



News Notes

#1031 A weekly bulletin for residents of Auroville 13 June 2024



Two birds beautiful of wing, friends and comrades, cling to a common tree, and one eats the sweet fruit, the other regards him and eats not. ... Where winged souls cry the discoveries of knowledge over their portion of immortality, there the Lord of all, the Guardian of the World took possession of me, he the Wise, me the ignorant.

Rig Veda

There sight travels not, nor speech, nor the mind. We know It not nor can distinguish how one should teach of It: for It is other than the known; It is there above the unknown. It is so we have heard from men of old who declared That to our understanding.

Kena Upanishad

Pondering

Therefore this mutual inclusion is spiritual and psychological; it is a translation of the two forms of the Many, all and individual, into a unifying spiritual experience, — a translation of the eternal unity of the One and the Many; for the One is the eternal unity of the Many differentiating and undifferentiating itself in the cosmos. This means that cosmos and individual are manifestations of a transcendent Self who is indivisible being although he seems to be divided or distributed; but he is not really divided or distributed but indivisibly present everywhere. Therefore all is in each and each is in all and all is in God and God in all; and when the liberated soul comes into union with this Transcendent, it has this self-experience of itself and cosmos which is translated psychologically into a mutual inclusion and a persistent existence of both in a divine union which is at once a oneness and a fusion and an embrace.

The Eternal and the Individual, The Life Divine, Sri Aurobindo



Contents

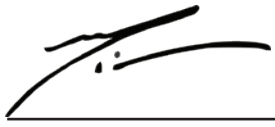
| | |
|--|----------|
| PONDERING | 1 |
| HOUSE OF MOTHER'S AGENDA | 5 |
| COMMUNITY NEWS | 6 |
| Matrimandir News | 6 |
| Matrimandir Access Information | 6 |
| Access to the Park of Unity and Matrimandir | 6 |
| The Park of Unity | 6 |
| The Inner Chamber of the Matrimandir | 6 |
| The Petals of the Matrimandir | 6 |
| Access to Matrimandir for Visitors and Guests | 6 |
| Matrimandir Viewing Point | 6 |
| The Inner Chamber of the Matrimandir | 6 |
| Awakening Spirit | 6 |
| Bharat Nivas Presents | 6 |
| A weekly study circle on The Synthesis of Yoga Sri Aurobindo | 6 |
| Savitri Bhavan | 7 |
| Schedule June 2024 | 7 |
| Exhibitions | 7 |
| Film: June 24: The Yoga of the Earth | 7 |
| This month: No Mudra Chi, No OM Choir | 7 |
| Full Moon Gathering | 7 |
| Regular Activities | 7 |
| Bases of Yoga—The Mother's Talks: An Interactive Book Reading Circle | 7 |
| Brahmanaspati Kshetram | 7 |
| BloomO | 7 |
| Amphitheatre—Matrimandir | 8 |
| Eduation | 8 |
| Integral Approach to Physical Education | 8 |
| One year course in Auroville | 8 |
| Key Components of the Course | 8 |
| Integral Education Principles | 8 |
| Sports Sciences | 8 |
| Practical Training | 8 |
| Criteria for Participation | 8 |
| Requirement on enrolment | 8 |
| Support for Aurovilians and Newcomers | 8 |
| Special Note | 8 |
| Beginning of Teachers Training: 17 June | 8 |
| Ilaignarkal Education Centre | 9 |
| Auroville Further Learning Programme for All Age Groups | 9 |
| Yoga Camp for AV Student | 9 |
| Summer Camp with Enlight | 9 |
| Yuvabe Education Presents: Robotics Program | 9 |
| Struggling with Programming ? | 9 |
| Auroville Library | 10 |
| Summer Opening Timings | 10 |
| News from the Auroville Library | 10 |

| | |
|---|-----------|
| Youth Initiative | 10 |
| Interactive Psychology Sessions with Youth | 10 |
| Health Care | 10 |
| Santé Services, June 2024 | 10 |
| Working Hours | 10 |
| Tests and Sample collection | 10 |
| For emergencies | 10 |
| Appointment | 10 |
| Santé Services Schedule | 10 |
| Aurodent Dental Clinic | 10 |
| Make Your Smile Healthy: June Month Offer | 11 |
| Aurokiya Integral Eye Centre @ Arka | 11 |
| Therapeutic Eye Compress Sessions (For) Digital Eye Strain & Dry Eye | 11 |
| International | 11 |
| New Co-Working Space! | 11 |
| Art For Land | 11 |
| Vivre Ensemble Living Together Summer Exhibition @ Unity Pavilion | 11 |
| Invitation to Donate Artwork for the 'Unity, Kindness and Friendship' | 11 |
| Art for Land Exhibition | 11 |
| About the Painting | 11 |
| Details of the Exhibition | 11 |
| How to Contribute | 12 |
| Multiple Activities | 12 |
| Bharat Nivas: Regular Workshops, Classes & Exhibitions | 12 |
| Business Activities | 12 |
| Bharat Nivas Invites: Stall Installation | 12 |
| Theatre & Dance Activities | 12 |
| Yatra Theatre Team Presents Giramathuvaassam | 12 |
| A Call To Co-Create: Multidisciplinary Improvisation Lab | 12 |
| Zumba with Preeti | 12 |
| Dance Classes by Mani | 13 |
| Salsa Dance Class | 13 |
| Tango Dance | 13 |
| Auroville Tango | 13 |
| Join Our Bollywood Dance Session | 13 |
| Music and Art Activities | 13 |
| CREEVA Art Activities | 13 |
| Explore WaterColor Techniques | 13 |
| Tanjore Art Classes | 14 |
| Light Fish Professional Photography Studio | 14 |
| Svaram Sound Experience | 14 |
| Bansuri (Flute) Group Classes With Michael | 14 |

| | |
|---|-----------|
| Sports & Martial Arts | 14 |
| Swimming Class by Mani | 14 |
| Auroville Aikido Summer Update | 14 |
| Abhaya Martial Arts Restarting | 15 |
| Kshetra Kalari, Aspiration | 15 |
| Tai Chi Chuan in Sharnga | 15 |
| Summer Schedule | 15 |
| Ultimate Frisbee | 15 |
| Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram | 15 |
| Girl Futsal/football Club | 15 |
| Kalpna Gym | 15 |
| Nature Activities | 15 |
| Permaculture 360° Farm Tour | 15 |
| An Herbal Medicinal Plants Course For Beginners | 16 |
| Martuvam Healing Forest | 16 |
| Workshop Highlights | 16 |
| Food Forest Tour | 16 |
| Bioregion Activities | 16 |
| Enlight Activities | 16 |
| Auroville Bamboo Centre June Program 2024 | 17 |
| Tours | 17 |
| Bamboo Centre Campus Tour | 17 |
| Auroville Bamboo Tour with Special Bamboo Lunch | 17 |
| Training and workshop | 17 |
| One-Day, Make and Take Workshops | 17 |
| Furniture Workshop | 17 |
| Bamboo Lampshade | 17 |
| Bamboo Giraffe | 17 |
| Bamboo Bicycle (For Kids) | 17 |
| 3 Hours Make and Take Workshops | 17 |
| Bamboo Toys | 17 |
| Bamboo Musical Instruments | 17 |
| Bamboo Jewellery | 17 |
| Bamboo Planter | 17 |
| Bamboo Archery | 17 |
| Upcoming Workshops & Camps, June 2024 | 17 |
| Bamboo Geodesic Workshop—Advance Course | 17 |
| For more information, special requirement, and pre-booking contact | 17 |
| Mohanam, Soul Of Soil June 2024 | 18 |
| Tours | 18 |
| Auroville Northwest Tour | 18 |
| Mohanam Campus Tour | 18 |
| Make and Take Workshops | 18 |
| Classes and Therapies | 18 |
| Cooking Class | 18 |
| Saree and Vesti Experience | 18 |
| Auroville Bioregion Experience with Mohanam Team | 18 |
| Auroville Sunday Tour & Brunch Experience | 18 |
| Thiruvannamalai Eco & Spiritual Services | 18 |

| | |
|---|-----------|
| Egai @ Isaiambalam Road | 18 |
| Workshops | 19 |
| Products | 19 |
| Velai Craft Co-working Space | 19 |
| Kalai Skilling Initiative | 19 |
| Kaivinai Craft Program | 19 |
| Tamil Suvai | 19 |
| Book Your Workshop Now | 19 |
| Craft Activities | 19 |
| Wellness Woodcraft Activity of Auroville | 19 |
| Carpentry & Wooden Craft Workshops | 19 |
| Paper Craft Workshop @ Wellpaper, Auroville | 20 |
| Sun & Soil: Natural Building Workshop | 20 |
| Available | 20 |
| E-Bike Available | 20 |
| Office Space Available | 20 |
| Looking For | 20 |
| Room Cooler | 20 |
| Seeking a House Sitting Opportunity | 20 |
| Seeking House Sitting | 20 |
| Part-Time Nanny Needed | 20 |
| Help Needed | 20 |
| Rainwater Harvesting System | 20 |
| Work Opportunities | 21 |
| Quiet is Looking for a Female Massage Therapist | 21 |
| Aurofilm is looking for a Graphic Designer/Marketing person | 21 |
| Honorary Voluntary | 21 |
| Farm Service Is Looking For Volunteers | 21 |
| Gau Seva at Sadhana Forest! | 21 |
| Volunteer Opportunity: English Teaching with Reach for the Stars | 21 |
| Kuilai Creative Center Seeks Volunteers | 21 |
| Taxi Share | 21 |
| Share taxi to Sri Ma once weekly in June | 21 |
| From Chennai Airport, Sunday, 23 June, 1am | 21 |
| Animal Care | 21 |
| Auroville to Launch Weekly Mobile Vet Clinic & an Information Campaign for the New Shelter | 21 |
| Urgently Staff And Volunteers Needed! | 22 |
| Foods, Goods and Services | 22 |
| Foodlink Market | 22 |
| Hairdresser | 22 |
| Guest Registration Service Summer Schedule | 22 |
| Reduced-Price Maroma Products for all Aurovilians in the Outlet Store | 22 |
| Eco Femme Open House | 22 |
| Nowana Restaurant Closed | 23 |
| Artiste Cafe | 23 |
| Sprout to Re-Open | 23 |
| Anitya: Community Lunch | 23 |

| | |
|--|-----------|
| Announcements From Sarvam Computers _____ | 23 |
| Ather E-Scooter Survey _____ | 23 |
| Qutee Electric Scooter Service _____ | 23 |
| New Waves _____ | 23 |
| Travel News From Inside India _____ | 24 |
| Some current offers _____ | 24 |
| Trip ideas _____ | 24 |
| Travel Tips _____ | 24 |
| Surabhi Supplies _____ | 24 |
| Dropzy _____ | 24 |
| Rapid Care Services _____ | 25 |
| Rupavathi Joy Activities _____ | 25 |
| Bio-Region Temple Tour _____ | 25 |
| South-Indian Cuisine—Cooking Class _____ | 25 |
| Thai Massage _____ | 25 |
| Tailoring _____ | 25 |
| Free store Summer Opening Hours _____ | 25 |
| Auroville Media _____ | 25 |
| Auroville Radio _____ | 25 |
| Last Published Podcasts _____ | 25 |
| Poetry _____ | 25 |
| Though She Knew No English _____ | 25 |
| I hold a smooth stone _____ | 25 |
| Rub Palms _____ | 26 |
| A green Silence _____ | 26 |
| 1872-1878-2024... Unfolding On _____ | 26 |
| Voices and Notes _____ | 26 |
| An Aurovilian Is A Priceless Asset _____ | 26 |
| Classes, Workshops & Healing Arts _____ | 27 |
| Angam Tree _____ | 27 |
| A Satsang On The Integral Yoga _____ | 27 |
| Free Introduction Course in Meditation and The Integral Yoga _____ | 27 |
| Verité _____ | 28 |
| Workshops _____ | 28 |
| Ayurveda for Self-Harmony with Claire _____ | 28 |
| Food is Medicine: Lifestyle Health Practices w/ Par- vathi _____ | 28 |
| Face & Eye Yoga: Face your Self with Mamta _____ | 28 |
| Food is Medicine: Lifestyle Health Practices w/ Par- vathi _____ | 28 |
| Regular Events—June 2024 _____ | 28 |
| Classes _____ | 28 |
| Yoga Breath & Meditation Practice for Beginners with Mamta _____ | 28 |
| Deep Sound Bath with Satyayuga _____ | 28 |
| Gentle Hatha Yoga with Claire _____ | 28 |
| Pranayama & Meditation: Re-balance your Nervous System with Radhika _____ | 28 |
| Kirtan: Songs for Your Soul (contributions are voluntary) with Mamta _____ | 28 |
| Restorative Yin Yoga with Radhika _____ | 28 |
| Face & Eye Yoga with Mamta _____ | 28 |
| Treatments and Therapies _____ | 28 |
| Ayurvedic Lifestyle Consultation with Claire _____ | 28 |
| Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja _____ | 28 |
| Birenda Massage with Radhika _____ | 28 |
| Biodynamic Craniosacral Therapy with Mila _____ | 29 |
| Integrated Craniosacral & Foot Reflexology with Radhika _____ | 29 |
| Heart-Centered Resilience with Susan _____ | 29 |
| Holistic Foot Reflexology with Vyshnavi _____ | 29 |
| Energy Healing Reiki with Vyshnavi _____ | 29 |
| Taste Of Yoga @ Vérité _____ | 29 |
| Verité Programs _____ | 29 |
| Yoga & Re-creation Programs _____ | 29 |
| Workshops (pre-registration required) _____ | 29 |
| Therapies (by appointment only) _____ | 29 |
| Sound Drops by Monsoon _____ | 30 |
| Nāda Yoga & Sound Immersion _____ | 30 |
| Bharat Nivas Presents Integral Healing _____ | 30 |
| Regeneration Listening Circle _____ | 30 |
| Experiences of previous participants _____ | 30 |
| Leela Therapy _____ | 30 |
| Traditional Mantra and Stotra Classes _____ | 30 |
| Arka Wellness Center & Multipurpose Hall Regular Activities, June _____ | 31 |
| Treatments _____ | 31 |
| Classes _____ | 31 |
| AcroYoga _____ | 31 |
| Tao of Tea _____ | 31 |
| It Matters Schedule from 13 to 22 June _____ | 31 |
| Mindful Monday _____ | 31 |
| Yoga with Rachel _____ | 32 |
| Detox your Mind & Breathe Heal your Body _____ | 32 |
| Languages _____ | 32 |
| News From Auroville Language Lab _____ | 32 |
| Evening Programs! _____ | 32 |
| Our first full-length publication _____ | 32 |
| Looking for _____ | 33 |
| Tomatis _____ | 33 |
| New Language Courses at ALL _____ | 33 |
| To join or enquire _____ | 33 |
| Language Courses at ALL _____ | 34 |
| The Language Lab is open _____ | 34 |
| Cinema _____ | 34 |
| Aurofilm Takes a Break in June. _____ | 34 |
| Eco Film Club Every Friday at Sadhana Forest _____ | 34 |
| Schedule of Events _____ | 34 |
| Wild Karnataka _____ | 34 |
| Cinema Paradiso _____ | 35 |
| Film Program 17 June 2024—23 June 2024 _____ | 35 |
| Accessible Auroville Public Bus _____ | 36 |
| Emergency Services _____ | 36 |
| N&N Guidelines _____ | 36 |
| Editors' Note _____ | 36 |



House of Mother's Agenda

(continued from last two weeks)

He too must grapple with the riddling Sphinx
 And plunge into her long obscurity.
 He has broken into the Inconscient's depths
 That veil themselves even from their own regard:
 He has seen God's slumber shape these magic worlds.
 He has watched the dumb God fashioning Matter's frame,
 Dreaming the dreams of its unknowing sleep,
 And watched the unconscious Force that built the stars.
 He has learned the Inconscient's workings and its law,
 Its incoherent thoughts and rigid acts,
 Its hazard wastes of impulse and idea,
 The chaos of its mechanic frequencies,
 Its random calls, its whispers falsely true,
 Misleaders of the hooded listening soul.
 All things come to its ear but nothing abides;
 All rose from the silence, all goes back to its hush.
 Its somnolence founded the universe,
 Its obscure waking makes the world seem vain.
 Arisen from Nothingness and towards Nothingness turned,
 Its dark and potent nescience was earth's start;
 It is the waste stuff from which all was made;
 Into its deeps creation can collapse.
 Its opposition clogs the march of the soul,
 It is the mother of our ignorance.
 He must call light into its dark abysses,
 Else never can Truth conquer Matter's sleep
 And all earth look into the eyes of God.
 All things obscure his knowledge must relume,
 All things perverse his power must unknot:
 He must pass to the other shore of falsehood's sea,
 He must enter the world's dark to bring there light.
 The heart of evil must be bared to his eyes,
 He must learn its cosmic dark necessity,
 Its right and its dire roots in Nature's soil.
 He must know the thought that moves the demon act
 And justifies the Titan's erring pride
 And the falsehood lurking in earth's crooked dreams:
 He must enter the eternity of Night
 And know God's darkness as he knows his Sun.
 For this he must go down into the pit,
 For this he must invade the dolorous Vasts.
 Imperishable and wise and infinite,
 He still must travel Hell the world to save.
 Into the eternal Light he shall emerge
 On borders of the meeting of all worlds;
 There on the verge of Nature's summit steps
 The secret Law of each thing is fulfilled,
 All contraries heal their long dissidence.

There meet and clasp the eternal opposites,
 There pain becomes a violent fiery joy;
 Evil turns back to its original good,
 And sorrow lies upon the breasts of Bliss:
 She has learned to weep glad tears of happiness;
 Her gaze is charged with a wistful ecstasy.
 Then shall be ended here the Law of Pain.
 Earth shall be made a home of Heaven's light,
 A seer heaven-born shall lodge in human breasts;
 The superconscient beam shall touch men's eyes
 And the truth-conscious world come down to earth
 Invading Matter with the Spirit's ray,
 Awaking its silence to immortal thoughts,
 Awaking the dumb heart to the living Word.
 This mortal life shall house Eternity's bliss,
 The body's self taste immortality.
 Then shall the world-redeemer's task be done.

* * *

'Till then must life carry its seed of death
 And sorrow's plaint be heard in the slow Night.
 O mortal, bear this great world's law of pain,
 In thy hard passage through a suffering world
 Lean for thy soul's support on Heaven's strength,
 Turn towards high Truth, aspire to love and peace.

A little bliss is lent thee from above,
 A touch divine upon thy human days.
 Make of thy daily way a pilgrimage,
 For through small joys and griefs thou mov'st towards God.
 Haste not towards Godhead on a dangerous road,
 Open not thy doorways to a nameless Power,
 Climb not to Godhead by the Titan's road.
 Against the Law he pits his single will,
 Across its way he throws his pride of might.
 Heavenward he clammers on a stair of storms
 Aspiring to live near the deathless sun.
 He strives with a giant strength to wrest by force
 From life and Nature the immortals' right;
 He takes by storm the world and fate and heaven.
 He comes not to the high World-maker's seat,
 He waits not for the outstretched hand of God
 To raise him out of his mortality.

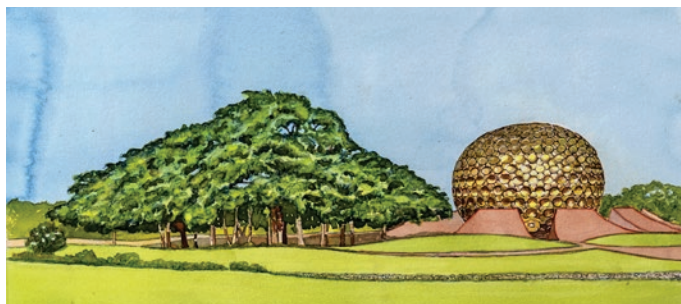
(to be continued next week)

Sri Aurobindo, Savitri, A Legend and a Symbol
 Book Six: The Book of Fate
 Canto Two: The Way of Fate and the Problem of Pain
<https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain>
 With love and gratitude
 Gangalakshmi (HOMA)

Community News

Matrimandir News

MATRIMANDIR ACCESS INFORMATION



Access to the Park of Unity and Matrimandir

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to **Aurovilians and Newcomers** Daily, 6am—7:30pm
- **Aurovilians may bring close family and friends** to the Gardens Daily, 9am—3:30pm

Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.

Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to **Aurovilians and Newcomers**:
 - Monday—Saturday: 6—8am, 4:30—7:30pm
 - Sunday: 6am—12pm, 4:30—7:30pm
- The Inner Chamber is open to **SAVI registered Volunteers**:
 - Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
 - Any day except Tuesday & Sunday: 8—8:35am.
Arrival at 7:45am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools**:
 - Tuesday 9—11am
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
 - Tuesday 8—8:30am

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
 - Monday—Sunday, 7—8am
 - Tuesday morning, closed.
 - Daily 5—6pm

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass.
- Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre:
 - Daily 9am—5:30pm

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

*Antoine, Divya, Karun,
John H., Judith, Sundar K*

Awakening Spirit

BHARAT NIVAS PRESENTS

A weekly study circle on The Synthesis of Yoga Sri Aurobindo

The Synthesis of Yoga - Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

"Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work."

"To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga."
27.03.1973

"Programme: Research through experience of Supreme truth. A Life Divine. But no religions."
02.05.1970

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville

'Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work'.

'To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga.'

27.03.1973

'Programme: Research through experience of Supreme truth. A Life Divine. But no religions.'

02.05.1970

Parking available outside at the Bharat Nivas Main Gate

Monisha, BN Team



Schedule June 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

Film: June 24: The Yoga of the Earth

This beautiful meditative film contains passages from Book One, The Book of Beginnings of Sri Aurobindo's Savitri—A Legend and a Symbol read by the Mother and her commentaries, illustrated by Huta's paintings. Produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. Duration: 32min.

This month: No Mudra Chi, No OM Choir

Full Moon Gathering

- **Friday, 21 June, 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
- **Wednesdays 4:30—5:30pm:** Dream Divine Series
- **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 10—11:30am:** Bases of Yoga Book Reading Circle led by Debashish
- **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

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



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

In the spiritual order of things, the higher we project our view and our aspiration, the greater the Truth that seeks to descend upon us, because it is already there within us and calls for its release from the covering that conceals it in manifested Nature.

Calendar of regular events of June 2024

Every Thursday 6:00 - 6:30pm
Meditation

21st, Friday at 6:30pm full moon, reciting Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in



BLOOMO

Saturday, 15 June, 5:30— 7pm



Saturday, June 15, 2024
5:30 to 7pm

Age 7+
Groups of 7 to 9

Join us to BloomO! at Marc's Cafe

The soulful flower card game

@ Marc's Cafe terrace

The soulful flower card game.

Play as you learn about the spiritual message of flowers. Engaging conversations, immersive experience. There will be a brief intro to the game's origin and significance.

- To reserve your spot: admin@marcscoffees.com

Matilde

AMPHITHEATRE—MATRIMANDIR

Thursdays, 6—6:30pm (weather permitting)

During the Summer months, Sunil's music and Savitri read by Mother will be replaced by the beautiful **New Year Musics**, also by **Sunil** and with each time a different prayer by the **Mother**, recorded with the music



Enjoy the beautiful open space, an immense sunset, 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 and note that access is for the Amphitheatre only from 5:45pm and until meditation ends.

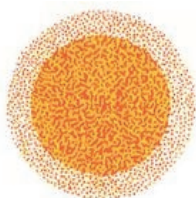
Surya for Amphitheater team

Education

INTEGRAL APPROACH TO PHYSICAL EDUCATION

One year course in Auroville

The Auroville Physical Education Board (AVPEB, SAILER) has designed a teachers' training foundation course for physical education (PE) teachers in Auroville (AV).



This comprehensive program has been designed to cover basic aspects of Physical Education teaching and a better understanding of physical education in the Light of Sri Aurobindo and The Mother.

The objective of the program is to train new sports teachers for Auroville (AV), so that the AV teachers can have a good knowledge of sports science as well as practical training on how to teach Physical Education (PE) classes, with a deeper understanding of the spiritual significance and functioning of the human body. These new teachers will be better equipped and more effective in implementing PE classes, conducting research and in offering services to AV schools and community.

Key Components of the Course

Integral Education Principles

- **Main Facilitator**
 - **Praveen**, Member of PE Committee of Sri Aurobindo Ashram
- **Major Topics**
 - Introduction to Integral Yoga
 - Auroville Aims and Ideals
 - Understanding the Integral Approach to Education
 - Spiritual and Mental Well-being
 - Yoga and Meditation Practices
 - Psychological Aspects of Physical Education
 - Stress Management Techniques

Sports Sciences

- **Main Facilitator**
 - **Savitri**, BSc Sports Science/Nutrition MSc Sports Nutrition
- **Major Topics**
 - Anatomy and Physiology
 - Biomechanics
 - Exercise Physiology
 - Sports Nutrition
 - Sports Injuries and Rehabilitation
 - Sociology of sports

Practical Training

- **Main Facilitators**
 - **Pedro**, BSc Sports Science, MSc Sports Science, PhD Sports Science
 - **Ruben**, Mental Health Educator, Martial Arts trainer and practitioner,
- **Major Topics**
 - Teaching Practicum in Auroville Schools
 - Pedagogy and Teaching Methodologies:
 - Teaching Games for Understanding (TGFU)
 - Lesson Planning and Implementation
 - Assessment and Evaluation Techniques
 - Classroom Management Strategies
 - Mentorship and Feedback Sessions
 - Project Implementation in Physical Education Settings
 - First aid training

Criteria for Participation

- The course is open to ALL and will prioritize those who wish to become PE teachers in AV.
- The foremost task from the participants for this program is:
 - Commitment to learn
 - Commitment to attend fully

Requirement on enrolment

To begin with, the course is designed for those who can give a part time commitment six days a week, including practicum/teaching sports at various AV schools from 2:30 to 5pm Monday through Friday. Throughout the year, there will be ongoing assessment of participants' quality of work as well as at the end of the year an assessment and review in order to reach a PASS grade.

Support for Aurovillians and Newcomers

In order to make it possible for as many participants as possible to attend this course AVPEB will work towards ensuring material support for the participants. We would like no aspirant to miss this opportunity due to a financial constraint or concern.

At the end of this course each participant will be able to integrate the new PE teaching squad in AV and be a teacher on par with the other teachers of AV.

Special Note

The Program is open to ALL interested, Aurovillians, newcomers and volunteers, with or without a degree in Sports Science and preferably with some Sports or Yoga practice experience.

The program is NOT exclusive for those that are already physical education teachers in Auroville Schools like Deashakti, Udavi, Ness, etc. but open to ALL interested in participating in the program **that will start on the 17 June 2024**

Beginning of Teachers Training: 17 June

The training begins on the 17 June 2024 2pm in SAILER hall. Please pass the word to all interested and subscribe asap in the link below.

- For further inquiries please WhatsApp 9361591906.

Contact

- 9361591906 WA
- All those you feel called and those who would like to know more, please [click on the link to fill the form](#)

Savitri, Lijun, Praveen,
Pedro, Ruben and Nilima
Submitted by Nilima for SAILER

ILAINARKAL EDUCATION CENTRE
Auroville Further Learning Programme
for All Age Groups

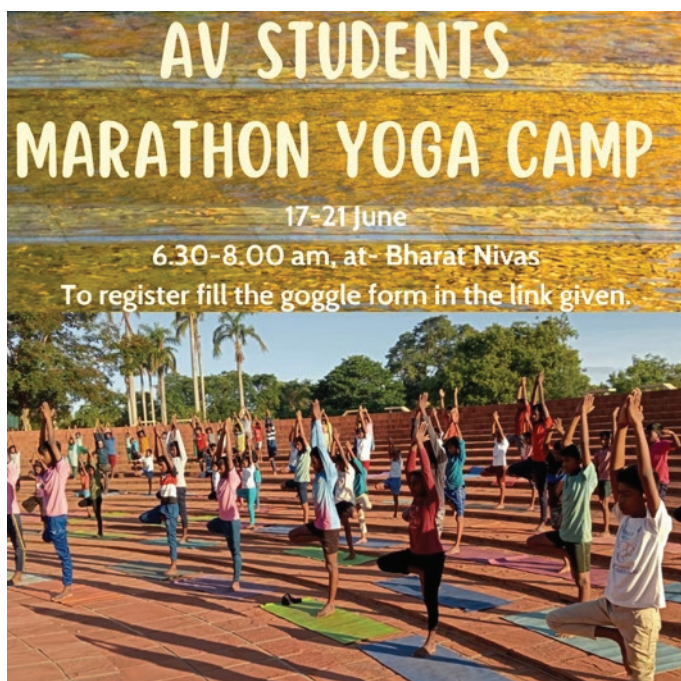


| Activities | Days | Timing | Resource Persons |
|---------------------------------------|------------------|--|------------------------------|
| Tailoring (sewing) | Monday to Friday | 10am—3pm | I.Pachaiammal |
| Spoken English class | Monday to Friday | session I: 3—4:30pm session II 4:30—6pm | B. Anandou |
| Yogasana Class | Monday to Friday | 6—7pm | B. Anandou |
| Tamil Typing class (computer) | Monday to Friday | 2—4pm | C.V. Ramesh karunakaran |
| Hindi class | Every Tuesday | 4:30—5:30pm | Colonel Chandra Sekar (Retd) |
| French class | Wednesday | 4:30—5:30pm | A. Arivan |
| Body awareness | Wednesday | 10am—12noon | M. Muthukumari |
| Viyazhavattam circle-Tamil Literature | Thursday | 4:30—5:30pm | R. Meenakshi |
| Entrepreneurship | Friday | 4:30—5:30pm | S. Sivakumar |
| Art and Painting class | Saturday | 10am—12noon | N. Janaki |

Contact: 0413 2623773, tamil@auroville.org.in
 R. Meenakshi for IEC

YOGA CAMP FOR AV STUDENT

[To Register click here](#)



All students will be offered nutritious breakfast everyday. For students from outreach schools, pick and drop from schools will be provided

Muthukumari, Velumurgan, Anand, Santosh and Mollika.
 Submitted by Nilima

SUMMER CAMP WITH ENLIGHT

Every Saturday, 10am—5pm, June



Summer Camp: Age 10-15

One Day Program: Meet and Greet. Coconut shell craft, Lunch break, Drumming, Dance

- One Day Prior Booking Required
- Contact Anand: enlight@auroville.org.in, +91 9159468946

Arun, Anand and Balaji

Yuvabe Education
 presents
Robotics Program

Find your future in tech through STEAM
 We meet weekly twice in June.

Junior level - Ages 9 & 10 - Mondays and Wednesdays - 10-11.30 am
 Senior level - Ages 11 & 12 - Tuesdays and Thursdays - 10-11.30 am
 Rs. 2500 monthly contribution, including GST

Limited Space

@ Yuvabe STEAM Lab, Saracon Campus

Find your future in tech through STEAM. We meet weekly twice in June.

- **Junior level:** Ages 9 & 10
Mondays and Wednesdays, 10—11:30am
- **Senior level:** Ages 11 & 12
Tuesdays and Thursdays, 10—11:30am

Limited Space, Rs. 2500 monthly contribution, including GST

education@yuvabe.com, 9047705400

Submitted by Abilash

STRUGGLING with Programming ?

Dear all, I am thrilled to help anyone who is struggling with learning a programming language or needs help with a project.

Please WA me at 9042483649

Pawan



AUROVILLE LIBRARY

Summer Opening Timings

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

News from the Auroville Library

Important! If you have an account with us, we kindly ask that you check we have your correct contact details (email, telephone, and community). Either drop by or send an email to av-lib@auroville.org.in.



- We would also like to remind you to please return your books on time!
- We are happy to share that we now have a **collection of Jigsaw Puzzles** for children and adults available to borrow.

0413 2622894, avlib@auroville.org.in
Kathrin and Devna

Youth Initiative

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH

Every Monday, starting 10 June onwards, 4:30—6pm @ Auroville Library

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH

Empowering youth through open conversations ; Creating a safe space for self-reflection and intentional learning

Facilitated by **Juan Andrés and YouthLink**

EVERY MONDAY 10TH JUNE ONWARDS 4:30 ~ 6:00 PM 9 AV LIBRARY AGE GROUP : 16~30

We are happy to inform you that YouthLink in collaboration with Juan Andres is offering interactive psychology sessions!

- **These interactive psychology sessions are catering to youth from the ages of 16 to 30 ONLY!**

The idea behind these sessions are to empower Youth through open conversations and to create a safe space for self reflection and intentional learning!

If you are a Youth and would like to delve into a topic, learn together with your peers and discuss subjects you would usually not talk about, join us! **Madhu for Youthlink Team**

Health Care

SANTÉ SERVICES, JUNE 2024



Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm
- **Saturday Afternoons Will Be Closed In June**

Tests and Sample collection

- Monday—Friday 8:30—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 Consultation with Dr.Senthil: Monday to Friday | Nurse Care: Thilagam, Ezhil, Archana, Sandhya. Daily, No appointment necessary |
| Ayurveda with Dr.Be: Monday/ Tuesday/ Wednesday/ Friday | Integrative Psychotherapy with Juan Andres: Monday to Friday |
| Acupuncture with Andres: TOS | Homeopathy with Michael: TOS |
| Physiotherapy & Massage with Galina: Mon/ Tue/ Thurs/ Fri | Physiotherapy with Arun Monday to Saturday |
| Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in | Soundbed Session with Sandhya/ Thilagam: Monday to Saturday |

- *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>

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 Sudha

**MAKE YOUR SMILE HEALTHY
June Month Offer**



**MAKE YOUR SMILE
Healthy**

50% Off: Teeth cleaning, 4 in 1 Procedure

Scaling, Air flow, Brushing with paste,
Calcium gel application

Auromode (opposite CSR), Auroville 605101.
9629199328 WA, 0413 2622063
aurodent@auroville.org.in

Sutha for Aurodent

**AUROKIYA INTEGRAL EYE CENTRE @ ARKA
Therapeutic Eye Compress Sessions
(For) Digital Eye Strain & Dry Eye**

- **Digital screen exposure** reduces Meibomian (tear) gland secretion, leading to tear-film instability and Dry Eye. Dry Eye damages the eye surface causing eye strain, itching, irritation, redness, watering or headache
- **Therapeutic Eye Compress** offer protection and relief from Digital Eye Strain and Dry Eye



More Information:

- aurokiya@gmail.com,
www.aurokiya.com Aurosugan for Aurokiya Eye Care

International

**New
co-working
space !**

- Mon 8:00AM to 12:00PM
- Tues 8:00AM to 12:00PM
- Thur: 8:00AM to 12:00PM

GOOD 20 FREE
WiFi Chairs Tea

The **European House** is pleased to welcome you in its co-working space. Come benefit from our wifi and the quiet of our place to focus and get your work done !

Free contribution, Help us pay our internet bills and improve the place! Come enjoy the quiet of our conference room 3 mornings a week! **A place you can privatize!** Do you need a place to host a meeting? A workshop? Or any other group activity: Send a request and book the place!

Marie, +33 695524430,
european.house.auroville@gmail.com

Art For Land

**VIVRE ENSEMBLE
LIVING TOGETHER**
Art For Land
SUMMER EXHIBITION



Adil Writer | Anamika Borst | Audrey Wallace - Taylor
Ben Van Vliet | Kratu Carlotto | Loretta Shartsis | Marie Claire Barsotti
Pierre Legrand | Veronique Menanteau

Summer Exhibition @ Unity Pavilion

Submitted by Arun

**INVITATION TO DONATE ARTWORK
for the 'Unity, Kindness and Friendship'
Art for Land Exhibition**

Dear Friends, we hope this message finds you well.

We are excited to announce an upcoming exhibition titled 'Unity, Kindness, and Friendship', celebrating the values of togetherness, compassion, and camaraderie. This special event will be held from 4 August, marking the birthday of Sri Aurobindo, and will serve as a fundraising initiative for Art for Land, Auroville, dedicated to the noble cause of land consolidation of the Auroville Masterplan.

We warmly invite you to participate by donating artwork that reflects the exhibition's theme. You can contribute a piece from your existing collection or create something new inspired by the spirit of unity, kindness, and friendship. Your generous contribution will not only enhance the cultural and artistic richness of the event but also support to secure land for Auroville.

About the Painting

Our invitation is beautifully illustrated by Pablo Picasso's Bouquet of Peace (1958), a painting that embodies the essence of peace and harmony. The artwork depicts two hands holding a bouquet of vibrant flowers, symbolizing a unified gesture of peace and goodwill. Picasso's creation serves as a timeless reminder of the power of art to bridge differences and foster a sense of community.



We hope that Picasso's masterpiece will inspire you to create and donate an artwork that resonates with the themes of unity, kindness, and friendship.

Details of the Exhibition:

- **Theme:** Unity, Kindness, and Friendship
- **From 4 August @ Unity Pavilion, Auroville**

If possible, please include a title for your artwork that resonates with the chosen theme.

How to Contribute

Send your artwork to the Unity Pavilion at your earliest convenience Please include a brief description of the piece and its relevance to the chosen theme. Your participation will be a significant addition to our exhibition and a step towards achieving our goal. We believe your artwork will inspire and move many, highlighting the profound impact of art in fostering community and goodwill.

We look forward to your positive response and are here to assist with any further details or arrangements you may require.

*Jaya and Doris for Art for Land
Mandakini for Acres for Auroville
7558401108, 5 July*

Multiple Activities

BHARAT NIVAS
भारत निवास பாரத் நிவாஸ்
The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

- MONDAY TO FRIDAY**
06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall
- TUESDAY & THURSDAY**
06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall
- MONDAY, WEDNESDAY & FRIDAY**
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall
- TUESDAY**
04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library
- FRIDAY**
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library
- WEDNESDAY**
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall
- MONDAY TO SATURDAY**
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY

- 09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra
- 09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)
- 09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Monisha for BN Team

Business Activities

BHARAT NIVAS INVITES

Stall Installation



Dear Aurovilians, Bharat Nivas invites individuals and activities interested in putting up art, craft, and food stalls in our Pathway and exhibitions and artwork in Kalakendra.

Please write to us at bharatnivas@auroville.org.in or contact our Trustee Janmejaya at 8249335483.

Monisha, BN Team

Theatre & Dance Activities

YATRA THEATRE TEAM

Presents Giramathuvaassam

16 June, Sunday, 7:30pm @ Aravindh Puram Village

Yatra Theatre Team
Presents
GIRAMATHUVAASSAM
(A village awareness street play on Solid Waste Management)
Written and Directed by
Yatra Srinivassan
Venue: Aravindh Puram Village
Date: 16th Jun 2024 Sunday
Time: 7:30 Pm
All are Welcome
Contact: 9751033162 / 0413 - 2623071

Yatra Srinivassan, 9751033162, 04132623071

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm @ Cripa Small Hall

Through Dance, Move, Visual Arts, Poetry, Spoken Word, Theater. And Music

- Step beyond labels and redefine your art form.
- Embrace the unknown and explore the interplay between disciplines.
- Safe space for artistic exploration.
- Self-motivated creation.
- Spaciousness for individual expression.
- Recognition of equal value in every movement, sound, and word
- Emotional storytelling through embodied movement and music.

**A CALL TO CO-CREATE
MULTIDISCIPLINARY
IMPROVISATION
LAB**
THROUGH DANCE, MOVE, VISUAL ARTS,
POETRY, SPOKEN WORD, THEATER, AND MUSIC

- Step beyond labels and redefine your art form
- Embrace the unknown and explore the interplay between disciplines
- Safe space for artistic exploration
- Self-motivated creation
- Spaciousness for individual expression
- Recognition of equal value in every movement, sound, and word
- Emotional storytelling through embodied movement and music

THURSDAYS 5PM TO 7PM CRIPA SMALL HALL
DISCOVER THE BOUNDLESS POTENTIAL OF COLLABORATIVE IMPROVISATION

Discover The Boundless Potential Of Collaborative Improvisation
Submitted by Krishna

New Creation Dance Studio

Sweatout & Smile

ZUMBA

Every Mondays!

Zumba classes are happening
@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763

Submitted by Vega

DANCE CLASSES BY MANI

Salsa Dance Class



Choose your Dance

- ✓ Bachata Dance
- ✓ kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now
 +91 86376 33696

SALSA DANCE CLASS

Tuesday salsa class 6:30 pm
 Saturday workshop 7:0 pm

Bakisata_dance

New creation, dance studio
 Embrace the Rhythm and Let Go!

Tango Dance



MONDAY
 Beginner 6:30 to 7:30 pm
 Intermediate 7:30 to 8:30pm

FRIDAY
 Workshop 6:30 to 7:30pm
 Open practice 7:30 to 8:30pm

Auroville, cripa

CONTACT US BY
 +91 86376 33696
 Bakisata_dance

TANGO DANCE

Submitted by Mani



afanna STUDY TANGO

AUROVILLE TANGO
 New batch starts the first week of each month

| | |
|--|--|
| MON 19:00 Introduction to Tango 20:00 Open source | WED 19:30 Guided Practica 20:00 Practilonga |
|--|--|

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- Monday
 - 7pm—Introduction to Tango, 8pm—Open Source
- Wednesday
 - 7:30pm—Guided Practica,
 - 8pm—Long Practice

No partner required. Bring socks or dance shoes.

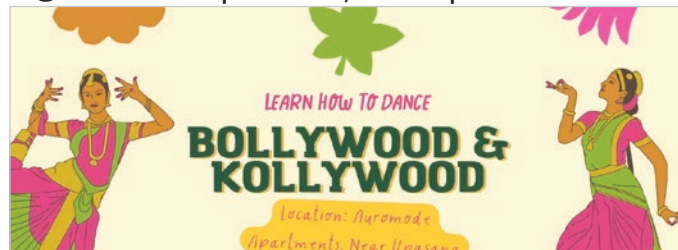
And plenty of joy!

+91 9821166082, tango@auroville.org.in Maud

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



LEARN HOW TO DANCE

BOLLYWOOD & KOLLYWOOD

Location: Auromode Apartments Near Upassana

Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmedt! 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

Music and Art Activities

CREEVA ART ACTIVITIES

Centre for Research Education
 Experience In Visual Arts



Our Art Activities:

- **Watercolor Landscape** by Sathya
 Wednesday 5—7pm.
- **Figurative Drawing Session**
 Friday 5—7pm.
- **Root Of Art** by C. Sivacoumar to know the basic value of art, contact: +91 8870129626
 Saturday 4:30—6:30pm.
- **Portrait by Sathya.** All art lovers! Looking for a unique and personalized portrait experience? I'm offering live portrait sketches and paintings done within about 30 minutes of your sitting. Capture your essence in a beautiful artwork. Let me know to book your session.



Open Studio is a creative space where individuals can explore various forms of visual art, such as Printmaking, Drawing, Painting, Recycled art, Installation, Collage, Sculpting, and more. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be available if you need assistance.

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

CREEVA Studio, Creativity Community

sathyacolour@auroville.org.in, +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

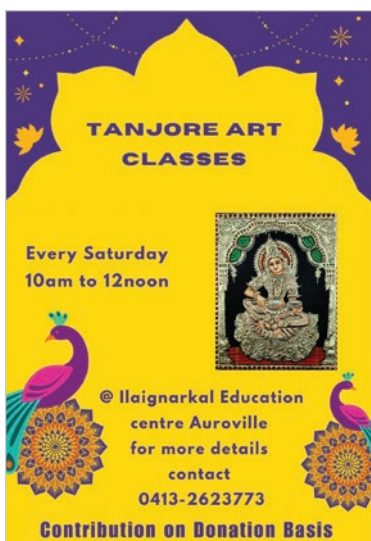


TANJORE ART CLASSES

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

SVARAM SOUND EXPERIENCE

Timon for SVARAM

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

@ 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>

Submitted by Michael

Sports & Martial Arts

SWIMMING CLASS BY MANI

Mani

AUROVILLE AIKIDO

Summer Update

@ Auroville Budokan, Dehashakti near Dana:

Adults' regular schedule for beginners and all levels:



- **During the Summer** we continue our early classes but discontinue the Wednesday evening and Sunday morning.

So, welcome to join this beautiful and complete practice in the form of a Japanese martial art:

- **Every Tuesday, Thursday, Saturday from 6 to 7:30am** (with N. Murugan and/or Surya). Reasonable contributions required for the Budokan (a LEAD activity).

Children classes (from age 8) will restart in July.

For more info, please contact us:

- Surya 8300189062, 0413 2623813
- Philippe 8300643963/WA
- N. Murugan 9952812843/WA
- budokan@auroville.org.in, m

Looking forward to see you at the Budokan dojo,

Surya for Auroville Aikido

ABHAYA MARTIAL ARTS RESTARTING

Abhaya Martial Arts trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belt (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We also started to give to our students official belts and degrees recognized by Shou Dao School; a martial art academy recognized by the Olympic Committee.



We are restarting with our classes!

- **Monday:** MMA/Grappling 5:30pm
- **Wednesday:** MMA/Grappling 5:30pm
- **Friday:** MMA/Grappling 5:30pm

If you wanna be updated about these changes and know how to participate, please WhatsApp +91 9487340778

Contribution required. Be punctual, in sportswear, no jewelry. Stay home if you are sick or if you have open wounds

Giacomo

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



TAI CHI CHUAN IN SHARNGA

Summer Schedule

Tuesday—Friday:

- 7:30—8am Chi
- 8—9am Tai Chi Chuan form

taichi.auroville.org,
taichi@auroville.org.in



Warmly, Krishna

ULTIMATE FRISBEE

- **Regular Sessions**
 - Wednesday, Saturday, 4:30—6:30pm @ Gaia Field

No prior experience needed!

Selvi for
Ultimate Frisbee
Auroville Women's Team



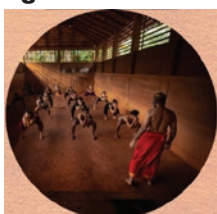
BHARAT NIVAS PRESENTS

**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

Vani for BN Team



GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm

@ Dehashakti

We started a girl's football team in dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details

Beber



KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

Nature Activities

PERMACULTURE 360° FARM TOUR

Every Saturday,
11am—1pm @ Terra Soul

terra soul
@ AUROVILLE
Permaculture 360°

Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?
Join us
Saturday from 11:00 AM to 1:00 PM
for an immersive tour of our permaculture farm in Auroville!

- ✓ Guided tour of our lush permaculture farm
- ✓ A chance to connect with Nature and like-minded communities
- ✓ Delicious farm-to-table lunch made from our fresh harvest

CALL & BOOK A TOUR NOW

📞 **JUAN - 9443434182**

🌐 [terrasoul_community](https://www.instagram.com/terrasoul_community)

Join us every Saturday from 11am to 1pm for an immersive tour of our permaculture farm in Auroville!

- **What to Expect:**
 - Guided tour of our lush permaculture farm
 - Hands-on experience with sustainable practices
 - Delicious farm-to-table lunch made from our fresh harvest
 - A chance to connect with Nature and like-minded individuals
- **Auroville Contact:** Juan 9443434182
- Limited spots available!

Register now to secure your place before coming and step into a world of sustainability.

Follow us on Instagram @[terrasoul_community](https://www.instagram.com/terrasoul_community) for more updates and glimpses of farm life!

Juan
for Terrasoul Farm

AN HERBAL MEDICINAL PLANTS COURSE


For Beginners

Monday—Friday, 9—11:30am

Martuvam Healing Forest

Discover 35 medicinal plants and their health benefits to support your health and well-being.

No prior experience necessary



AN HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

MARTUVAM HEALING FOREST

Discover 35 medicinal plants and their health benefits to support your health and well-being.

Workshop Highlights:

Curriculum

Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.

Workshop Highlights

- **Curriculum**

Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.

- **Expert Guidance**

Guided by 20 years experienced herbalists Shivaraj (Nutritionist), Dr. Geeta Auropremi MD, and Sylvie Roques.

- **Contact Us**

martuvam@auroville.org.in, +91 9345454232 call/ WA
Annai Nagar, Auroville, Alankuppam, Puducherry 605111
Register Today!

Sivaraj

FOOD FOREST TOUR

Mini-Raw-Food Workshop



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

Submitted by Sarah

Bioregion Activities

ENLIGHT ACTIVITIES




Tours



Sound Bath



Fireside Drumming



Instrument Workshop




Cooking Class




Pottery Workshop

+91 9159468946,

enlight@auroville.org.in


Astanga Yoga




Deep Tissue Massage



Sound Healing



Dance Movement



Karлакattai

+91 9159468946,

enlight@auroville.org.in

Arun, Anand and Balaji

AUROVILLE BAMBOO CENTRE June Program 2024

Tours

Bamboo Centre Campus Tour

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

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.



Auroville Bamboo Tour with Special Bamboo Lunch

11:30am—12:30pm, Every Saturday

Book your slot and enjoy our delicious Bamboo special lunch featuring a variety of fresh, local and organic ingredients. Reserve before Friday afternoon to secure your spot.

Note: People are requested to Manage their own transport & Contribution for the tour is mandatory.

Training and workshop

• Daily Make and Take Hands On Workshops Experiences

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.

One-Day, Make and Take Workshops

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



Furniture Workshop

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

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.

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.

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

- 10am—12:30pm or 2:30pm—5pm
- Every day except Sunday
- Walk-in registration available



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.

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.

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.

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.

Bamboo Archery

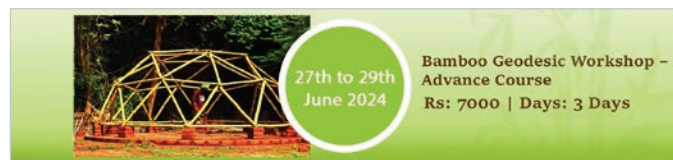
Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop.

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 & Camps, June 2024

Bamboo Geodesic Workshop—Advance Course

- 27—29 June, 9am—5pm



This workshop focuses on where you will learn how to design and build a Geodesic Dome using bamboo.

The Bamboo Geodesic workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

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

Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- **Contact:** Voice call and WA: 8300949081, www.aurovillebamboocentre.org

Balu

MOHANAM, SOUL OF SOIL

June 2024

Conscious and Cultural Tour, Workshops & Therapy, Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture.

Touch, Ride, Feel, Taste, Hear, Discover, Experience, Tours



MOHANAM PROGRAM

Tours

- Advance booking is necessary
- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

Auroville Northwest Tour

- Every day, 10:30am—1pm, every day 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

- 10am—4pm, every day 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.

Make and Take Workshops

- One day advance booking is necessary
- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

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
- Kolam Mandala Painting
- Coconut shell craft
- Incense Making
- Lampshade Making
- Paper Marbling
- Candle making
- Soap making

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

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 day, except Sundays

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

Auroville Bioregion Experience

with Mohanam Team

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

All above activities one day Advance booking is necessary

- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sunday

Auroville Sunday Tour & Brunch Experience

Indian Asian Steam Food

Experience Northwest of Auroville & Village Artisan

- One day advance booking is necessary
- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

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

Thiruvannamalai Eco & Spiritual Services

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

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

For more information, contact us:

- Preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667

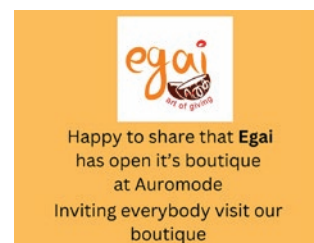
Balu For Mohanam Centre

EGAI @ ISAIAMBALAM ROAD

+91 9791896488 WA /0413 2963034

We are creating sustainable livelihood for native artisans and craftsmen using coconut shells to encourage the next generation to pursue this art. We are also making the younger generation to become aware of the harm of plastic and start using local and eco-friendly products.

Happy to Share that Egai has opened its boutique at Auromode. Inviting everybody to visit our boutique



Happy to share that Egai has open it's boutique at Auromode Inviting everybody visit our boutique

Workshops

• Coconut Shell Craft

Embark on a crafting journey with coconut shells can be both exhilarating and challenging. For those eager to start but unsure where to begin, do some beginner-friendly tutorials to get you going.



• Incense Making

Come and make your own Agarbatties. Learn the basic methods of making incense so you can create your own blends and aromas! Learn in an easy way, with resources that will help you throughout the process of learning.



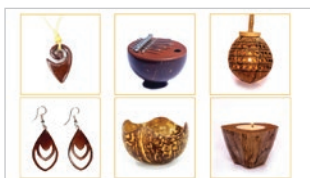
• Musical Instruments

Learn to Make handcrafted piece of musical art that you can carry with you in your handbag or make a decoration at home. It is made of pure natural coconut shell.



Products

We make craft work out of eco-friendly materials like coconut shell. All our products are unique by design. The raw materials are sourced from local communities and are sustainable. We spend a great deal of time ensuring the quality of each product.



Velai Craft Co-working Space

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 for art and craft.



Kalai Skilling Initiative

Conscious intent for youth of all needs 'Dream' of self-determination. Focussed on encouraging students to develop their skill apart from academics. The initiative focuses on five categories arts, craft, music, dance, story telling to grow their creative thinking.

Kaivinai Craft Program

- Monday to Saturday, 10am—5pm.

Community and village artisans, working, growing their skills and livelihood opportunities. Book your workshop and support them.



Tamil Suvai

Creating a fusion of cuisine and craft fun activity for a warm summer day. Patrons can partake in easy to do crafts activities, taste foods and join our journey. Bringing together local entrepreneurs and providing native food unique to the bioregion community. People wanting to set up stores contact us at egai@auroville.org.in to register.



Book Your Workshop Now

- Talk to Anand egai@auroville.org.in, 09791896488

Submitted by Arun

Craft Activities

WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE Carpentry & Wooden Craft Workshops





Fri & Sat **DIY WOODWORKING**
AGE: 15+ DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

MAKE & TAKE WORKSHOP
Kitchenware & Home Decor
(Bowl, Chopping Board, Rolling pin, Candle & Incense holder)

Start your woodworking journey with hand & power tools. Carpentry and woodworking allows you to express your creativity by designing and building unique & personalized projects.



SPOON CARVING WORKSHOP
BEGINNER LEVEL 


Basics of wood & tools
Marking & cutting
Shaping with hand tools
Sanding & finishing

Age: 15+
2 Days Make & Take workshop

WELLNESS WOODCRAFT AUROVILLE
Every Wed & Thu

DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Whether you're creating a piece of furniture, kitchenware or a home decor, woodworking gives you the freedom to design and build something that reflects your personal style and interests.



DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Age: 15+ **Mon & Tue**

WOOD JOINERY Mortise & Tenon
Half-laps
Bridle Joints
Hand & Power tools

BEGINNER LEVEL

Woodworking can also provide a sense of community and connection with other like-minded individuals.

- Advance Booking Is Necessary: Anand wellnesswoodcraft@auroville.org.in, +91 9952589649WA

PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, Every Day Except Sunday

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home. **Wellpaper**

- Contact Zeevic, +91 9385744744, 0413 2969722

Zeevic



SUN & SOIL: NATURAL BUILDING WORKSHOP

8—12 July @ Youth Center, 7:30am—5pm



• Introduction

Delve into the heart of ancient techniques and modern sustainability. Unravel the intricate tapestry of natural buildings and materials, weaving together the timeless wisdom of cob, wattle, and daub. Join us for this 5-day full-time workshop 7:30am—5pm.

Discover the essence of mud through hands-on exploration and theory. Bring structures to life, each whispering stories of generations yet to unfold.

- **Soil Walk, Natural Building, Dorodango Art, Bio Enzyme Workshop, Open House**
- For registration and more info, please go to our website: Youthlink.org.in

Lucrezia & Youthlink team

Available

E-Bike Available

Electrical Cycle Hero Lectro C4. Almost new, Color Lilac, Rps.24.000

Anandi ayun, 9952746385 anandi7@auroville.org.in



Office Space Available

Office Space insideAuro-mode Premises with superb infrastructure,including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.

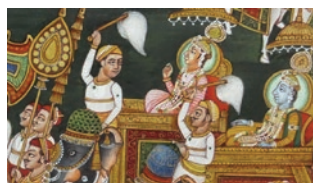


Interested people may contact **Mr. Pandian** at Auromode in person, +91 99433 90391 or pandian@auroville.org.in

Looking For

Room Cooler

I am looking to borrow a portable room cooler, even just for nights. Please let me know if you have one available, as the heat in the top room of the building has become unbearable.



ivana.frousova@gmail.com

+91 7094344154 (No WA), Ivana

Seeking a House Sitting Opportunity

Hello, my name is Kirthana, I am 34 years old and I am an Architect and Urban planner. I would like to visit Auroville between 22 July and 11 August for a work plus retreat stay. I would be bringing my young indie puppy yogi, who is a 1.5 year old boy. I have 2 years of experience house sitting and would be happy to take care of your home. Some amenities I would prefer:



- Independent cottage or studio.
- Pet friendly. I am open to taking care of smaller pets such as fish or birds and plants. Open to taking care of friendly female pups if they get along with Yogi.
- Fully equipped kitchen access with basic utensils
- Wi-Fi is a plus
- Garden access would be amazing!!
- At Least one bedroom and an independent bathroom.

If you are interested, or know anyone who is looking for a house sit, please get in touch with me at kirthana.s@columbia.edu

Kirthana

Seeking House Sitting

Hello everyone! I'm a natural dyer and a graphic designer, I already lived in Auroville during the last four years. I will come back soon with my whole family (my husband and my 2 kids) to start volunteering and the new-comer process. So I'm looking for a home: house-sitting or renting as long as it suits a family with young children.



We will arrive by the beginning of Septembre, so if you know any place that could fit please contact

- meghan.gillet@gmail.com or +33783627317 WA

Meghan & family

Part-Time Nanny Needed

We are seeking a female for our 10 months old.

Job Description: Engage in playtime activities, ensure the baby's safety, 4 hours a day. If you are interested, for more details please contact: 9042457622. **Sivaoli**

Help Needed

RAINWATER HARVESTING SYSTEM

Dear Auroville Community, I'm Mariappan working for ACUR Town hall (Aurovilian) and living in Mango Garden with my family. In our Community I don't have enough water for my day-to-day needs, my neighbour only shares a little amount of water with me. To solve that problem I have a sustainable solution to build a Rainwater Harvesting system next to my house.



I already got permission from L'avenir Auroville to do it. The estimate of the Project is Rs 68000 and i have little savings to begin it, but I really need some donations to finish it.

Please donate to my **FS Account 106135**, Mariappan, to support Sustainable plans in Auroville.

Mariappan, 8940662433

Work Opportunities

**QUIET IS LOOKING FOR
a female massage therapist**



We are looking for a qualified female massage therapist to work either full-time or part-time at the Quiet Healing Center.

If you are interested to become part of Quiet's dynamic team and work in our beautiful beach environment, please email your application with background info and qualifications to quiet@auroville.org.in.

We'll invite you afterwards for an interview to review your application and discuss our work conditions with you in person.

Guido for Quiet Healing Center Team
www.quieth healingcenter.info/
quiet@auroville.org.in

**AUROFILM IS LOOKING FOR
a Graphic Designer/Marketing person**



Aurofilm is looking for a Graphic Designer/Marketing person, to create Marketing Material for their upcoming Film and Animation Courses and to spread the word about it via local PR and online marketing.

- Please contact us at 08300189062 (Surya) or 7517394469 (WA Abhijit).
- Compensation offers will be discussed upon meeting.

Surya

Honorary Voluntary

FARM SERVICE

Is Looking For Volunteers

Mondays at 10:30am, for an interview
@ Bhumika Hall, Bharat Nivas

Dear Friends, The Farm Service is looking for volunteers to serve in the farming sector. Interested candidates (Aurovilians) may come to the Bhumika Hall (Bharat Nivas) on Mondays at 10:30am for an interview.



Gino for Farm Service

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

The Sadhana Forest team, Aviram

VOLUNTEER OPPORTUNITY:

English Teaching with Reach for the Stars

Sundays, 2—3:30pm

Reach for the Stars in Auroville is seeking English teaching volunteers for weekly classes held on Sundays from 2 to 3:30pm. If you're passionate about education and making a difference, join us in empowering students through English language skills.

- **Requirements:** Fluency in English, enthusiasm for teaching.
- **Contact:** reachavteam@gmail.com

Make a difference with Reach for the Stars!

Submitted by Poovizhi

KUILAI CREATIVE CENTER SEEKS VOLUNTEERS

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
 - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact: kulaicreativecentre@auroville.org.in or call us 8608473385

Selva for KCC

Taxi Share

Share taxi to Sri Ma once weekly in June

Send a message if interested. +91 96555 34514

Isha

From Chennai Airport, Sunday, 23 June, 1am

A Taxi going empty to Chennai Airport and will return at 1am to Auroville on Sunday morning, 23 June. If someone needs a ride to the airport, you can use this Taxi.



Contact Jan, Gaia, +91 9443309312

Jan

Animal Care

**AUROVILLE TO LAUNCH WEEKLY MOBILE VET CLINIC
& an Information Campaign for the New Shelter**

Friday, 14 June, 10am—1pm

@ Solar Kitchen Parking Lot

The team of the Auroville Dog Shelter invites all Aurovilians, friends, and animal lovers for the start of our weekly new mobile vet clinic service, despite facing, at the moment, significant budget constraints. This soft launch, set for Friday, 14 June, from 10am to 1pm at the Solar Kitchen Parking Lot, aims not only to provide essential veterinary services but also to encourage a dialogue with residents and animal lovers about the construction of the new Auroville Dog Shelter.



Drop by to have a chat with us, we are happy to share with you our concept to build a self-sustainable animal shelter and beautiful Serenity Park with a visitors center, restaurant, children's playground, shops, and a farmers market, a veterinary and discount priced pharmacy. Let's put our minds together as a Community to find solutions to solve the Puppy Crises for good and ways to provide better ser-

VICES for the benefit of humans and animals in our city. We want to hear what you have to say and invite everyone willing to become part of this important project. Let's work together!

Even though this Friday will be just a first soft launch, you can bring your animals if they are in need of our services. Please note as the shelter is completely overcrowded with barely any funding, we cannot accept at the time being more puppies, but we are happy to provide the following services:

- **Free Consultations:** Receive expert veterinary advice to ensure their animals' health and well-being.
- **Basic Medical Care:** We are able to address minor ailments and provide necessary treatments.
- **Cost-Price/Donation-Based Vaccinations:** Affordable vaccinations to keep your dogs protected. (We don't have funds for cat vaccinations at the moment)
- **Spay/Neuter Bookings:** Schedule sterilization surgeries, an essential step in managing the growing puppy population.

Animal Care Information: Valuable tips and advice on how to keep them happy and healthy.

Volunteering Information: There are lots of opportunities to volunteer in the old and for building the new Animal Care Shelter!

- If you want to support us by donating, please use our FS Account 251391

Arthur for Auroville Dog Shelter

**URGENTLY STAFF
And Volunteers Needed!**

The Auroville Dog Shelter is offering two positions for animal caretakers, 25 hours per week and can compensate with half a maintenance.

- Please message Arthur, 8122225266 WA

Auroville Dog Shelter,
Arthur



Foods, Goods and Services

FOODLINK MARKET

15 June, Saturday, 10am— 12:30pm

@ FoodLink, Solar Kitchen Complex, Crown Road

FOODLINK MARKET

Fruits, vegetables, milk & eggs from Auroville farms

15th June 2024
Saturday
10:00 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804

No cash payments - all payments are to be made via AVFS account, AuroCard, or UPI

Fruits, vegetables, milk & eggs from Auroville farms

- No cash payments. All payments are to be made via AVFS account, AuroCard, or UPI

Isabelle,
Call/WA +91 8300268804

HAIRDRESSER

Hairdresser. For you and / or your child's next haircut: inspired, striving-for-the-perfect, 12 yrs young artist Ahana looks after you and / or your child's hair and well being.

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



Ulrike

GUEST REGISTRATION SERVICE

Summer Schedule

Only Mornings During the Month of June 2024

Guest Registration Service at Town Hall will be open ONLY in the mornings during the month of June 2024 and closed in the afternoons.

Our working hours will be 9:30 to 12:30

Monday—Saturday.

Rajeswari for Guest Registration Service Team
Town Hall, grs@auroville.org.in

REDUCED-PRICE MAROMA PRODUCTS



for all Aurovilians in the Outlet Store

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is

- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

See you there!

Jesse for The Maroma Team

ORGANIC TEXTILE STANDARD
GOTS - CERTIFIED
Organically certified

eco-femme

Monday to Friday 9 am to 5 pm
Auroshilpam 605 101, Auroville

ecofemme.org

Every Thursday, 10:30am

Dear Friends, come join our Open House every Thursday at 10:30am. We hold these at our office in Auroshilpam, just behind Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and cloth nappies. See you soon! Mila

NOWANA RESTAURANT CLOSED

10—14 June

Dear Community, we will be closed from 10 to 14 June, Monday to Friday, due to Keeth roof replacement and for deep cleaning. We apologize for any inconveniences.

Gumsoon for Nowana



ANNOUNCEMENTS

From Sarvam Computers

Dear Community members, Sarvam Computers is shifted to the new office space in Utsav Phase—1A, First floor. (Near Verite)



- **Working Hours:**
9am to 5pm except Sunday.

Customized computer assembling, all Computers, Laptops & all apple computers upgrade, Data backup and recovery, Network configuration & solutions, Repair & maintenance, all operating system installation.

- **Please contact Bala:** 9443211891, 9786953603
engelssarvamcomputers@auroville.org.in

Submitted by Bala

ARTISTE CAFE

2623071, 9786772209,

yatraartistecafe@gmail.com, Yatra Srinivassan

SPROUT TO RE-OPEN

Dear all, the Sprout will be open from Friday, 14 June!

We look forward to seeing you all again.

Monica for The Sprout Team



ANITYA: COMMUNITY LUNCH

12:30 on Thursdays and Saturdays



JOIN OUR COMMUNITY LUNCH



Our Community Lunches Are Still Happening During The Summer! Contact Serena on WA to book one day in advance: +91 84897 60966

• Contribution required, (discount for AV/ NC & Volunteers)
See you at 12:30 on Thursdays and Saturdays in our community kitchen!
Nikethana for the Anitya team

ATHER

E-Scooter Survey

Dear Community, we are in discussions with Ather management officials to setup a service center in Auroville. This would allow all Ather scooters to be serviced locally, eliminating the need to travel to Pondy.



To strengthen our case for a service point in Auroville, Ather management requires data on the number of Athers in use within and around the area. Therefore, we kindly request all Ather owners/users who:

- Purchased their Ather directly from Ather
- And have not had their Ather serviced in Kinisi to fill out the Ather info Google form. Ather info

Prabhakar for Team Kinisi

QUTEE

Electric Scooter Service

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) made here over the years, is conveniently available.



The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.

New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovilian) with decades of experience.

- You may call Qutee 9443372418 for any of your requirements. Upgrade to electric transport and solar power.

B for Qutee Electric Scooter Service

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in,
newwavesauroville@gmail.com



• **Office open afternoons only**
Monday to Saturday at 2—5pm

Dhanda

TRAVEL NEWS FROM INSIDE INDIA

(Tuesday, 11 June 2024)

Namaste, Bonjour, Hello and Vanakkam from Inside India.

We are always open and ready to take the hassle away from you when it comes to booking your travels, be it in and out of India, as well as Inside India itself...



You name it, we do it: Flight tickets, Bus tickets, Train tickets, Travel Insurance, Visas, transport in Taxis, even some required nights of rest if that is the case...

- **Our door is open** from 9:30 till 4pm.
- Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30am till 4pm, landline 2623030
- Monday to Friday, Saturdays on appointment only.
 - He can also be contacted anytime via mobile or WA: +91 9894598686
 - And by email: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email: insideindia@auroville.org.in or insideindia@inside-india.com

Some current offers

- **Qatar Airways** special fare from Chennai to Paris, Frankfurt, Milan, Munich.
- Special Business Class Fare from Chennai to Seoul on **Cathay Pacific**
- Air India offer fare is available from Chennai to Milan, Paris
- **Qatar Airways** Special one way fares from Chennai to New York, USA
- **Emirates** has offered fare from Chennai to Paris, Milan.
- **Ethihad Airways** offer fare from Chennai to Frankfurt, Vienna, London, Zurich, Milan, Munich, Brussels, Seoul.
- **Malaysian Airways** & Thai airways special fare from Chennai to Seoul.
- **Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.

Trip ideas

Looking for a weather change, why not Nepal, Kashmir, or Ladakh... and of course closer to Auroville, Kodaikanal is there too...

A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...

You can also have a look at our current offer for Chettinad

Travel Tips

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

- **Indian nationals can now be issued long-term, multi-entry Schengen visas** valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.

- **Sri Lanka has shifted from the Electronic Travel Authentication (ETA) visa programme to a new E-visa scheme** with effect from 17 April 2024. In this context, the ETA website was discontinued on 16 April 2024

- **The Embassy of the Republic of Turkey** announces that Turkish authorities have commenced requiring the 'Electronic Airport Transit Visa' (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.

- **eVisa fees waiver scheme has been introduced for citizens of India, China, Indonesia, Russia, Thailand, Malaysia, and Japan**, with immediate effect, valid until May 31st, 2024 (Last date of arrival) for tourism only. To avail of the scheme, please select the 30-day single entry eVisa option.

- **Thailand has extended its visa exemption program** for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.

- Also, [this LINK will tell you](#) all that you need to know about Flight delays and/or cancellations.

- Finally, [this LINK can be useful too](#) in case you are traveling on your own... or not...

Thanks a lot to all of you who already trusted us. Have a great week...

Priya, Rima, Olivier, Inside India New Team

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



Contact us for all your procurement needs:

- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: Iyyappan

Let's simplify and optimize your sourcing process together!
Iyyappan, Surabhi Supplies

DROPZY

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc. Dropzy delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.



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

• Download link as shown below:

[Android](#)

[iPhone](#)

[Desktop](#)



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

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

RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



| Category | Service |
|---------------------|---|
| Metal Works | Channels, Doors, Piping, Fabrication |
| Plumbing | End to End, Job works |
| Furniture | Repairs, Made to order |
| Masonry | Repairs, Renovations and Remodulation |
| Painting | End to End, Job works |
| General Maintenance | Floor Waxing, Powder Coating, Fumigation, All Home Utilities |
| Installations | Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera |
| Electrical Works | Wiring & Meter box, Lights, Switches & Sockets, Motion sensor. |

- **Contact:** + 91 8270071581/ +91 7639810621
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** @rapidcare1
- For Rapid Care, Balaji & Arun

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine—Cooking Class

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

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

Thai Massage

- **Monday—Saturday, 9am—5pm.**

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

Tailoring

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

- **Contact:** Phone/WA 8098845200,
rupavathijoy@gmail.com

Rupavathi Joy

FREE STORE SUMMER OPENING HOURS



In the months of **May and June** we will be open from **8:30am to 1pm**

Kindly note: **No afternoon**

Kamala for Free Store Team

Auroville Media

AUROVILLE RADIO

Dear Aurovilians, your favorite 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

- [Une série hebdomadaire de lectures par Gangalakshmi—466.](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 32 'Steps to animate a Cartoon Character'.](#) (Cinema)
- [Seeking Our Inner Being Se. 1, Ep. 13.](#) (Spirituality)

...and more! on www.aurovillerradio.org

For more information write to radio@auroville.org.in

Wobbli

Poetry

THOUGH SHE KNEW NO ENGLISH

Though she knew no English,
or only little, I could put my small hand into
her leather glove to read
the rabbit in snow, fur so cool and sweet
even winter faded.
That was my favorite thing.
In summer, I could pick out her kitchen
from the street, through the air, open window,
cabbage and more cabbage,
a lovely green though it paled
as the boiling did something.
Many times I saw her carry one
newly picked, hard and round
as a head you'd reach for
to save the whole body from drowning.
On the boat over, she came alone as a child
is the story, years before they called
the war great then morphed it merely first,
a second one arriving in mud and rain
like a trumpet unmutes, so
they had to rewrite the world, count it up
all over again. Ma, these are
American children, I heard my father tell her.
Behind that house every
ancient why and who, a garden multiple
as it was mindful. Not how the Brits
mean garden, not just a back yard. And never
willful beauty. Her huge No, no waste dirt
on flowers! I'm pretty sure she said
in a precise almost English.
Behind that, winter's tooth.

Marianne Boruch

I HOLD A SMOOTH STONE

I hold a smooth stone
And wonder
How much rubbing
It has gone through.

RUB PALMS

Rub palms
To get warm

Rub shoulders
To build bonds

Rub edges
To smoothen stones

Frictions create
A constant contact
That melts and molds

*With joyful Gratitude,
Anandi Z.*

A GREEN SILENCE

A green silence
Around the toes

Sunday morning
Nobody
Nothing

A leaf
Fail

A tiny butterfly
Arrives.

Anandi ayun, Realization

1872-1878-2024... UNFOLDING ON

We assess current developments with the Dreams, Visions, Exteriorization Series¹ in the context of the Integral Yoga of the Avatar Sri Aurobindo and the Mother, founders of Auroville the City of Dawn, where we in the Sunlit Path of Bhakti to the Master of the Work² consciously continue on...

What IS

*Is not just the Absolute in stasis
But also the unfolding dynamic Marvellous.*

There is love
That is distorted
Based on ego-attachment,

Then there is Divine Love
That is the basis, the Source
That upholds, sees and acts
Within Its Play of Opposites.

Enfolding, Unfolding,
From another Zero restarting,
The Unified Field Big Bang,
Let There Be Light, AUM,
To the Yoga of the Infinite,
Of countless individuals unique,
Where the eater is also eaten,
Devouring, wrestling, dancing,
Re-uniting, Re-membering
In this Hide-and-Seek Game
That We are That, the One.

From the Ignorance emerging,
As the Lotus from the mud.

Blossoming from Love Divine
The Manifestation Divine.

On this Earth coming soon
The Life Divine.

¹ <https://www.youtube.com/live/QZvboZrikr0?si=PPbRV6SKwCk74UBN>
² <https://incarnateword.in/cwsa/23/the-master-of-the-work>



Zech, 2024.06.09

Voices and Notes

AN AUROVILIAN IS A PRICELESS ASSET

In the latest context, a perception that is growing inside and outside of Auroville, is that Aurovilans are useless, they did nothing and doing nothing, not even doing yoga. I wish to share some of my experiences and observations; thanks to the Mother, there is an opportunity to share your views. Some may say 'it's my opinion or give it another name' but however there it is.

First of all, I find this perception is very superficial. To understand Auroville and lives of Aurovilians, the basic condition required is one will have to go deeper and do a deeper study by living in Auroville minimum of five years, then only, one can make out something of Auroville and Aurovilians besides, longer one lives, more one learns and discovers.

Second of all, at this time, on the earth, there are not many people on the earth who read The Mother and Sri Aurobindo and understand them, even fewer believe in them. Among those who believe in The Mother and Sri Aurobindo, very few choose to come to Auroville, from those few, fewer choose to join Auroville and fewer continue to stay instead of choosing to leave.

Thirdly, the real play begins once one chooses to join the Auroville. Beginning from documentation, volunteering, housing and contributions etc. After all the conditions are met there still remains the issues of Visa for ever.

Fourth, once one settles down, finds a job, a community you like to live in and a community that likes you and all, managing your finances remains an issue as well. According to your needs one can go find a job or open a business unit, on one's own (if one's needs are larger than very basic). However, even doing business is not easy, though one can get clients in the name of the brand Auroville, still, one needs to do the manufacturing and production, addition to the place management and workers management in accordance with Auroville rules, ABC, FAMC, and other Aurovilians management, is in addition. However life moves on.

Fifth, longer one lives in Auroville, more one learns about the society, people, Auroville rules, and slowly develops some kind of brotherhood and family. One must take a serious note that to integrate into Auroville and Auroville life, it takes LONG time, beginning from five to ten, after fifteen or twenty years of living in Auroville one feels really grounded to Auroville and not only one feels at home here but also gets disconnected from the rest of the world at the same time. That's exactly what The mother wanted, The mother says in an occasion of conversation 'I am your family'.

Sixth, as far as yoga and individual spiritual progress is concerned, if I am not mistaken I have come across notes from the mother, where she says 'if you are looking for only your personal spiritual growth, go somewhere else, if you want to work for me come '. So here the yoga is more about karma yoga, and collective yoga, (working for the mother or Auroville) which the charter also says 'willing servitor of the divine consciousness'.

Seventh, as far as the meditation part is concerned, the perception that is growing in Auroville, that those who are going to Matrimandir regularly, are the only people who are doing meditation and yoga, and others are here, only for life. I feel this is completely wrong also, there are people who practice meditation at homes and other places even, more seriously. Besides, the energy one feels inside

the Matrimandir also, one can feel inside one's room, the same energy flows all over Auroville, even in Srirama and Annapurna firm. It depends on one's own sincerity and seriousness, one can feel in USA too, may be one might need a picture of the Matrimandir or of The Mother there to make it easier. So this judgment is totally wrong and we are not supposed to do that.

Eighth, as far as the increasing number of residents is concerned, I find, nowadays, not many young people are interested to join Auroville, they are mostly happy to have holidays here, (Neither from Europe nor from India).


Nine, by putting serious rules about spiritual practices like judging people (newcomers) and expecting only the mother and Sri Aurobindo followers, is not it becoming kind of religious and extreme. Spirituality can be broader than that. As the mother says : 'the image of me, you see, I am not only, that , I am more universal than this body'. So I believe we need to widen our spiritual understanding. There can be many forms of the mother and the lord out there. We might have to accept it all.

For all this reason, I say an old Aurovillian is a priceless asset and I will add that new Aurovillians are worth a billion. Once, you understand, The mother and Sri Aurobindo's yoga, the supramental concept, and believe in it and practice it, that means you are someone rare to find. As far as the seriousness and achievement of the goal is concerned, we have to leave it to the mother and the lord Sri Aurobindo. One who lives in Auroville, has no choice but to surrender, even the mother forces it to happen. If one is here, in Auroville, for the mother even the sadhana will be taken care of. Not to worry too much, the only condition is; we must work for the Mother that too, according to one's capacity. There is no other better mother than our mother THE MOTHER. She is for real the mother of all.


So these are a few observations I have, I may continue to share again. Those who do not like or agree with this forget and forgive. Thank you


Love all, Arabinda

Classes, Workshops & Healing Arts




ANGAM TREE
WELLNESS HUT







Ayurvedic Massage



Head and Foot Massage



Sound Healing



+91 97513 95939

A SATSANG ON THE INTEGRAL YOGA

Tuesdays and Thursdays, 5:30—7pm



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

'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.' —The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, or at an agreed upon venue in Auroville
- **By appointment only:** please call 8300191193



[Please click this link for details](#) or scan the above QR Code

Also check Zech's Weekly Sharings:

- <https://zechjoya.blogspot.com>

Or scan the QR Code on the right



Zech

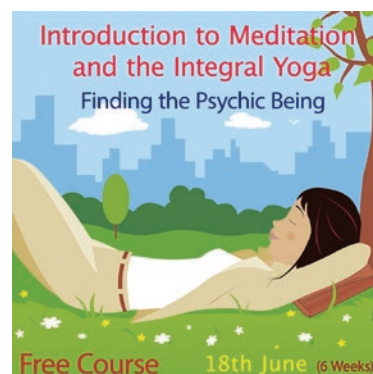
FREE INTRODUCTION COURSE

in Meditation and The Integral Yoga

'When mind is still, then truth gets her chance to be heard in the purity of the silence.' Sri Aurobindo

- Beginning: 18 June 2024 for 6 weeks
- Frequency: Tuesdays and Saturdays, 5:30pm
- Venue: Auroville—SAIER Conference Hall

6 week FREE introduction course in the ABC of Meditation and inner discovery. We will learn how to start and integrate the meditation practice in daily life, how to breathe and relax, use mantras and pranayama, how to concentrate in the heart and silence the mind towards peace and inner discovery and the importance of daily sports practice.



We will learn more about the different parts and planes of the being, the secrets of meditation, 3 different approaches in the practice of Yoga and also discuss essential texts from Sri Aurobindo and The Mother, regarding the Integral Yoga and the Inner Discovery of the Psychic Being.

- Open to ALL Community (Aurovillians, Newcomers, Volunteers, Guests and all interested)

+ 91 93615 91906 WA, Pedro

VERITÉ

Pre-registration required

Please contact Verite @ 0413 2622045,
2622606, 9363624083

or programming@verite.in, www.verite.in



Workshops

Ayurveda for Self-Harmony with Claire

- Friday, 14 June, 9:15am—12pm

Discover Ayurvedic wisdom & its recommendations for self-care & healing. In this practical workshop, you will experience some of the fundamental Ayurvedic techniques to observe various body/mind/metabolic conditions in yourself & others & learn how Ayurveda can be applied in daily life to maintain balance & harmony, according to your own nature.

Food is Medicine: Lifestyle Health Practices w/ Parvathi

- Saturday, 15 June, 2—4:30pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Face & Eye Yoga: Face your Self with Mamta

- Saturday, 22 June, 9:15am—12pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Food is Medicine: Lifestyle Health Practices w/ Parvathi

- Saturday, 22 June, 2—4:30pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Regular Events—June 2024

Classes

- Contact 0413 2622045, +91 9363624083 WA,
programming@verite.in

Yoga Breath & Meditation Practice for Beginners with Mamta

- Monday 7:30am—8:30am

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

Deep Sound Bath with Satyayuga

- Monday, Thursday & Saturday 5pm—6pm,
begins 17 June

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

Gentle Hatha Yoga with Claire

- Tuesday and Saturday 7:30am—8:30am

The session includes guidance in simple yogic breathing techniques and 'warmups' for gentle joint rotation and stretching. We will then learn/ practice the Sun Salutation (and variations) and relaxation postures, including Savasana.

- Contact 0413 2622045, +91 9363624083 WA,
programming@verite.in

Pranayama & Meditation: Re-balance your Nervous System with Radhika

- Wednesday 7:30—8:30am, no class 5 June

You will be guided in breathwork techniques such as Suka, Nadi Shodan and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

Kirtan: Songs for Your Soul (contributions are voluntary) with Mamta

- Wednesday 5—6pm

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

Restorative Yin Yoga with Radhika

- Friday 7:30am—8:30am

Restorative, meditative and relaxing: Discover the restorative and regenerative effects of this practice through meditative sequences that target deep tissue and restore the energy balance in our body.

Face & Eye Yoga with Mamta

- Friday 5—6pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Treatments and Therapies

- By appointment: treatments@verite.in
+91 413 2622 606, +91 9363624083 WA

Ayurvedic Lifestyle Consultation with Claire

Receive customized advice on diet, daily routines, herbal remedies, exercise, and stress management techniques, based on an assessment of your 'dosha' (Vata, Pitta, or Kapha). The aim of Ayurveda is to promote optimal health, prevent illness, and enhance overall well-being by aligning one's lifestyle, natural constitution and the rhythms of nature.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

Birenda Massage with Radhika

A relaxing full body oil massage using a unique technique developed around the 1950s by Birenda of the Aurobindo ashram. This soft, yet profound massage helps to unfold a journey within oneself during which energy blockages and tensions surface so that they can be recognized and transformed.

Biodynamic Craniosacral Therapy with Mila

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

Integrated Craniosacral & Foot Reflexology with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

Heart-Centered Resilience with Susan

Learn simple, heart-focused skills to help regulate your body's response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60-90-minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended

Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific 'reflex points' of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep. Integrated Energy Healing & Holistic Foot Reflexology : These sessions combine elements of Pranic Healing (energetic cleansing), Reiki ('divine healing' through innate intelligence), & Reflexology to internalize, integrate, & circulate channelled energy.

Energy Healing Reiki with Vyshnavi

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner's hands. Practitioners gently place their hands on or near the client's body to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Taste Of Yoga @ Vérité



Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with integrating principles to promote overall wellbeing.

VERITÉ PROGRAMS

Please contact Verite @ 0413 2622045, 2622606, 9363624083 or programming@verite.in, www.verite.in



Yoga & Re-creation Programs

| Days | Drop-in Classes | Timings | Presenters |
|------------|---|-------------|------------|
| Mondays | Yoga, Breath & Meditation Practice for Beginners | 7:30—8:30am | Mamta |
| Mondays | Deep Sound Bath (begins 17 June) | 5—6pm | Satyayuga |
| Tuesdays | Gentle Hatha Yoga | 7:30—8:30am | Claire |
| Wednesdays | Pranayama & Meditation (begins 12 Jun) | 7:30—8:30am | Radhika |
| Wednesdays | Kirtan- Songs for Your Soul (contributions are voluntary) | 5—6pm | Mamta |
| Thursdays | Deep Sound Bath (begins 20 June) | 5—6pm | Satyayuga |
| Fridays | Restorative Yin Yoga (begins 14 Jun) | 7:30—8:30am | Radhika |
| Fridays | Face & Eye Yoga | 5—6pm | Mamta |
| Saturdays | Gentle Hatha Yoga | 7:30—8:30am | Claire |
| Saturdays | Deep Sound Bath (begins 22 June) | 5—6pm | Satyayuga |

Workshops (pre-registration required)

| Day & Date | Workshops (pre-registration required) | Timings | Presenters |
|-------------------|---|-------------|------------|
| Friday, 14 June | Ayurveda for Self-Harmony | 9:15am—12pm | Claire |
| Saturday, 15 June | Food is Medicine—Lifestyle Health Practices | 2—4:30pm | Parvathi |
| Saturday, 22 June | Face & Eye Yoga: Face Your Self | 9:15am—12pm | Mamta |
| Saturday, 22 June | Food is Medicine—Lifestyle Health Practices | 2—4:30pm | Parvathi |
| Friday, 28 Jun | Introduction to Ayurveda & Panchakarma | 2—4:30pm | Dr Geeta |
| Saturday, 29 June | Food is Medicine—Lifestyle Health Practices | 2—4:30pm | Parvathi |

Therapies (by appointment only)

| Therapies (by appointment only) | Therapist |
|---|-----------|
| Ayurvedic Lifestyle Consultation | Claire |
| Biodynamic Craniosacral Therapy | Mila |
| Birenda Massage | Radhika |
| Integrated Craniosacral & Foot Reflexology | Radhika |
| Craniosacral Therapy | Radhika |
| Foot Reflexology | Radhika |
| Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage | Raja |
| Heart-Centered Resilience | Susan |
| Energy Healing Reiki | Vyshnavi |
| Holistic Foot Reflexology | Vyshnavi |
| Integrated Energy Healing & Holistic Foot Reflexology | Vyshnavi |

Kathir for Verite Programming

1031 - 13 June 2024

SOUND DROPS BY MONSOON

AUROMODE YOGA SPACE
(AUROTHAIMA, AN ACTIVITY UNDER HOSPITALITY TRUST, AUROVILLE)

SATURDAYS 10-11:30 AM

NĀDA YOGA & SOUND IMMERSION



On the collective tuning of our voices, expand your listening to the subtle vibration of sound. Experience the meditative benefits of Nāda Yoga.

With a primed sense of listening; lie down, sink in & journey behind closed eyes as we weave texture, melody, voice & rhythm in a live soundscape.

Nāda Yoga & Sound Immersion

@ Auromode Yoga Space

On the collective tuning of our voices, expand your listening to the subtle vibration of sound. Experience the meditative benefits of Nāda Yoga.

With a primed sense of listening; lie down, sink in & journey behind closed eyes as we weave texture, melody, voice & rhythm in a live soundscape.

- Every Saturday from 10—11:30am
- Contribution: Rs 700 per session
- Instagram: @monsoon.live
- Info: 8867037633
- Please register for sessions.




Aurothaima, an activity under Hospitality trust, Auroville
Varun Rao, 9686810408

Integral Healing
Light of Ayurveda and guidance of Mother and Sri Aurobindo

5:45 pm – 6:55 pm
Every Wednesday
From 01 May 2024

Venue:
Bhumika Hall,
Bharat Nivas, Auroville



Workshop by DR. GEETA AUROPREMI

- Brief introduction of Ayurveda
- Swasthya, Aswasthya
- Dosha, prakriti
- Some herbs
- Lifestyle

₹.550 for guest / ₹.350 for Volunteer (savi Id)

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle

Enquiry Contact Monisha +91 8489347454 Monisha



Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h

Experiences of previous participants

Because of the ecological problems humanity is facing, I didn't want to have children, but after this circle today, I do again. Guest

I'm very sensitive and I could feel the spirits of Mother Nature with us in this circle; very beautiful. Newcomer

This talking-stick gives me Power; and with great Power, comes great Responsibility. Aurovilian

- Limited seating.
- Location will be shared after your reservation under +49 1638041124 WA Submitted by Nadim

LEELA THERAPY

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.



Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

- For more details see www.innersightav.org or contact Kardash on 9940934875 WA. Kardash

TRADITIONAL MANTRA AND STOTRA CLASSES

@ 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.

Submitted by Sonia

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



ARKA
Wellness Center & Multipurpose Hall
Regular Activities, June

For Any Details And Queries, You Can Contact Us At
arka@auroville.org.in & 0413 2623799



Treatments

| Treatment | Therapist | When |
|--|-----------------------------|--|
| Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage | Silvana | Monday to Saturday by Appointment 9047654157 |
| Psychospiritual Introspective 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 | Monday to Saturday by Appointment 8098900708 |

Classes

| Classes | Teacher | When |
|-----------|---------|--|
| Acro Yoga | Damien | For guests, only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm. Intermediate regular classes for long term stay: Aurovilian, Newcomer & Volunteer +91 9047722740 WA |

Ramana for Arka

ACROYOGA

- For guests and beginners on appointment only,
- Monday, Wednesday, Friday, 1am—12:15pm or 3—4:15 pm
- Contact +91 9047722740 WA



Damien

TAO OF TEA

The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.)



Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a 'once-in-a-lifetime' experience that will completely change your perspective on tea-drinking, especially if you are a tea lover.

The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- **Venue:** To be decided when you call to confirm your appointment. the ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/WA +91 9385428400

Submitted by Isha

It Matters

Schedule from 13 to 22 June

- **Location:** It Matters, Auroville Main Road next to Progress Transport Service
- **Info:** instagram [@auroville.curated](https://www.instagram.com/auroville.curated) on itmatters.auroville.org/activities or
- All activities are Rs./600 for guests, Rs./150 for Aurovilians/ Volunteers. Discount vouchers available.



| Date | Activity |
|-------------------------------|--|
| 13 June, Thursday 5:30—6:30pm | Mandala Drawing with Thamizh |
| 14 June, Friday 5—6pm | Mystery Activity: Reveal on insta the same day |
| 15 June, Saturday 2—4pm | Intuitive Painting with Marie—Claire Barsotti* |
| 15 June, Saturday 4:30—5:30pm | Psychology and Poetry with Matthias |
| 17 June, Monday 5—6pm | Tai Chi, the way of the Leaf with Kaarthikeyan Kirubhakaran |
| 18 June, Tuesday 5—6:30pm | Energy and Spiritual Science with Louis—Patrick |
| 19 June, Wednesday 5—6:30pm | Watercolor Art through Geometry and Meditation with Gino |
| 20 June, Thursday 5:30—6:30pm | Mandala Drawing with Thamizh |
| 21 June, Friday 5—6pm | Mystery Activity: Reveal on insta the same day |
| 22 June, Saturday 2—4pm | Intuitive Painting with Marie—Claire Barsotti* |
| 22 June, Saturday 4:30—5:30pm | Kollywood Dance class with Pranathi |
| 22 June, Saturday 6—8pm | Vegan Pizza Pop Up in collab with #Piz-zawale |

* extra fees for material may be applicable, please check website
 Bhakti and Sandra

MINDFUL MONDAY

Every Monday, 7:30am, followed by breakfast

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

YOU DON'T WANT TO MISS THIS!

MINDFUL MONDAY

1 Reduces stress
 2 Makes you happier
 3 Better Sleep
 4 Regulates heart rate
 5 Promotes positive mood

EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST

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, Kulilapalayam

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

Yatra Srinivassan

**YOGA
with Rachel**



- One to One lessons—Small groups

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

- Clases particulares—Pequeños grupos

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

Submitted by Rachel

DETOX YOUR MIND & BREATHE HEAL YOUR BODY



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

Yatra Srinivasan,
Near New Creation Sports Ground,
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>,
<https://www.yatraartsmedia.org/>

Languages

NEWS FROM AUROVILLE LANGUAGE LAB

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



Evening Programs!

From 1 February 2024, we launched a new experiment. The Language Lab extended its opening hours from 5pm—6pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

This program is free of cost to everyone: Aurovilians, New-comers, 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. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests, are welcome to join. Come share your language with others!

In this thin summer period, where some people are out of station, **only the English and French Conversation Practice sessions** are happening on Thursdays and Wednesdays. The focus continues to be on the Auroville Charter and The Dream. We are happy to announce that Samskrit Chanting will re-start next Monday (17.06.24) 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 WA message to +91 98430 30355. You don't need to be a teacher; you simply should enjoy conversing with others and offer yourself for conversation practice. Incidentally, age no bar!

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 basis, 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 deciding to order through Amazon.

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on 'Resonance in the Womb' full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb.

For now, in India, it is still only available as a Kindle e-book. You can use a free kindle app to access it (mobile, tablet or desktop). We know many of you have complained that it is not available as a paperback. We have great news: It's almost ready! In another week or so, you should be able to pick up a copy at the Lab itself, as well as order through Amazon. Meanwhile, we have opened pre-booking. Please go to <https://books.aurovillelanguagelab.org/> and click on 'Pre-Booking (Paperback in India)'.

Looking for

Someone who can type in English! We have many case notes to type up which detail the progress made—especially by children—during Tomatis programs. The work would have to be done at the Lab. We need someone who can type, cares for people, and will respect confidentiality. We could definitely still do with someone to help with **fundraising**. And we always welcome volunteer language teachers.

Tomatis

Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New Language Courses at ALL

- **For Registration:** info@aurovillelanguagelab.org
+91 9843030355 WA

Spanish Beginner Class with Mila

A journey of language and culture with our dynamic Spanish beginner class, guided by our long-time language teacher from Spain.

- **Monday & Wednesday, 2:30— 3:30pm**

Tamil Beginner Course with Saravanan

Catch up on Tamil sounds, learn basic grammar, and gain confidence in conversational Tamil. Our fun, interactive lessons and supportive environment make it easy and enjoyable.

- **Tuesday and Friday, 9:30— 10:30am**

Tamil Reading & writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. His daughter is fine now, (many in Auroville know the story), so he is happy to re-start teaching at the Lab. He will offer one class of Intermediate Tamil as well as another class specifically focussed on learning to read and write Tamil. Both classes will be an hour each and will start this coming Saturday (15.06.24).

- **Saturday, 9:30— 10:30am and 11am— 12pm**

Experience the magic of Persian Language and Poetry

Explore the rich culture of Persia with Anita, from Iran, who studies ancient history and myths. Learn about famous poets like Rumi and Khayyam, and discover the stories of the ancient Zoroastrians. Listen to the lilting beauty of Persian and take your first steps to learn it. The first class last Saturday was indeed magical and transporting. The subject matter was riveting! All are welcome to join this two-month course. And yes, we have decided to keep the time as below.

- **Saturday 10—11:30am**

Beginner French with Samuel

We thank Samuel for helping out just when it was needed, and for his fun French class with lots of repetition, which the students really enjoyed. It was nice to bump into students at places like Pour Tous and see them practicing what they had learnt in class! Merci, Samuel!

New Beginner Hindi with Kaushal

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 months) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

- **Wednesdays, 2—4pm**
- **Duration 16 hours, over two months**

New Beginner Sanskrit with Kaushal

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation, and chanting of selected mantras.

- **Thursdays, 2—4pm**
- **Duration 16 hours, over two months**

English

The Language Lab is happy to provide a dynamic English program for the month of June.

This includes English Language Teacher Training: learn how to incorporate student-driven content into a creative and holistic lesson plan.

A dedicated Study Hall with emphasis on English tutoring for all subjects: Do you have homework, a resume or a paper you are working on? We can help.

New Beginner English Class

Rupam will offer a new class for complete beginners: Let's start with the ABC of English!

- Discover the Fun in Learning English through Theatre by Rupam
- Explore Shakespeare, other playwrights, short stories, and poetry with us. Enhance your English communication skills through fun and interactive sessions.
- **Monday and Wednesday, 11am—12pm, age: 12+**

Ongoing English Classes

The English Pre-Intermediate Youth group, general Pre-Intermediate, and Intermediate courses taught by Taranti and Rupam continue. Please see the schedule below.

To join or enquire

- Please fill our form at <http://register.aurovillelanguagelab.org/>
- You may also drop us an email at info@aurovillelanguagelab.org
- call us at 2623661, text or WA at +91 9843030355 or come visit us!

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 completed, thank you!



Language Courses at ALL

| Language | Level | Time | Day(s) of Classes |
|----------|--|-----------------|-----------------------------|
| English | Pre-Intermediate & Intermediate 8-Hour (Monthly) | 11am—12pm | Tuesday & Thursday |
| | Learn English through theatre 8-Hour (Monthly) | 11am—12pm | Monday & Wednesday |
| | English Pre-Intermediate Youth Group 8-Hour (4 weeks) | 3—4pm | Monday & Wednesday |
| | English Pre-Intermediate Adult Group 8-Hour (4 weeks) | 4—5pm | Monday & Wednesday |
| | English Intermediate Adult Group 8-Hour (4 weeks) | 4—5pm | Tuesday & Thursday |
| | Conversation Intermediate Started 9 April 8-Hour (4 weeks) | 3—4pm | Tuesday & Thursday |
| | Study Hall and English tutoring 8-Hour (4 weeks) | 4—6pm | Friday |
| | Facilitating English Teacher Training 8-Hours (4 weeks) | 5—6pm | Monday, Tuesday & Wednesday |
| French | Beginner 8-Hour (1 months) | 4—5pm | Tuesday & Thursday |
| Persian | Persian Language and Poetry | 10—11:30am | Saturday |
| Sanskrit | Beginner | 2—4pm | Thursday |
| Hindi | Beginner | 2—4pm | Wednesday |
| Tamil | Spoken Beginner Starting 14 June | 09:30—10:30am | Tuesday and Friday |
| | Spoken Intermediate (TBA) Starting 15 June | 11am—12pm | Saturday |
| | Reading & Writing Starting 15 June | 9:30—10:30 | Saturday |
| Spanish | Beginner Starting 17 June | 2:30 - 3:30 | Monday & Wednesday |
| | Intermediate Starting 17 June | To Be Announced | TBA |
| Italian | Beginner Starting 17 June | To Be Announced | TBA |
| | Intermediate Starting 17 June | To Be Announced | TBA |

If there's a language you would like to learn but it's not listed, please let us know!

The Language Lab is open

- Monday—Friday, 9am—12pm & 2pm—7pm
- Saturday, 9am—12pm & 2pm—5pm
 - Location: International Zone, after Unity Pavilion & Pump House.
 - Phones: 0413 2623661, +919843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
 - Email: info@aurovillelanguage.org and tomatis@aurovillelanguage.org

Submitted by Mita

AUROFILM TAKES A BREAK



Aurofilm is taking their annual break in June 2024 and hence there will be

No Friday evening films in June.

So, on **Fridays 14, 21, 28 June**, and as of now also **26 July 2024** if there are groups or individuals who want to book evening programs you can.

- For example, you can plan a program starting at 5pm ending by 7:30pm. Provided that the program ends by 9:30pm it should be fine. Booking procedure will remain the same.
- If interested, you can decide on a date(s), starting and ending time of your intended program and write to us at mmcauditorium@auroville.org.in to inquire about availability. We go from there.

Nina, Multimedia Center (MMC) Team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
 - Note: Families and children are welcome! Dinner for children will be served at 19:00:)



Friday, 21 June

Wild Karnataka

2019 / 52 minutes / Amoghavarsha J. S. & Kalyan Varma
This film displays the varied habitats and species across Karnataka. Showcasing Bengal tigers and Indian elephants, along with lesser-known species like lion-tailed macaques, Indian leopards, birds, amphibians and reptiles. Come experience the wonders of Karnataka! The film is narrated by Sir David Attenborough.

Submitted by Aviram





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
17 June 2024—23 June 2024

Cinema 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 17 June, 8pm
Madaan (Field)

India, 2024, Dir. Amit Ravindernath Sharma w/ Ajay Devgn, Priyamani, Gajraj Rao, and others, Biography-History, 181 mins, Hindi w/ English subtitles, Rated: NR (PG)

This acclaimed, uplifting film tells the story of Syed Abdul Rahim, popularly known as Rahim Saab is regarded as the architect of modern Indian football. He was a great sportsman and an even better teacher. His tenure as a coach in 1950s and 60s is considered as the 'golden age' of football in India. Under his guidance, the national football team learned new techniques and tactics and was renowned for their unique way of playing the sport. The team was so good that they went on to win Gold medals in the Asian Games, play the semi-finals of the Summer Olympics (making India the first-ever Asian country to attain this position), win the titles of the Colombo Cup. *A must watch!*

Potpourri—Tuesday 18 June, 8pm
As Good As It Gets

USA, 1997, Writer-Dir. James L. Brooks w/ Jack Nicholson, Helen Hunt, Greg Kinnear, and others, Comedy-Romance, 139mins, English w/ English subtitles, Rated: PG-13

New York City. Melvin Udall, a cranky, bigoted, obsessive-compulsive writer, finds his life turned upside down when neighboring gay artist Simon is hospitalized and his dog is entrusted to Melvin. In addition, Carol, the only waitress who will tolerate him, must leave work to care for her sick son, making it impossible for Melvin to eat breakfast.

Interesting—Wednesday 19 June, 8pm
20 Days In Mariupol

Ukraine-USA, 2023, Writer-Dir. Mstyslav Chernov w/ Mstyslav Chernov, Evgeniy Maloletka, Iudmyla Amelkina, and others, Documentary-War, 95mins, Russian-Ukrainian-English w/English subtitles, Rated: PG (R)

As the Russian invasion begins, the first 20 days a team of Ukrainian journalists trapped in the besieged city of Mariupol struggle to continue their work documenting the war's atrocities. The writer director continues to record footage which is now forms a historic documentation of a war.

Selection—Thursday 20 June, 8pm
The Birdcage

USA, 1996, Dir Mike Nichols w/ Robin Williams, Nathan Lane, Gene Hackman, and others, Comedy, 117 mins, English w/ English subtitles, Rated: R

Armand Goldman owns a popular drag nightclub in South Miami Beach. His long-time lover, Albert, stars there as Starina. 'Their' son Val (actually Armand's by his one heterosexual fling 20 years before) comes home to announce his engagement to Barbara Keeley, daughter of Kevin Keeley, U.S. Senator and co-founder of the Committee for Moral Order. The senator and family descend upon South Beach to meet Val, his father and 'mother.' What ensues is comic chaos. *A classic to remember this month!*

International—Saturday, 22 June, 8pm
Shashvi Shashvi Maq'vali (Blackbird Blackbird Blackberry)

Switzerland-Georgia, 2023, Writer-Dir. Elene Naveriani w/ Eka Chavleishvili, Temiko Chichinadze, Lia Abuladze, and others, Drama, 110 mins, Georgian w/English subtitles, Rated: NR (R)

Etero, a 48-year-old woman living in a small village in Georgia, never wanted a husband. She cherishes her freedom as much as her cakes. But her choice to live alone is the cause of much gossip among her fellow villagers. Unexpectedly, she finds herself passionately falling for a man, and is suddenly faced with the decision to pursue a relationship or continue a life of independence. Etero must grapple with her feelings and decide how to find her own path to happiness. *A good watch!*

Children's Matinee—Sunday, 23 June, 4pm
Soul

USA, 2020, Writer-Dir. Pete Docter & Kemp Powers w/ Jamie Foxx, Tina Fey, Graham Norton, and others, Animation-Adventure, 100mins, English-Korean-Inuktitut w/ English subtitles, Rated: PG

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

Black & White Classics @ Ciné-Club
Ciné-Club Sunday 23 June, 8pm
Jules Et Jim (Jules and Jim)

France, 1962, Dir. François Truffaut w/ Jeanne Moreau, Oskar Werner and others, Drama -Romance, 95 mins, French w/ English subtitles, Rated: NR.

In the carefree days before World War I, introverted Austrian author Jules strikes up a friendship with the exuberant Frenchman Jim. Both men fall for the impulsive and beautiful Catherine, but it's Jules who wins her hand. After the war, Jim visits Jules, Catherine and their daughter in their Austrian home and discovers not only that his feelings for Catherine are unchanged, but also that they're reciprocated.

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 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

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

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Bus passes

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

AV account / Cash / UPI Transfer :

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join On WhatsApp group

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

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES) —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

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.

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Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and AgniJata*