



News & Notes

#1055 A weekly bulletin for residents of Auroville 28 November 2024



Photo by Tina

He passes in his departure from this world to the physical Self; he passes to the Self of life; he passes to the Self of mind; he passes to the Self of knowledge; he passes to the Self of bliss; he moves through these worlds at will.

Taittiriya Upanishad

Smaller than the hundredth part of the tip of a hair, the soul of the living being is capable of infinity.

Male is he not nor female nor neuter,
but is joined to whatever body he takes as his own.

Swetaswatara Upanishad

Pondering



But, even so, the mental worlds are not likely to be the last normal stage of the after-death passage; for man is not entirely mental: it is the soul, the psychic being, and not the mind, that is the traveler between death and birth, and the mental being is only a predominant element in the figure of its self-expression. There must then be a final resort to a plane of pure psychic existence in which the soul would await rebirth; there it could assimilate the energies of its past experience and life and prepare its future.

This would mean a passage of the soul progressively through subtle-physical, vital and mental worlds to the psychic dwelling place from which it would return to its terrestrial pilgrimage. The terrestrial gathering up and development of the materials thus prepared, their working out in the earth life would be the consequence of this internatal resort, and the new birth would be a field of the resultant activity, a new stadium or spiral curve in the individual evolution of the embodied spirit.

*Rebirth and Other Worlds,
The Life Divine, Sri Aurobindo*

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The Last Moment

VICTOR PASSES AWAY

Dear Community, this is to inform that Victor Plotnikov, age 70 years, who lived in Certitude with his wife Galina and son Nikita, has passed away. He worked at Matrimandir.

Om

Submitted by Roy



House of Mother's Agenda



(continued from last week)

Our destiny is written in double terms. Most of us regard the theory of karma in very outward terms. That is to say the outer actions are given predominant importance and so also the outer consequences. But just as there is a large unseen dimension of karma (the inner motives, intentions, faith, thoughts, feelings, past links, present evolution, constitution, etc. — things unseen by man but marked by the gods) so also there is a large unseen dimension of inner consequences (like inner growth, maturity, development of strength, perseverance, determination, soul growth, etc.) that often run even in seeming contradiction to the observed outer consequences.

"It is not the personality, the character that is of the first importance in rebirth — it is the psychic being who stands behind the evolution of the nature and evolves with it. The psychic when it departs from the body, shedding even the mental and vital on its way to its resting place, carries with it the heart of its experiences, — not the physical events, not the vital movements, not the mental buildings, not the capacities or characters, but something essential that it gathered from them, what might be called the divine element for the sake of which the rest existed. That is the permanent addition, it is that, that helps in the growth towards the Divine. That is why there is usually no memory of the outward events and circumstances of past lives — for this memory there must be a strong development towards unbroken continuance of the mind, the vital, even the subtle physical; for though it all remains in a kind of seed memory, it does not ordinarily emerge. What was the divine element in the magnanimity of the warrior, that which expressed itself in his loyalty, nobility, high courage, what was the divine element behind the harmonious mentality and generous vitality of the poet and expressed itself in them, that remains and in a new harmony of character may find a new expression or, if the life is turned towards the Divine, be taken up as powers for the realisation or for the work that has to be done for the Divine." (Sri Aurobindo: *Letters on Yoga*, p. 452)

Death thus seen is a means to assimilate the experiences of a particular lifetime and work out the future, much like a strategist would plan out the next day's war when the sun sets. Death is also the final anvil on which our being is tested. All that is linked to the Divine Truth survives and continues enhancing us with each life while all that was given to the ego and its childish desire is destroyed thankfully by the dark and ruthless god. Therefore is death also a great liberator and its experience sobering to the restless desire-soul in us. All eyes we may deceive, but not the eyes of death. For there in that grim and sombre night, only the

light of the soul and all that has gathered around it can survive. The rest is eaten up and swallowed by the darkness and returns to the uncertain and ambiguous fields of our collective Ignorance.

The Cessation of the Cycle of Birth and Death

The Ideal of Mukti/ Salvation/ Nirvana/ Moksha

Life, seen from the surface appears as a 'tale told by an idiot, full of sound and fury signifying nothing.' (Shakespeare: *Macbeth*, Act V, Scene V). Few can ever escape the sting of life which is also a sting of death. Death seems to put a final seal upon the futility of all human effort. So much has this surface orientation preoccupied the human mind that even mystics and saints have declared that the only real utility of human life is to somehow find a door of escape from this impermanent, unhappy world. Called mukti in India, salvation and nirvana elsewhere, the highest goal kept for the human soul so far has been a final cessation from the cycle of birth and death and rebirth. This philosophy is based upon an obvious error that sees human birth and creation as an unfortunate accident or else the work of a dark and diabolic power before which even God stands helpless! The only solution proposed therefore is to somehow find a permanent release from the clutches of this dark mystery of God. But we do not pause to think as to what is this dark mystery. Is it a veil that the One has put upon Himself by His own choice; is it a shadow of His castaway past? Or is it a dark intrusion that is even more powerful than the One Himself, a dual being forever separate who can never meet and reconcile, only oppose and mar each other's work? And what could possibly persuade the Almighty God to suffer a downfall or a veiling as if a captive of His own mystery. There is obviously an important link missing that we need to discover.

(to be continued next week)

Alok Pandey, *Death, Dying and Beyond
The Science and Spirituality of Death*

https://auromaa.org/death-dying-and-beyond-alok-pandey/death-dying-and-beyond-alok-pandey-appendix-ii-the-shroud-of-death/#The_Souls_Choice

With love and gratitude,
Gangalakshmi (HOMA)



Townhall Speaks

ANNOUNCEMENT FROM DCG

Unit to Unit Donations: All money transfers between Auroville entities other than individuals, where no exchange of goods or services is involved, must go via the Unity Fund A/C No 240001 to avoid GST implications.

This exchange may be accounted for by both sender and receiver as "Inter Unit Transfer" in their books of accounts.

However, all inter unit payment for goods or services, where invoices must be raised, will be done directly through the Financial Service as usual. Where GST may be involved. Please consult your auditors on this.

Individual to Unit Donations: Donations by Indian citizens from their personal FS accounts will go via Unity Fund. Other channels like bank transfers, cheques, cash also go to the Unity Fund.

Donations by Foreign Passport, OCI and PIO Card holders can only be made through the SBI New Delhi FCRA Account, either in ₹ or foreign currency as per current regulations. Use RBI Inward Remittance Code P1303.

Hundis: All units (whether registered with DCG or not) operating a Donation Box are required to inform DCG

Income generating Units may not have them as this may have adverse effect on the tax exemption status.

Donor Information Form (DIF): DIF limit has been increased to Rs 10,000 in place of earlier Rs 5,000. i.e. If an entity gets a donation above Rs 10,000 at a time, a DIF has to be filled for each such donor.

These come into effect from 01 December 2024

Naren and Sandeep, dcg@auroville.org.in

ATDC: PROJECT ANNOUNCEMENT 28-11-24

The following projects have received temporary Site Approval—(announced for information only):

AWS (Auroville Water Service)—temporary stock-area for water-pipes + ATDC (Auroville Public Space Service)—temporary container

- **Project Holder:** AWS + ATDC (APSS)
- **Location/area:** Matrimandir (City) (Survey no. IR242/1 & IR242/2)
- **Area for which approval is given:** 1.25 acres

Project brief: AWS is requesting the use of the former Matrimandir compost area as a temporary stock-area for water-pipes, as the present stockyard at the Vikas Radial has become too small and trucks have to go through the city to deliver the pipes.

In the transfer of borewells the "Matrimandir-compost-borewell" has been transferred to AWS, and AWS has full access to the place. Seeing AWS's location and activities, it is envisaged that AWS can use the area as a stockyard for its pipes. AWS is not permitted to build any assets on the site.

Additionally, ATDC will make use of the site by placing a container which will be utilised as a storage and a small office space for an "Auroville Public Space Service", soon to be established as a service under ATDC. This service will move to the service node permanently once infrastructure is ready and funds are available.

Housing Service—temporary site for container

- **Project Holder:** Housing Service
- **Location/area:** Administrative Area (near SAIER/ Archives building)

Project brief: The Housing Service container, used as its storeroom, needs to be moved from its current location in Kriya community to allow the construction of the Southern Outer Ring Road. The container will be temporarily placed at the mentioned location, next to the existing container behind the SAIER/ Archives building, for easy management and access. It will find a permanent location in a service node later on.

For any queries write to avenir@auroville.org.in.

Joel, Resource Person

Community News

Matrimandir News & Schedules

MATRIMANDIR CALENDAR 2025 IS AGAIN AVAILABLE

It is with great joy that I announce to you that the Matrimandir Calendar 2025 is again available!

The 2025-edition emphasizes the beautiful Darshan decorations around the Banyan tree and the Amphitheatre, bonfires, a gorgeous sunset, and some of the new gardens. Each page of the Matrimandir Calendar 2025 is colorful, and there are 12 additional smaller photos on the calendar-page with a quote from Sri Aurobindo's Savitri.



Each page is printed in a different color according to the dominant color of the small photo. On the cover Matrimandir 2025 in Mother's handwriting is gold-embossed.

2 short spirals on top give an elegant appearance (not shown in the picture). The desk format has the usual 20 cm x 21 cm, same like the years before.

Darshan days and other important days as well as moon days (full/new) are indicated.

The calendar is printed in 4 colors on foreign art board, matt, 250 GSM. Each calendar is wrapped in a plastic cover.

The price is Rs. 180.— (plus postage and 18% taxes when applicable). Shops will add their taxes and commission to this price. All proceeds from the sale of the calendar is donated to the Matrimandir as always.

Photos and DTP work done by Aurovilians, Printed at Sudarsan Graphics, Chennai, Distribution by Tine, Aurogreen, for the Matrimandir. **Kindly place your orders.**

tine@auroville.org.in

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AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri

Every Thursday, 5:30—6pm (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music are on weekly for everyone to concentrate, in this beautiful open space 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 to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheater from 5:15pm. Thank you.

Surya and Velmurugan for Amphitheater team



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, daily 5—6pm.
 - Tuesday morning, closed.

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

Acres for Auroville

LAND FUNDRAISERS' NEWSLETTER for the Landmark date of 24 November



We are happy to share our quarterly newsletter on the auspicious day of 24 November 24, for it was on this day in 1926 that Sri Aurobindo announced a decisive, historic progress in his Integral Yoga. Our newsletter shares the human stories behind Auroville's development—stories of ideals, devotion and commitment and the ongoing creativity coming from Auroville, the world's first material site dedicated to developing the new society and consciousness that Sri Aurobindo foresaw.

<https://land.auroville.org/a4a-november-24-2024-newsletter/>

1. Acres For Auroville Flier—24th November 2024

The Matrimandir is designed to receive and transmit light. Light for The Mother was *"the symbol of future realisations."* and connecting with light was capital: *"There is only one recourse, it is to unite ourselves as perfectly as we can with the highest and purest light we can conceive of."* And along with light, love was capital for The Mother: *"To live in Love, by Love, for Love, indissolubly united to The highest manifestation."* And as it concerned Auroville she said: *"A wide movement of love is the only possible concrete for 'building something else'".* Version française en pdf, Tamil Version...

<https://land.auroville.org/acres-for-auroville-flier-24-november-2024/>

2. LFAU Letter, 24 November 2024

Sri Aurobindo spoke of the secret for harmony in human nature and human life, *"the harmony that can be brought out of the human nature in spite of its present imperfection when one ... puts it under the true psychic influence."* The Mother too referred to this: *"The first thing needed is the inner discovery, to find out what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being, free and vast and knowing ... who should become the active centre of our being and our life in Auroville."* Version française en pdf ... Tamil Version...

<https://land.auroville.org/lfau-letter-24-november-2024/>

3. Paulette, The Avatar's Circle, Part 2

In 1985, Paulette moved from the Ashram to Auroville with her small daughter, working at the 'stars' on the Matrimandir's roof. Then, under the Laboratory of Evolution / Centre for Human Unity, Paulette became involved in Integral Yoga research and publication of archival documents from the Mother's years. After fourteen years as a Greenbelt pioneer at Anusuya, Paulette moved to Vikas, the residential zone's first ecological community, supervising the 3-month construction of its major building. Her many research papers, articles, books and exhibitions are dedicated to the manifestation of *"the Avatar's model town"*: for *"within is without"*.

<https://land.auroville.org/auroville-pioneer-paulette-the-avatars-circle-part-two/>

4. Aryamani, A Soul's Journey

Aryamani was born in a cacao plantation in the forests of Brazil. At Bahia University, she met the dance teacher Rolf Gelewsky who introduced her to Sri Aurobindo's teachings, a life-changing event. After years of dance, study and contribution to expanding the Integral Yoga in Brazil, she left for the Sri Aurobindo Ashram. In 1979, she moved to Auroville with her partner Luigi, where they founded the Transformation community. As a director, she has staged Sri Aurobindo's plays, parts of Savitri, Indian sacred texts, and an original work "To Her", on The Mother. She has translated into Portuguese "The Life Divine" The Synthesis of Yoga" and "Essays on the Gita".

• <https://land.auroville.org/aryamani-a-souls-journey/>

5. AVI USA's December Matching Donation Campaign

Did you know that every December, AVI USA doubles your donations to Acres for Auroville? When you donate to A4A via AVI USA in December, your donation will be matched, and A4A will get double the money! This great possibility applies to all donors and all donations, coming from any country and in any currency. As there's a limit of \$2500 total that can be matched, it's best to give quickly in order to have your donation doubled!!

• <https://land.auroville.org/a4a-november-24-2024-newsletter/> is the link to use if you would like to have your donations to Acres for Auroville doubled in December.

• <https://land.auroville.org/avi-usas-december-matching-donation-campaign/>

6. Art for Land—Unity, Kindness, Friendship, the Exhibition is still on!

For the current Art for Land Exhibition at the Unity Pavilion, the title came as a strong call! This still-ongoing August AFL exhibition showcases Auroville artists together with Ashram-associated artists as well as friends of Auroville and the Ashram. The exhibiting artists in their generosity, aspiration, and inspiration took up the theme of *Unity, Kindness & Friendship*—artistically expressing the inner Unity which is there and has to be made conscious in us.

The works can be viewed and purchased online

• <https://artforland.in/> and at the Unity Pavilion.

• <https://land.auroville.org/art-for-land-exhibition-unity-kindness-friendship/>

7. Inspiring Words from The Mother: On the Divine Will in the World

This selection is well-suited for the questions of our times: *"...once the conditions of the cosmos were laid down and the involution into nescience accepted as the basis of a progressive manifestation of the Divine out of all that seemed its very opposite, there took place a sort of division between the Higher and the Lower. The history of the world became a battle between the True and the False, in which the details are not all direct representations of the Divine's progressive action but rather distortions of it owing to the mass of resistance offered by the inferior Nature..."*

• <https://land.auroville.org/inspiring-words-from-the-mother/>

We sincerely thank all the donors, artists, and supporters who have made our 10 years of land progress possible. May we continue on together till the job of land consolidation is done!

Contact: lfau@auroville.org.in and +91 413 2622657

Donating:

• <https://land.auroville.org/new-banking-information/>

• <https://land.auroville.org/>

Love and gratitude, Mandakini

Awakening Spirit

SRI AUROBINDO'S MAHASAMADHI

Thursday, 5 December

On this day, the Sri Aurobindo Ashram opens Sri Aurobindo's Room for a Darshan.

No tokens for entry are required.

Please join the general queue from 5 to 10am.

Andrea



SAVITRI BHAVAN



Schedule, December 2024

Exhibitions

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

Films: Mondays 4pm in the Sangam Hall

- **December 2: Sri Aurobindo: The Supreme Avatar of a New Race.** 'Man is a transitional being and the step from man towards superman is inevitable because it is at once the intention of the inner Spirit and the logic of Nature's process', so Sri Aurobindo. Duration: 39min.
- **December 9: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 1—From a Boy to a Man.** The first film of Olivier Barot's three-part documentary series on Sri Aurobindo covers his life from his birth in 1872, his childhood in Calcutta, Darjeeling and England, his life in Baroda after his return to India in 1893 and till 1900. Duration: 47min.
- **December 16: Sri Aurobindo & the Earth's Future—From Darkness to Light—The Secret Revolutionary Leader.** This second episode of Olivier Barot's film covers Sri Aurobindo's life from 1900 till 1906, his work in Baroda, his discovery of Indian Spirituality and his first involvement in the Indian freedom struggle. Duration: 56min.
- **December 23: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 3—The Revolutionary Yogi.** This third episode relates to Sri Aurobindo's life in Bengal from 1906 till 1910. It explores his public engagement in the Indian freedom struggle, his spiritual quest, his arrest and experiences in the Alipore jail, and his refuge in Pondicherry. Duration: 57min.
- **December 30: Home—the Earth: our home is a miracle and a beauty.** The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.

Full Moon Gathering

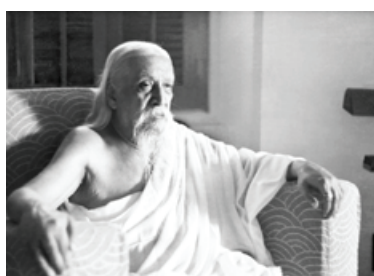
Saturday, 14 December, 7:15—8:15pm
in front of Sri Aurobindo's statue

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
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Wednesdays 4:30—7pm:** Savitri Satsang followed by OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shraddhavan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from *The Synthesis of Yoga* led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Reflections on Passages in Savitri: The Symbol Dawn by Larry Seidlitz

- **Friday, 29 November, 4pm in the Sangam Hall**



In this presentation we will examine the opening passage of Savitri in the first canto which is titled "The Symbol Dawn". The opening passage is sometimes considered one of the most difficult to understand, as we are here introduced to an unusual mystical poetry with

a multi-levelled symbol of the dawn. At one level it is a description of the dawn on the day in which the main action of the poem occurs, but this is only the most superficial significance of the dawn described here. It also seems to represent the dawning of light in the darkness at the origin of the physical universe; the periodic openings of our darkened material consciousness to the spiritual light and its influence; the advent of the Divine Consciousness in the world through the Avatar, the incarnation of the Divine Being; and finally, the advent of the supramental light and force on earth ushering in a new stage in its evolution and a higher divine being embodied in the world. These deeper significances of the dawn are only foreshadowed in this opening passage and then developed further in later parts of the poem. We will consider these deeper significances of the dawn as expressed in the passage, in the poem generally, and in related writings.

Everyone is welcome

Doing Deeper Body Work in the Light of Savitri's mantric verses and Huta's paintings with Arul Dev

- **Saturday, 30 November, 4—5pm**
@ Sangam Hall of Savitri Bhavan

• What is Deeper Body Work?

This is a labour of love to gently shift our body's habits and to turn it to be a servitor of the Divine. Our body has a sponging nature, and it absorbs emotions, energies, feelings and even thoughts of others, from the environments we are a part of and stores all its experiences within its cells. We wish to reverse this habit. The Mother's practice within the cells was that the cells themselves were turning upwards and offering themselves to The Lord. We too wish to do this practice and wait for the Divine's action and Grace. This allows us to be practitioners in the work of The Mother and Sri Aurobindo, who continue Their transformational work, in their subtle bodies, in current time. Deeper Body Work constitutes of tiny practices that are direct,

simple, subtle and experiential. These are done within the body's sensations, energies, vibrations, movements, emotions and thoughts. The aspiration is also to discover pure substance which is present in the 'core' of every cell of our body. Pure substance is where the entanglements absorbed from the world are least and the capacity to directly connect to the Divine and receive the Divine Qualities are the highest.

• Source

The Spirit and the Matter have many points of union. We can explore this within our physical and subtle body. To connect our body to the Divine and do our inner practices many Sources have been given in Integral Yoga. The mantric words of Savitri can be read by keeping our connection within the substance of our body and receiving the Divine's action that acts through Their words. With practice we can connect and wait within our body and whole being for the waves of Divine action to act and settle within. For body work, an actual connection to Divine Consciousness in real time is needed. Huta's paintings come as a great aid for this. When we learn to concentrate and be with the painting's consciousness certain dimensions of Divine Source Consciousness opens itself to us.

About Facilitator

Arul Dev has been sharing his inner work through his books 'Into Great Depth of Your Being' and 'The Flame Within'. Post his engineering graduation, for 30 years he has been in the field of training, coaching, inner development, integral education and human resources consulting. In Integral Yoga his deep research is deeper body practices in the light of Mother's Agenda, Savitri and other works of The Mother and Sri Aurobindo. He practices and shares inner work with others for the transformation of entanglements in the body at the level of sensations, energy, emotions, thoughts and memories. The aspiration is to be fully aware of our body in all its cells and open its substance to connect to Divine Qualities, being in a fully receptive state.

Sri Aurobindo: The Supreme Avatar of a New Race

- **Monday, 2 December 2024, 4pm at Savitri Bhavan.**
Duration: 39min.

The film by Aravind Akki from Sri Aurobindo Ashram is based on the texts of Sri Aurobindo and the Mother themselves. It opens with an explanation of Sri Aurobindo's symbol and its significance. It is followed by the words of the Mother on Sri Aurobindo in her own voice: "What Sri Aurobindo represents in the history of the earth's spiritual progress is not a teaching, not even a revelation; it is a mighty action straight from the Supreme." This is the message from 15 August 1964.

That is followed by her own communication about the difficulty each new Avatar meets 'in the eternity of becoming' recorded in 1957, one year after the descent of the Supramental consciousness force on earth which confronted sadhaks and the gods with new challenges.

The film offers insights into Sri Aurobindo's education in England, his coming back to India, his staying in Baroda, his political work, his time in Alipore Jail, his sadhana, his spiritual realisations, and his inner guidance to go to Pondicherry in 1910 and to pursue the yoga for bringing down the Supramental.

About his special mission on earth, Sri Aurobindo stated: "Man is a transitional being, he is not final; for in him and high beyond him ascend the radiant degrees which climb to a divine supermanhood. The step from man towards superman is the next approaching achievement in the earth's evolution... it is at once the intention of the inner Spirit and the logic of Nature's process". (Essays Divine and Human, p.157)

He took up the quest and explored the next step in evolution and declared: "It took me four years of inner striving to find a real Way, even though the Divine help was with me all the time, and even then it seemed to come by an accident; and it took me ten more years of intense Yoga under a supreme inner guidance to find the Way—and that was because I had my past and the world's Past to assimilate and overpass before I could find and found the future." (5 May 1932, Letters on Himself..., p.239)

After much unique psychological and spiritual research Sri Aurobindo described his Yoga speaking of himself in the third person: "The one aim of his Yoga is an inner self-development by which each one who follows it can in time discover the one Self in all and evolve a higher consciousness than the mental, a spiritual and supramental consciousness which will transform and divinise human nature." (Autobiographical Notes, p.549-550)

The film closes with images of Sri Aurobindo's room and the Ashram and the homage the Mother had inscribed on Sri Aurobindo's Samadhi: "To Thee who hast been the material envelope of our Master, to Thee our infinite gratitude. Before Thee who hast done so much for us, who hast worked, struggled, suffered, hoped, endured so much, before Thee who hast willed all, attempted all, prepared, achieved all for us, before Thee we bow down and implore that we may never forget, even for a moment, all we owe to Thee."

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

Dhanalakshmi & Margrit
for Savitri Bhavan

SAVITRI SATSANG & OM CHOIR WITH NARAD

Every Wednesday @ Savitri Bhavan, Square Hall

- Savitri Satsang, 4:30—5:15pm**

We will begin with Book 1 The Book of Beginnings, Canto I, the Symbol Dawn, Savitri, this prophetic vision of the world's history, including the announcement of the earth's future.



From the Mother: The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted. A complete system of yoga which can serve as a guide for those who want to follow the integral sadhana.

- Om Choir, 5:30—6:15pm**

The voice that chants to the creator Fire, the symbolled OM, the great assenting Word. Savitri

Please join us in this collective aspiration, in the form of united prayer. No prior singing experience required.

Narad

LABORATORY OF EVOLUTION LIBRARY




Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health and many more.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, Cd & DVD, films & lectures.


- Open Monday to Saturday 9am—12pm**
Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building

Kalyani for LOE


A weekly study circle on
The Synthesis of Yoga
- Sri Aurobindo



By Deepti Tewari
4:30 pm - 5:30 pm
Every Tuesday
Venue :
Resource Library,
Bharat Nivas, Auroville



Scan for Location



Submitted by Monisha

Education

CALL FOR GRANT PROPOSALS

With regard to grant proposals for possible funding by the Foundation for World Education (FWE) and Stichting de Zaaier (SDZ) in early 2025, a two part-grant application and budget request form is available on request from pcg@auroville.org.in

- Please submit your filled in forms** and any other documents related to this purpose as attachments to a covering email addressed to: pcg@auroville.org.in
- Latest by Monday, 16 December.**

Questions and early submissions are welcome,

Devi, Pala, Sauro, Tineke, Vani
for the Project Coordination Group

KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam
kulaicreativecentre.auroville@gmail.com
8608473385



	10–11:30am	12–1pm	3–4:30pm
Monday	English Class	Mother's 12 Quality Session Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiyam, Silambam, Up-cycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15.		

Selva for KCC

ACADEMIC TUITION OFFERED

With my 18 years of experience in education, I offer academic tuition sessions from grade 1 to university level in all subjects. Also I am a spoken English and Hindi language trainer. My contact number is 8270512606. **Ashwini**

AUROVILLE LIBRARY

Our Reading Circles

- **Mondays 6—7pm, main building:**
The Prophet by Kahlil Gibran,
hosted by Malcolm, +91 9080159721
- **Tuesdays 6:30—7:30pm, main building:**
A New Earth by Eckhart Tolle,
hosted by Debashish +91 7678208825
- **Thursdays 6—7pm, main building:**
When Things Fall Apart by Pema Chodron,
hosted by Helen & Serena
+91 7094753054, +91 8489760966

Auroville Library Contacts and Timings

- **Phone:** 0413 2622 894
- **Email:** avlib@auroville.org.in
- **Opening timings:**
 - **Mornings:** Monday—Saturday: 9am—12:30pm
 - **Afternoons:**
Monday, Wednesday, Thursday, Friday & Saturday:
2—4:30pm
Tuesday: 4—6:30pm

Laura

Ecology

COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,
10:30am—12:30pm & 3—4:30pm

Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.



We welcome all recyclers or anyone needing such items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

- It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H. for Eco service team

Health Care

SIMHA HEARING AIDS AND SPEECH THERAPY CENTER

Offer Services

Simha Hearing Aids and Speech Therapy center of Pondicherry will be commencing their services at Auroville Health Centre. Prof. N D Rajan with more than 45 years of experience and Mrs. M. Manju with 20 years of experience, Audiologists and Speech Therapists, will be providing their services from the month of November 2024.



- They are visiting on **2nd and 4th Saturdays of every month between 2—5pm.**

They will be providing the following services:

- Audiometry (Hearing Assessment)
- Hearing aid fitting (like SIEMENS, PHONAK, and other known brands)
- Programming and readjustment of hearing aids
- Consultation for speech and voice problems

In addition, **basic accessories for hearing aids** like batteries, cleaning kits etc, will be available in the Pharmacy.

Dr Uma

AUROKIYA INTEGRAL EYE CENTRE

@ Arka, Monday—Saturday, 9am—5:30pm



Services Provided

- Comprehensive eye examination
- Glasses, contact lenses & eye drops
- Support visits to Aravind Eye Hospital.
- Eye exercises, eye yoga, and vision therapy
- **Outreach:** Screening camps and eye health education (Schools, Workplaces and Villages)

Contact:

- aurokiya@auroville.org.in, aurokiya@gmail.com
- 8012305151 WA/ Mobile,
www.aurokiya.com

Aurosugan, for Aurokiya



BIRTH: A SACRED JOURNEY

Weekend Retreat for Pregnant Couples

13—15 December

@ Morning Star Women Wellness and Birth Center,
Auroville



Join us for three transformative days in the serene embrace of Auroville's Morning Star! This retreat is designed for pregnant couples, their chosen companions, or solo moms-to-be who wish to slow down, ground themselves, and connect deeply with their baby and partner.



What to Expect

Discover tools, practices, and insights to prepare for the sacred journey of birth, led by expert midwives and facilitators:

- Pregnancy Yoga for mindful movement
- Conscious Partnering & Connection exercises
- Guidance on Fatherhood & Emotional Support
- Practices for Empowered Birthing
- Insights into the Golden Hour after birth
- Breastfeeding Guidance and Techniques
- Caring for Mother and Newborn essentials
- Healing through Water, Watsu, and Sound

Why Join?

- Trust your body's natural instincts
- Deepen your connection with your baby and partner
- Gain clarity on birthing rights for you and your newborn
- Embrace this transformative journey with empowerment and awareness



Registration & Queries

- morningstar@auroville.org.in
- +91 9892699804 WA (No calls, please)

Don't miss this opportunity to prepare mind, body, and soul for the miraculous adventure of welcoming a new life.

Balaganes Siva

**A HEARTFELT THANK YOU
to the Morning Star Team**

We would like to express our deepest gratitude to the Morning Star team for their unwavering support throughout our journey of bringing our baby girl, Aira, into the world.

The assistance we received from the team was invaluable in so many ways. From regular check-ups with their professional and experienced team members, to their seamless coordination with the hospital, we were able to stay connected with our doctor and the hospital staff without unnecessary visits. This helped ensure a smooth delivery process. We chose PIMS for our delivery, and the Morning Star team's established professional network there made it a wonderful decision.

The prenatal classes offered by the team were incredibly helpful, providing just the right amount of information to prepare us for the journey ahead—no more, no less. Topics like 'birthing without fear', 'stages of labour', 'creating a birth plan' were covered in a way that gave us confidence and a sense of readiness for our first delivery. The movement classes were equally essential, offering gentle guidance on the physical preparation needed for labor and delivery.

Our experience during the birth and the first month of Aira's life is filled with beautiful memories. The love and care provided by the Morning Star team, alongside the staff at PIMS, ensured a safe and positive delivery experience. The ongoing support we've received—from regular visits and lactation consultancy to simply being there when we need it—has made this transition so much easier.

We are truly grateful that a service like Morning Star exists in Auroville, allowing us to trust in our bodies, embrace the natural process of birth, and approach this life-changing experience with knowledge and confidence.

Thank you, Morning Star team, for being an essential part of our journey and for the work that you are doing.

Ganesh & Shivangi

ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovilian who was born and brought up in Auroville. I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

- **Services provided:** Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care

Pain is a sign that has to be taken care of.

Kindly get in touch with me if you need home visits.

- Sruthi, 7904769496, WA/ call
- auroshruthi@auroville.org.in

Submitted by Sruthi

OFFERING NURSING SERVICES

My name is Madhi and I'm 26 years old. I've been living in Auroville since my childhood with my family. I have done my bachelors degree in B.Sc (Nursing) and I have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in ICU and six month in emergency). Past two years I've been working with private diagnosis and health care in Auroville. **Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.**

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I'm happy to offer my professional skills in the appropriate and proper way.

*Madhi, 9597222826 call/ WA,
madhiazhagan014@gmail.com*

SANTÉ SERVICES



Schedule, December 2024

Working Hours

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

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 & Dr. Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
Ayurveda with Dr. Be: TOS	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Midwifery & GYN Care with Paula: Monday & Wednesday	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—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 Santé Services,
sante@auroville.org.in, <http://sante.auroville.org.in>*

AURODENT DENTAL CLINIC @ AUROMODE, AUROVILLE



This December, Aurodent proudly celebrates 6 wonderful years of providing quality dental care! To mark this special occasion, we are delighted to offer a 50% discount on cleaning treatments for all our valued patients throughout the entire month of December 2024.

- **Offer Period:** 1—31 December, Monday to Friday, 9am—5:30pm Saturday: 9am—1pm

- **For Appointments:** 9629199328 WA, 0413 2622063 landline

We look forward to welcoming you and helping you maintain a healthy, beautiful smile.

Thank you for your continued trust in Aurodent.

Take Care of Your Teeth, It's Essential for Your Health!

We often overlook the importance of oral hygiene, but did you know that taking care of your teeth and gums is essential not just for a beautiful smile but for your overall health? Regularly brushing and cleaning your teeth—and especially paying attention to your gums—plays a critical role in preventing serious health issues.



Oral health isn't just about avoiding cavities. Poor oral hygiene can contribute to high blood pressure, diabetes, and even heart disease. Research shows that infections and inflammation in the gums can affect blood sugar levels and strain the heart, increasing the risk of heart attack.

Taking simple steps like brushing twice a day, flossing, and visiting your dentist regularly can make a big difference. A healthy mouth leads to a healthier body—let's keep that smile bright and our health strong!

Sutha for Aurodent

OFFERING ADAPTIVE THERAPY AT SANTÉ

Asita will be offering Adaptive Therapy at Santé for all age groups, from young children to the elderly, including for issues at school, stress, insomnia, social challenges and more.

- Please contact Santé reception: 0413 2622803.

Asita has a Master's in Sociology from Pondicherry and specialization as a Behavior Technician from the USA.

Dasha for Santé Team

Youth Initiatives

JOIN INTERACTIVE PSYCHOLOGY SESSIONS with Youth!

Wednesdays, 4:30—6pm @ Youth Space, Center Field

Empowering youth through open conversation, Creating a safe space for self-reflection and intentional learning.

- Facilitated by Juan Andres
- Age group: 16 ~ 30

Jisung on behalf of Youthlink



MAKER SPACE

Monday to Thursday, 8:30am—12:30pm @ Youth Center

This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings.

Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

- If you are interested in supporting our Maker Space with a donation, please reach out to us at Youthlink@auroville.org.in or for in cash donations you can directly transfer to our account 251048.

Lucrezia & Youthlink team



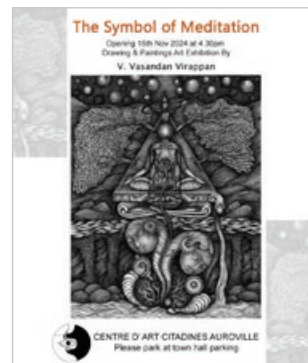
Theatre, Music & Arts

CENTRE D'ART, CITADINE

The Symbol of Meditation by Vasandan Virappan

15 November—4 December

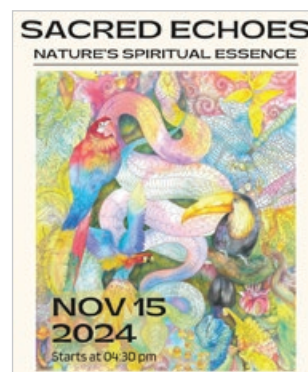
- Tuesday to Saturday 10am—12:30pm, 2—5:30pm
- Opening on Friday, 15 November at 4:30pm
- Guided visit Saturday, 10:30



Sacred Echoes by Pujasree Burman

15 November—4 December

- Tuesday to Saturday 10am—12:30pm, 2—5:30pm
- Opening on Friday, 15 November at 4:30pm
- Guided visit Saturday, 10:30



Submitted by Marco

CENTRE D'ART: EXHIBITION OPEN CALL

Centre d'Art is pleased to accept submissions of cohesive art projects. The artist, through the description of the project and the images provided, should convey the inspiring idea that gave life to their work. It is important that the submission for the exhibition is coherent and represents the theme that is being explored. It is better if the project and the work are part of a research developed in recent times. All artists are welcome to submit their projects for an exhibition in the season 2025-2026.



If you are interested please send your submission before 31/01/25 to:

- centredart@auroville.org.in and write "Exhibition Submission" as the subject of the email.
- The email should contain:
 - Contact details
 - A short biography of the artist
 - The title of the art project and its explanatory text
 - Images of some work in .jpg or .pdf (max 20 images) in low definition

The use of the space is free of cost but transportation of the work and presence in the gallery during the exhibition time are the artist's responsibility.

The selection will be made in February and the decision will be communicated within a few weeks. All submissions will get an answer.

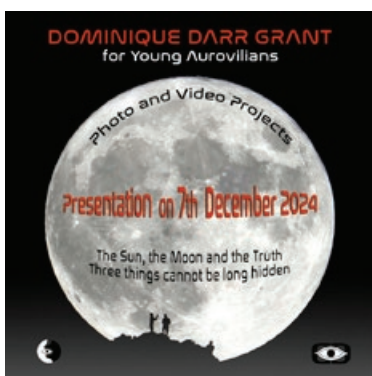
Looking forward to receiving your application.

Submitted by Marco

DOMINIQUE DARR GRANT PRESENTATION

Saturday, 7 December, 10:30am
@ Multimedia Room at Centre d'Art

With the Dominique Darr Grant, Centre d'Art wishes to encourage the artistic expression of Auroville youth and showcase their talent. Photography and video will be the main mediums in tribute to Dominique Darr's profession and passion.



- **Grant Info:** Funding for an exhibition at Centre d'Art in August 2025
- **Eligibility:** Open to Aurovilians from 14 to 30 years old
- **Categories:** Video/Photo

2025 edition theme: The sun, the moon and the truth—Three things cannot be long hidden (Gautama Buddha).

You can send an email to centredart@auroville.org.in if you wish to have more information.

Submitted by Marco

Bharat Nivas, the Pavilion of India, Auroville, presents

DISCOVER THE MAGIC of the Champu Ramayana!

Discover the magic of the Champu Ramayana!
Explore the Balakanda

Learn from a renowned Sanskrit scholar, Dr. Rajalakshmi Srinivasan, over 10 engaging sessions.

Inauguration at 04:00 PM, 07th December 2024
Venue: SAWCHU, Bharat Nivas, Auroville

1-hour regular sessions every Saturday and Sunday from 05:30 PM to 06:30 PM, starting 08th December at the Progress Hall, Bharat Nivas.

All are welcome

Explore the Balakanda. Learn from a renowned Sanskrit scholar, Dr. Rajalakshmi Srinivasan, over 10 engaging sessions. Dive into the captivating world of Champu Ramayanam, a unique blend of prose and poetry narrating the epic tale of Lord Rama. Explore the Balakanda (first book) in this condensed version attributed to the legendary poet Kalidasa.

Each session includes:

- 30 minutes of insightful lecture
- 15 minutes of Q&A to deepen your understanding
- 15 minutes of chanting to immerse yourself in the beauty of Ramayana
- **Inauguration at 4pm, 7 December @ SAWCHU, Bharat Nivas**
- 1-hour regular sessions every Saturday and Sunday, 5:30—6:30pm, starting 8 December @ Progress Hall, Bharat Nivas.

All are welcome

Enquiry Contact: bharatnivas@auroville.org.in

Parking available outside at the Main Gate

Monisha

EXHIBITION OF PRINTS

Closing Event

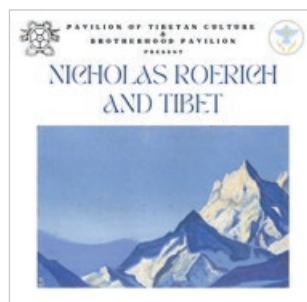
Pavilion of Tibetan Culture & Brotherhood Pavilion Present on the Occasion of the 150th Birth Anniversary of Nicholas Roerich and the Centenary of His Central Asian Expedition

Nicholas Roerich and Tibet

Closing event on 7 December culminating in a slide show presentation at 5:30pm

by Dr Alexander Pereverzev
Nicolas Roerich's Himalayas as the Treasury of the Spirit

Elena



Dance Activities

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango
Register now: +9186376 33696

Salsa Dance

- @ New Creation dance studio
 - Tuesday: Salsa class, 6:30pm
 - Saturday: Workshop, 7pm
- @Bakisata_dance
Embrace the Rhythm and Let Go!



Tango Dance

- @ CRIPA, Auroville
 - Monday
 - Beginner, 6:30—7:30pm
 - Intermediate, 7:30—8:30pm
 - Friday
 - Workshop, 6:30—7:30pm
 - Open practice, 7:30—8:30pm
- Contact: +91 8637633696
@Bakisata_dance



Submitted by Mani

Ballet dance class with Fleur

Dance initiation
Age 4 to 5
Every Monday from 2.30 to 3.30pm

Classical ballet level 1
Age 6 to 7
Every Monday from 3.45 to 4.45pm

Classical ballet levels 2&3
Age 8 to 10: Every Saturday from 9.15 to 10.30am
Age above 10: Every Saturday from 10.30am to 12.00pm

@ New Creation Dance Studio

Fleur, 9600225764

AUROVILLE TANGO

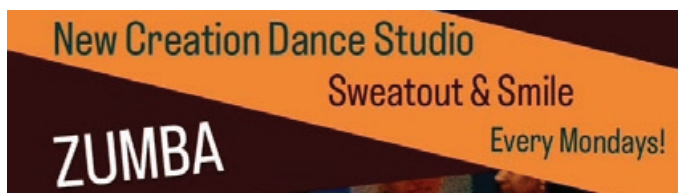
Tango @ Harmony Hall, Bharat Nivas
New batch starts the first week of each month

- **Monday:**
7—Introduction to Tango,
8—Open Source
- **Wednesday**
7:30—Guided Practica,
8—Long Practice
No partner required.
Bring socks or dance shoes.
And plenty of joy!



+91 9821166082, tango@auroville.org.in

Submitted by Maud



@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763 Vega

Music, & Art Activities

CREEVA: CENTRE FOR RESEARCH

Education Experience In Visual Arts

- **Watercolor Landscape class** by Sathya:
Monday, 5—7pm.
- **Figurative Drawing Session:**
Tuesday, 5—7pm.
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30—4:30pm, Monday to Friday.
 - If you plan to attend at other times, please inform us in advance. Contact: Abi, +91 9042058981
- **Portrait:** For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.



CREEVA Studio, Creativity Community, Auroville

• sathyacolour@auroville.org.in

• +91 9486145072 WA Sathya.

Sathya

LEARN TO PLAY THE INDIAN BAMBOO FLUTE

A month-long beginner's course for the Indian bamboo flute, known as the *bānsuri*, will be offered starting on December 16. This is the perfect opportunity to learn how to play this simple, yet versatile and beautiful, instrument. The course will cover both basic theory in the *Hindustāni* musical tradition, including concepts, notation, terminology, etc., and practical techniques for playing the instrument, such as blowing into the mouth hole, covering sound holes with the fingers, etc.



In the latter part of the course students will learn a *bandish* (i.e., a composition) in *rāga* Bhupali. There is no charge for the course, but you will need a small *bānsuri* in the key of G.

- Class will be held twice per week,
Monday and Thursday at 4pm for one hour
@ AV guesthouse.
- Contact Chris for details:
christopher_buchanan@hotmail.com.

+91 9486363282 WA, landline 0413 2910282
Gaya for Gaia's Garden Guest House

SVARAM PROGRAMS

Ongoing Programs

Svaram Sound Experience: Sound Journey

- Every Wednesday, 5:30—6:30pm @ Unity Pavilion



The Quantum-Karmic Multiverse Book Reading Satsang



- Every Thursday 5—6pm
SVARAM Atelier, 2nd Floor, UTSAV Bldg.

We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of *The Quantum-Karmic Multiverse*. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-quantum-karmic-multiverse/>

Svaram Atelier: Open for Creative and Healing Arts

Svaram Atelier, located on the second floor of the UTSAV Bldg., is now open for morning rentals, offering an inspiring space for anyone involved in the Creative and Healing Arts. The Atelier is equipped with air conditioning, backup power (UPS), fully-equipped kitchen and includes two therapy rooms available for use. These facilities can be rented for a minimal contribution.



- For further info, please contact +91 9360123054 WA or svaramprograms@auroville.org.in

Upcoming Programs and Workshops

Cosmic Octave: 2—6 December

This is a 5-day special interactive workshop to discover the Harmonics of the Universe with Jens Zygarr, a distinguished sound musician since 1984, with over 40 years of experience for an immersive exploration into the Cosmic Octave — the science of the universe's vibrational frequencies. This workshop is ideal for those interested in sound healing, spiritual wellness, and deepening their understanding of cosmic frequencies.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/cosmic-octave-with-jens-zygarr/>

Aurelio and the SVARAM Team

EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

Adult Drop-In

- Thursday and Friday, 10am—5pm
- Contributions welcome

Classes for Children

- Saturday, 10am—12noon
- Monthly contribution Rs 200.

Artist: 8015362636,
Office: 0413 2623576



Submitted by Lisa

AUROFILM PRESENTS:

Animation Film-making Activities

Weekly Seminars by Abhijit Roy

@ Aurofilm Studio, Kalabhumi, Auroville

9:30—11:30am or 10:30—12:30pm

- Monday: Intro to Concept Design
- Tuesday: Intro to Character Design
- Wednesday: Intro to Color Theory
- Friday: Intro to Storyboarding
- Saturday: Intro to Screenwriting



afacademy.team@gmail.com, +91 8300364055 WA
Susana and team

Multiple Activities

BHARAT NIVAS

BHARAT NIVAS
भारत निवास பாரத 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

Sports & Martial Arts

DEHASHAKTI NEW YEAR'S TOURNAMENT

3—4 January 2025

A series of fun, competitive, and inclusive sporting events aimed at promoting teamwork, sportsmanship, and healthy activity among our children. This event is open to children of Aurovillians, Newcomers and Volunteers. Parents/Trainers can come together to form teams and apply for entries in the open category for the following:

- **Under 13 and Under 18 Team Sports:**
 - Futsal 7+3 players
 - Basketball 5+3 players
 - Frisbee 7+3 players
 - Volleyball 6+3 players (under 18 only)
- **Individual Athletic Events:**
 - Long Jump
 - Sprint 60 mtrs.

Important dates to remember:

- **Tournament dates:**
Friday, 3 and Saturday, 4 January 2025
- **Last date to send entries:**
Friday, 6 December, 3pm
- **Supportive Coaching and Practice sessions from AV-PEB & Dehashakti teams:** 26, 27, 28 December

The main goal is for children to work independently toward building their teams and organising their practice routines with some support from the parents/facilitators/trainers. From the time of this announcement till 25 December children can start working on building their teams and athletes.

AVPEB and Dehashakti team members will be in communication with one adult representative of each team in the coming months to support the children. Interested parents/coaches please write to avpeb@auroville.org.in and we will make an appointment with you to share the details

Lijun and Saravanan for AVPEB and Dehashakti Teams

AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!



Adult classes

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **Wednesdays, 5:30—7pm**. NEW, from Wednesday, 30 October. Welcome!

Children/ young students

- Monday, Wednesday and Friday, 4—5pm.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

Cristo, Rita, Surya & Philippe for Auroville Aikido

ABHAYA MARTIAL ARTS

Regular classes

- **Monday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Wednesday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Friday:** Kickboxing 5:30pm, coach Ruben



If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA
Contribution required. Be punctual, short nails, in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.

Brazilian Jiu-Jitsu Classes For Kids!

- We welcome kids from 4 to 13 on **Tuesdays and Thursdays, 4—5pm.** Contribution is required.
- Send your kids in **sportswear**, with a **bottle of water** and a **big smile.**

The class is led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey.



- For more information and to be part of the WA group contact +91 8448077070 *Giacomo for Abhaya*

TAI CHI HALL IN SHARANGA

Schedule of classes

- Every day except Sundays.
 - **Mondays and Saturdays:** 7:30—9:30am
 - **Tuesdays to Fridays:** 7:30—9am



Krishna

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic
- Water dance
- Water movie
- Swimming in pool



@watersport_mani

Book Now: +91 8637633696

Package swimming class

Submitted by Mani

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



Monisha for BN Team

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm
@ Dehashakti

Girl's football team in Dehashakti. 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

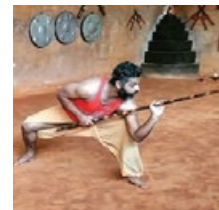
Beber



KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- **Kalari Classes 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

Maneesh For Kalari Team

Bioregion & Other Activities



0413 2963034/ 9159468946/ enlight@auroville.org.in



Tours: Explorative Adventure

- **Know Auroville: Connecting the Four Zones** 10am—12:30pm, all days except Sunday

This tour educates the audience about the about cultural and spiritual consciousness of Auroville. Visiting our wide range of units and activities which have coupled tradition and modernity.

- **Cycle Tour: Trails and Turns** 10am—12pm, all days except Sunday

Cycling through forest trails while listening to stories enhances the adventure, merging captivating narratives with the natural beauty around you. This fusion creates a uniquely immersive experience.

- **Bioregion Tour: Heritage and History**
10am—12:30pm, all days except Sunday

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

Workshops: Hands On Experience

Weekdays (1-day prior booking)

- **Pottery Workshop:** Join us for our Pottery workshops to experience working in clay and gain one-on-one instructions on how to create your piece. Our workshops are focused on Pottery for beginners.
- **Make and Play Workshop:** Introduction to uses of tones and how to make tune tools like flute, scraper, rattles, whistle, tongue drum, chimes, string and phonic boards.
- **Candle Making Workshop:** Dive into the art of candle making with our immersive workshop. Perfect for beginners and seasoned crafters alike, this hands-on experience will teach you how to create beautiful, aromatic candles from scratch.
- **Drumming Workshop:** Experience the rhythmic heart-beat of community and connection at our Drumming Circle. Whether you're a seasoned drummer or a first-time participant, all are welcome to join and learn.
- **Cooking Class Workshop:** Tasty Tamil Cuisine. Complete your travel experience by learning the art of south Indian cuisine with native women. Learn to cook local native dishes using hand pound spices and earthen pots and pans.
- **Jam Making Workshop:** Making your own jam takes a little time, patience, and sticky fingers, but soon you'll be rewarding yourself with jars of jam for days to come. Once you learn how to make jam, you can tweak it with a taste to your liking.

Programs: Culture and Community

Saturday (prior booking) 10 and more

- **Folk Dance and Music:** Folk music and dance programs by village youth performing with native musical instruments and tunes. A mix of unique Tamil traditional village beats merging with African drums and percussion sounds.
- **Native Games and Food Suvai:** Revisit the joys of your childhood play native games like thattangal, pallanguzhi, uppu mootta, kal pattal, killi thattu which were once played in almost every household. Have fun and frolic while reliving your fond memories with friends and family.

For Enlight, Arun, Anand and Balaji

**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.

+91 9385744722, 0413 2969722



Zeevic

TOUR TO THIRUVANMALLAI

I have been arranging a tour of Thiruvanamalai by AC car or AC van every Tuesday. We leave in the morning at 6am and back at 6pm.

To join the tour please text me. WA 9090819998 WA. Arabinda



**WELLNESS WOODCRAFT:
Auroville Activity**

Carpentry Workshop (Wood Joinery)

Beginners Level

- Basics of wood & tools.
- Introduction & hands on practice of hand & power tools.
- Half-laps Joint.
- Bridle Joint.
- Motise & Tenon Joint.



Spoon Carving Workshop

Beginners Level

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



Bowl & Plate Turning Workshop

Beginners Level

- Basics of wood, hand & power tools.
- Introduction & function of turning lathe & tools.
- Preparation of wood for slabs.
- Hands on practice of wood turning.



Advance booking is necessary

- DM to register: +91 9952589649
- wellnesswoodcraft@auroville.org.in

Submitted by Anand

EGAI, ART OF GIVING



+91 9159468946, egai@auroville.org.in

Arts and Crafts

- **Toys Workshop:** Craft simple toys made of wood and bamboo.
- **Finger Painting Workshop:** Tap into your inner child and learn how to paint with your fingers.
- **Coconut Shell Workshop:** Make and take earrings, keychains, bowls and pendants
- **Incense Workshop:** Come and make your own Agarbattis.

Products



- We make craft work out of eco-friendly materials such as coconut shells. All our products are unique by design and sustainable.

Contact: + 91 9791896488, egai@auroville.org.in

Anand

Help Needed

SEEKING FUNDING

Dear Auroville Community, we would like to share an update on our current situation and humbly request your support to help us complete the repayment of our housing loan. Both Vinai and I (Rama) grew up in Auroville, having spent our childhood in New Creation (Roy's Boarding). I currently serve with Unity Fund, while Vinai is engaged with ATDC. Both of us work in service units and receive monthly maintenance support.

We have two children, aged 8 and 12, and we built a house at Petite Ferme, for which we took out a housing loan. We are pleased to inform the community that we have already repaid over 50% of the loan. However, we still have an outstanding balance of ₹4 lakhs. Each month, we have consistently contributed between ₹9,000 and ₹12,000 towards loan repayment, demonstrating our ongoing financial commitment. However, the burden of these payments has begun to weigh heavily on our family's financial well-being. A significant portion of our monthly maintenance is directed towards repaying the loan, leaving limited resources to cover other essential expenses, which is impacting our overall quality of life.

At this stage, we are seeking a bit of relief from this financial strain. We kindly request the community to consider supporting us with either a monthly contribution or a lump-sum donation to help reduce the loan burden. This support will enable us to focus on our work for Auroville with renewed energy, free from the pressure of financial hardship. We are incredibly grateful for the generosity we've already received from the community, and we hope that this request for assistance will resonate once more. Any contribution, large or small, would mean a great deal to us, my FS a/cno:106445.

Thank you for your time and consideration.

Rama & Vinai

Looking For

Looking for a Lady Companion

My name is Daxa Acharya and I have been living in Inspiration, in Auroville for 20 years. I am planning to go to Lucknow, in Uttar Pradesh, north India to join a corrective wellness programme in mid-December .

As a woman I am looking for a lady to accompany me for 3 to 4 weeks to give me good company and assist me in the treatment. I will take responsibility for all the expenses.

Contact me: 9444249534, daxa.surrender@gmail.com

Daxa

Seeking a Housekeeper

I am looking for housemaids for a guest house. Our working hours are from 8am to 4:30pm. Contact 9385830282

Kireet, gaiasgarden@auroville.org.in



Available

Empty Cement Bags Available

Dear Community, we have a collection of empty cement bags available for reuse. These can be used for various purposes, such as growing plants, storage, or other creative uses. If you're interested, please feel free to come and collect them. Please find the link to our page here:

• <https://auroville.org/page/auroville-road-service>

Mohamed Ismail for Auroville Road Service

Ph: +91 413 2622844

Office Spaces Available: Aurelec

- A well protected 47sqm building, opposite Aurelec, northern side, is available.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises is available.
- 35.12 sqm. space available inside Aurelec Premises.



These spaces are ideal for a workshop or office, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/ 2622294 or e-mail adps@auroville.org.in
Siva for ADPS Trust

Office Space Available: Auromode

Office Space inside Auromode 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

Pandian

Work Opportunities

FILMMAKER NEEDED

Looking for an Aurovilian/Newcomer with a passion for telling stories through moving images.

- Writers/ DoP/ Editor/ All-in-one are all welcome. Full maintenance is available.

Kindly write to aware@auroville.org.in

<https://awareauroville.com/>



Isabella for Aware

eco femme

Social Media Account Manager

Eco Femme is looking for a creative individual to join our team as a Part-Time Social Media Account Manager. If you're passionate about making a positive social impact, love working across a range of social media platforms, and are skilled in coordination and organization, this may be your ideal role!

Proven experience required:

- 1+ years experience in account management on Instagram, Facebook, and YouTube
- Word press (website updates)
- Google Drive suite
- Graphic/ aesthetic sensitivity
- Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications: please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Maha Prabhu

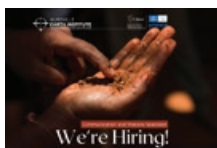
EARTH INSTITUTE:

Communication and Website Specialist

We are seeking a Communication and Website Specialist to join our team.

Are you passionate about sustainability and architectural communication?

We're looking for someone interested in writing, learning, and creating content about our projects, research, and training to help us spread the knowledge of earthen construction through our social media platforms, website, campus tours, and more.



- If this sounds like you, reach out to us at: info@earth-auroville.com.
- **Contact:** +91 0413 2623330/ 262 3064. *T.Ayyappan*

Honorary Voluntary

MOHANAM: VOLUNTEERS INVITATION

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis! We're looking for individuals with skills in: *Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn*



- **Volunteering Duration**
 - Short term volunteers: Minimum 3 months
 - Long term volunteers: Minimum 6—12 months
- **Language you must know:** English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/ events.
- **Benefits of Volunteering with Mohanam:** Be part of a meaningful cause, help fulfil Mother's vision of bridging Auroville and villagers, gain valuable experience and develop new skills, work in a supportive and collaborative environment, campus lunch and beverages
- **Ready to join us?** [Submit your application through this link](#) or scan the qr code and submit your application.
- mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667
Balu



VOLUNTEERING @ ECOSERVICE

Everyone in Auroville is volunteering at Ecoservice when you sort your waste at home. Not everyone wants to or needs to come to Ecoservice to help manage our efforts to recycle everything, end landfill and achieve zero waste (by the way, that's written in our famous Masterplan). But we all need to know what's happening. Also a new Ecoservice facility is planned but meanwhile...



Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs. **Tuesday mornings is a dedicated time that all are welcome to randomly drop in for some onsite sorting** and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.
B for Ecoservice

KCC: LOOKING FOR IDEAS, INFORMATION, Materials, Stories, Links, Physical Or Online Support

Dear Ones, we are doing a great preparation and work plans towards "Integral Activities on Mother's Qualities" and very gladly looking for some ideas, information, materials, stories, links, physical or online support for working on to create some children books with pictures and stories, calendars, gardening work, craft, stitching, games, and many more. Please reach out to us on how you wish to be part of it. Students above 5 to 13 also can participate in this programme.



- **Monday to Saturday, 11am—1pm & 2—4pm**
- For registration, please write to...
- kulaicreativecentre@auroville.org.in
- WA: + 91 8608473385/ 9843195290

Selva from KCC

AUROORCHARD: VOLUNTEER AND LEARN FARMING

Monday to Saturday
7—9am and/ or 9:30am—12pm

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community. Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce. **Join us!**



Please reach out to us for any queries:

auroorchard@auroville.org.in, 9566631079 WA (Nidhin)
Nidhin for AuroOrchard team

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

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

We need your help in medicinal herb garden, send us your cover letter and resume martuvam@auroville.org.in Shivaraj, +91 9345454232, call/ WA

Foods, Goods & Services

THE SPROUT

Monday—Saturday, 7am—4pm, UTSAV, Verite, Radial, Auroville



Enjoy the essence of The Sprout in Auroville, where Vegetarian Mediterranean cuisine meets modern and healthy dining in a cozy and relaxed atmosphere

At The Sprout you will enjoy a vegetarian menu with vegan options, with every dish meticulously crafted from scratch each day.

Our menu is designed to be delicious, healthy, and fun. We blend flavors, textures, and concepts to bring you a new dining experience every day. Plus, every bite leaves you feeling fantastic!

We invite you to savor not only our food but also the welcoming atmosphere and exceptional experience at The Sprout, where premium service is delivered with genuine hospitality. Enjoy!

www.thesprout.in, Monica

PTPS & DROPZY ANNOUNCEMENT

Pour Tous பூர் தூஸ் For All

Dear Residents, we are happy to announce that PTPS is now ready to deliver your fruits, veggies and other essentials through Dropzy.

As a first phase, we will take orders from you through Email, Phone and WhatsApp and the details for it are enclosed below.

- Email: ptps@auroville.org.in
- Phone or WA: 9786526171

The deliveries will be on the same day if your orders are received between 9am to 3:30pm. The delivery will reach you in minimum an hour and half from the time of your order placed by a Dropzy delivery person.

If you are sending your order through Email or WhatsApp, please include the following details.

- Auroville Name; Community; Financial Service Account #; Mobile/ Telephone #; Details of your order; Notes, if any.

For the second phase, PTPS will be listed in Dropzy's mobile app platform through which you can also place your orders at your convenience.

Looking forward to receiving your orders and serving at your convenience.

Iyyappan & Kumaran
for Pour Tous Purchasing Service

HEMPLANET

Explore the Benefits of Hemp!

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. Davide

LA FERME CHEESE, AUROVILLE

Gift Hamper For Your Loved Ones!

- A sample set of 8 different cheeses now available.
- **La Ferme Cheese Is Open For Guided Tours.** Like all our products, the sample set is also available at our factory outlet, along with a guided tour of the manufacturing unit, **from 2:30—4:30pm on prior appointment** (closed on Sundays)



La Ferme Cheese Promotions

- **Ricotta Cream Cheese, Discount 45%:** A fresh cheese excellent when sweetened with honey, ideal for pastries, for spread preparations and as thickener in sauces.
- **Goat Cheese, Discount 25%:** Made in the French-Mediterranean way, cylinder shaped and develops a natural mold-covered crust when aging for about 4 weeks.

C.Arumugam
for La Ferme Cheese, 0413 2622212

GASTRONOMICA: FRESH FLAVORS EVERY DAY!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches. We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more. Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!



- **Monday to Saturday:** 9am—7pm
- **Sunday:** 10am—3pm
- **Location:** right opposite Auroville Bakery, KUILAPALAYAM
- **Contact:** +91 70102 883943 Davide

AUROMODE TANTO: FRIDAY DISCOUNT DINING

Dear All, we are happy to announce that we will be having a **50% discount for dining on every Friday for Aurovillians.**

Our timings: **Monday to Saturday**

- **Lunch:** 12—3:30pm
- **Dinner:** 6—9pm
- We are also available on Dropzy for deliveries.



We are closed on Sundays.

You can call or WA us at 7448811088.

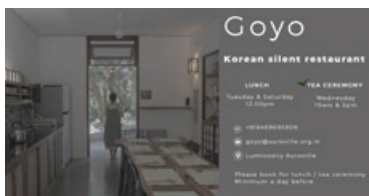
Pavithra
for Auromode Tanto Team

GOYO KOREAN SILENT RESTAURANT

Lunch:
Tuesday & Saturday,
12:30pm

Tea Ceremony:
Wednesday,
10am & 3pm

@ Luminosity Auroville



- Please book for lunch/ tea ceremony minimum a day before: +919489693809, goyo@auroville.org.in

Won Ja for Taste of Korea

SUDHA'S KITCHEN

We are open from Monday—Saturday, 8am—9pm

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.

We are warmly welcoming you to join us and taste our fresh and delicious food.



You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number:
+0413 3509884, +91 7094358547
- E-mail ID: sudhaskitchen14@gmail.com Sudha

FOODLINK MARKET OPEN EVERY DAY

Monday—Saturday, 9:30am—12:30pm



Fruits, vegetables,
milk & eggs
from Auroville farms

Monday - Saturday
9:30 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.

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- For more info, call/ WA +91 83002 68804 or pass by.

Foodlink Team, Isabelle

[FoodLink basket order form here](#)

ANNAPURNA FARM BASKETS



Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly. Residents/

volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

WOMEN'S EMPOWERMENT PROJECT

Queen home food

Monday to Saturday 8—10am @ Wellpaper

Breakfast: we offer a fresh and healthy breakfast made with locally sourced grains and vegetables

ABI at: +9042058981

Viji



ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFE

Bharat Nivas Cafe has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20.



Please, come and enjoy, welcome to Bharat Nivas cafe.

Arabinda for Bharat Nivas team

INTEGRAL HARMONY FARM OFFERS CHARCOAL

We are excited to offer our top-end charcoal at low prices. We now offer two types of charcoal for sale: Grade One and Grade Two.



Grade One charcoal is of the highest quality, distinguished by its silvery tone and exceptional properties.

Grade Two charcoal is meant for agricultural purposes: to improve the yields and soil health by incorporating Grade Two charcoal into the soil.

Write to us, and we will prepare a bag for you. Additionally, we can accommodate higher quantity orders, but please be ready for a potential wait due to high demand. Beyond individual sales, we proudly offer regular deliveries to other farms and forests.

- Contact Velmurugan at +91 9751468504 or integralharmonyfarm@auroville.org.in

For Integral Harmony Farm, Pranav and Velmurugan

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.

Jesse

SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering cost-effective travel options by arranging shared trips between Chennai and Auroville. Additionally, we provide local trips within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256, its@auroville.org.in

Rajesh.D for Shared Transport Service



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

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

Lakshmi for UTS Transport Service Team



Dear Community Members, greetings from ITS (Integrated Transport Service). We are happy to inform you that ITS is extending our working hours to better support the community.

- **The working hours** are from 8:30am—7pm, effective now.
- To book a E-van or E-auto, please contact us
- +91 8098776644/ +91 9442566256 **Rajesh I.T.S.**

SUNRISE TAXI SERVICE

Dear Auroville Community Members, this is to inform that Sunrise taxi service is active now with new executive Sathish from UTS.



It is an Auroville Unit.

- **For taxi bookings please call us** on Mobile: 9843880591 and office: 0413 2220591, 2220592

As a new unit we need your full support to my journey. **Sathish**

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) 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/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

SARVAM COMPUTERS Offers Reliable Service

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in **Utsav Complex**. And we would always like to provide you with fast and reliable service.



Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.

Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



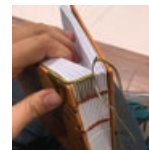
Services offered

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, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

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

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulilpalayam.



8940648542, Michel

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.

Thai Massage & Tailoring

We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm. This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

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

Rupavathi

**NAMASTE, BONJOUR, HELLO, AND VANAKKAM
from Inside India!**

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India. From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals? Count on us.



Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Friday.
- He's available on landline 2623030 or via mobile/WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com. Saturday visits are by appointment only.

Exclusive Offers & Tailored Travel

Dreaming of a custom journey through the breathtaking South of India? Drop us an email at insideindia@auroville.org.in or tours@insideindiaauroville.com, and let us bring your travel dreams to life!

Current Flight Deals

- **Qatar airways**—From Chennai to Paris, Frankfurt, London, Rome, Milan, Amsterdam, Athens.
- **Etiad airways**—From Chennai to Paris, Frankfurt, London, Geneva, Barcelona, Rome, Milan, Amsterdam.
- **Lufthansa**—From Chennai to Frankfurt, Lisbon, Barcelona, Copenhagen.
- **British airways**—From Chennai to Paris, London, Zurich, Vienna, Hamburg, Dublin, Edinburgh
- **Air India**—From Chennai to Paris, Frankfurt, London, Milan, Copenhagen.
- **Oman airways**—From Chennai to London.

Travel Updates You Should Know

- **Indian Railways:** Starting November 1, passengers can book train tickets 60 days in advance (reduced from 120 days), making trip planning easier and more flexible.
- **Chennai Airport:** International travelers can now drop off baggage at the I-to-D transfer facility before moving to domestic terminals.
- **Indonesia:** Complete the SATUSEHAT Health Pass (SSHP) before arrival.
- **Thailand ETA System:** From December, nationals of visa-exempt countries will need an Electronic Travel Authorization (ETA).
- **VFS Global** to offer new Indonesia e-Visa on Arrival service to Indians

Airport Fast-Track Options:

- **DigiYatra:** Enjoy fast check-ins with facial recognition at Chennai Airport.
- **New Parking Facility:** Skybridge access to terminals at Chennai Airport for easier parking.

Fast-Track Immigration—Trusted Traveler Program:

Indian nationals and OCI cardholders can now apply for FTI-TTP for smoother immigration processing. Learn more and apply at the official FTI-TTP website.

Important Reminders

- Be sure to bring your Original Visa along with your e-FRRO Stay Visa to avoid check-in issues.
- We accept a variety of payment methods, including debit/credit cards, Aurocard, UPI, and QR codes at our office.

Thank you for choosing Inside India. Here's to a week of incredible journeys ahead!

Olivier for the Inside India 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:**



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

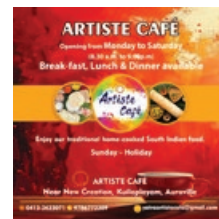
ARTISTE CAFÉ

**Opening from Monday to Saturday
8:30am—9pm, Sunday—holiday**

Break-fast, Lunch & Dinner available
Enjoy our traditional home-cooked South Indian food.

Artiste Cafe, Near New Creation, KUILAPLAYAM, Auroville

- 0413 2623071, 9786772209
- yatraartistecafe@gmail.com



Yatra Srinivassan

Poetry

LONG DAY'S NIGHT, THE ENDLESS DREAM

*Long day's night, the endless dream.
Hot night on the veranda, frog chirp, cicada scream.
Sharp night, a naked light,
your voice come back over and over.
Howl shaking loose night's woven threads.
Dog day's night, cloudburst, rumble.
Night lifts its head.
Sloe night, lip sweat, steeped indigo.
Bright night's incessant afterglow,
and the day won't take me back.
Twilight, not awake, not asleep.
Night the sky collapsed.
Solstice night hour after hour.
Waking and it's still night:
Quarter to three, night's heavy limb across my chest.
Night closing its capacious robes over me.
Unremembered night, the night I loved you best.
Nightingale's song, your damp curls against my neck.
Night they put you in my arms.
That winter night, the early dark,
your breath marking the air.
Night's whispered name.
Night of helicopter's drone and a punishing rain.
Night's redaction, and a home turns ash and grave.
Watchful night, hand in hand, faraway pinprick of flame.*

Camille Rankine

A GROUP OF THREE-YEAR-OLDS

*A group of three-year-olds
Clap hands and declare
"We are the monsters..."
Kids grow and group up
Point fingers and denounce
"They are the monsters..."
With joyful Gratitude, Anandi Z.*

MY OTHER FRIEND

Within me smiles that other me
 Who knows in you that other you
 Who though you speak with harshness now
 Looks through the darkness and archaic pain,
 And while your lips curl with disdain
 And loveless shape their cruel words that hiss
 And sear into my heart,
 Behind the words there smiles my friend, my friend,
 Who looks with love
 Sweet-wounds me with a mystic kiss.
 Maggi Lidchi-Grassi

Voices & Notes

ARE WE A COMMUNITY?

"Auroville is an international community..."

The words trip easily off the tongue because it's a phrase we've used in countless publications and websites which introduce Auroville to the larger world. But are we a community today?

Setting aside the occult dimension—for I don't discount the possibility that we are a community of souls incarnating here for a particular purpose—on a daily basis do we experience a sense of community, of being united in a common project for a common purpose?

Today, I find it very difficult to believe this. On the contrary, Auroville at the moment feels very fragmented as Aurovilians are divided by competing narratives and as the infrastructure which previously gave individuals a sense of community is being rapidly dismantled. I don't underestimate the presence and power of sincere aspiration, which is still strong in this community, and I believe that some, perhaps many, are working selflessly for a better Auroville. But never before, in my experience, have personal agendas driven by ideology, paranoia, greed, revenge, and racial and proprietorial attitudes, along with the desire for power, been so dominant at the cost of the larger good, although the common good is sometimes invoked as cover for these less than respectable motivations.

We can argue about why this is, and we can agree that there never was a 'golden age' when Aurovilians sacrificed all their personal ambitions and comfort for the larger purpose of creating a spiritualised society. We can even argue that it's a good thing that the ugly underbelly of Auroville, which has always been there and often subverted previous attempts to move us more quickly towards Mother's Dream, has been so blatantly exposed because now it can be transformed.

We can also concede that none of us can claim to have 'clean hands'. We are all responsible, in some way or another, for creating and perpetuating the present situation. For if we haven't directly contributed to it, for too long too many of us have averted our eyes to what was festering within.

All this we know, but, somehow, this doesn't cut much ice when one is confronted daily with actions which seem to tear further holes in the fabric of our society.

What can be done to renew the sense of community? Granted that this is a task requiring great sensitivity and no magic wand can solve it overnight, at the risk of sounding preachy here are a few proposals which perhaps we could all benefit from.

Firstly, a few of the big ones:

- Don't lie
- Don't indulge in corruption
- Don't use Sri Aurobindo's and Mother's words to further private agendas

However, it is often the smaller details or ways of being which help tie the invisible knot which holds a community together. These could include ensuring that we:

Are always respectful and don't denigrate those who hold different views from our own

Don't boycott or refuse to speak with those who hold different views but listen and be willing to learn

Don't attempt to force our opinion upon others by all means available even if—or especially if—we feel we hold the 'truth'

In discussion seek areas of agreement rather than focusing upon differences seek or provide spaces/opportunities where people with different views are able to be with each other/work together look for opportunities to share ideas and resources with others rather than fearing a loss of personal independence favour experimentation and openness to change over adherence to fixed ideas in a position of authority, deal with all enquiries/feedback promptly and with equal courtesy develop deep compassion for everybody, for we are all limited beings struggling with limited understandings of who we are, of what we are doing, and of the larger forces at work here

Alan

ONLY ONENESS

There is Only Oneness, just veiled by the false-separative mental consciousness. Its beingness as an unawakened human, with this Homo sapiens form that is an animal physiology with senses that are very limited in capacity to directly perceive the indivisibility of existence contributes to the false egocentric actions, degrees of selfishness and greed, with varied reactions reaching extremes of pleasures and pain, perpetuating in a karmic feedback loop. This we observe as the cruel and brutal mental-animal human world.

A Change of Consciousness is the first necessity, from the false-separative to the Truth-Unity.

An out-of-body experience (OBE) gives a glimpse that we are not just this limited human being. A beginning of an understanding that we are something else. Quantum Physics, as a material science revealing the unseen, also helps with the higher mental understanding. Yoga practices can help hasten the process of psychic awakening, as Yoga is the Science of Consciousness.

With these progressive experiences the awakening individual moves forward with the unfolding evolutionary process without resistance, and joins the few who we call pioneers, geniuses, barrier-breakers, paradigm-shifters, messengers of the Incommunicable, Avatars who are consciously hastening the terrestrial evolution, until a critical mass of awakened ever-upgrading humans is reached, and a new apex species emerges from the field of Infinite Potential.

The majority mental-human laggards too attached to the past that seeks to endure will eventually catch up, of course accompanied by pains and sufferings caused by their own resistance to change.

This is the actuality of the Material-Vital-Mental-Spiritual Evolution that has been happening on this planet for billions of years, and since a few decades ago been upgraded to Supramental. More and more humans are simply becoming aware of the Paradigm Shift, and thus consciously participating in hastening the evolutionary process.



Come join the Supramental rEvolution that is unstoppable continuing on, especially concentrated here in the [Avatar's City of Dawn...](#)

Zech, 2024.11.23

Classes, Workshops & Healing Arts

THE EMBODIED VOICE

- 7, 8 December, Saturday and Sunday, 10am—1pm
- Register or enquire about 1:1 sessions at shalini.voicework@gmail.com

A mini-retreat for anyone wanting to connect with their body, breath, and present moment truth through soft, open vocal expression.



Shalini

MINDFULNESS PRACTICE SESSIONS

Drop-in, Tuesdays, 7—8am

@ Maloka Hall, Anitya Community

Suitable for new and experienced meditators. Note, that there is no charge for the practice, however any contributions at the venue for the use of the space are most welcome.



- For details contact Helen: 7094753054 WA Mathilde for the JOI-Anitya team

SACRED CHANTING WITH BUDDHIST NUNS

Tuesday, 5 December, 2—3 pm

Join us for a unique and deeply moving chanting session led by Buddhist nuns from Zanskar, North India. Their sacred chants, steeped in centuries of spiritual tradition, are known to inspire calm, healing, and a profound connection to both self and universe. Immerse yourself in the transformative power of ancient mantras and share this beautiful moment of peace with us. This chanting session promises to be an unforgettable experience. Open to all and free of charge. Donations are welcome to support the nuns during their travel to Auroville.



Mathilde for the JOI-Anitya team

VISIONQUEST

Thursday, 28 November, 2—6pm
@ Revelation Forest

Are you going through a transition in life? Do you feel stuck, and you don't know how to move forward? Do you feel the need to reconnect to your purpose and vision?

If yes, I invite you to join the visionquest to find yourself in nature and be still with the small and big questions of the heart. Mirrored by mother nature and the circle, you can find answers to your questions and current challenges and realign yourself with your higher purpose.



- 4—6 people, registration required.
- Contact
 - Marie, +49 1748028017
 - Rahul, +91 8349917282

This is offered as a gift to Auroville community. No contribution is required.

Carolyn Rebecca for Revelation

CREATIVE VOICE SOUND HEALING WORKSHOP

Saturday, 30 November, 3:30—7pm

@ Hall of Light, Creativity community

Using vocal techniques, breathing, toning, singing, rhythm dancing, etc .. to promote relaxation, self discovery, emotional release, free expression and happiness. We discover our heart voice through singing.



We explore how different voice sounds affect our energy. We create a singing circle integrating voice and instruments. The aim is to create a safe space for personal expression and healing through voice.

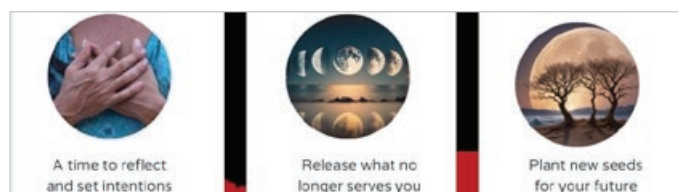
- No need for singing experience.
- Registration: +91 9443069335 WA

Lola

NEW MOON SHAMANIC JOURNEY CEREMONY

Saturday, 30 November, 7pm

@Anitya Community (Maloka Hall)



The New Moon is a sacred time, a powerful moment to embrace new beginnings and plant the seeds of our deepest intentions. It invites us to release what no longer serves us and open our hearts to the limitless possibilities of the unknown.

Join us for a Shamanic Journey Ceremony where we will come together to honor this potent energy. Through guided meditation, we'll gently let go of fears, doubts, and anything that holds us back, creating space for fresh opportunities and clarity.

Following the meditation, we'll embark on a transformative shamanic journey, a path inward to connect with our inner wisdom and align with the intentions we wish to manifest.

This experience is designed to help you:

- Release emotional and energetic blocks.
- Set clear and inspired intentions for new beginnings.
- Explore the realms of your subconscious through shamanic practices.
- Reconnect with your intuition, purpose, and inner strength.

Let this be a night of renewal, self-discovery, and empowerment—a sacred ceremony to align with the rhythm of the universe and the beat of your soul.

Bring an open heart, a journal for reflection, and anything meaningful to you (crystals, feathers, or other sacred items) to create your sacred space.

Step into the magic of the New Moon with us. Your new chapter awaits!

Reserve at:

- Lakshmi +918489764602
- Lakshmiprem369@gmail.com

Lakshmi

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday **only by appointment call or WA:** 9443635114.



Megha for Auromode SPA

AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm
@ Hall Of Light, Creativity Community
with Dave & Prem Shakti

This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.



- Register now here:
<https://tinyurl.com/ARAuroville>. Dave

MINDFULNESS FOR STRESS REDUCTION (MBSR)

1 week intensive course

Monday, 9 December—Saturday, 14 December
@ Creativity Hall of Light

- 7:15—9:15am, Monday—Friday &
- 9am—4pm, Saturday

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & wellbeing benefits. It synthesizes ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.



The MBSR course has been found to improve participants' ability to cope with the stresses of everyday life—cultivating space to respond rather than react. Through a gentle, kind curiosity participants become familiar with their patterns of stress reactivity & explore the possibility of making healthier choices to support improved wellbeing.

Research has found the MBSR course can help with anxiety, depression, management of chronic pain, diabetes, lowering blood sugar levels & reducing menopausal symptoms. It can also improve emotional regulation, increase attention, focus & memory; and plant inner seeds of resilience, kindness & self-acceptance.

- The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovilian and qualified MBSR teacher.
- The course is run over 1 week, with daily sessions from Monday to Saturday. Sessions will be held at 7:15—9:15am Monday to Friday & 9am—4pm on Saturday, 14 December.
- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see innersightav.org

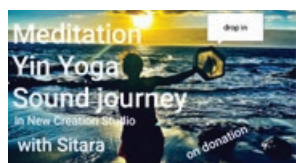
Helen

DROP-IN CLASS

on Meditation, Yin Yoga, Sound Journey

Every Thursday, 10:30am—12pm

Sitara has been living in Auroville for 22 years. Over the years she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see



- <https://sitaramunay-kiyoga.org/sitara/>

In this class she will teach her favorite combination of meditation, yin yoga and sound journey

Giovanni

MINDFULNESS KINDFULNESS

Saturday, 30 November, 9:15am—12:30pm
@ Creativity Hall of Light

This half-day retreat with Helen provides a chance to unplug from the stress & chaos of everyday life, & revitalize in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.



This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion—for ourselves & others.

Participants will have the choice of practicing in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice.

- **Booking is required.** To register contact Helen on 7094753054 WA or visit innersightav.org

Many thanks, Helen

SHIATSU SEMINAR: AN ART OF TOUCH

Join us for a unique Shiatsu Seminar this November, exploring “Synching in” with yourself while giving and receiving the special Shiatsu Touch, discovering Energy-lines / Meridians and potentially new Health Routines from the wisdom of Traditional Chinese Medicine and the Five Elements.



- **Thursday, 12th—Saturday, 14 December and**
- **Thursday, 19th—Saturday, 21 December**
- 4 hours each day, mainly in the morning.

Please come for all the sessions and come a little before the time.

- **Location:** Budokan, Aikido Dojo in Dehashakti

A revitalizing and inspiring experience awaits.

- **Introduction:** Monday, 25 November, 1:30—3pm after prior registering

Ulrike Urvasi,
mothersworkforthemotherswork@gmail.com,
+91 9751513906 (messengers please)



CALL FOR VOLUNTEERS:

**Join Our Taizé
Meditative Singing Group**

Do you love to sing and share in moments of peace and reflection? I am looking to bring together a group of people who are interested in Taizé meditative songs—beautiful, simple, and repetitive chants that create a sense of serenity and community. We are planning to organize a special Taizé singing event at the end of November, and would love to form a small team to help with organizing this meaningful gathering. Whether you are familiar with Taizé or simply curious to learn more, your participation would be greatly appreciated. If you are interested in joining us, please get in touch! Let's come together to create something beautiful for our community.



- Ulrike Urvasi 9751513906 (messenger apps only, eg WA)
mothersworkforTheMotherswork@gmail.com

Ulrike

AUROMODE YOGA SPACE DECEMBER SCHEDULE

Registration a must for all the programs. Email or WA us to know about the fee structure and other details.

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

Day	Time	Description
All days of the week, Monday—Sunday	5:30—7pm	Vinyasa flow Yoga with Arun or Bala
Thursday—Sunday	10:15—11:15am	Mobility work with Karlakattai & Kalaripayattu
By Appointment	By Appointment	Harmony of Sound, Vibration & Marma head massage
Monday—Saturday	7:30—9:30am	Morning Vinyasa flow with Bala

Morning Vinyasa Yoga & Meditation with Bala

- Monday to Saturday, 7:30—9am

Vinyasa Flow Yoga with Arun or Bala

- Every day of the week, 5:30—7pm

These evening sessions blend traditional yoga principles with dynamic Vinyasa flow, balancing breath and movement. Led by Arun or Bala, this class is perfect for beginners and intermediates alike, providing flexibility for your weekly schedule.

- **Arun's Classes:** Monday to Thursday
- **Bala's Classes:** Friday to Sunday



Mobility Work with Karlakattai & Kalaripayattu

- Thursday to Sunday, 10—11:15am

Inspired by the ancient martial arts of Kalaripayattu and Karlakattai, as well as modern movement techniques like Animal Flow, this class offers a holistic approach to fitness. Led by Bala, a seasoned practitioner, the session combines elements of flexibility, strength, endurance, and body conditioning for comprehensive health and well-being. Discover a fusion of ancient and contemporary practices designed to boost both physical fitness and mental resilience.

Harmony of Sound, Vibration & Marma head massage

- By Appointment only.

Lay back, relax, and allow the Vibrasonix experience and Marma Point Head Massage to harmonize your energy and restore balance. This unique session combines the transformative power of sound frequency therapy with the ancient healing of Marma points.

What to expect: During this 40-minute session, you'll lie on a Vibrasonix board connected to a playlist of soothing binaural beats. The gentle vibrations create a deeply relaxing experience, while we use our fingertips to massage Marma points on your head, promoting profound relaxation and stress relief.

Benefits of the Vibrasonix Vibration Board & Head Massage:

- Feel deeply restored as Vibrasonix frequencies calm your mind and soothe your emotions.
- Enjoy improved sleep quality and enhanced cellular vitality through Vibrasonix's PEMF and vibroacoustic technology.
- Release deep-seated tension and restore emotional balance.
- Clear the mind, body, and spirit, to promote healing and energy.
- Marma massage activates your life-force energy, connecting body and mind in true harmony.

Find our Yoga Shala @ [Auromode Apartments](#)

Bala

SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi



Traditional Massage Therapy Classes

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



The certificate course:

- **Has three levels:** Basic, 10 Hours/; Intermediate, 20 Hours; Advanced, 30 Hours.
- **Covers the following modules:** Varma Massage Therapy, Varma Touch Therapy, Varma Myology (Muscles), Varma Defense Methods.

Arunachala Sound Healing Therapy:

Positive musical psychotherapy using Visualization, Breathing.



Idumban Karlakattai Muscle Therapy

To strengthen the nervous system, improve posture and stamina, build strength and mobility, detox the body.



Siddha Varma Kalai Massage Therapy

Acupressure and deep tissue varma points healing massage therapy.



Nattakkalai Movement Arts Therapy

Psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration.



LA Style Salsa Dance Workshop

Salsa is dance from Los Angeles, it's all with Music & Dance with Presences of mind. It is fun, great skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. Salsa dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination.



Kindly bring water bottle, towel and wear loose fitting clothes with socks and canvas shoes.

- **Saturdays, 6—7:30pm**
- **Contact:** Raja, + 919751395939, ph./ WA
- **Location:** Egai Campus, 1st floor, Isaiambalam road

Raja, www.angamtree.com

MUNAY-KI: SURYA KRIYA & THE 5 TIBETANS

Every Wednesday 11:30am—12:30pm

@ New Creation Studio, Auroville

This unique combination of ancient yogic and shamanic practices is a drop-in class, offered on a donation basis, held at New Creation Studio. You'll find the studio on the second floor of the building just after La Piscine pool in the Auroville Community of New Creation, Kulapalayam. Access the stairs via the narrow pathway that runs alongside the pool walls and the adjacent building. [Map link is here.](#)

Giovanni



TRADITIONAL MANTRAS AND STOTRAS

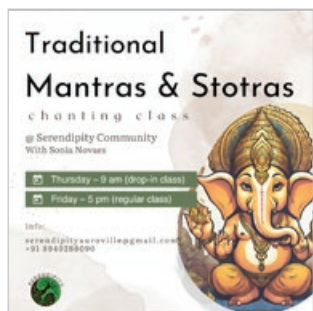
Chanting Classes

@ Serendipity Community with Sonia Novaes

- **Thursdays, 9am,** Drop-in class
- **Fridays, 5pm,** Regular class

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.

serendipityauroville@gmail.com,
+91 8940288090



SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

- By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.
- By performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

Contact 9385428400 call/ WA to book your session today! Donation Based

Submitted by Isha



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



TAO OF TEA 茶道 CHA DAO

Sencha Style Tea Ceremony

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 you will also explore the healing aspects of the tea of your choice: Organic teas only, tea blends with herbs/ flowers also available.



Sessions: 1-on-1 or small groups up to 4 people. For more people, a suitable venue must be arranged in advance.

Children aged 5 years and above are most welcome, especially on their birthdays.

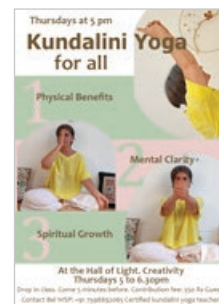
- **Venue:** To be decided when you call to confirm your appointment. The ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/ WA +91 9385428400 *Submitted by Isha*

EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5pm @ Hall of Light, Creativity,

Elevate your spirit and awaken your inner energy through the transformative practices of breath, movement, and meditation. Kundalini yoga offers numerous benefits:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health. Mental Clarity Regular practice can improve focus, reduce stress, and promote emotional well-being, leading to a calm and centered mind.



Spiritual Growth: Kundalini Yoga can help you connect with your inner self, expand consciousness, and experience a sense of deeper purpose and meaning.

- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** ₹350 for guests ₹150 Savi volunteers
- **Contact:** +91 7598892065 WA Bel, a certified kundalini yoga teacher. *Bel*

FLOW INTO TRANSFORMATION

Sunday, 8 December, 3—6pm

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.



The Flow Game is played around a special board inspired by the 7 directions found across multiple cultures. The players are invited to connect to infinite wisdom of the Universe. The game enables you to go deep into your own inquiry, while getting new insights through collective wisdom.

- In-Person in Auroville.
- **Theme:** What is my authentic role in these times of transformation? **Host:** Sandhya
- **Register now:** contact@auroville-jiva.com, or +91 944361940 WA

Sandhya

BODY IN LIGHT: ENERGY HEALING WORKSHOP

20, 21, 22 December, Friday to Sunday, 9am–5pm

@ Bhumika Hall, Bharat Nivas

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

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



Facilitator: Sandya, Energy Healer & Guide since 25 years.

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

It Matters

Schedule from 30 November to 7 December

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@auroville.curated](#)

All activities are Rs./600 for guests and Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers. Discount vouchers available, only for weekly activities, not for workshops.

- **Workshop pre registrations:** itmatters@auroville.org.in or +91 9344087925 WA

Date	Activity
30 November, Saturday, 4:30–5:30pm	The Savitri Research Project with Matthias
2 December, Monday, 5:30–6:30pm	Science of Meditation with Matthia
6 December, Friday, 5:30–6:30pm	Mystery Activity with Revealed on Inst the same day
7 December, Saturday, 9:15am–11:15pm	Intuitive Painting with Marie Claire Barsotti
7 December, Saturday, 11:30am–12.30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
7 December, Saturday, 1:45–2:45pm	The Savitri Research Project with Matthias
Date	Workshops in December*
5 December, Thursday, 9:30–11am	Embodied Nervous System (Theory & Integration) with Seza—Rs./900 (Thu+Fri workshop)
6 December, Friday, 9:30–11am	Embodied Nervous System (Theory & Integration) with Seza Rs./900 (Thu+Fri workshop)
7 December, Saturday, 3pm–5pm	Introduction to Karmayoga (Inner Attitude) Rs./900

*Pre-registration for Workshops is mandatory/ 50% discount for Aurovilians and SAVI volunteers

Bhakti & Sandra



A Healing Journey Through Movement

We warmly invite you to experience our transformative Cosmic Dance Wave, where the ancient art of healing merges with the freedom of dance. This unique journey guides you through four Divine energies:

- **Earth Energy—Mahasaraswati:** Ground yourself and connect to your physical light body and call in Divine manifestation
- **Water Energy—Mahalakshmi:** Leave your emotional baggage behind and flow into love, beauty and abundance
- **Fire Energy—Mahakali:** Find your true inner power and transform anger and fear through dynamic expression
- **Air Energy—Maheswari:** Clear your mental patterns and move into higher consciousness and create a Divine reality

Through this sacred practice, you'll experience:

- Deep healing across physical, emotional, vibrational, and mental planes
- Elevation of your personal frequency
- Connection to states of wholeness and higher consciousness. Integration of body, mind, and spirit

Sandya

ARKA

Wellness Center & Multipurpose Hall Regular Activities, December

For any details and queries, you can contact us:

arka@auroville.org.in, 0413 2623799



Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, 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
Integral Regression Therapy, Integral Reiki Healing, Breathwork—the holotropic way	Niyati Thakkar (TOS)	only by Appointment niyatithakkar2112@gmail.com , 7041391995 Monday to Sunday

Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday: 7:30–8:30am Friday: 5:30–6:30pm by Appointment: 7867998952
Iyengar yoga	Olesya	Classes to resume late December. For inquiries: 9159052743"
Eye yoga and wellness retreat	Aurosugan & Priyanka	Every day morning: 7–8am By appointment only: 8012305151/ 9704258709

Submitted by Ramana for Arka

QUIET HEALING CENTER



OBA Basic—Liquid Joy with Fred

- 29 & 30 November, 8:45am—6:30pm

A 2-day course on the surface and underwater. OBA (Oceanic Bodywork@Aqua) is an aquatic bodywork modality, developed by Kaya Femerling and Nirvano Martina Schulz in the mid-80's and practiced in a warm water pool (ideally 35°C). It combines elements of light movements, soft stretching movements, aquatic tissue massage and joint release as well as energy and breath work in a unique way both above and below the water surface.



During this course, you will learn a series of simple movements and techniques, both on the surface (including floating with cushion and pool noodle) as well as under water (with a nose clip). You will also practice basic qualities such as grounding, presence, stillness and attention, while moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit.

This basic course is for everyone interested in a first exploration into the joy of aquatic therapy work.

- **Prerequisite:** no previous experience required.

Watsu® Yoga Round with Ellie & Fred

- Sunday, 1 December, 3—6:30pm

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



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

- **Prerequisites:** no previous experience required (also no need to know how to swim!).

OBA 1—Fluid Body with Fred

- 2—7 December, 8:45am—6:30pm: 50 hours

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and under water (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the whole spine to swing and energy to flow.



OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

- **Prerequisites:** OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

WOGA 1 & 2 with Dariya

- 8—9 December, 9am—5pm: 12 hours

Woga is a combination of two words: water and yoga. This 2-day course is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest high.



It focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation and offers a structure similar to land-based yoga classes: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool!

In addition, by reducing the effects of gravity, warm water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Baby Watsu® Class with Appie & Friederike

- Thursday, 12 December, 9:30—11am

A special opportunity to connect with your baby!



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

Please bring towels and a closing swimming pant for your baby; for babies between 2 and 12 months with their parents.

Watsu® & OBA Basic with Dariya

- 10—15 December (1—6pm: 31 hours)

Watsu and OBA (Oceanic Bodywork Aqua) are bodywork and therapy modalities given in a warm water pool. In this course, you'll learn Watsu's basic sequence and techniques to work with someone on the surface. During the OBA Basic, you'll get acquainted with bringing your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you'll practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

This course offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind.

- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Woga® (Yoga in Water) Class with Friederike & Tamara

- Monday, 16 December, 3:30am—5pm

Discover the benefits of yoga in warm water!

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.



The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Watsu® 1 Transition Flow (TF) with Dariya

• **23—27 December, 8:45am—6pm, 34 hours**

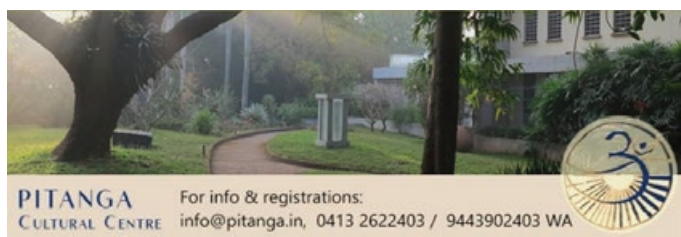
In this follow-up course, you will be taught to connect the movements and positions you’ve learned in Watsu Basic with long, gracefully flowing transitions and to adapt your work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.



On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others. By attending this course, you’ll have completed the first level of Watsu’s 3-tier training program.

- **Prerequisites:** Watsu Basic

Guido for Quiet, +91 9488084966,
www.quiethealingcenter.info/ quiet@auroville.org.in



Program December 2024

Drop-In Classes

Join without prior registration!

- **Please note:**
 - Activities with Gala are paused for some time.
 - Rachel will resume her Yoga classes later in December.
 - We will let you know when they will resume.

Mondays	
4–5pm	Doing No-Thing Consciously with Mike
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
5:30–7pm	Vocal Sound Healing with Lola
Tuesdays	
7:30–8:45am	Ojasana Hatha-Nada Yoga with Ojas
3:30–4:30pm	Malar Isai—Flower Music for children with Gothainayagi
5:30–7pm	Antigymnastique® with Francesca F.
Wednesdays	
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
5:30–7pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko’s tools, with Marie-Claire
Thursdays	
7:30–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
3:30–4:30pm	Malar Isai—Flower Music for children with Gothainayagi
4:30–5:30pm	Aviva Exercise with Suriyagandhi, for women only

Fridays	
4:30–5:30pm	Readings of The Life Divine with Balvinder
5:15–6:15pm	Feldenkrais with Shari
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
Saturdays	
7:30–8:45am	Ojasana Hatha-Nada Yoga with Ojas
2:30–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

Youth Activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

- Asanas for Teenagers with Lisbeth
Mondays, Wednesdays, 4—5:15pm

These classes are for the teenagers from AV schools and started in July.

Classes—By Prior Registration

ATB Exploration with Isora, and teacher in training Rosario

- Thursdays, 5:30–6:45pm
- Prior registration required

Awareness through the body aims to provide tools for individuals to expand their consciousness, explore the different planes of their being and discover their inner selves in a joyful space. Please reserve your place with Pitanga beforehand.

Healing Space—By Appointment

- Acupuncture by Heidi S.
- Antigymnastique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Technique by Anne H.
- Shiatsu by Patricia G. (for Auroville residents only)
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

- **Malar Isai—Flower Music with Gothainayagi**
Tuesdays & Thursdays, 3:30—4:30pm
For children, 5yrs. +, only

Malar Isai is a class that focuses on the basics of Bharatanatyam and some semi-classical dance as well. This class is for children 5 years and older. No previous experience is required.



- **Yoga Therapy sessions with Nadia A.**

Yoga therapy is a specialized application of yoga practices to help with physical, mental, and emotional well-being. Unlike group classes, individual yoga therapy sessions are tailored to address specific health issues or personal goals.

- Please contact us for an appointment.
- **Antigymnastique® with Francesca F.**
 - **Group class: Tuesdays, 5:30pm–7pm**
 - This is a drop-in class with limited places available.
 - Individual sessions by appointment, contact Pitanga

An invitation to discover, connect and live in your body
Embark on a voyage through your body and its history:

Antigymnastique® is a unique method of bodywork comprised of subtle but powerful movements performed at your own rhythm, created by physiotherapist, Thérèse Bertherat. Francesca is a licensed Antigymnastique® therapist. For more information: <https://antigymnastique.com>

- **For Giving Love with Marie-Claire**
 - **Wednesdays, 5:30—7pm, drop-in session**

Transmuting heavy emotions with Dr. Laskow

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow’s tools guide you through a process of forgiveness to complete your own healing. Forgiveness is simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

- **Truth Based Relationships: Practical Sessions with Juan Andrés**

- **Saturdays 2:30—4:30pm, drop-in class**

Practical Sessions based on the Authentic Self Relationships Model by its author, psychologist Juan Andrés. Use the opportunity for conscious growth that all your relationships offer you in everyday life. First timers need to have previously explored the content at asrmodel.com

- **Cranio Sacral Technique & Ancient Healing Technique, sessions by Anne Hildebrand**

- **Please contact us for an appointment.**

Graduated in Biodynamic Cranio Sacral Technique from Ged Sumner’s Body Intelligence Training schools in India and France, I have trained my hands to listen to the music of the bodies and create the right space of safety and caring for the body to tune in and play its own scales. I also use ancient healing techniques passed down from the Cree lineage of the Bear Clan and rely on journeys into the non-ordinary reality (invisible world) to receive information that supports change.

Workshops

- **Workshop “Born Free” with Ange Sabine Blanchflower**
 - A Five-Day Transformative Workshop
 - Monday, 9—Friday, 13 December,
 - Daily, 12:45—1:45pm, for 5 days
 - Bonus session on Monday, 16 December
 - Registration required.

Ange invites: “Discover how you can deconstruct the Beliefs that keep you from living your best life and your Purpose.”

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division. Her mentor Bob Proctor is to this day the leading Teacher of Self Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.



Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.

If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!

Pitanga Cultural Centre
2622403/ 9443902403 WA,
info@pitanga.in,
Andrea for Pitanga Team

VÉRITÉ, DECEMBER

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

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



Yoga & Other Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Yoga Essentials	10:45—11:45am	Dev
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga	5—6pm	Andres
	Cosmic Dance Wave: a Healing Journey through Movement	5—6:30pm	Sandyra & Marco
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Yin Yoga: Deep Tissue Release (beginning 12 December)	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation (beginning 13 December)	7:30—8:30am	Radhika
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Satur-days	Strengthen & Align Yoga	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Regular Events—December 2024

Classes

Contact: +91 413 2622045, +91 9363624083 WA,
programming@verite.in

- **Yoga Asana: Deep Stretch & Relaxation with Radha**
 - **Monday & Tuesday, 7:30—8:30am**

Mindful movement to help release tension from the body and mind and provide a full-body stretch. We begin with Pranayama (breath) and OM chanting, then progress to Asana (postures) and conclude with Dharana/Dhyana (meditation/concentration). A session that is both energizing and relaxing, and suitable for all (beginners to advanced level practitioners).

- **Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres**
 - **Monday, Wednesday & Friday, 5—6pm**

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

- **Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga**

- Monday, Thursday & Saturday, 5—6pm

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.

- **Hatha Yoga Essentials: Asanas with Breath Awareness with Dev**

- Tuesday, 10:45am—11:45am & Thursday, 7:30—8:30am

This practice helps to achieve balance between body and mind through asanas, pranayama, relaxation and meditation. We will follow a traditional approach to increase flexibility, de-stress, calm the mind and bring awareness and also help to achieve balance, heal and rejuvenate to experience inner peace and happiness.

- **Shamanic Breathwork & Free Movement: Clarity, Peace & Connection with Lakshmi**

- Tuesday, 5—6:30pm

Shamanic breathwork is a powerful ancient practice that aims to free the mind, release energy blockages, and revitalize the entire being. Rhythmic breathing and drumming help us to become grounded, present and connected to our authentic selves. In this altered state of consciousness, we may access insights that can be transformative. The journey concludes with free body movement to release pressure and constriction.

- **Yoga for Happy Hips: Stretch, Strengthen & Improve Flexibility with Dev**

- Wednesday, 7:30—8:30am

Happy Hips explores yogic postures designed to stretch, strengthen and improve flexibility in the hip joints and pelvic muscles. This series helps improve blood circulation in the reproductive organs, stretches the hamstring muscles and flexes the spine, which helps to keep the body light.

- **Cosmic Dance Wave: A Healing Journey through Movement with Sandhya & Marco**

- Wednesday, 5—6:30pm

Cosmic Dance Wave is a bodily-experienced healing journey designed to elevate our frequencies through joy and ease. Together, we dance into inner alignment, to free ourselves from unhealthy patterns and embrace our Cosmic Soul.

- **Yin Yoga: Deep Tissue Release with Radhika**

- Thursday, 9:15—10:15am, beginning 12 December

A quiet and relaxing practice, Yin Yoga focuses on passive seated postures to mobilize and strengthen joints, ligaments and deep fascia networks while providing a restful context for meditation.

- **Open Heart Space Meditation: Embrace with Awareness with Samrat**

- Thursday, 3:30—4:30pm

A simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

- **Pranayama & Meditation. Re-Balance your Nervous System with Radhika**

- Friday, 7:30—8:30am, beginning 13 December

You will be guided in breathwork techniques such as Suka, Nadi Shodhana 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.

- **Free Flow Dance & Movement: Expressing Freedom with Vega**

- Friday, 5—6:30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

- **Strengthen & Align Yoga: Efficient, Stable Movement with Dev**

- Saturday, 7:30—8:30am

The main aim of Strengthen and Align yoga is to develop ideal body posture, which allows us to experience ease and freedom in movement. We work on the group of core muscles that help bring stability, endurance and control to the spine, muscles and bones. Proper alignment helps release tension and rigidity, supporting more efficient movement with far less effort and stress.

- **Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani**

- Saturday, 5—6pm

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

Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Mamta	Face & Neck Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Integrated Energy Healing & Holistic Foot Reflexology

Therapies

By appointment: treatments@verite.in, +91 413 2622606, +91 9363624083 WA,

- **Thai Yoga Massage Bodywork with Andres**

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation.

• **Face & Neck Massage with Mamta**

Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce a deep relaxation for body & mind.

• **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.

• **Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs with Parvathi**

Healing Facial Therapy is a treatment which helps to cleanse the facial skin, remove dead cells, improve skin collagen, reduce wrinkles, treat acne and boosts the skin to glow, smoothness and softness. The indigenous herbs used in this treatment are natural products chosen to suit your skin type/dosha.

• **Ayurvedic Massage: Detoxifying & Energy Balancing with Radha**

Ayurvedic massage therapy is a vital component of Ayurvedic healing, aimed at enhancing both physical and mental health. Using warm herbal oils and specialized techniques, it promotes relaxation, reduces stress, boosts energy, and improves circulation. This therapy detoxifies the body, balances doshas (energy), and strengthens the immune system. It also benefits skin, muscles, and joints, improves flexibility, and promotes mental clarity and emotional balance. A full-body Ayurvedic oil massage nourishes the body from head to toe, relieving tension, enhancing flexibility, and supporting overall well-being and relaxation.

• **Swedish Massage with Radha**

Swedish massage is a relaxing, therapeutic full-body treatment designed to support overall well-being. It focuses on gently working the muscles and soft tissues throughout the body to promote healing, reduce tension, and create a calming effect on the nervous system. The massage involves smooth, flowing strokes with the use of oil, making it soothing and comfortable. It's a gentle technique suitable for everyone, from babies to older adults, and is perfect for restoring balance.

• **Birenda Massage with Radhika**

A relaxing, full body oil massage using a unique technique developed in the 1950s by Birenda of the Aurobindo Ashram. This gentle yet profound massage facilitates an inner journey during which energy blockages and tensions can be recognized and transformed.

• **Craniosacral Therapy 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 with Radhika**

Foot reflexology involves applying pressure points and massages on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep.

• **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 massages 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.

• **Food is Medicine: Lifestyle Health Practices Consultation with Parvathi**

Nutrition and lifestyle modifications consultation to transform health through personalized guidance. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

• **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 the body.

• **Healing Sound Bath with Tuning Forks with Satyayuga**

Sound Healing is a gentle yet powerful method to help you reconnect with your own innate high-level vibration. The vibration of the tuning forks and Tibetan bowls helps to recalibrate and free blocked energy, balance the right and left brains, and harmonize the chakras. This resonance supports the recalibration of our energy system, allowing creativity and peace to flow.

• **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.

• **Energy Healing Reiki with Vyshnavi**

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channeling 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.

• **Integrated Energy Healing & Holistic Foot Reflexology with Vyshnavi**

These sessions combine elements of Pranic Healing (energetic cleansing), Reiki ("divine healing" through innate intelligence), & Reflexology to internalize, integrate, & circulate channeled energy.

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 6 December	Yoga for Lower Back Pain	9:15am-12pm	Dev
Saturday, 7 December	Master Class: Sivananda Yoga	9:15am-12pm	Mani
Saturday, 7 December	Introduction to Ayurveda & its Lifestyle	2-4pm	Dr. Geeta
Friday, 13 December	Awareness Through the Body: Exploration of the Element Space	9:15am-12pm	Amir

Saturday, 14 December	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
Saturday, 14 December	Food is Medicine: Remedies for Health Issues	2–4pm	Parvathi
Friday, 20 December	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Saturday, 21 December	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
Saturday, 21 December	Panchakarma: Ayurvedic Purification Techniques	2–4pm	Dr. Geeta
Friday, 27 December	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am–12pm	Radhika
Saturday, 28 December	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi

Sivananda Yoga: Masterclass with Mani

- Saturday, 30 November, 9:15am–12pm

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

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 30 November, 2–4pm

Learn how to use food as a natural remedy for common health concerns in this practical workshop. Discover targeted nutrition strategies and healing foods that can help manage conditions like inflammation, digestive issues, hormonal imbalances, and more. Gain insights on restoring gut health, reducing symptoms, and creating personalized dietary plans to support your body's healing processes.

Yoga for Lower Back Pain with Dev

- Friday, 6 December, 9:15am–12pm

This pain management workshop focuses on a series of gentle yet powerful poses, breathing techniques, and relaxation methods designed to alleviate back pain, improve posture, and enhance range of motion as well as overall well-being. You will learn about the causes of back pain and how yoga can help. Personalized attention and modifications will be given to safely accommodate individual's needs.

Master Class: Sivananda Yoga—with Mani

- Saturday, 7 December, 9:15am–12pm

The session begins with basic breathing and pranayama practices and continues with sun salutations and the 12 classical Sivananda hatha yoga poses. The asana sequence is designed to massage and rejuvenate the entire spine, freeing the flow of prana. Between asanas, there is time for relaxation. This rhythmic alternation between effort and relaxation allows a re-patterning of the nervous system, enhancing the ease and effectiveness of the final guided relaxation.

Introduction to Ayurveda and its Lifestyle with Dr. Geeta

- Saturday, 7 December, 2–4pm

Ayurveda, the ancient Indian medical system, offers simple lifestyle practices for self-care and healing. Learn the principles and practices of diet, exercise, sleep and relaxation which help to detoxify, rejuvenate, and restore balance to body, mind and spirit, according to your own nature.

Anandhi for Vérité programming

TASTE OF YOGA @ VÉRITÉ

Monday to Saturday, 9am—12pm & 13—16:30pm

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.



Anandhi for Verité

Languages

BOLSTERING ENGLISH

Native English speaker offers help with spoken English, for presentations and performance or simply for clearer pronunciation, in individual or small group sessions; no charge.

- For those connected to Auroville who already can function in English.
- Includes rhythm, nuanced expression, and some dialects, if wished.
- Long or short session(s); long or short intervals between sessions.

Also, always available to anyone at any level for co-exploration of the wonders of SAVITRI.

- For first contact: pat@auroville.org.in, or patauroville@gmail.com

Patricia

AUROVILLE LANGUAGE LAB

Current Schedule of Classes as of 28 November

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	11m–12pm	Tuesday & Thursday
	Creative Writing	9:30–10:30am	Monday & Wednesday
	Learn English through theatre	11am–12pm	Monday & Wednesday
French	Beginner	4:30–5:30pm	Started 17 November, Monday & Wednesday
	Conversation—Intermediate	2:30–3:30pm	Started 19 November, Tuesday & Thursday
	Conversation—Pre-Intermediate	11am–12:30pm	Friday, Starting 29 November
Tamil	Spoken Beginner	9:30–10:30am	Started 5 November, Tuesday & Friday
German	Level A1 Beginner	5–6:30pm	Started 5 November, Monday, Tuesday & Friday
Spanish	Beginner	2:30–3:30pm	Monday & Wednesday
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

Registration is required for all classes Send an email to info@aurovillelanguagelab.org or call 0413 2623661, +919843030355 WA.

- **New Study course on Sanskrit Grammar, Vedic & Classical.** Introducing a text-oriented Sanskrit method for spiritual seekers. For the past five years, Nishtha has developed a systematic Sanskrit grammar that from the beginning incorporates the earliest Vedic grammar along with that of the later Classical period. This method is especially meant for students interested in studying the main source texts of the Indian spiritual tradition, from the Rig Veda via the early and later Upanishads to the Bhagavad Gita.

- This free evening class will start Tuesday, 26 November from 5 to 6pm.

Catch updates here

[Language Lab Latest Schedule of Classes](#)

Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions happen weekdays from 5 to 6pm as follows:

- **Mondays:** French with Patricia and Isabelle
- **Tuesdays:** Spanish with Gloria and Tamil with Prithivi
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess), with Ramesh 5:30 to 6:30pm
- **Thursdays:** English with Amy and Darren
- **Fridays:** We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5 to 6pm is open for people to offer their language.

Tomatis

We still have two (2) spaces for Aurovilians , Newcomers and Volunteers (adults, teenagers and kids) to do the Tomatis listening training programs—so don't delay to grab these spots Have a look at Alfred Tomatis Method—Auroville Language Lab for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguagelab.org.

While we do offer 3-week wellness programs and shorter language integration and listening training programs, which are open to guests too, to do the whole program, you need a minimum of 4.5 months. Listening Tests and Consultations will be done only for those who are doing a program.

- Resonance, the book!
Check it out at <https://books.aurovillelanguagelab.org>
- **To enquire or register:** tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website, and at the Lab. You are welcome to watch them at the Lab. All are welcome.

Volunteers Needed

- English teachers
- Idea organisers/project managers
- App development advice
- Fundraising collaboration

Please send an email to info@aurovillelanguagelab.org with a copy to mita@aurovillelanguagelab.org

Louis
for Auroville Language Lab

NEW MOON MOVIE

Saturday, 30 November, 5pm,

@ Multimedia room, Centre d'Art.

Every New Moon Day, Art movie screening at Centre d'Art. The first one will be on Saturday November 30, at 5pm, in the Multimedia room.

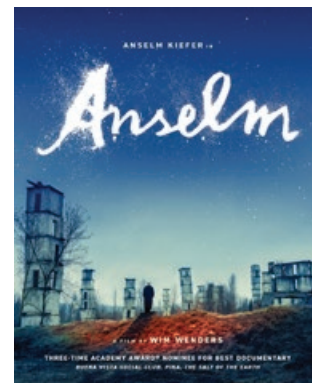


Centre d'Art
Auroville

Anselm, by Wim Wenders, 2023, 93 min.

In Anselm, Wim Wenders creates a hypnotic portrait of Anselm Kiefer, one of the most innovative and important painters and sculptors of our time.

The film presents an immersive cinematic experience of the German artist's work, which explores the overawing beauty of human existence, landscape, and myth while confronting the horrors of his country's history and seeking to undo the postwar silence in which both artist and director came of age.



Marco

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, 29 November

The Emotional World of Farm Animals

2004 / 52 minutes / Stanley Minasian



A delightful documentary about the thinking and feeling side of farm animals. This journey into the sentient, emotional lives of farm animals brings Masson to animal sanctuaries around the country where caregivers and the animals themselves tell their stories.

Submitted by Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
2 December—8 December 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 2 December, 8pm
Qala

India, 2022, Writer-Dir. Anvita Dutt w/ Tripti Dimri, Babil Khan, Swastika Mukherjee, and others, Psychological-Drama-Music, 119mins, Hindi w/English subtitles, Rated: NR
 Set in the 1940s, this gripping tale unravels the tumultuous relationship between aspiring singer Qala (meaning 'art') and her domineering mother, Urmila. Haunted by visions of her stillborn brother, Qala battles her mother's harsh treatment and jealousy over the talented orphan, Jagan. With fame Qala faces betrayal, guilt, and heartbreaking tragedy. It is a compelling story of ambition, familial bonds, and the haunting shadows of the past. *Trivia: This is the debut feature of Babil, the son of Irrfan Khan.*

Potpourri—Tuesday 3 December, 8pm
The Iron Giant

USA-Czech Republic-UK, 1999, Writer-Dir. Brad Bird w/ Eli Marienthal, Harry Connick Jr., Jennifer Aniston, and others, Hand-drawn-Animation-AI, 86mins, English w/ English subtitles, Rated: PG
 This acclaimed film, partly inspired by the tragic loss of the director's sister Susan to gun violence, explores the question: "What if a gun had a soul and didn't want to be a gun?" Based on a book by Ted Hughes, the film is set during the Cold War in 1957. It follows a young boy named Hogarth Hughes who discovers and befriends a giant alien robot. With the help of beatnik artist Dean McCoppin, Hogarth tries to protect the Giant from the U.S. military and the paranoid federal agent, Mansley.

Selection—Wednesday 4 December, 8pm
Hornblower: Loyalty

UK, 2003, Dir. Andrew Grieve w/ Ioan Gruffudd, Robert Lindsay, Paul McGann, and others, Adventure-War, 125mins, English w/ English subtitles, Rated: NR (PG-13)
 In this acclaimed film, struggling Lieutenant Horatio Hornblower is promoted to Commander of HMS Hotspur. Joined by loyal shipmates, he uncovers an impending invasion and faces treachery within his crew. As he navigates these challenges, he also deals with the affections of Maria, his landlady's daughter. *This tale of bravery, betrayal, and naval adventure is a must-watch.*

Interesting—Thursday 5 December, 8pm
Planet Earth III (Episodes 5 & 6)

UK, 2023-24, Dir. Abigail Lees & Sarah Whalley (S1Ep5) and Theo Webb (S1Ep6) w/ David Attenborough, Tom Greenhalgh, Fredi Devas, and others, Mini-Series-Documetary, 116 mins (58mins each), English, Rated: PG
 David Attenborough's third natural history series uncovers unseen locations, stunning landscapes, and amazing animal behaviors. Episode 5, "Forests": Journey to these secret worlds where lives are entwined in the most unexpected of ways. Episode 6, "Extremes": Uncover stories where life exists on a knife edge amongst Earth's greatest natural wonders.

International—Saturday, 7 December, 8pm
Le Théorème De Marguerite (Marguerite's Theorem)

France-Switzerland, 2023, Writer-Dir. Anna Novion w/ Ella Rumpf, Jean-Pierre Darroussin, Clotilde Courau, and others, Comedy-Mystery, 103mins, French-English w/ English subtitles, Rated: NR (R)
 Marguerite, a lone star in the mathematical ether of the ENS, lives and breathes equations. A flaw in her cherished theorem shakes her world, leading her to leave the ENS and sever ties with her past. Stepping into the vibrant unknown, she finds solace in the real world, discovers autonomy, the game Mahjong, befriends young Léa, and experiences love for the first time. Grown by her experiences, she seeks a correct proof of her theorem with renewed energy.

Children's Matinee—Sunday, 8 December, 4pm
Johny Puff Secret Mission

Spain-Italy-USA, 2024, Writer-Dir. Néstor F. Dennis w/ Johnny Depp and others. Animation, 87mins, English w/ English subtitles, Rated: NR (G)
 Johny Puff, the puffin, and his feathered friends embark on a secret mission to save Taigasville from the evil plans of Otto von Walrus. Otto plans to plunge the world into icy chaos, and Puff must stop his frosty plans.

Sidney Lumet Cinema @ Ciné-Club
Ciné-Club Sunday 8 December, 8pm
Murder On The Orient Express

UK, 1974, Dir. Sydney Lumet, w/ Albert Finney, Lauren Bacall and others, Crime-Mystery, 128 mins, English w/ English subtitles, Rated: PG.
 The Belgian detective Hercule Poirot boards the Orient Express. One of the passengers requests his protection, but Poirot declines. The next day the passenger is found dead in his compartment and Poirot is asked to solve the case. The train is forced to stop due to a snow drift blocking the tracks. This gives him a few hours to figure out the murderer's identity before the local police take over the investigation. During his investigation, Poirot discovers that many of the passengers have some connection.

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. We request you to 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*

Pavillon de France Presents a film :

LA VIE EN ROSE (2007)

The extraordinary life of Edith Piaf

Saturday, 30 November, 4pm @ Cinéma Paradiso



Directed by Olivier Dahan, Starring Marion Cotillard
French with English Subtitles

Skipping back and forth in time, Olivier Dahan's elaborate mosaic of events delves into the hard life and times of French singer Edith Piaf. Her moving songs, filled with evocative lyrics about love's sorrows and joys, made her an icon:

From her childhood to her rise to fame, from her victories to her hardships, from Belleville to New York, the extraordinary journey of Édith Piaf. Through a destiny more incredible than a novel, discover the soul of an artist and the heart of a woman. Intimate, intense, fragile yet indestructible, devoted to her art to the point of sacrifice, here is the most immortal of French singers...

• [Trailer](#)

Vivekan



Presents @ Multi Media Centre Auditorium, Town Hall

Reminder: Friday, 29 November, 8pm

"Lala's Gun"

(Chinese: 滚拉拉的枪; pinyin: Gun Lala De Qiang)

Directed by Ning Jingwu, China, 2008

With: Wang Jishuai, Shi Mingma, Gun Dangyuan

Synopsis: Shot in the tribe's own Hmong language, Lala's Gun is the story of a boy from the village of Biasha in Congjiang County, where resides a branch of Miao, one of China's biggest minorities. As part of the village's tradition, every boy upon reaching the age of fifteen was to receive a gun from his father as a symbol of reaching manhood...



Praised for its lush visuals and nuanced depiction of the Miao people!

Original version in Hmong with English subtitles.

Duration: 1h43'

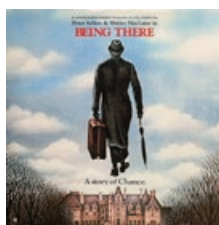
Friday, 6 December, 8pm

"BEING THERE"

Directed by Hal Ashby, USA, 1979

With: Peter Sellers, Shirley MacLaine, Melvyn Douglas

Synopsis: Simple-minded gardener Chance has spent all his life in the Washington D.C. home of an old man. When the man dies, Chance is put out on the street with no knowledge of the world except what he has learned from television. While wandering the streets, he encounters business mogul Ben Rand, who assumes Chance to be a



fellow upper-class gentleman... "Being There" is a heart-felt satire of modern life, politics and power! It is based on the 1970 novel by the Polish-born writer Jerzy Kosinski. The screenplay won the British Academy Film Award for Best Screenplay and the film was nominated for a several notable awards and went on to become a recognized classic with its preservation in the National Film Registry in 2015.

Original English version with English subtitles. Duration: 2h10'

- Note: Contributions are very welcome!
Aurofilm Collection Acc. No. 252658

Aurofilm presents "CINE-master class"

AUROFILM Cine-Masterclass

By Dr. Alexander Pereverzev

THE ISLAND (2006), Pavel Lungin, Russia, duration 1h52



- Sunday, 1 December, 5—7:45pm
@ Aurofilm (Kalabhoomi, next to CRIPA)

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

Welcome to this chapter led by Dr. Alexander Pereverzev on "The Island" by Pavel Lungin, Russia (2006)

Pavel Lungin is one of the filmmakers who added some luster to Russian cinema at the dawn of the 90s.

Overview: Alexander will present the film before screening, which will be followed by more insights and a discussion.

Synopsis: During World War II, the sailor Anatoly and his captain, Tikhon, are captured by the Nazis when they board their barge and tugboat carrying a shipment of coal. The Nazis blow up the ship but Anatoly survives and is rescued by Russian Orthodox monks the next morning. He survives and becomes a stoker in a small island monastery in the Russian North. He lives an unusual life and his bizarre conduct often confuses his fellow monks while the pilgrims visiting the island believe that he has the power to heal, exorcise demons, and foretell the future...

The film closed the 63rd Venice International Film Festival and was praised by the Russian Orthodox Church leader Patriarch Alexis II.

Original Russian version with Eng. subtitles. Duration: 1h.52'

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

Susana and team

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Mental health 24/7 support:

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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*

Accessible Auroville Public Bus

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Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining 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—Roundabout	8:34	12:50	18:44
Town hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

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Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join WhatsApp group

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

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