birthday—28 February Auroville Inauguration Day—29 February The Golden Day

One of the most profound statements of Sri Aurobindo on the Mother was by way of an answer to a 20 year-old disciple, Nagin Doshi. When asked about the purpose of the Mother's embodiment, Sri Aurobindo wrote: 'The Mother comes in order to bring down the supramental and it is the descent which makes her full manifestation here possible.'

This single sentence answer of Sri Aurobindo speaks of the essence of the Mother's mission—to bring down on earth a new consciousness which will open up the way to the full manifestation of the divine grandeur in matter and organize a divine life upon earth.

The descent of the new consciousness took place on 29 February 1956. The Mother described it as follows:

'This evening the Divine Presence, concrete and material, was there present amongst you. I had a form of living gold, bigger than the universe, and I was facing a huge and massive golden door which separated the world from the Divine.'

As I looked at the door, I knew and willed, in a single movement of consciousness, that 'the time has come', and lifting with both hands a mighty golden hammer I struck one blow, one single blow on the door and the door was shattered to pieces.

Then the supramental Light and Force and Consciousness rushed down upon earth in an uninterrupted flow.'

Four years later, on the first anniversary of the descent of the Supramental force, the Mother wrote: 'The Golden Day: Henceforth, the 29 February will be the day of the Lord.'

This year, 29 February 2024 will be the 26 anniversary of the Supramental descent. A day before on 28 February 2024, it will be the 56th anniversary of Auroville's inauguration. Today, we see the acceleration of change in human life, shaking up our notions, breaking structures down, making way for something new. What this 'new' will be depends a lot on us. Auroville if she develops as The Mother envisioned, planned and willed for the Earth, if Auroville becomes the face of India and the world's deepest and highest aspiration, then the soul of humanity will find an external vehicle for it to come forward, and the future direction of human life would proceed on the sunlit path.

It is with this insight and aspiration that we work for the Acres for Auroville campaign, to concretize the physical space for this advent. The fundamental attitude is to contribute to the future orientation of humanity through the unique and unified development of Auroville. We regard you, all our friends and donors, as valued collaborators in this shaping of the future course for us all, and for the generations to come.

- Please specify your donations for ACRES FOR AUROVILLE:
- **Donating & Tax Deductibility information:**
<https://land.auroville.org/new-banking-information/>
- **News, videos, and land information:**
www.land.auroville.org
- **Contact:** lfau@auroville.org.in

*With trust in Auroville's bright future,
Aryadeep, Mandakini*

Passing On

SHAKUNTALA PASSES

Dear friends, With a heavy heart we inform family, neighbors and friends, of the passing of our dear Shakuntala Patel, 78, at her residence in Swayam.

Born in Nairobi, Kenya, Shakuntala came to Pondicherry and Auroville in the early 70s and spent many years here. After ups & downs in life, she rejoined Auroville in the early 90s and settled in Djaima & then Swayam.

Her personality was a unique one, that of a free spirited soul, that lived life on her own terms. Only those close to her became aware of her in-depth studies of the works of Sri Aurobindo and The Mother as she preferred an inward, secluded life. Though inclined to a quiet, peaceful existence, she kept herself updated with the world events, Auroville happenings etc, occasional pottery sessions, visits to friends, cycling, walking, or driving around. She and her family have contributed and supported Auroville and individuals within the community over the years though she preferred never to talk about it.

Her eccentric nature and very few friends, lead her to spend most of her time quietly on her own though she made friends easily. She traveled to Gujarat regularly taking care of her ancestral home over many years. She visited her family in London UK and remained a British Indian.

We celebrate the life of our dear friend which she lived on her own terms, and who left just as quietly, by herself. Her smile, courage, frankness and free spirited life will be always with us as her remembrance and eternal presence on Auroville soil, in Sri Aurobindo and The Mother's Light! May her soul rest in peace in the vicinity of the Divine Light. Auroville bids adieu to another of its gems. **OM Lisa**



Awakening Spirit

**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 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.

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.

Full Moon Gathering

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

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**

**AN INVITATION TO BEAUTY
The Mother's Flower Garden**



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

- **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**

**GLIMPSES OF THE TIMELESS
when the Psychic Opens**



Monday, 26 February 2024, 4pm at Savitri Bhavan.
Duration: 29min.

This artistic film is about the Paintings and Drawings by Mirajyoti based on inspirations received at Matrimandir Workers' Camp from 1975 to 1978. The paintings and drawings are arranged under the captions: 1. *The Psychic and Transformation*, 2. *The Supramental Boat*, 3. *The Light*, 4. *To know Oneself*, and 5. *Moments of Psychic Joy*.

Mirajyoti (1929—June 2023) lived and worked in the Ashram from 1974 to 1978, and again from 1980 until 2001—known there as Jyoti Sobel. Then she was called to Auroville and moved to the community Invocation in a divinely blessed and easy transition. In Auroville there were already many souls with the name Jyoti, so she asked the Mother to give her another name, and the inner voice indicated Mirajyoti.

From the very beginning, Mirajyoti's work and beloved service had been to edit the Ashram's compilations of the Mother and Sri Aurobindo in French and English.

She also prepared the compilation 'The Hierarchy of Minds' together with her then-husband, and this publication has seen multiple reprints. Other passions of hers were music, especially organ music, and choir singing.

Already during her early Ashram years, she was engaged in supporting the Matrimandir Workers' Camp by bringing vegetables in the morning from Pondicherry. After finishing her service in the Matrimandir kitchen and being returned to the Ashram, then in the evening, she felt to paint based on the inspiration that she got in the atmosphere of the ongoing construction of the Matrimandir.

Manohar has made an uplifting and meditative film using Mirajyoti's paintings and drawings of Divine inspirations and visions accompanied by Sunil Bhattacharya's beautiful and spiritually intuitive music.

At the beginning we will present silently the pictures and drawings themselves:

- *The Psychic and Transformation*, pictures #1-19;
- *The Supramental Boat*, pictures #20-26;
- *The Light*, pictures #27-31;
- *To know Oneself*, pictures #32-39;
- *Moments of Psychic Joy*, pictures #39-45.

Duration: 9min.

Submitted by Margrit

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

**EXHIBITION:
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



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**



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

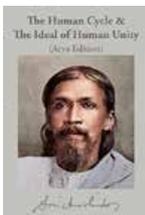
Dhanalakshmi for Savitri Bhavan Team

**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



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

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

Location



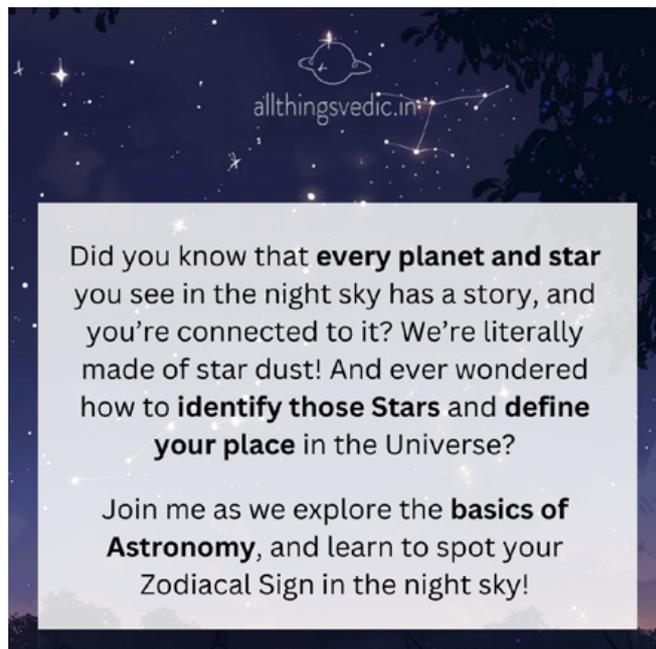
Submitted by Rajan



Education

**BASICS OF ASTRONOMY
an Online Event**

Sunday, 25 February, 7pm India time



Did you know that **every planet and star** you see in the night sky has a story, and you're connected to it? We're literally made of star dust! And ever wondered how to **identify those Stars and define your place** in the Universe?

Join me as we explore the **basics of Astronomy**, and learn to spot your Zodiacal Sign in the night sky!

- Join me online: Sunday, 25 February, 7pm India time.
- Register: <https://www.allthingsvedic.in/webinar-registration>

Vikram

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

Giving Away Books by Sri Aurobindo, The Mother and Their Disciples

Dear community, Auroville Library will be giving away books by Sri Aurobindo, The Mother and their disciples from February 21st through (at least) March 2nd. Most are in English and French, with a few in other languages. Also available will be books about Auroville. Please pass by during our opening hours to have a look.



If you have some related books at home that you would like to pass on to others, welcome to add them to our giveaway.

Kristen, for the Auroville Library

Talk at the Auroville library: Cycling Journey from Delhi to Auroville

• Saturday, 2 March, 5—6:30pm

Deepa will share her cycling journey from Delhi—Auroville during the pandemic without phone, money, tent, map, compass, watch..



Deepa is the founder of (inter) nationally acclaimed alternative initiatives in: gift culture, zero waste lifestyle, minimalism, slow travel, flow funds, reclaiming your food one pot at a time, living a self designed—intentional—deschooled life etc. For the last decade she has been exploring spirituality through various mediums. The last 1.3 years were spent traveling through Brazil and Germany sharing these experiences—अनुभव, rooted in lived practices in daily life. She is in India now, living nomadically with whoever invites her, expanding her definition of home, friends and family. More about her skill set—work—life—travels.

All Welcome! Kathrin

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.

Kristen, for the Auroville Library

INVITATION: CELEBRATING 47 YEARS of Ilaignarkal Education Centre

Ongoing till — 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

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

International

AVI GENERAL ASSEMBLY



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

Aurovilians, Newcomers are most welcomed.

Vani, as AVI Representative

CHANGE OF AVI BOARD CHAIRPERSON and Appointment of an Interim Chair

Following the end of my term of office of twice two consecutive years which began in February 2020, thus ending in February 2024 according to our legal statutes, and due to the postponement of the general election of the Board, initially scheduled at Auroville, to another General Meeting scheduled for June 2024 in France (the Board members present at Auroville not being sufficiently numerous), we the elected members of the Board have unanimously appointed Mr. John Mulrey as interim Chairman. John will thus combine the functions of Chairperson and Treasurer for a period of four months. While remaining a member of the Board until the next elections, which will determine in four months from now the new elected members according to the nominations received from each national association, I therefore hand over the chairmanship to our dear John and wish him the best of luck in his new role.

With all my gratitude for these four wonderful years as President, spent in the company of the whole great team of the Auroville International Board,

Christian Feuillette,

Outgoing AVI Board chairman

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



Sante

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>

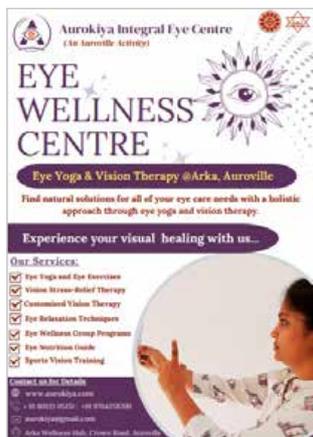
AUROKIYA INTEGRAL EYE CENTRE

@ 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

Ongoing till 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

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

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

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

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.



- 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

The Arts



AUROVILLE
 Festival de Littérature Française

On the occasion of the 150th anniversary of the birth of Sri Aurobindo,

Welcome to Auroville
 March 2 and 3, 2024

At the Unity Pavilion, Zone International, Auroville

For a French Literature Festival with varied discussions, live readings, film and theatre and a discovery of the works of Sri Aurobindo.

Save your dates March 2 and 3, 2024
 From 10 am to 5.30 pm
 Registration at Unity Pavilion



As a culminating event of Sri Aurobindo's Sesquicentennial, Auroville is celebrating all its 4 official languages: English, French, Tamil and Sanskrit, through literature.

If you love French literature and the language, welcome to the **Litfest on 2 & 3 March** and discover Sri Aurobindo's works in these languages too.

The sessions will be partly bilingual.

Programme details will be shared in next week's N&N

aurovillelitfest@auroville.org.in, www.auroville.org

Anu & Sudha, Festival coordinators

SAMSARA, EXHIBITION

Exhibition opens 24 February, Saturday, at 4pm.

24 February—10 March @ Pavilion of Tibetan Culture

Monday—Saturday, 9am—12:30pm and 2—5pm

Dear members of the community, we warmly invite you to Samsara, an exhibition. A passing through of within and a passing through of without, Samsara presents two bodies of work from us, a pair of twins, and our journey over the past few years. Through this exhibition, we bring to you two perspectives through which we find ourselves observing the world—painting and mapping.



- Please join us at the Pavilion of Tibetan Culture from 24 February to 10 March, Monday—Saturday, 9am—12:30pm and 2—5pm. See you there! Bhavyo and Bhavya

ADISHAKTI: CIELAROQUE DANCE

Cie LAROQUE
helene weinzierl
presents DANCE PERFORMANCES and WORKSHOP
www.cielaroque.com

adi shakti
LABORATORY FOR THEATRICAL ART RESEARCH
Edyancheray Road, Auroville

WORKSHOP series
21 | 22 | 25 | 26 | 27th February 2024
each day 4:00pm – 5:00pm
Dance for children with Neelma Larichi and Jolyane Langlois
Through games and exercises we will enjoy a wide range of dance sensations and be playful and curious by combining movement and imagination.
costs: 5 classes 2000rs | drop in: 500rs

each day 4:00pm – 6:00pm
Masterclass / Movement Research with Helene Weinzierl and members of CIELAROQUE
We will work on movement research by using tasks, through partner exercises and isolations and explore different and unusual combinations of the body and relate to others with these movements.
costs: 5 classes 2,500rs | drop in: 800rs
Contact: production@cielaroque.com

DANCE PERFORMANCES
Friday 23th February 2024
7:00pm **It's all about**
What is life all about? About EVERYTHING and NOTHING.

Saturday 24th February 2024
7:00pm **Rhythm & Intoxication**
It examines the question of the extent to which interpersonal closeness or the reduction of physical distance creates intimacy in a performative setting.

Free entry for performances / Donations are welcome!

in cooperation with
ALTEIRA A ROTA
SCENE SALZBURG

This week we are hosting CieLaroque Dance company from Austria. They have a series of workshops and a dance performance planned out for the week. Please take a look at the Poster in the attachment. Please contact Helene to register for Workshops.

• Helene: production@cielaroque.com

As you know, all performances in Adishakti are open to all, and the entry is free, but we do appreciate donations.

A little about the Dance Performances:

• 23 February, 7pm

It's all about a dance trio. What is life all about? About **everything** and **nothing**. In this critically cheerful play, the three protagonists revolve around themselves, they are isolated, and yet they manage to meet each other. It is an interplay between strength and exhaustion, speed and standstill, euphoria and despair. The language of recurring movements becomes a ritual, an infinite cycle. Connection, dreams, love, trust, struggle and death—they dance the entire keyboard of life and they dance the entire keyboard of life and always meet it with a twinkle in their eye. Transformation from the abstract to the concrete, from form to content, from emptiness to fullness.

• 24 February, 7pm

Rhythm and intoxication plays with the question of who is the performer and who is the audience. It examines the question of the extent to which interpersonal closeness or the reduction of physical distance creates intimacy in a performative setting or whether this increases the distance between performers and audience. A performance for 6 performers +/- 50 minutes

Hope you can make it for the performance and workshop.
Bring your friends, family and bring yourselves.

Vinay Kumar, Adishakti Theatre Arts

FEEL THE VIBE

Music & Dance Performance @ Cripa

Saturday, 16 March, 7:30pm

FEEL THE VIBE
Cripa - Auroville
MUSIC & DANCE PERFORMANCE

16
March
SATURDAY
7:30PM

With Ananya - Maeva - Dhiman Max - Iam
Wui - Simran - Leela - Moeni - Mohini
Raquel - Juan Andres - Varun - Anushka

Join us to feel the VIBE of music
and dance performance by Auroville Youth.

Submitted by Sonia

SUNLIT PATH POETRY

Saturday, 24 February, 7:30pm

@CRIPA

SUNLIT PATH
POETRY EVENT
CRIPA
Saturday 24.02
at 7.30 PM

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.

Duration: 1 hour

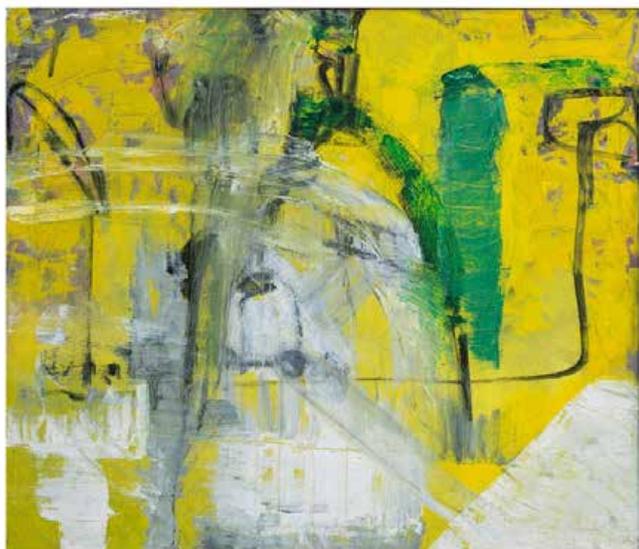
The idea of this event is to join in the celebration of the Oneness of the best parts of ourselves and offer it to the highest expression of Human Unity.

Shakti and a team

**AMBIGUOUS
by Danasegar S**

Ongoing till 2 March @ Centre d'Art Auroville
Monday to Saturday, 11am to 5pm

AMBIGUOUS
Danasegar S



Dominique Jacques

ART EXHIBITION BY CRYSTAL

What's in a speck of dust. ..

3 February—4 March @ Pitanga



**Art
Exhibition
by Crystal**

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

3 February to
4 March 2024
at Pitanga

Exhibition timings: Daily, except Sundays



8.00 - 12.30pm & 2.00 - 5.30pm

Daily, except Sundays
8—12:30pm & 2—5:30pm

Submitted by Verena

**SANKALPA: ART JOURNEYS
Presents Reflections**



sankalpa
ART JOURNEYS

REFLECTIONS



24 February, 10am—4pm

@ Sankalpa, International Zone
behind Pavilion of Tibetan Culture

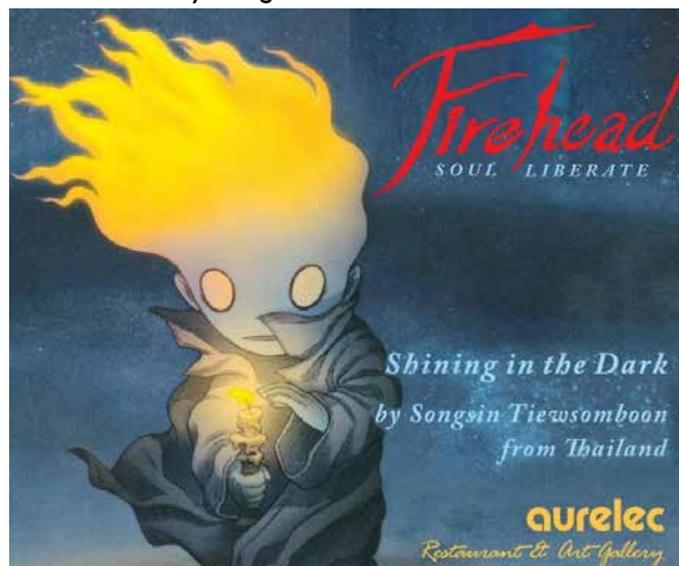
A phone-free interactive art installation with highlights of almost 15 years of community art & arts therapy programs in the Auroville bioregion.

Save the date, more details to follow!

Submitted by Krupa

**FIREHEAD SOUL LIBERATE
Shining in the Dark**

Illustrations by Songsin Tiewsomboon from Thailand



Shining in the Dark
by Songsin Tiewsomboon
from Thailand

aurelec
Restaurant & Art Gallery

@ 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

Books & Cards

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

WEAVE LIFELINES



To download **Weave Lifelines** and other poetry e-books by Anandi Z., please click on the link:

<https://auro-ebooks.com/weave-lifelines/>

Voluntary contribution.

Anandi Z

Dance Activities

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

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

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

Information:

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

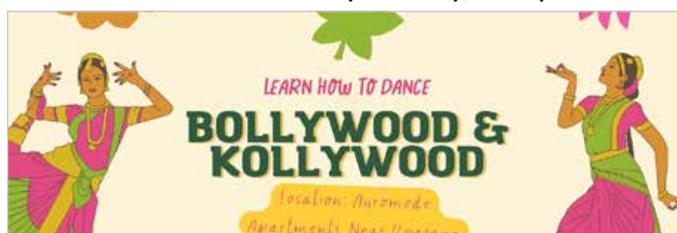


For bookings contact us:

- +918637633696, bakisatadance@gmail.com. Mani

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

Salsa is dance from Los Angeles, it's all with Music & Dance with Presence of mind. It is FUN, GREAT skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. SALSA dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination. You can get a real high in energy from dancing and in the stressful world we reach this natural calm is a Good Thing.



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

Music and Art Activities



Svaram is launching its Integral Sound Studies and Practices Program in a new format offering the opportunity for a more thorough introduction, exposure, immersion and training in the vast subject of the Craft, Art and Science of Sound. The program is designed to benefit everyone's spiritual growth journey, deepen the practice of yoga and sonic explorations, as well as enhance the professional work of therapists, educators, health and social workers and wellness specialists.

Harnessing the expertise of our resource people, colleagues, teachers and alumni—we host a weeks intensive and a series of introductory workshops between 17—29 March 2024. Associated workshops and programs will then be held across our international network—facilitating participant's interactions with various experts, researchers, innovators, explorers and practitioners.

• Residential Module 1: 17—23 March 2024

A week's full-time intensive, morning practices, seminars, creative processes

- The Sonic Paradigm: Principles of Therapeutic Music & Sound Healing
- Nada Brahman- A Sound Philosophy
- Vocal Explorations and Nada Yoga
- Organology—Musical Instruments of the World and their therapeutic significance
- Elements of Music and Sonic Spaces Exploration

• Visiting Expert Workshops: 25—30 March 2024

An international faculty offers in-depth workshops on following subjects:

- Sound and Wellness, Therapeutic Practises

- The Singing Voice
- Musical and Recording Arts
- Movement Work, Somatic Awareness and Craniosacral practices
- Deep Listening, Nature and Sound

• 8 weeks online classes May to July 2024

A weekly 2 hours class taught online, offering an overview and deepening of the spectrum of sound subjects

Residential Module 2: 6th to 12th Oct 2024

- Music Theory, Creativity and Instrument Play
- Music and Medicine: Healing Arts and the Therapeutic Process

• Subject Workshops: 14—19 October 2024

Our internationally associated teachers, faculty and their programs will be announced with the Module 1

Learning and gathering experience, skills and practices. This in depth training program culminates in a mentored 3 months project work in preparation for a final presentation on your unique approach to Sonic Work and its application.

• For more details, contact:

- svaramsoundhealing@gmail.com
- website: www.svaram.org

Dear Sound Explorers, we are happy to be able—even if late—to share with you the announcement of our upcoming international training.

We have a special team of international teachers and practitioners with us this year with well-known Francois Marie Dru and Mitia Klein coming from France, Farid and Joseph Schmidlin from US, Anushka from London/Mauritius, Tommaso from Italy and all our Indian resource persons and experts, Abhi, Varun, Priyanjali, Dhruv... covering a wide range of subjects from Psychoacoustics to Clinical Practice, Nada Yoga and Voice, Gong and Friction Mallets, Rhythm and Musical Play, Healing Arts, Instrument-making... and we feel fortunate to be able to offer this and invite you to such a potent gathering on the cutting-edge of Sound Work. Shaheen from our program team will be available with organizational logistics, and by next week we can also share a more detailed program of the intensive and follow-up workshops.

Very much looking forward to launching into this adventure with you and your quest and gifts that you bring into this auspicious gathering.

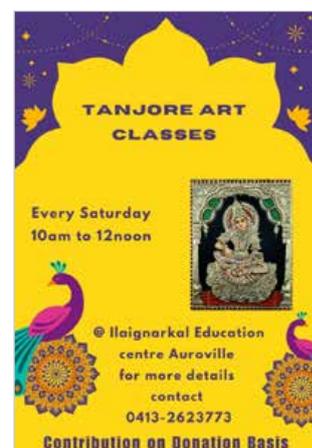
- <https://svaram.org/pt-enquire-by-email/>

*In Sound Resonance,
Aurelio*

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

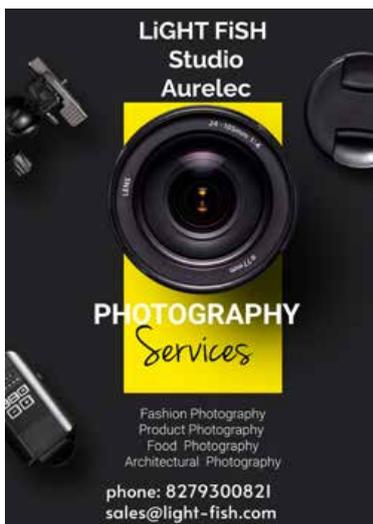
Ayyanar

LIGHT FISH

Professional Photography Studio

Photography Services

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



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

PHOTO CIRCLE MEETS AGAIN

Friday, 1 March, 5pm

@ Centre d'Art Multimedia Room, Citadines

Dear photographers, Photo Circle meets again on Friday, 1 March at 5pm in the Centre d'Art multimedia room, at Citadines

The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

Everybody's welcome

Marco



CENTER FOR RESEARCH EDUCATION EXPERIENCE in Visual Arts

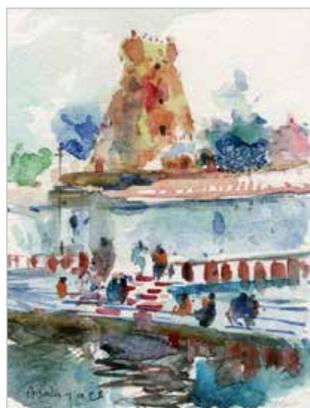
Art Activity

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



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

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



CREEVA Studio,
+91 9486145072 WA, Sathya

EXPLORE WATERCOLOR TECHNIQUES

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

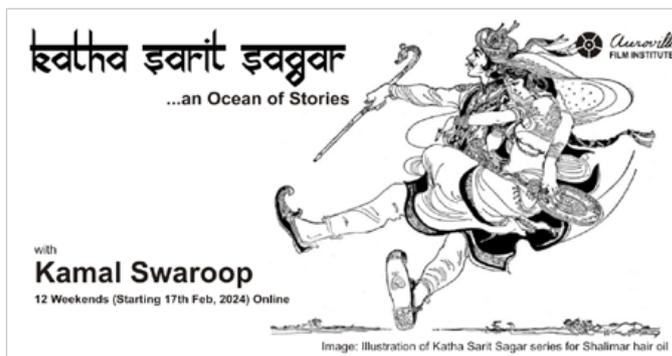


Submitted by Arun

A CREATIVE READING AND WRITING WORKSHOP

With Kamal Swaroop

12 Weekends, Online. Ongoing
14:30 to 18:30 IST.



Warmly, Richa

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, Kulapalayam 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

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

SWIMMING CLASS

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

Mani



AUROVILLE MARATHON

a Success

The 14th edition of the Auroville Marathon was held on February 18, 2024, and it was a huge success. What initially started as a one-time event to commemorate the 40th anniversary of Auroville has now become a regular fixture in the Auroville calendar and long-distance running events. The success of the event was not possible without the combined effort of the entire community, both directly and indirectly. Many communities, units, and individuals came together to support the event, and it was the culmination of all their support, blessings, and well-wishes that made the occasion truly unforgettable.



Auroville Marathon Organising Team
Anand, Chandresh, Hemant, Prabhu, Rajesh
<https://www.aurovillemarathon.com/>

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

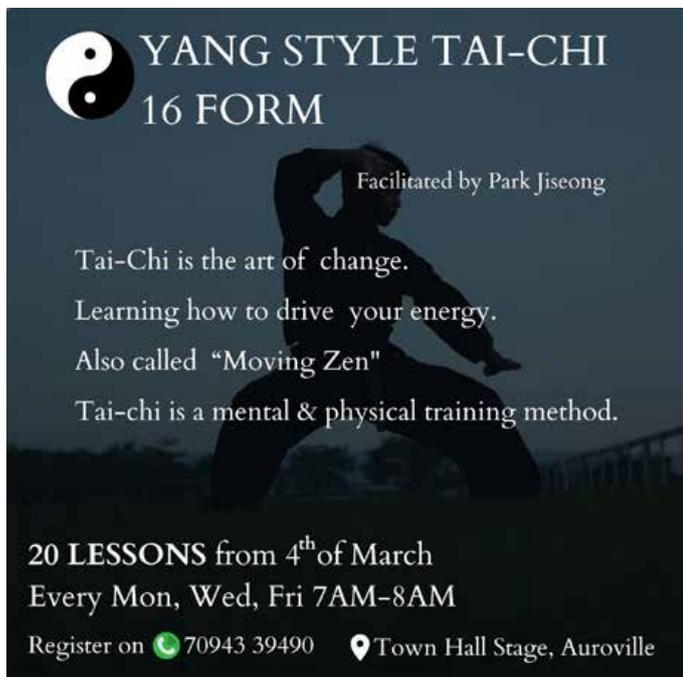
The Tai Chi Hall in Sharnga community offers daily classes six days a week.

- 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



YANG STYLE TAI-CHI
16 FORM

Facilitated by Park Jiseong

Tai-Chi is the art of change.
Learning how to drive your energy.
Also called "Moving Zen"
Tai-chi is a mental & physical training method.

20 LESSONS from 4th of March
Every Mon, Wed, Fri 7AM-8AM

Register on  70943 39490  Town Hall Stage, Auroville

20 Lessons from 4 March:

- **Every Monday, Wednesday, Friday, 7—8am**
@ Town Hall Stage, Auroville
- **Register at 7094339490**

Jisung

ABHAYA MARTIAL ARTS

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



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

- Be punctual, come in sportswear, short nails, no jewelry.
- For more info please contact abhaya@auroville.org.in or 9487340778 WA
 - <https://www.instagram.com/abhayaauroville/>

Giacomo

AUROVILLE AIKIDO SCHEDULE

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



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

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

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

Reasonable contributions required.

Surya

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



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**

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 |

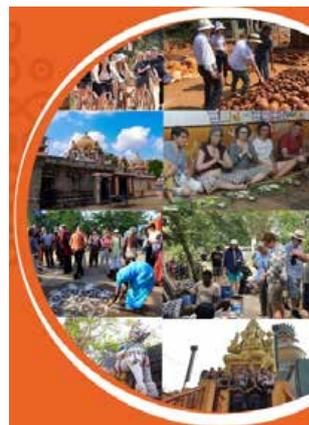
- All above Activities one day advance booking is necessary
- **Contact:** preferred mohanamprogram@auroville.org.in,
- or call: +91 8300949081, 10am—4pm every day except Sundays

Auroville Sunday Tour & Brunch Experience

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

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

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



Mohanam School of Art & Music activities

Classes available for Kids 5 to 15 years old

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

For more information, contact us

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

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services, Aurnachala—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

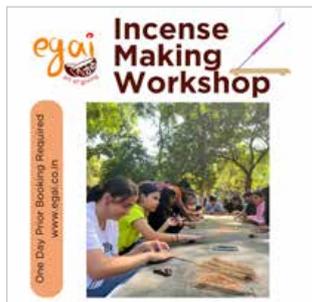
EGAI: ART OF GIVING

+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.

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

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

KUILAI CREATIVE CENTER ACTIVITIES



| Activity | Day | Timing | Age Group. Only 10 To 20 Students Per Group |
|--|----------------------------|--------------------|---|
| English Class | Monday, Tuesday & Thursday | 10am—12pm | Above 18 Years |
| Tailoring Activity | Monday, Tuesday & Friday | 11am—1pm and 2—4pm | Above 18 Years |
| Evening Tuition Classes | Monday to Saturday | 6—8pm | From 1 grade to 10 grade |
| Physical Fitness Painting Upcycling Hip-Hop Awareness through the body | Saturday | 9am—5pm | Above 8 Years |
| Bharat Naattiyam Karate Gardening Hip-Hop | Sunday | 10am—4pm | Above 8 Years |

- All activities are free for children and adults
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.



Fireside Drumming



The Power of The Healing Drum Circle.

When you gather people in a circle around a fire and add the rhythmic beat of the drum, the result is the perfect environment to develop social bonds. Learn how to use

these community-building tools for the healing drum circle.

Musical Instruments Workshop

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

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



Sound Healing

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



Contact Us

- +91 91594 6894
- +91 82700 71581
- enlight@auroville.org.in

Arun, Anand and Balaji
for Enlight Team

AUROVILLE BAMBOO CENTRE



February Program 2024

Bamboo Centre Campus Tour

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

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

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

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

Training and workshop

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

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

Daily: Make and Take Hands On Workshops Experiences

One-Day, Make and Take Workshops

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

1. Furniture Workshop

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

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.



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

Nature Activities

FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden!
We will take a look at local foods and you will get an idea on how to start growing your own food.
Come and connect with nature and learn about healthy and sustainable food options

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

VEGAN ICE CREAMS and more...

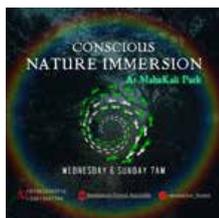
EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)
for groups of min 5 people it can happen any day of the week

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

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

We are right on the last month of the Edible Weed Walk season. In March—we will have 5 sessions on Saturdays before we close the season: 2, 9, 16, 23, and 30 March 2024. You can join one or more.

To join, please do not wait for the last moment. We receive requests after the registration closes and sometimes even early in the morning of the walk. Do plan and register early. The walk will be on Saturdays at an easily accessible location within Auroville. It will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

- Pre-registration and a contribution are required.
- **RSVP:** Preferred +91 9840936907 WA or edibleweedwalk@gmail.com to register

Nina

Honorary Voluntary

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

Office Space Available

Office Space inside Auromode Premises with Superb infrastructure including Generator back up, 24 hours Security Services, Aqua Dyn drinking water, Car & Bike Parking, Restaurant and Hive A Co Working Place.



Interested People may contact Mr.Pandian at Auromode in person: +91 99433 90391 or pandian@auroville.org.in

Best Regards, Pandian

Egai Velai Workspace

EGAI VĒLAI
WORKSPACE

Available an hourly and daily basis
Contact us:
Email: egai@auroville.org.in
Mobile: 09791896488

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

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

Piano and Vocal Music Books Available

I have quite some music books available: classical and popular piano music, piano teaching courses. Also vocal music: classical and popular songs in different languages. If you are interested, please contact me.



tinekesmits48@gmail.com, Tineke

Royal Enfield Himalayan Available

It is a 411cc ABS, from dec 2017, only 10700km. Yearly service @ Royal Enfield Pondi done one week ago. The bike is mostly unused for years. It comes with leg/engine protection, rack frame, bag holder and 36L rigid top case. Full docs available.



+91 8531913298, Andrea

Sky Fruit Seeds Available

Sky fruit (mahogany seeds) from Amazon, 250 grams. I cannot return it and I wanted something else. Please contact me by email lvana.frousova@yahoo.co.uk.



Ivana

Some Items are now Available

3-sections dividing panel (each section: cm. 185x48) made by Shradanjali (wood+parchment paper decorated with leaves), like new. Photo available on WA.

The Mahabharata translated by K.M. Ganguli, 12 volumes.

- +39 3388349491, +91 9486422138, 2622138 Paola

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



To Chennai Airport, 6 March, 7pm

Nadia would like to share a taxi from Auroville, to Chennai airport, on Wednesday 6 March, departure at 7pm from New Creation. nadia.loury@orange.fr, + 33 607634492

Nadia

Looking For

Japanese Cooking Class

I am not exactly looking for a class but seeking help with fermented foods from a native Japanese person. It could be just enjoying good green tea together at any place in Auroville. Please do not hesitate to reply to lvana.frousova@yahoo.co.uk

Ivana



Looking for a House

Dear Auroville Community! As my time as a newcomer comes closer to its ending (at least I hope so), I find myself in search of a long-term house-sitting arrangement beginning before August, in the middle of May would be the best. My name is Jeremie, a 41 years old French national who has been joyously immersing myself in Auroville life, collaborating closely at first with Kinisi and now with Savi and YouthLink.



I am single with no pets, even if I enjoy both cats and dogs, and have a passion for small gardening and sharing cozy board game evenings. You can count on me to treat your haven with the reverence it deserves, fostering a harmonious atmosphere.

If you or someone you know seeks a caring and dependable house-sitter, I'd be honored to connect and explore this possibility together.

Thank you for considering me for this opportunity to continue to be a part of our community.

- Contact me at 9360628773

Jeremie

Work Opportunities

EGAI OFFICE MANAGER POSITION

- **Responsibility:**
 - To maintain the day to day accounts and prepare monthly income and expense statements.
 - To prepare, send customer invoices and handle customer enquiries.
 - To maintain staff attendance records.
 - To maintain the raw materials and finished goods records
 - To coordinate with retail stores and distributors.
 - To coordinate Purchase the raw materials
 - To coordinate with workshop team order fulfillment.
 - To take workshop booking and scheduling.



- Experience background: 2 -3 years art and crafts unit work experience.
- Kindly send us your resume at the following email ID: egai@auroville.org.in
- **Female candidates preferred.**
- **Skill requirement:** Good knowledge of MS office, billing software, English and Tamil languages.

Warm regards, Anand

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 outside under Auroville, legally, and help you find ways to become self-sufficient with your talents.

We look forward to hearing from you.

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



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



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

Raju

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:

- [Soul Tracks Se.5, Ep. 20](#) (Music)
- [Marlenka's weekly Offering—Ep.113](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—459](#) (Integral Yoga)
- [La Vita Divina Ep 42 Libro II Cap IV Parte III Il Divino e il Non divino 2](#) (Sri Aurobindo)
- [Seeking Our Inner Being Se. 1, Ep. 8](#) (Spirituality)

Last Youtube Live Video:

- [Auroville's 56th Birthday—Dawnfire Meditation 2024](#)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovillian 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 HAS STRAINED MY BODY

Love has stained my body
to the color of the One Who Holds Up Mountains.
When I dressed in the world's five fabrics,
I only played hide and seek—
For disguised though I was, the Lifting One caught me.
And seeing his beauty, I offered him all that I am.
Friends, let those whose Beloved is absent write letters—
Mine dwells in the heart, and neither enters nor leaves.
Mira has given herself to her Lord Giridhara.
Day or night, she serves only Him.

Mirabai

AND NOW

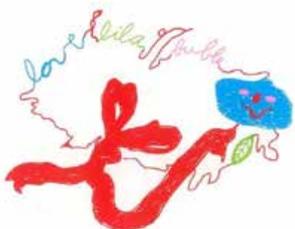
And now
to tie together two or three liking words
with warm letters
and whispering sounds
one puff of 8.30 cloud
and one lemon tiny tender leaf
from the backyard.
We don't say anything
the secrets, are just invented.

Y AHORA

*anudemos dos o tres palabras lindas
con letras alargadas
y sonidos cálidos
un pedazo de nube
de las ocho y media de la mañana
y una hojita tierna del limonero
del fondo.*

*No digamos nada:
hemos inventado los secretos.*

1st Edition—1986 (English-Spanish version), was the first book made at the AV Central School (kids and teacher). Also, it was the first book made in Auroville from money of the Indian Government for publications. Later on, it was a Spanish version also, and more editions were coming with personal-friends money. The money from the book's sales was the first for the MM construction, and the others for the MM Gardens. From this edition, will be for the AV Land.



Anandi-ayün

AUROVILLE

*All reveals
All heals
All rejoins
All rejoices
With joyful Gratitude, Anandi Z.*

Voices and Notes

**WHAT IS THE FUTURE FOR AUROVILLE GROWN FOOD
When We Are Losing So Much Farmland?**

Auroville is losing its farmland. The farmland that over the last 50 years has been carefully nurtured and been brought back to life by Auroville's farmers. Farmland which is used to grow healthy food for the community in a way that will ensure the future fertility of the land. Many people see growing our own healthy food as a basic and crucial element of what Mother described as the 'self sustaining community' of Auroville.

If the loss of farmland continues, however, will it be possible for Auroville to go on growing its own food in any significant way? If Auroville isn't able to do this, what about the community's future food security? What do we need to do to ensure we have enough farmland so we can go on eating the healthy food that Auroville's farms produce?

The most visible example of the present process of farmland loss is of course, Auro-orchard, one of the first farms in Auroville which is a major contributor to Auroville's food today. A significant proportion of Auro-orchard land was exchanged for land in the centre of Auroville in a secret process that did not include the Auroorchard steward or anyone in the Auroville community. This has taken away essential infrastructure from the farm such as the well and irrigation system as well as various farm buildings and an individual house. All of which had been built up over the many years of the farm's existence. This exchange took away the farm's future in the form of a young orchard just coming into production together with an important grazing area for all the farm cows. In a process characterised by lies and broken promises areas of the farm have been fenced in ways that disturb the functioning of the farm. This includes the individual house which the Auroville Foundation Office (AVFO) and the Auroville Foundation Working

Committee (AFWC) assured the Farm Steward would not be part of the deal.

Recently more of AuroOrchard has been exchanged for the AuroOceanic resort in the Master Plan. Again, this process was carried out in secret and created what has been described as a very bad financial deal for Auroville. With all this activity it is perhaps not surprising that very recently another three acres of the farmland has been exchanged. As local people see the opportunity to obtain a very valuable piece of real estate alongside a major road, how much more will be exchanged? What will happen to the farm activities there? Where will the food come from that at the moment comes from AuroOrchard?

It has now come to everyone's attention, as the result of a Right To Information (RTI) request that 900 acres or more of Auroville land outside the Master Plan area can officially be exchanged to consolidate the Master Plan area. Several farms are outside the Master Plan area. This includes Annapurna farm the largest in Auroville of 135 acres which produces a major proportion of the grains and dairy consumed in Auroville. It also includes Brihaspati, and Djaima as well as Pebble Garden.

It seems that even those farms inside the Master Plan area are not immune from losing their land. A huge 12 meter swathe of land has been cleared through Shambala and Siddhartha farms alongside Buddha Garden for 'the new VIP road'. Buddha Garden has been told that in addition, their farmland is needed to create 'a new access node for the Visitors Centre' which includes more car parks. There are no clear plans for what is going to happen or when, although Buddha Garden has been told to start making plans to move its activities. Alternative plots of land have been suggested for this, but these are either too small, do not have the necessary access or are already being farmed by someone else and are too small to share. At the moment the farm is in a limbo, unable to invest in any immovable infrastructure or start building up somewhere else on another plot of land. AVFO groups (Farm Service, FAMC, ATDC etc) refuse to discuss how this move is to be financed as the farm does not have the resources to do it. We can only assume that these groups do not care about farmland and that within the next year the farm will cease to exist.

If this loss of farmland continues and no effort or finances are provided to replace it, then it is likely that Auroville will end up with insufficient farms to support the community or in the worst-case scenario, no farms at all. In a recent meeting with Farm Service farmers were told to make their existing land more productive, but this will not be possible without more investment. This should also not be achieved by lowering the present standards of Auroville farming and producing food in a way that exploits either people or nature. Why would we create an unhealthy community by making them eat unhealthy food?

At present the so-called 'Farm Service' is driving Auroville farms into commercial farming. Farmers feel they must grow what makes the most money, this being the only way to make the farm financially sustainable and cover the cost of the maintenance that was withdrawn. At the same time, farmers are expected to use all the land on a farm for growing food crops. With no room for supporting ecological infrastructure such as forests or ponds. Experience elsewhere in the world shows that in the long-term growing food in this way is not sustainable. So Auroville's future food security would still be in question.

In this situation what is the future for Auroville's future food sustainability and security? How is this going to be achieved? Is there a plan for this? If there is, the community needs to know about it so that together we can create a self sustaining Auroville.

If there isn't a plan (and from what we can see this is probably the case) then we (a group of Auroville farmers) invite any community members interested in creating one, to join with us in envisioning agriculture for Auroville. A vision which will include securing the sustainable growing of healthy food and is worthy of the City the Earth needs.

**Priya, on behalf of the Charlie, Juan, Moorthy,
Renuka, Tomas and Vishnu**

DARE TO DREAM ABOUT

It will be a stormy ride. Darkness will go all out to win. They know they have lost and it is the end of the line for them. But they won't give in. They will expose themselves more than ever before. Humanity will see their folly. The time of their cleverness is over. They will no longer have the power to hold the world at their feet. Everything they do is an expression of their folly.

Laugh at it. Mock Dare to dream about

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Laugh at it. Mock them. See how ridiculous they are.

Don't be discouraged by their foolish attempts to dominate the world. They are people who have no touch with reality. They live in a pure illusion. A make-believe world they have created for themselves. Think they can rule the world, but they have no sense of reality. From their ivory towers they will fall down. Hard. And forever.

Let them indulge their folly. It will open humanity's eyes.

There will be a reversal you did not expect. A great change. Have faith in that. It will not go the way you think. It will still be very stormy. For many it will be the last phase of their lives. There will be many who will lose their existence on earth. But the future is brighter than it seems now. The storm will pass. Then a new era will dawn. A time of hope and restoration. Keep your heart set on that.

When you lose loved ones, realize that there is more than earthly existence. Realize that it is not the end. Man enters the next phase, beyond this life. There will be a time of tremendous exposure. Everything will come to light. Nothing will remain hidden. Hold on to that. The darkness has had its time. Soon will come the time of good.

Hold your heart in that realization. Don't give in to despair when it gets fierce. The storm will be severe. But stand strong in the certainty that it will pass and a new day will dawn. This is a time of tremendous confrontation between good and evil. A great great clash between light and darkness. Make sure you are on the right side.

See how ridiculous they are.

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This is a time of tremendous confrontation between good and evil. A great great clash between light and darkness. Make sure you are on the right side. **Ricardo**

'I CALL YOU TO THE GREAT ADVENTURE'

Full Moon Concreting On The Matrimandir's Roof

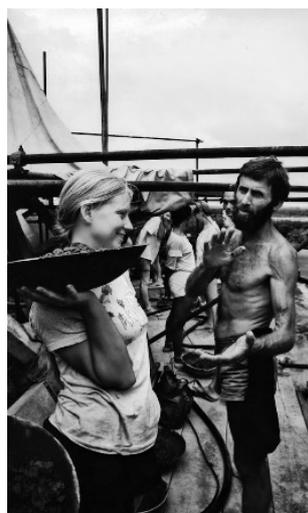
I started working at Matrimandir in 1977, on the roof. Cycling from Pondy, my future husband and I climbed the heavy-duty hanging ladder to participate in the full-moon concrete; non-stop, this could last days. Young people from all over Auroville, also teenagers, every month would join the collective feast. We worked, without security, on the roof and scaffoldings; danger and fatigue were alien to us, a special force filled our bodies. One in the great adventure, there was but joy.

Those were years of freedom—the freedom of the soul living content with nothing. I fell asleep curled up in the hollow of the urn in the amphitheater; my partner slept under the Banyan tree. At about three in the night, when the dew was too heavy, we moved to a friend's room in the Camp, lying on the floor. Three people and a mouse-hunting cat shared that tiny space under the keel roof.



The battle with the Sri Aurobindo Society had commenced, money was scarce; but we worked on top of Matrimandir and were offered food and lodging for free. At the Matrimandir Camp there were no servants, all menial work was carried on by the residents. The meals, cooked on shift by all of us (a lady who will become an Aurovillian helped) were delicious; sometimes we even got a slice of cake. Noah—a lovely kibbutzim girl—after lunch washed the floor, daily.

Mother's all-pervasive presence was electrifying. The Dream, as she describes it, was in the air. It was a mass movement, irrepressible and irrefragable, spreading by contagion. We were the offspring of the 1968 revolution, the Mother had freed the spirit of the age. Her 'Auroville' was made up of young idealists living in huts. Their material needs truly were minimal. Bicycles were the current transport and motorbikes were rare. During Mother's years, the cycles in Aspiration were collective property, and bikes were used only for work.



I was witnessing the birth of Auroville's group soul. Back to my easy life in Pondicherry, I was pervaded by a feeling of incompleteness, almost a sense of guilt. I had been granted glimpses of the new world and nothing could ever be the same. Being called to Matrimandir was the crown of the pilgrimage, overland, that had taken me to India crossing the Muslim countries, alone with my backpack and a sleeping bag. I was to make the discovery, traveling with thousands of other youths, with the dream in their heart of a society of freedom, equality and brotherhood that somewhere existed. When I crossed the Pakistan border, I kneeled and kissed the Indian soil: I had reached.

Yet the highest quest had just begun and this was the lever: *'At our inmost centre there is a free being, wide and knowing, who awaits our discovery and who ought to become the acting centre of our being and our life in Auroville.'* By these words, along with the Charter, commences the admission form, to be submitted to the Mother for acceptance in Auroville. *'The Promised Land'* we sought, gathering from all over the world, is the chaitya purusha, the Purusha in the

heart, smaller than a thumb. The psychic being.

Auroville is 'the city of God' Sri Aurobindo evokes, 'the Avatar's model town' of the supramental manifestation the Mother announces. Auroville—the ideal society for which those in the Avatar's circle take birth over and over again along the ages—exists forever; it is for the group soul to manifest it. Idealists came from all over the world to make it real, faith is the sole riches. Those full moon concreting sealed our destinies.

Submitted by Paulette

WHY WHAT IS HAPPENING IS HAPPENING

The Mother, who is inseparable with Sri Aurobindo, revolutionary Avatars and visionary founders of this City of Dawn, have given countless advice to all invited participants in this experimental community, this intentional Deva Sangha. Here are some:

'Auroville is meant not for the satisfaction of desires but for the growth of the true consciousness.'

And to be a True Aurovilian is to not only maintain this transitional animal-human modality that is a false-separative existence but to transform it:

'The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.'

This new species that we are preparing for is the Divine Manifestation that is the Supramental being, still in a material body but not anymore an animal-human physiology and consciousness.

Therefore the crucial first necessity of this psychophysical transformation is a change of consciousness:

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

That is why Auroville has particular Vision-Goals coming from our Avatar founders Sri Aurobindo and the Mother, to distinguish it clearly from others.

Each individual is most free to choose from many other global communities. But to participate in Auroville one must resonate with its divine aspirations. Otherwise the Self-correcting process of the evolutionary Cosmic Play will sift you out. Each unique individual plays a particular contrasting yet complementary role so that every inseparable member of the collectivity progressively learns from each other and carries on with this Self-correcting Spiritual Evolution.

'The Aim of human life is to discover the Divine and to manifest It.'

In our current still very limited and imperfect modality of existence, many who are quite insensitive even make ignorant fun of sacred acts, like eating, sleeping and procreating, not realising that even before performing them they must be consecrated to the Divine. It is no laughing matter that these sacred acts, especially the sexual act, are very much distorted, abused and defiled by most of the unawakened human species who are still unwitting slaves of very powerful asuric, rakshasic and tamasic forces. The only way out of their sinister hold is the full descent of the Supramental Consciousness-Force, which the Mother has already done, and the Divine Manifestation of the next apex species the Supramental being that will be more powerful than these adverse and hostile forces.

We are still in the transitional stages and the most effective choice is to give ourselves fully to the Divine Consciousness as consenting instruments, willing servitors and conscious bridges towards this Supramental Vision-Goal.

That is why Sri Aurobindo and the Mother kept declaring that 'Man is a transitional being...'

And eventually created this sanctuary that is Auroville where we can hasten the evolutionary process to go beyond the limitations of the humans. Just look how very specific the

Mother is for anyone who wants to live in Auroville and to be True Aurovilians:

- <https://auroville.org/page/core-documents>

Some who have earlier joined may be in a privileged position and have somewhat forgotten, but billions of our brothers and sisters all around the world, even in our surrounding communities here, are still suffering from all sorts of abuses and difficulties, psychological, emotional and physical. So we cannot remain satisfied with our still very obvious limitations.

The Avatars Sri Aurobindo and the Mother gave us hope and the means through their direct action, and love gifted us with their sacred writings to achieve a Life Divine on Earth, for all. Even envisioned and created this City of Dawn as a sacred sanctuary for True seekers, for True Aurovilians.

The question is: for the more than 50 years since our inauguration, has Auroville fully lived up to this Vision-Goal? Obviously not yet, as this is a multi-generational progressive evolutionary process, with ever-continuing tireless goodwill effort. But the good news is that Auroville and the success of this Vision-Goal is decreed by the Supreme, and so it is unstoppable. The highest leaders of Bharat Mata are very much aware of this, as Mother India is the Guru of the World. Even when the Mother was still in Her physical human body, She has already revealed the following:

'There was a rather interesting phenomenon (it was yesterday or the day before), amusing little details: now the last member of the government of India has been converted, so to speak. All the members of government (the central government—I don't mean the whole country, but of the centre), all the members of the central government are ... (what should I say?) I could almost say 'apprentice disciples of Sri Aurobindo,' with a great goodwill to serve.'

'And a constant insistence on Harmony, Harmony, Harmony.... An harmonious balance: an harmonious balance of nations, an harmonious balance of people, an harmonious balance of inner faculties, an harmonious balance ... like that.'

And then, resistances are clearly expressed as a disharmony.

Something extremely smiling, harmonious, smiling, harmonious...

And that is why what is happening is happening...

We have to fully prepare this City of Dawn for the ever-coming sun-eyed children who will continue on until victory is achieved.

Will you collaborate?

Zech, 2024.02.13

AN OPEN ANONYMOUS LETTER

We have been coming to Auroville, as guests, over a long period of time, 32 years to be precise! The Mother's Dream that Auroville should be a place for humanity Without politics and Without religion (or enforced signs of religion!) has always attracted us and we see all the problems and misery that the same two things, politics and religion, cause and have caused.

This year we returned for a stay of some weeks. However, on the day of our arrival, we both felt that something had changed since our previous visit, some years before. The 'Spirit of Auroville' was somehow disturbed.

We expected the glow of 'heavenly peace', instead there was a cloud of reluctance and nervousness . . . This was clarified by what we heard and read about what has happened over the last 3 years, and is very much ongoing.

It is obvious that Auroville is not perfect, as we are only human beings, but working together in democratic harmony (which means dialogue and give and take), devoid of politics and religion, can be the only way to achieve the purpose of Auroville: Human Unity.

Tineke for 2 deeply concerned guests

Languages

NEWS FROM AUROVILLE LANGUAGE LAB

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



Auroville Language Lab
International Zone near Pump House
0413 2623 661 / WhatsApp: +91 9843030355
info@aurovillelanguagelab.org

OPEN HOUSE 24 February 2024 - ALL are Welcome!

Join us to from 10 am to 12 noon



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

snacks & juice
chit chat
happy vibe

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@aurovillelanguagelab.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.aurovillelanguagelab.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.

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Schedule of Classes

| Language | Level | Time | Day(s) Of Classes |
|----------|---|-----------------|--------------------|
| English | Pre-Intermediate & Intermediate | 11am—12pm | Tuesday & Thursday |
| | Conversation Intermediate, Start date 8 February | 4—5pm | Tuesday & Thursday |
| | Conversation Pre-Intermediate, Start date 12 February | 4—5pm | Monday & Wednesday |
| | Movements & Theater, To start February 2024 | 10:30am—12noon | Saturday |
| French | Beginner, To start 10 February 2 | 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, Start date 6 February | 4—5pm | Tuesday & Thursday |
| Spanish | Beginner, Start date 24 January | 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, Start date 15 February | 4—5:30pm | Thursday |

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

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.

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.aurovillelanguage.org/> You may also drop us an email at info@aurovillelanguage.org, call us at 2623661 or come visit us!

The Language Lab is open

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

Classes, Workshops & Healing Arts

MINDFUL MONDAY

19 February, 7:30am, followed by breakfast

MINDFUL MONDAY

YOU DONT WANT TO MISS THIS ISHIT

1 Reduces stress

2 Makes you happier

3 Better Sleep

4 Regulates heart rate

5 Promotes positive mood

19TH FEB 2024
07:30AM
FOLLOWED BY
BREAKFAST

WITH MRADUL JAIN

Learn how a unique Japanese scientific meditation blended with ancient wisdom...can change your life!

| | |
|---------------------------|----------------------------------|
| BOOK YOUR SPOT NOW | 0413 2623071, +91 9751033162, |
|---------------------------|----------------------------------|

Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kuilapalayam

You don't want to miss this! Learn How A unique Japanese scientific meditation blended with ancient wisdom...that can change your life! Reduces stress, Better Sleep, Makes you happier, Regulates heart rate, Promotes positive mood

- Book Your Spot Now
 - Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kuilapalayam
 - 0413 2623071, +91 9751033162

Yatra Srinivassan

**AUTHENTIC MOVEMENT, LIFE/ART PROCESS,
Danse du sensible & Sensorimotor drawing**
@ Hall of light Creativity, Tuesdays, 4:30—6:30pm,
Ongoing till 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

SITARA AND MUNAY-KI YOGA SCHOOL
Chakra Yoga Meditation Sound Initiation
11 March to 12 May

SITARA AND MUNAY-KI
YOGA SCHOOL

2 months
TEACHER TRAINING
11 March - 12 May

ASANAS
PRANAYAMA
MEDITATION
SOUND HEALING
SHAMANIC JOIRNEYS
THE WISDOM OF THE CHAKRAS

Contact
WhatsApp +393288181300
gp@auroville.org.in

Under Auroville Art Service

- For more information, please see our brand new website sitaramunay-kiyoga.wordpress.com

Sitara and Munay-Ki

MINDFULNESS, HALF DAY RETREAT

25 February, 9:30am—12:15pm

This half-day retreat provides a chance for you to drop-in to yourself, to unplug from the stresses of everyday life, and shift from doing into being.



In this session we will focus on 'letting go' which is one of the foundational attitudes of mindfulness. As Lao Tzu says 'when I let go of what I am, I become what I might be.'

Participants will be guided through a series of practices (in either seated or lying position) along with some gentle movement practices.

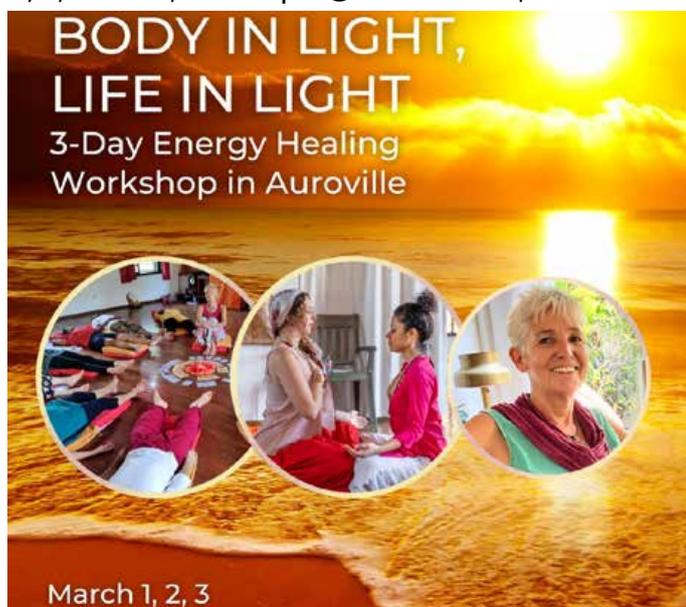
It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice, but places are limited.

- To register contact Helen: 7094753054 WA.
- The session is hosted by JOI Anitya (a LEAD activity).Helen

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:** Sandrya, 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

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

YOGA CLASSES

in Bharat Nivas

Daily drop-in Yoga Classes in Bharat Nivas.

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

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



Jessica

YOGA WITH RACHEL

INTEGRAL ALIGNMENT
ALINEAMIENTO INTEGRAL

Reservas en: 
Bookings on: +91 7457085676, Rachel

- One to One lessons—Small groups

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

- Clases particulares—Pequeños grupos

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

DETOX YOUR MIND & BREATHE
Heal your Body

Detox your Mind & Heal your Body

Just Breathe

- **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, Kulapalayam
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>,
<https://www.yatraartsmedia.org/>

AUTHENTIC RELATING WORKSHOPS

Every Thursday, Ongoing Till 14 March
9:15am—12:15pm, Hall Of Light, Creativity

AUTHENTIC RELATING WORKSHOPS
Every week different theme

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

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

Open to all     AV, NC & SAVI discounts available

+918098503386 +919489244823

+918098503386, +919489244823, Dave

AUROMODE YOGA SPACE

March 2024 Schedule
Registrations must for all the program. Email or WA us to know about the fees structure and other details.



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

| Day | Time | Description |
|------------------|---------------------|---|
| Monday to Friday | 10am—11am | Mobility with Karlakattai—Classes from March 1 |
| Every Friday | 5 30—7pm | Vinyasa flow Asanas |
| Every Saturday | 5 30—7pm | Vinyasa flow Asanas |
| Every Sunday | 5 30—7pm | Vinyasa flow Asanas |
| March 1 to 22 | Morning and evening | 200hr Hatha/ Vinyasa/ Vinyasa flow Yoga TTC intensive |
| March 1 to 29 | Morning and evening | 300hr Hatha 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 Karlakattai

- Monday to Friday, 10–11am

Ready to enhance your flexibility and mobility? Karlakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karlakattai 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

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

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 |



Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamil Nadu, Southern India. It is one of the oldest systems of medicine in India.



- 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

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. 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.

Wellness Wood Products

The Tree is very important for life. In our process we used the trees which have been used as pillars in old heritage houses in the villages These pillars are more than 200 years old which have the synergy with the land. Our Karalakkattai products are made from these heritage wooden pillars.



Karalakkattai

The history and origin of karlakattai, The name says it all!!

Karalakkattai (wooden Indian clubs) training is a traditional form of body conditioning practiced originally by Tamil warriors and other parts of south India in the past. The history and origins of karlakattai date back to ancient years ago when the civilizations were formed and the evidence is seen in the temple carvings and ancient scripts.

- Contact: Raja, +91 9751395939, www.angamtree.com

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. When we hear the subtle cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



Massage Therapy

Traditional body work using acupuncture and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.



- You can learn more about us and register at www.angamtree.com/therapies

Student Internship Program: Traditional Bodywork



Our internship programme offers a unique opportunity to get experience of therapy setting and access modules of our in-house training programme on skills and planning.

- Respond to enquiries, Greet and Meet the Client, Complete Client Information Form
- Conduct postural assessment and evaluation
- Discuss the case with the supervising therapist—Perform any further additional assessments or enquires. Deliver Deep Tissue Massage

During the appointment the supervising therapist may enter the room, demonstrate any techniques or assessments—allow you opportunity to ask further questions

This position should only be applied for if the applicant is looking to start a career as a massage therapist and is interested in developing their skills and knowledge both as a therapist and how to grow and manage their client base.

Kindly email your resumes with the subject title Internship Program at angamtree@auroville.org.in

- You can learn more about us and our initiatives at <https://angamtree.com>
- +91 9751395939, www.angamtree.com

Contribution based, 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
- For more info:** +917639761930 WA or satyayuga@auroville.org.in
- French and English speaking.
- Location on request.

Satyayuga

Traditional Mantras & Stotras
chanting class

@ Serendipity Community
With Sonia Novaes

THURSDAY | 9 AM (DROP-IN CLASS)
FRIDAY | 5 PM (REGULAR CLASS)

info:
serendipityauroville@gmail.com
+91 8940288090

@ Serendipity Community with Sonia Novaes

Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

- 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.

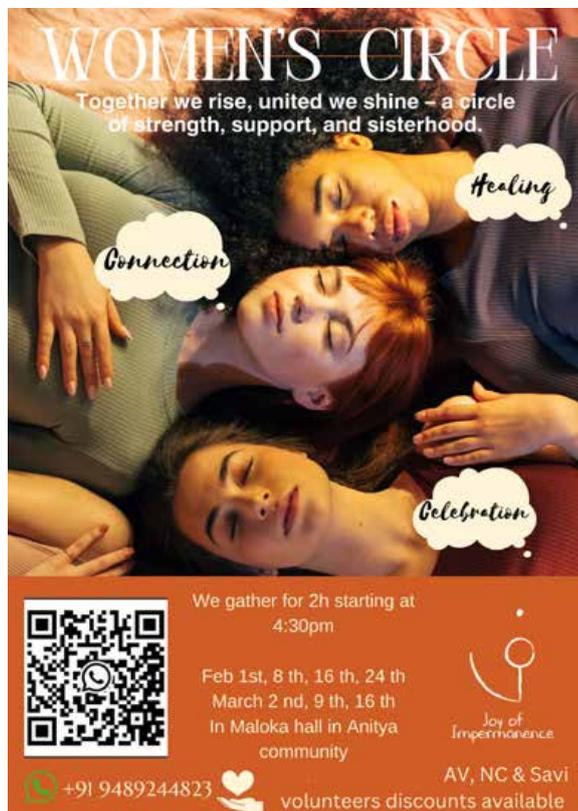
For that reason, the minimum participation is one week.

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
- 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 Not on February 22 | Aviva Exercise with Suriyagandhi | For women only |
| 4:30—6pm | Vocal Sound Healing with Lola | All levels |
| 5:30—6:45pm | Restorative Yoga with Rache | 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 Sarvangasana |
| 11—12:15pm Not on February 24 | 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! |

Classes with Prior Registration

Please register in advance

- 3—4pm Chinese tea ceremony (Gongfu cha) by Chun
Do not wear any perfume on this day.

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.

- No Teen Yoga with Lisbeth during the school holidays from 21—28 February. Restarts on 4 March
- No children activities w/Gala till 15 March

Healing Space

- By appointment, 262403, 9443902403
 - Acupuncture by Heidi (restarting on March 4)
 - 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

Surya Namaskar with Aadhithya

- Monday 4—9 March, Monday—Saturday, daily 1 hour from 8:30am to 9:30am

Surya Namaskar is the ultimate exercise for the body, mind and soul. In this course you will learn six different ways of practicing Surya Namaskar.



Learn how this may help you to avoid catching a cold or to remain calm in adverse conditions.

About the teacher: Aadhithya was taught the yoga practice at the age of 7 years by great Siddha Shri Chinmayapuree. While working internationally as a Consultant, he has been practising and teaching yoga for the last four decades wherever he goes. At present he and his family are visiting Auroville.

The course has limited places. Please register at Pitanga beforehand.

Workshop Truth Based Relationships

- Saturday 24 February, 2:15 pm—4:15 pm

Practical Sessions based on the Authentic Self Relationships Model by its author, psychologist Juan Andrés

Use the opportunity for conscious growth that all your relationships offer you in every day life.



First timers need to have previously explored the content at

- asrmodel.com

Please register at Pitanga in advance

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.

New Yoga classes with Rachel

Restorative Yoga—all levels

- Thursdays, 5—6:30pm

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



Intermediate Asana Class

- Saturdays 9—10:30am.

For regular practitioners who wish to deepen their practice. For those who have a good understanding of the basic yoga postures with consistent practice and are able to maintain a stable Sirsasana and Sarvangasana or their variations for at least 5 minutes.

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

Submitted by
Verena

VERITÉ PROGRAMS

February 2024

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



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 |
| Bio-dynamic 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-regis-tration required) | Timings | Pre-senters |
|---|---|---------------|-------------|
| 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

VERITÉ WORKSHOPS

Pre-registration required

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



Prana Yoga: Tuning Life Energy with Ananda

- Friday, Saturday & Sunday, 23, 24 & 25 February, 9:15am—4.45pm

Prana is the universal life energy. Yoga is tuning body-mind-spirit to wholeness. Prana Yoga is based on Hatha yoga, Pranayama, Meditations & Siddha. Through conscious postures, breathing, movement & stillness open the self-enhancing, transforming, healing, grounding & tuning the energy flow to detox, rejuvenate the body-mind-energy, build immunity, enhance sensitivity, perception, expand awareness, enrich self-healing, and open to higher states of consciousness.

Yoga Therapy for Back Pain with Bijou

- Friday, 23 February, 9:15am—12pm

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

Sivananda Yoga: Masterclass with Mani

- Friday, 24 February, 9:15am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Understanding Pranayama & its Practice in Asanas & Meditation with Radhika

- Thursday, 29 February, 9:15am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Sivananda Yoga: Masterclass with Mani

- Saturday, 2 March, 9:15am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Food is Medicine— Lifestyle Health Practice with Parvathi

• Saturday, 2 March, 2pm—4:30pm

Learn about your body constitution (Tridosha), and the importance of plant foods, spices and lifestyle practices to benefit your particular constitution. There will also be a demonstration of the proper way to make an herbal decoction/ infusion tea.

**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.



**KARMA YOGA
LEARNING BY DOING**

Join the Taste of Yoga team to serve wholesome, vegan food, desserts & beverages!

VOLUNTEER HOURS

Monday to Saturday
8:30 am to 12:30 pm
or
1:30 pm to 5:30 pm
Minimum 1 month

WHAT WE OFFER

- Learn the art & science of cafe management
- Develop your accounting, housekeeping & communication skills.
- Refreshments
- Access to a yoga class

📍 Vérité Integral Learning Center, Auroville 📧 cafe.vilc@gmail.com

Savitri, for Vérité Programming

QUIET HEALING CENTER



Birenda Massage Course with Jean-Louis & Kumar

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

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards. This massage training consists of six days, divided into two times 3 days.

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

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

Mobile & WA: +91 9488084966, Guido

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18 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 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:)

Friday, 1 March

Children Full of Life

2003/ 40 minutes/ Noboru Kaetsu

Mr. Kanamori, a 4th grade primary school teacher in Kanazawa, Japan, gives his students lessons on what he considers to be the most important principles in life: to be happy and to care for other people. His lessons include discussion around teamwork, community, the importance of openness, how to cope, and the harm caused by bullying.

Shek

THE FRENCH PAVILION PRESENTS

Auroville, Story of an Utopia

And Interview with Roger Anger

Exceptional Documentary from Nicole Avril and J.P. Elkabbach in 1973

Saturday, 24 February, 5pm, Cinema Paradiso

Mother was still in her body when the documentary was made. Few western journalists were interested in the project of Auroville in the seventies; but one of them, Jean-Pierre Elkabbach, came to investigate for 'Antenne 2' in 1972. His documentary of 118 minutes reveals Auroville as it was at this time: several houses rising from the red desert, schools like Last School, the Pyramid or so called 'yogurt pots' and of course the Matrimandir under construction.



The documentary also includes precious interviews, and among them Roger Anger and Kireet Joshi but also those from Aurovilians like Ruud, Jean P., Vincenzo, Rod H., and many others. An exceptional documentary to discover or rediscover Auroville...

In French subtitled in English, 90min

Vivekan



Presents

Cine-Master Class

- **Sunday, 25 February, 5—7.30pm**
at Aurofilm (Kalabhoomi, next to CRIPA)

If you like to discuss, share, and learn more about cinema, we invite you to our Cine-Master classes!

Welcome to this chapter led by Dr. Alexander Pereverzev on **The Color Of Pomegranates** by Sergei Parajanov (1969). *Original title: Цвет граната.*



Overview: Alexander will present the film before its screening, which will be followed by more insights and a discussion. *The Color of Pomegranates* is a 1969 Soviet Armenian art film written and directed by Sergei Parajanov. The film is a poetic treatment of the life of the 18th-century Armenian poet and troubadour Sayat-Nova ('King of Songs'). Parajanov takes an unconventional approach to storytelling. Rather than adhering to a traditional narrative structure, he opts for a series of visually captivating and carefully composed tableaux vivants to capture the essence of Sayat-Nova's life and poetry. The outcome is a visually enchanting and symbolically rich exploration of art, culture, and spirituality. The film is often regarded as a landmark in film history and was hailed as revolutionary by Mikhail Vartanov, Parajanov's close friend and artistic collaborator. (*Original Armenian version with Eng. subtitles. Duration: 1h.18'*)

Alexander Pereverzev was born in St.Petersburg, Russia. He was associated with painter Nicholas Roerich's organizations and museums in Russia in the 1990s. Having studied Indian languages at the St. Petersburg State University, he went on to study Sanskrit in India, at the University of Delhi, obtaining a PhD degree in 2010. His professional interests include Indian philosophy. He likes traveling and visiting places of historical and religious importance, particularly in the Indian subcontinent. He works at Savitri Bhavan, Auroville, and is also an avid film enthusiast!

At Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday 23th Fallen Leaves (Kuolleet Lehdet) By Aki Kaurismäki, Finland, 2023**
- **Friday, 1 March, The Treasure Of The Sierra Madre, United States, 1969**

Directed by John Huston

With: Humphrey Bogart, Walter Huston, Tim Holt, Bruce Bennett

Overview: *The Treasure of the Sierra Madre* is an American Western and an adaptation of B. Traven's 1927 novel of the same name. John Huston (1906—1987), known as the 'titan of Hollywood', was a film director, writer, and actor whose taut dramas were among the most popular Hollywood films from the early 1940s to the mid-1980s. Didn't he start his long and prolific career with a detective mystery film: *The Maltese Falcon* —perhaps the most-impressive debut in Hollywood during the 1940s?!

Synopsis: Fred C. Dobbs and Bob Curtin, both down on their luck in Tampico, Mexico in 1925, meet up with a grizzled prospector named Howard and decide to join him

in search of gold in the wilds of central Mexico. Through enormous difficulties, they eventually succeed in finding gold, but bandits, the elements, and most especially greed threaten to turn their success into disaster... In 1990 the film was selected for preservation in the United States National Film Registry by the Library of Congress as being 'culturally, historically, or aesthetically significant'..

Original English version with English Subtitles, Duration: 2h6'

Surya

**OPEN SPACE
Documentary Arts**

Open Space Documentary Arts
1 YEAR PG DIPLOMA

UNIVERSITY OF LADAKH Auroville FILM INSTITUTE

India's first ever **Multi-site Filmmaking** Programme
Starting: March 2024

ENROLL NOW

For more information visit: <http://film.institute.auroville.org>

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

Or contact

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

Please acknowledge receipt and confirm publishing.

Richa for Auroville Film Institute

STUDY CIRCLE 26TH WEEK SCHEDULE, 8–10 FEBRUARY

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.

Auroville
FILM INSTITUTE

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



Bharat Nivas
INDIA SPACE

Scotland PA

• **Thursday, 22 February, 2024 (17:00 IST)**

Billy Morrisette, United States, 2001, 104 mins

This film is a black comedy retelling of Shakespeare's 'Macbeth,' set against the backdrop of a fast food restaurant in the early 70s, rural Pennsylvania.



Macbeth

• **Friday, 23 February, 2024 (17:00 IST)**

Justin Kurzel, Australia, 2015, 132 mins

This Macbeth adaptation delves on the damaging physical and psychological effects of political ambition on those who seek power for its own sake.



Mandaar (Season 1 Ep. 1 & 2)

• **Saturday, 24 February 2024 (17:00 IST)**

Anirban Bhattacharya & Pratik Dutta, India, 2021, 80 mins

This adaptation of Macbeth tells the story of Dablu Bhai who is the powerful leader in the coastal fishermen's village of Geilpur. He exploits the fishermen with association from local politician Modon Halder. Mandaar works as a henchman for Dablu Bhai. Dablu Bhai sends Mandaar to kill a supervisor. While returning after completing the murder, an old female witch tells Mandaar metaphorically that he will take over the reign of Dablu Bhai.



The Seventh Horse of the Sun

• **Sunday, 25 February 2024 (17:00 IST)**

Shyam Benegal, India, India, 130 mins

Manek Mulla, a storyteller, talks about three women he meets at different stages of his life who come from several social backgrounds and deeply influence his personality.



Raj for AVFI Study Circles Auroville Film Institute

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

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Bus passes

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

AV account / Cash / UPI Transfer :

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join On WhatsApp group

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

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoUt2x>



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
26 February to 3 March 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 26 February, 8pm
THREE OF US

India, 2022, Writer-Dir. Avinash Arun w/ Shefali Shah, Jaideep Ahlawat, Swanand Kirkire, and others, Drama, 99mins, Hindi w/ English subtitles, Rated:

While grappling with the early symptoms of dementia, Shailaja finds herself at the cusp of her past, present and future. She decides to go on a trip to revisit her childhood before her memories ebb away. Shailaja embarks on a confrontational journey that makes her deal with questions related to a traumatic event in her childhood, the mundanity of her marriage, and the complexity of her feature. As Shailaja travels through the sprawling coastline of Konkan with her husband and childhood-love by her side, we see her inching closer towards the forgiveness and liberation she has always yearned for.

Potpourri—Tuesday 27 February, 8pm
INHERIT THE WIND

USA, 1960, Stanley Kramer w/ Spencer Tracy, Fredric March, Gene Kelly, and others, Drama-History, English w/ English subtitles, Rated: NR (PG)

Based on true events, in this classic teacher B.T. Cates is arrested for teaching Darwin's theories. Famous lawyer Henry Drummond defends him; and politician Matthew Brady prosecutes. This is a close rendition of the 1925 'Scopes monkey trial' with real-life debates between Clarence Darrow and William Jennings Bryan. This film has been remade thrice, last one in 1999, however the oldest is considered the best.

Interesting—Wednesday 28 February, 8pm
BEYOND UTOPIA

USA, 2023, Dir. Madeleine Gavin w/ Barbara Demick, Sung-eun Kim, Hyeonseo Lee, and others, Documentary-Biography, 115mins, English-Korean w/ English subtitles, Rated: PG-13 (R)

They grew up believing their land was paradise. Now, they risk everything in escaping it. In an unforgettable film that follow families on a treacherous journey to defect from their homeland of North Korea, as the threat of severe punishment and possible execution looms over their passage, revealing a world many have never seen. It is a gripping story of families who risk everything escaping North Korea.

Spanish—Thursday 29 February, 8pm
FLAMENCO FLAMENCO

Spain, 2010, Dir. Carlos Saura, w/ Paco de Lucía, Sara Baras, Joaquín Cortés, and best Spanish flamenco artists, Musical-Documentary, 96 mins, Spanish w/ English subtitles, Rated: G

Pure passion cascades from the frames of this master piece acclaimed Spanish filmmaker Carlos Saura's latest tribute to his country's unapologetically theatrical musical form. The elegant film is composed of 21 self-contained short performance pieces, incorporating both the traditional and more youth-oriented fusion flamenco styles, performed by Spanish outstanding musicians and dancers. *This is part of a series of films offered by the Spanish Pavilion as a tribute to the director.*

International—Saturday, 2 March, 8pm
PERFECT DAYS

Japan-Germany, 2023, Writer-Dir. Wim Wenders w/ Koji Yakusho, Tokio Emoto, Arisa Nakano, and others, Drama, 123ins, Japanese-English w/ English subtitles, Rated: PG

In this acclaimed film, Hirayama works as a toilet cleaner in Tokyo. He seems content with his simple life. He follows a structured everyday life and dedicates his free time to his passion for music and books. Hirayama also has a fondness for trees and photographs them. More of his past is gradually revealed through a series of unexpected encounters.

Children's Matinee—Sunday, 3 March, 4pm
DORA AND THE LOST CITY OF GOLD



USA-Australia, 2019, Dir. James Bobin w/ Isabela Merced, Eugenio Derbez, Michael Peña, and others, Action-Adventure, English-Spanish-Quechua w/ English subtitles, Rated: PG

Dora has spent most of her life exploring the jungle with her parents, but nothing could prepare her for her most dangerous adventure ever: high school. Always the explorer, Dora quickly finds herself leading Boots, Diego, a mysterious jungle inhabitant, and a ragtag group of teens on a live-action adventure to save her parents and solve the impossible mystery behind a lost Inca civilization.

Ridley Scott Film Festival @ Ciné-Club:

Ciné-Club Sunday 3 March, 8pm
THELMA & LOUISE

USA, 1991, Dir. Ridley Scott, w/ Susan Sarandon, Gina Davis, and others, Crime—Drama, 130 mins, English w/ English subtitles, Rated: R.

After a justified, but unfortunately reckless crime, two best friends who only wanted a vacation from the banality of their routine, find themselves on the run from a nationwide police hunt, discovering the true purpose of their lives along the way.

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
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