



# News Notes

#1062 A weekly bulletin for residents of Auroville 16 January 2025



*Mattu Pongal*

○ seeing Flame, thou carriest man of the crooked ways into the abiding truth and the knowledge. *Rig Veda*  
I purify earth and heaven by the Truth. *Rig Veda*

## *Pondering*



For a real transformation there must be a direct and unveiled intervention from above ...

It is a first condition of this change that the mental Man we now are should become inwardly aware and in possession of his own deeper law of being and its processes; he must become the psychic and inner mental being master of his energies, no longer a slave of the movements of the lower Prakriti, in control of it, seated securely in a free harmony with a higher law of Nature...

For as the progression of the change proceeded, the energy of the liberated individual would be no longer the limited energy of mind, life and body, with which it started; the being would emerge into and put on—even as there would emerge in him and descend into him, assuming him into it—a greater light of Consciousness and a greater action of Force...

All the processes of the evolution would be felt as the action of a supreme and universal Consciousness, a supreme and universal Force working in whatever way it chose, on whatever level, within whatever self-determined limits, a conscious working of the transcendent and cosmic Being, the action of the omnipotent and omniscient World-Mother raising the being into herself, into her supernature.

*The Ascent towards Supermind,  
The Life Divine, Sri Aurobindo*

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### Hard deadline for submissions TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

**Disclaimer:** The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Roy & Katia (AgniJata), News & Notes  
Media Centre, TH, [NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

# House of Mother's Agenda

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**The Mother's Agenda, December 18, 1963**

*"It is equally ignorant and one thousand miles away from my teaching to find it in your relations with human beings or in the nobility of the human character or an idea that we are here to establish mental and moral and social Truth and justice on human and egoistic lines. I have never promised to do anything of the kind. Human nature is made up of imperfections, even its righteousness and virtue are pretensions, imperfections and prancings of a self-approbatory egoism.... What is aimed at by us is a spiritual truth as the basis of life, the first words of which are surrender and union with the Divine and the transcendence of ego. So long as that basis is not established, a sadhak is only an ignorant and imperfect human being struggling with the evils of the lower nature."*

I want to offer it to an American admiral who is here and who needs to know this.

Did you meet him?

No. But ALL Westerners! The highest they can conceive of is always social work....

Yes, a kind of social perfection on earth.

It's Schweitzer, Gandhi, Philanthropy, Charity....

To them, the Supermind would be the reign of a harmonious equality of all classes and all countries—at the most, a union of all countries and all classes. That's the summit of their dream.

I like this letter, because he says, "I have NEVER promised anything of the kind." This is to me the important point.

**The Mother's Agenda, December 18, 1963**

<https://incarnateword.in/agenda/4/december-18-1963>

With love and gratitude,  
Gangalakshmi (HOMA)

# Townhall Speaks

## AUROVILLE'S GREENBELT SERVICE (GBS)

FAMC is happy to announce that Auroville's Greenbelt Service (GBS) is operational. Aviram, Saravanan and Sivaraj are the executives and Boobalan, Segar and Vengatesh are the coordinators of the same. GBS is a sub-department of the FAMC, a section 16 committee of the Governing Board and will continue to operate under the Service Trust, where it will file its yearly accounts.

The GBS and its members will work for Auroville and will not be associated with exclusive land parcels, as stewardship no longer exists. They will collaborate with Land Service by reporting weak boundary fences (or need of the fences, where they do not exist.) Internal fences will be removed.

Removal of invasive species, planting native species, creating bunds, building reservoirs will be some of the works they will undertake—about which they will communicate with all in near future.

Members of the GBS will be visiting various parts of Auroville—daily (except for weekly and other holidays) and regularly—and share the data amongst themselves. There will be monthly meetings between the executives and FAMC members, where updates will be shared. We expect all to cooperate with them so our green wealth can be better managed.

*Geeta for FAMC*

## AUROVILLE THE DREAM

### Welcoming Newcomers and Volunteers!

Weekly sessions, Thursdays, 4—6pm @ Unity Pavilion

Dear AV Community! While you all wait for the situation to clear regarding your process and, as many of you have questions about Auroville, we invite you to join the weekly sessions, every Thursday, from 4 to 6pm at Unity Pavilion, with a fellow new aspirant on this journey along with you. Each session will add new elements as it progresses.

There will be time for Q&A and we hope to update you about the Newcomer and Volunteer process, so these sessions will help you with your own process as well. Members from the community and the Working groups will join from time to time to answer your questions.

Happy New Year and see you there!

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



## FAMC INFORMATION NOTE

### On Executives & Management Changes

Funds & Assets Management Committee, a Section 16 Committee of the Governing Board, is the only responsible body that will appoint, change, all Auroville unit executives, managers as per necessary fiduciary regulations and operational performance, compliance to the laws of India and all Code of Conduct and standing orders.

As the central "Auroville Integrated Information System" (AIIIS) is now made operational it has come to the attention of FAMC that many unit executives effect changes to the unit executive or management structures without any approval or review of the affected change by FAMC. It has also been brought to the notice of FAMC that many executives have started inducting other Aurovilians without following due process for a change in management that skirts the transparency, accountability of our units and brings confusion for continued smooth operations of the furtherance sector of Auroville.

All unit executives and managers will keep FAMC informed of any need for change in senior management positions and any succession planning for the aging Aurovilians in a timely manner. No Aurovilians will be appointed as unit executive or management position by the current executive or the trustee without first informing the FAMC to review the need, the candidature of the proposed persons. Subsequent to conducting a due diligence of the necessary change and choosing the right candidates an official Resolution will be issued to effect the necessary change as endorsed by FAMC.

This is retroactive since the last change of FAMC members dated June 1, 2022. Any change of unit executive or manager that has been done without any proper FAMC resolution stands null and void and this change needs to be brought to the attention of the FAMC office immediately.

*Geeta for FAMC*

# Community News

## Passing On

### THOMAS DREYER PASSES



AVI Germany would like to share the sad news about the passing of its long term board member Thomas Dreyer on Monday, January 6, after a long and serious illness. Thomas was the main project manager of the German Weltwärts volunteers program, supported by his wife Birgit. They both spent their annual holidays in Auroville, visiting the volunteers and their places of assignment. Without his many years of tireless commitment, the program would not have been able to continue successfully for so many years.

Thomas held a PhD in physics and was a widely learned and knowledgeable person. He was a very kind man, firmly based on his connection with the Mother, with Sri Aurobindo and the Integral Yoga. His presence will be sorely missed.

We will always remember Thomas with love, gratitude and appreciation and wish him a smooth transition into his new form of existence. Our thoughts are with Birgit in these difficult times.

*Fredirike*

## Matrimandir News & Schedules

### MATRIMANDIR ACCESS INFORMATION

Please note that the Matrimandir Access team has made **Some small changes to the Access Policy**

- Firstly all Pass Holders and Aurovilians bringing guests will have to sign into a register at the Office Gate.
- Secondly Aurovilians can bring their close family members to the Gardens 4:30—6:30pm daily as long as they inform before 11am on the day of the proposed visit to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)
- Thirdly, all guest houses and home stays please note: Guests only holding Aurocards, who wish to attend the Savitri Readings in the Amphitheatre on Thursday evenings will have to book one or two days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)
- The Matrimandir Access team also wishes to remind all Aurovilians acting as guides for visitors or guests that your guests can not be treated as friends and brought to the Park of Unity at any time. All Tours and guided individuals and parties should be taken to the Viewing Point.
- The Matrimandir Access team also wishes to remind anyone running workshops and camps that visits to Matrimandir or the Park of Unity are not to be included in the itinerary. All group visits should be to the Viewing Point only. Individuals attending these events who wish to concentrate in the Inner Chamber are welcome to make a booking in the normal way at [auroville.org](http://auroville.org)

### Access to the Park of Unity

The Park of Unity:

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) before 11am on the day of the proposed visit.
- Savi registered 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, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance.

### Access to the Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered 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 members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto: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.

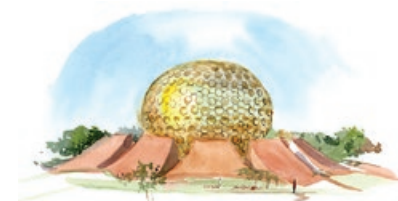
Auroville units can bring their staff to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)

- Tuesday 8—8:30am.

### The Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders:

- Daily 7—8am, 5—6pm.



### Access to Matrimandir for Visitors and Guests

#### Matrimandir Viewing Point

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

#### The Inner Chamber of the Matrimandir

- The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: [auroville.org](http://auroville.org)
- 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.

*The Matrimandir executive team,  
Antoine, Divya Karun,  
John H., Judith, Sundar K*

### AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri 5:30—6pm, every Thursday (weather permitting)



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's 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 use cameras, i-pads, cell phones, etc. No photos.
- **New:** Guests with Aurocard wishing to attend must book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Thank you.

*Surya and Velmurugan  
for Amphitheater team*

*Awakening Spirit*

**SAVITRI BHAVAN SCHEDULE, JANUARY 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**

- **January 20: Our Gratitude:** A musical offering specially composed by Shobha Mitra for the centenary of the Mother's first meeting with Sri Aurobindo on 29 March 1914, performed by the Ashram Choir in the Savitri Bhavan Amphitheatre on 30 March 2014. Duration: 35min.

By Sri Aurobindo was written a mantra they chanted: OM Sri Aurobindo Mira—Open my mind, my heart, my life to your Light, your Love, your Power..In all things may I see the Divine.

An important date is also the 24th of April 1920 when the Mother finally arrived in Pondicherry and the two Avatars, the Mother and Sri Aurobindo, began their great spiritual endeavor for the realization of the New Creation.

*OM Sri Aurobindo Mira  
Open my mind, my heart, my life  
to your Light, your Love, your Power..In all  
things may I see the Divine.*

At the end of the film there is a message from the Mother from 24 April 1961: "My children, we are united towards the same goal and for the same accomplishment—for a work unique and new, that the Divine Grace has given us to accomplish. I hope that more and more you will understand the exceptional importance of this work and that you will sense in yourselves the sublime joy that the accomplishment will give you. The divine force is with you—feel its presence more and more and be careful not to betray it. Feel, wish, act that you may be new beings for the realization of a new world and for this my blessings shall always be with you."

The message of the Mother was chosen by Shraddhavan. The musical offering was filmed and edited by Manohar.

The film is available on Manohar's YouTube channel under the title: [Shobha Mitra "Our Gratitude", in Auroville](#) and [on the Savitri Bhavan YouTube channel](#).

- **January 27: Alexandra David Nèel: 1911—1924 Journey through India, China and Tibet.** This remarkable woman (1868-1969) was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1911. The film is in French with English subtitles. Duration: 104min.

**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
  - **Savitri Satsang, 4:30—5:15pm**  
@ Savitri Bhavan, Square Hall

*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**

- **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

**Deeper Body Work**

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

- **Saturdays, 18 January, 8 and 22 February 4—5pm, @ Sangam Hall, 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. 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 comes 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.

*Dhanalakshmi & Margrit for Savitri Bhavan*

**IN THE LIGHT OF SRI AUROBINDO'S REVELATIONS**

18 & 19 January, @ Unity Pavilion

The following events shall take place at Unity Pavilion, Auroville:

- Workshop On "Evolution through Mind of Light"
- Discussion Groups on
  - Matter and Quantum Computing
  - World is not real (Nobel Prize for Physics 2022)



Are all welcome


**Schedule:**

- 18 January, 9am—5pm
- 19 January, 9am—1pm

**Organized by:** Sri Aurobindo Research Foundation, 21/68, Gurubagh Road, Varanasi


*Anita for Unity Pavilion Team*

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





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



**BRAHMANASPATI KSHETRAM**  
 The Mother Sri Aurobindo Centre

**Calendar of regular events of January 2025**

Every Tuesday 6:45 - 7:30pm  
**Savitri Reading**


Every Thursday 6:00 - 6:30pm  
**Meditation**

9th & 23rd, Thursday 6:30 - 7.30pm, reading  
**"The Mother's Questions & Answers- Vol-7"**  
 in English

13th, Monday at 6:30pm full moon, reciting  
**Sri Aurobindo's Gayatri Mantra for 30min**

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

Location



kshetram2014@auroville.org.in

**HOUSE OF MOTHER'S AGENDA OPEN**



House of Mother's Agenda informs you, GangaLakshmi is present at H.O.M.A.

**Every afternoon, 3—5pm** you have an opportunity to **listen to Sweet Mother.**

You're welcome.

*Ganga Lakshmi  
 for House of Mother's Agenda*

*Education*

**DOMINIQUE DARR GRANT  
 For Young Aurovilians 14—30**

We are happy to launch Dominique Darr's Grant first edition. Through the Dominique Darr Grant, Centre d'Art wishes to encourage artistic expression of the Auroville youth and showcase their talent. The DD Grant is intended to support young artists in the production of an exhibition to be held at the Centre d'Art in August 2025. 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).

**Timeline**

- 1 March 2025: Preliminary project submission deadline
- 15 March 2025: Announcement of the laureates
- 15 July 2025: Final production deadline
- 15 August 2025: Collective exhibition

• Please send an email to [centredart@auroville.org.in](mailto:centredart@auroville.org.in) if you wish to have more information.

*Marco*



### VISUAL MATHEMATICS CLASSES

We are happy to bring back 'Visual Mathematics classes' to children under 7 years. These classes offer a strong visual base and act as a foundation for the mathematics concepts learned later in school.

We are thankful for the consistent and strong parent support for this activity and we would like to show our heartfelt gratitude to each one of them.

Snehal,  
+91 9529673687 WA

### KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam  
[kulaicreativecentre.auroville@gmail.com](mailto: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

### AUROVILLE LIBRARY

#### Our Reading Circles

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

#### Auroville Library Contacts and Timings

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

Laura

### AUROVILLE ILAIGNARKAL EDUCATION CENTRE

#### Invitation

27—29 January 2025

On coming 27—29 January 2025, (Monday to Wednesday) in collaboration with Puduvai Arunkatchiyagam we plan to conduct an Exhibition on **The constitution of India, Indian Presidents and The Fundamental Rights and Duties of Citizen of India** at our Centre.



We cordially invite you to cheer us up and inspire us for further studies.

R. Meenakshi for IEC Team

### 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

#### TIBETAN DOCTOR is in Auroville

Greetings to you all for the year 2025! May you all have a great year with better health, wiser and a wonderful year.



This is to let you know that for the month of January 2025, Doctor and the team from Men-tsee-khang based in Chennai are visiting us on

- Wednesday, 15 January: 2—5:30.
- Thursday, 16 January, full day: 8:30am—1pm & 2—5:30pm.
- Friday, 17 January: 8:30—1pm.

To get your appointment kindly call 0413 2622401 or message to 8489067332 WA.

The consultation is held at the Pavilion of Tibetan Culture International zone Auroville. You can also find Herbal products produced by Mentseekhang based in Dharamsala. You are always welcome to visit us during our visiting hours and Wishing you All a very Happy New Year.

Kalsang

#### NOTE

#### from Auroville Health Services

We are looking for a person (preferably French speaking, otherwise English speaking), who could attend to a French senior lady on four days per week for two hours per day. Payment available.

9787626452, 9655963914,  
Mechtild for AVHS

**WEEKLY BABY SUPPORT CIRCLE: LITTLE RED FEET**

Every Wednesday, 9am—12pm @ Humanscapes

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Morning Star!



We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one.

Here’s what to expect:

- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can’t wait to welcome you and your baby into this circle of love and support. Let’s grow together!

Rotem

**SANTÉ SERVICES**



**Schedule, January 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**

<b>Doctor Consultation</b> with Dr. Senthil & Dr. Pavan: Monday to Saturday	<b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
<b>Ayurveda</b> with Dr. Be: Tuesday/ Wednesday/ Friday	<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday
<b>Acupuncture with Andres:</b> Monday to Friday	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday	<b>Physiotherapy</b> with Arun: Monday to Saturday (except Friday)
<b>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday	<b>Adaptive Therapy</b> (all ages) with Asita: Wednesday & Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena— inquiry email: <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>	<b>Soundbed Session</b> 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](mailto:sante@auroville.org.in),  
<http://sante.auroville.org.in>

**AURODENT DENTAL CLINIC:**

**Start the New Year with a Healthy Smile!**



Aurodent is excited to offer

**20% discount**

**on scaling treatments this January!**

Scaling is essential for removing plaque and bacteria and keeping your mouth clean and healthy. It’s the perfect way to start the year with a fresh, confident smile!

- Valid until January 31, 2025
- Offer is open to all Aurovilians and Guests

Take advantage of this offer and prioritise your oral health today!

**Working Hours:**

- Monday to Friday: 9am—5:30pm
- Saturday: 9am—1pm

**For Appointments:**

- 9629199328 WA, 0413 2622063 Landline
- [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

Sutha  
 for Aurodent Dental Clinic,  
 Auromode, Auroville

**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](mailto:madhiazhagan014@gmail.com)

**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](mailto:auroshruthi@auroville.org.in)

Submitted by Sruthi

*Dialogues*

**UNITY PAVILION**

**Earth Citizens Shaping Our Shared Future**

21 January, 4—6pm, @ Hall of Peace, Unity Pavilion



Unity Pavilion invites you to join us for a transformative, interactive, artistic and multicultural **Earth Agora & Peace Table Dialogue** with Home for Humanity's Co-Founders and Transformative Educator-Artists Dr. Rama Mani & Prof. Alexander Schieffer, hosted by Jaya and moderated by Dr. Nilima Bhat and many more inspiring changemakers. Free and open to everyone!

You are warmly invited to interact with and become an active co-creator of the epic **One Home Journey's** future-building Earth pilgrimage! Together, as Earth citizens connected beyond borders, we can transform our divided and endangered world into an inclusive, regenerative, peaceful and joyful HOME for the diverse and indivisible family of life! Everyone is warmly welcomed! (Registration is not required.)

Everyone is warmly welcome! Registration is not required.

**Do join us!**

*Anita*  
for Unity Pavilion Team

*Youth Initiatives*

**AUROVILLE YOUTH**

**Integration (AVYI) Program 2025**

22 February, Saturday, to 26 February, Wednesday, 9am—4pm

Join Us for the 2025 Auroville Youth Integration (AVYI) Program!

YouthLink is excited to announce another edition of the Auroville Youth Initiation (AVYI) during the Auroville Week of

2025! This program is designed for Auroville youth (ages 16-25) to explore Auroville's vision, history, and structure while also diving deeper into self-discovery and connection with their peers.

**Co-Create With Us!**

While we've prepared a range of exciting activities, we want this program to be shaped by YOU! If there's something specific you'd like to learn or experience, share your ideas with us. Let's create a meaningful and inspiring journey together!

- Register [via link](#) or scan the QR code!
- Reach out to us: [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in)

*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](mailto:Youthlink@auroville.org.in) or for in cash donations you can directly transfer to our account 251048.

*Lucrezia & Youthlink team*



**GROWTH LAB**

Monday, 20 January, 5pm @ Youth Center

YouthLink proudly presents its newest initiative: Growth Lab! The initiative, held at Youth Center, aims to empower youth to experiment, explore, and implement methods of self sustenance through in-house cultivation and DIY philosophy.

The first edition will be held on Monday, 20 January, where we will explore making Kombucha at home, and will be followed by editions such as mushroom growing, making cheese, etc.

Each edition will have 3 sessions:

- **Session 1:** Co-learn, research, implementation (finding sources online or offline, breaking up into teams to discuss your methodology, and to implement the idea)
- **Session 2:** Documentation of process, refining/adjusting methods, experimenting other possibilities
- **Session 3:** Evaluate your methodology, taste/utilise the product, take the project home to continue using/growing it at home

The dates for sessions 2 & 3 would be discussed with the group, and set post the first session in accordance with everyone's timelines.

This initiative would be on an open contribution basis, and all contributions would be used for the subsequent editions of the project. If you would like to help make this happen, please consider making a contribution to 251048 (YouthLink) with the description: Growth Lab contribution!

*Namu,*  
*YouthLink & Youth Center team*

**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*



*International*

Pavillon de France and Centre d'Art Present

**THE EPIC STORIES OF HAIRSTYLES... THROUGH ART!**

**Continues**

Monday, 20 January 2025, à 5pm

@ Centre d'Art-Citadines

Presented by Nathalie Schmitt,  
lecturer for the National Museums, In French



Embark on a captivating journey through a virtual museum, unveiling famous paintings, iconic sculptures, literary texts, and timeless myths—all connected by one theme... hairstyles!

Bringing together exceptional guests for the first time, these sessions promise a unique immersion blending charm, symbolism, and identity: Samson and Delilah will revive the tales of magical powers linked to hair... A Dominican monk and Che Guevara will debate the cultural and identity impact of hairstyles through the ages... Marie

Antoinette, in a burst of extravagance, will unveil the art of wigs as symbols of power and style... A few Indian deities will enrich this exploration with their spiritual and mythological symbolism.

These conferences invite you to view art through a unique and original lens, with hairstyles as the central motif traversing eras, cultures, and styles. **Vivekan**

**LA MÈRE RACONTE (THE MOTHER TELLS)**

**French Practice  
from classes given by the Mother  
at the Ashram**

Thursday, 16 January, 4:30—5:30pm



@ Pavillon de France

The Mother gave classes in French at the Ashram of Pondicherry in the 1950s. These classes were recorded and gave rise to a book entitled "La Mère raconte". In these short stories, the Mother uses different registers of the French language to express her thoughts in a simple and figurative way. We offer a workshop for reading the texts contained in this book. The workshop is aimed at people who want to deepen their knowledge of French and the thoughts of the Mother. Participants must have a minimum knowledge of French.

The workshop, lasting one hour, will be held every Thursday at the Pavillon de France, from 4:30 to 5:30 pm.

Each workshop will consist of reading the text in French, understanding its vocabulary and discussing its meaning collectively. For sharing, everyone can use French, English or Tamil. The workshop will be led by Augustin, a volunteer at the Ashram who is fluent in Tamil and English and Jean Francois, a French teacher.

**Vivekan**

**SAMBHAVNA**

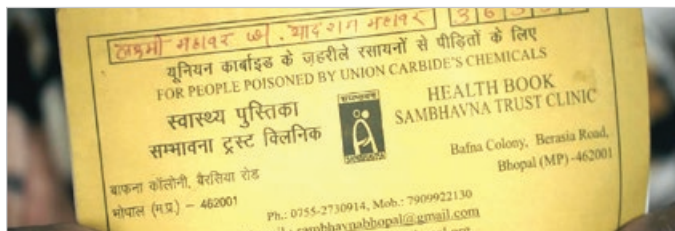
**A documentary film in presence of film director  
Réjane d'Espirac**

In French: Saturday, 18 January, 5pm

In English: Saturday, 25 January, 5pm

@ Town Hall—Cinema Paradiso

Duration: 52 min + Q&A with film director



Where to find the strength to live again after experiencing horror? Forty years ago, the Indian city of Bhopal, in Madhya Pradesh, became the site of the **worst industrial disaster in history**. On the night of December 2, 1984, a highly toxic gas leaked from a pesticide plant owned by the American company Union Carbide, killing thousands of people and causing cancer and chronic illnesses in hundreds of thousands more. For the past 40 years, these toxins have continued to pollute the surrounding soil and water, creating new health issues. After a few years, conventional treatments (primarily steroids, antibiotics, painkillers, and psychotropic drugs used in large doses over long periods) ceased to be effective. What could be done?

**One man had an idea:** to establish a clinic in the heart of the contaminated area that offers free treatment to victims using medicinal plants, yoga, and Ayurveda. Its name: **Sambhavna**, meaning "possibility." More than just a place for care and support, Sambhavna symbolizes the potential for rebirth after horror. Like a lotus blooming in the mud, it represents grace amid chaos. Its story serves as a living reflection on the kind of humanity we wish to cultivate. The documentary explores this story of **resilience and healing**.



"Touching and profound"—Indra Sinha, author of "Animal's People"

"The essence of real healing and love"—Farah Edwards, cofounder of Bhopal Medical Appeal.

Réjane d'Espirac, the director, will attend the screenings for a discussion and Q&A. **Vivekan**

**AN EVENING OF FRENCH POP AND JAZZ**

**with Sequence 5**

Wednesday, 22 January, 7pm

@ French Pavilion (opposite Visitor Centre parking)

Join us for a **jazz music and French pop concert** featuring the band Sequence 5, as they bring to life a delightful blend of timeless melodies and rhythmic energy!

Enjoy the melodies of Barbara Pravi, the timeless compositions of Édith Piaf and Louiguy, and the poignant lyrics of Jacques Prévert and Jacques Brel. The vibrant gypsy jazz stylings of Django Reinhardt and Stéphane Grappelli, along with the Latin-inspired rhythms of Dorado Schmitt, promise to create a rich and unforgettable musical experience. Enjoy the music in a **beautiful, warm, and convivial atmosphere**, accompanied by light refreshments to make the evening even more special.

Let's create unforgettable memories together—don't miss this enchanting night of music! Free entry. All are welcome!

**Vivekan**



**JOIN US FOR PÉTANQUE @ THE FRENCH PAVILION!**

Every Sunday, 4—5:30pm, opposite Visitor Center

Discover Pétanque, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (cochonnet). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French!

Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!



Vivekan

**SEEKING OUR INNER BEING**

The 'Seeking our Inner Being' Project is happy to present you a few discussions in various languages and from various backgrounds, on the topic of: "Organisation from a Psychic Perspective."

Please, find below:

- [YouthLink](#)
- In [Tamil](#) (also in English version)
- In [French](#) (also in English version)
- In [English](#)
- [Women Circle](#)

Soon to come, the Italian, Korean, Spanish and German groups. Stay in touch through:

- <https://innerbeing.world>
- <https://www.youtube.com/@SeekingourInnerBeing>
- [innerbeing.auroville@gmail.com](mailto:innerbeing.auroville@gmail.com)



Auroville, India  
[Innerbeing.world](http://Innerbeing.world)

Dan for InnerBeing Team

*Festivals*

Hibiscus Art Village presents

**GOODNESS FESTIVAL—HIBISCUS ART VILLAGE**

18 January, 1—10pm @Sve Dame, Sudha's Kitchen

**Art Workshop**

Experimental painting by Helgard 2—4pm

**Art Exhibition**

Giribala Tripathy, Helgard, Jacques, Evgenia Gladkay, Louis, Orev, R. Rajendran

**Art performances**

- **2:30pm:** Piano sounds by Hartmut
- **3:30pm:** Ginkgokoko's Ambient Forest Voice, piano, electronic
- **4pm:** Sounds immersion by Olga on the handpan
- **4:20pm:** Buskers Delight Expect Unexpected Nadaprem on Viola, Bansuri, Duduk
- **5:15pm:** Honouring the Child poetry by Anandi Zhang
- **5:30pm:** Drum circle lead by Tommaso dynamic, rhythmic and fun. Bring your instruments
- **6:30pm:** Folk circle dance with Lison
- **7:30pm:** Fingerstyle Guitar Storytelling Concert by Rachanachar
- **8:30pm:** Kara (A.K.A Electro Dervishes) Concert & Shadow Play  
*Elena for Hibiscus Art Village*



*Auroville Festival 2025*

Supported by Ministry of Culture, Government of India

**PANCHADEVA**

07:00 pm  
15<sup>th</sup> February 2025

Indian Classical Dance, Drama and Music

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville



Scan for Ticket

**CHANTING & BHAJAN**  
by

Mollika Ganguly and Team Auroshakti

06:00 pm  
16<sup>th</sup> February 2025

Venue:  
SAWCHU,  
Bharat Nivas, Auroville



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**BHARATANATYAM**  
by

Krupa Ravi

07:00 pm  
21<sup>st</sup> February 2025

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville



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**MANGALA ISAI**  
*Nadaswara tharvi isai Kuchery*  
by

Dr. Sri K. Kaliyamurthy and team

09:30 am - 10:30 am  
21<sup>st</sup> February 2025

Venue:  
SAWCHU,  
Bharat Nivas, Auroville



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**INSTANCES OF MYTHICAL INCARNATION**  
*Bharatanatyam Dance offering*



07:00 pm  
23<sup>rd</sup> February 2025

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville



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**GLOBAL TIRUKKURAL CONCERT**



07:00 pm  
25<sup>th</sup> February 2025

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville

Offering by  
**Opera India**

Dr. R. Padmasani  
&  
Abinav Sridharan



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Bharat Nivas presents  
**KANNAGI**  
A KALARIGRAM PRODUCTION



07:30 pm  
28<sup>th</sup> February 2025

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville



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**UNITY - RESONANCES**  
by

SVARAM and Friends

06:00 pm - 07:00 pm  
28<sup>th</sup> February 2025



Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville

*Theatre, Music & Arts*

**ART EXHIBITION BY CRYSTAL**

**The Heart's Pure Sight**

24 January—11 February @ Pitanga

**Art Gallery timings:**

- Monday to Saturday 8:30am—12:30pm and 2:30—5:30pm.
- Sundays are closed.



Andrea

**CENTRE D'ART, CITADINES**

**Bhumilucis by Aurodeva**

- 17—29 January,
- Tuesday to Friday, 2—5:30, Saturday, 10—12:30, 2—5:30
- Opening: Friday, 17 January, 4:30pm

*Bhumilucis* or "Land of Light", is a collaborative art project created by Auroville's school youth. Using only Auroville earth & flora, nearly 100 students aged 4 to 14, have come together to craft a series of participatory art installations and earth-paintings with the help of curator Aurodeva.



The young artists, divided into groups, were tasked with a variety of responsibilities such as foraging and painting, or crafting our earth-based pigment: "Mud-Goo". Individual groups then merged their efforts to the larger body of work, together creating *Bhumilucis*.

The project is a dialogue between the students and their home—a celebration of talent, unison, and belonging.

**Activities Open Call**

Centre d'Art would like to open its gallery to new activities for the 2025/26 Season. It could be a participatory project, a workshop, a lecture, a performance... We are looking for events that share the joy of creation, spark curiosity, ignite creativity, connect people... for adults and children alike.



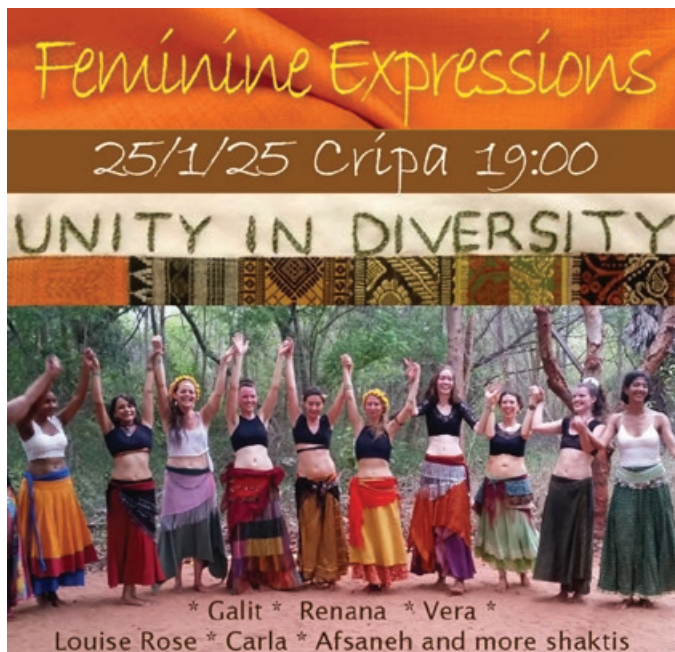
If you are interested please send your submission **before 31 January 2025**

to [centredart@aurville.org.in](mailto:centredart@aurville.org.in) and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
- A short biography of the artist/ facilitator
- The title of Participatory/ Workshop project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition

Marco



An evening featuring dance along with singing and music, all performed by women for a female audience.

Galit

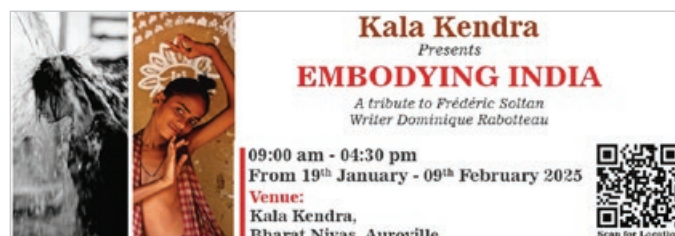
**BHARAT NIVAS, THE PAVILION OF INDIA, PRESENTS**



We are excited to invite the community to join us in celebrating the dawn of a new year and the vibrant Auroville Festival 2025! This is a time for unity, creativity, and spiritual connection as we come together to mark new beginnings. Be Part of the Celebration!

We invite you to participate in this joyous occasion and book your stalls in advance for various activities, including arts, crafts, food, performances and much more. Let's create an unforgettable experience for all!

Live Counters, Chats / Pasta, Fresh juice, Chops, Healthy lunch, Open mic, Music, Dance, Games, Activity Center, Handicrafts, Handlooms, Apparel, Home decors, Cosmetics



Monisha for Bharat Nivas

*Music & Art Activities*

**BASIC ANALOGUE PHOTOGRAPHY**

**Darkroom Workshop by Sasikanth Somu**

23, 24, 25 January 2025

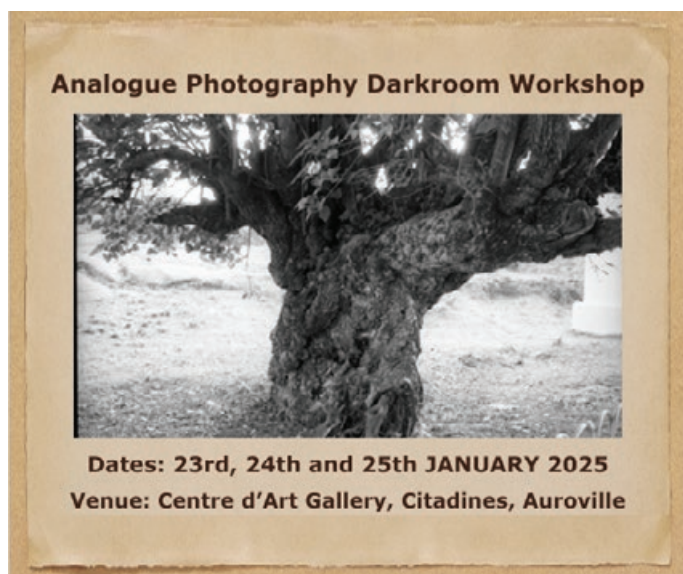
@ Centre d'Art Gallery, Citadines, Auroville

**Program & Timings:**

- **Thursday, 23 January, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 24 January, 9am—2pm:** Film photo shoot (in your own time), **2pm—5pm:** Develop your roll of film.
- **Saturday, 25 January, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration contact: [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

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



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

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

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

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

Sergey, Centre d'Art

**CREEVA ACTIVITIES**

- **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 Thursday. 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**

CREEVA Studio, Creativity Community, Auroville  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in), +91 9486145072 WA, Sathya

**SVARAM 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

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 below or scan the QR Code:

<https://svaram.org/the-quantum-karmic-multiverse/>

**ISSP International Program January 2025**

- 20—25 January

We are continuing our Integral Sound Studies and Practices with immersive subjects on Music and Medicine—The Therapeutic Process.



For details please click the link below or scan the QR Code:

<https://svaram.org/issp-international-program-jan-2025/>

**Healing Arts and Sound**

- 26—31 January

Come and join us in this a 6-day series of Open Workshops which include Plants as Healers and Divine Soul Healing, Marama Roopanam and Naada Yoga, Cranial Sacral Touch, The Consciousness-Energy-Substance of the Glorious Body.



For details please click the link below or scan the QR Code:

<https://svaram.org/healing-arts-and-sound/>

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

## 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

### 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](mailto:tango@auroville.org.in)



Maud

## Sports & Martial Arts

### KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday
- All are welcome!

Submitted by Satyakam

### KSHETRA KALARI

@ 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

### RUN FOR THE JOY OF RUNNING

We are thrilled to announce that preparations for the 15<sup>th</sup> edition of the Auroville Marathon 2025 are in full swing.

This event has always been a celebration of togetherness, health, and the vibrant spirit of Auroville, and we look forward to another memorable year with all of you.

Mark your calendars!

**Auroville Marathon: 16 February 2025**

- **Online Registration:** Opens on 9 December 2024 and closes on 25 January 2025.
  - To register online, please visit: <https://www.aurovillemarathon.com/register/>
- **Manual Registration:** Available from 20 December 2024 to 25 January 2025.
  - For manual registration, please visit Saracon between 10am—12pm and 2—4pm.

### For Auroville Community Members and Residents of the Bioregion

The registration fee is waived, but a coupon is required to participate. To obtain a coupon, please send an email to [marathon@auroville.org.in](mailto:marathon@auroville.org.in) with your details, and we will provide the coupon via email. Alternatively, you can visit the Saracon Office during the specified times to collect it in person. Once you have the coupon, you can complete your registration for the Auroville Marathon 2025.

**For your information:** This year, we have added an option to purchase T-shirts for runners on the registration page. You can select your preferred T-shirt size while registering for the marathon.

**Please note** that runner T-shirts are not included in the registration fee and need to be purchased separately.

Let us come together to celebrate the joy of running and the camaraderie that makes this event so special.

We eagerly await your participation and support to make this marathon another resounding success.

Prabhu & Marathon Team

### 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 Aikido 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](mailto:budokan@auroville.org.in)
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

Cristo, Rita, Surya & Philippe  
for Auroville Aikido



### ABHAYA MARTIAL ARTS

Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**, a martial art academy recognized by the Olympic Committee.



#### Our regular classes for adults

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

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

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

#### Brazilian Jiu-Jitsu classes for kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from 4—13 on **Tuesdays and Thursdays, 3:30—4:30pm.**

**Contribution required.**

Send your kids in sportswear, with a bottle of water and a big smile.

The class will be 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. Brazilian Jiu-jitsu is the closest to real life self defence training and it has proven results in building cognitive skills and fine motor development, especially for kids.

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

#### Self Defence Workshop

- **25 January, 9:30am—12:30pm**
- @ Lahe by Loka, Auroville Rd, Opposite Visitor's Centre



Since the demand is constantly increasing, we are thrilled to bring a workshop in the Bioregion in collaboration with Lahe by Loka. This workshop will explore the ability to recognize predatory-victim patterns and provide training in various real-life scenarios.

Discover how to recognize predator-victim patterns, use body language to project confidence, build self-esteem for effective self-defence, master basic techniques, and practice real-life scenarios for a practical understanding.

- ₹1000, limited slots. Sign up now to secure your spot!
- **Early Bird Offer:** Get 2 free MMA classes!
- **Contact:** Shivaaniat +9175500 98277

Giacomo

### 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



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

- [biharatnivas@auroville.org.in](mailto:biharatnivas@auroville.org.in), office: 0413 2622253



### 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 with the other girls.

- Just contact Beber 6385635943 for more details

Beber



### Bioregion & Nature Activities

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

[enlight@auroville.org.in](mailto:enlight@auroville.org.in)



**Terrasoul Community**  
Permaculture - New Arboriculture



Saturdays, 8am—12pm @ Terrasoul Farm Community  
Hands-on Saturday

- Introduction to Agroforestry & Food Forest, Basics of Agroforestry & Food Forests
- Tree Management, Planting, Pruning, Fertilization, Irrigation, Disease Management
- Tree Biology Essentials: Anatomy

No experience needed.

Commitment and good will are required.

- **Every Saturday, 8am—12pm**
  - Tea Break: 10:30am, closing: 12pm
- **Optional Farm Tour & Lunch:**
  - Farm Tour: 12:00—1:00 PM
  - Lunch: Tamil vegan meal (contribution required)

Juan, +91 9443434182, [terrasoul@auroville.org.in](mailto:terrasoul@auroville.org.in)

**BHARAT NIVAS KALA KENDRA PATHWAY: EGAI**

**Invites to the Coconut shell Workshop**

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville



Ready to spark your coconut creativity? Your creativity in a hands-on! Experience and learn the art of designing unique crafts made from eco friendly materials. In this workshop you create either Pendant, Earrings, Keychains, or bowls through new and unique techniques and carry your product with you as a souvenir.



What you Learn? Eco-friendly crafting, Designing techniques, Creative craftsmanship, Sustainable artistry, Hands-on Creation

**Invites to the Incense Stick Workshop**

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville

Master the art of aromatic creation? Awaken Your Senses with Every Stick! Experience and learn the art of making two different types of Incenses (Agarbattis and Cone shaped Incense). In this workshop you will be able to make your own best natural Incense in an easy way and carry your product with you as a souvenir.



What you Learn? Incense Crafting Basics, Agarbatti Making, Cone Incense Techniques, Natural Ingredients Usage, Hands-on Creation.

Monisha, BN Team

**AUROVILLE BAMBOO CENTRE**

**January Program 2025**

**Bamboo Centre Campus Tour**

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

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

**Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch**



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

**Special Bamboo Lunch for Groups in week days**

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

**Trainings and workshops**

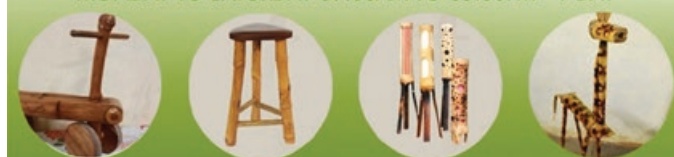
The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

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

**Daily, Make and Take Hands-on Workshops Experiences**

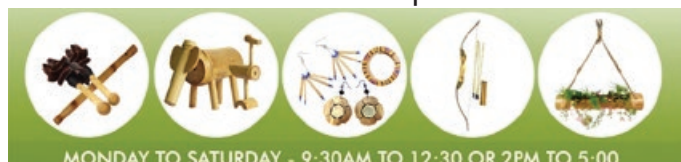
**One-Day, Make and Take Workshops**

MONDAY TO SATURDAY 09:00AM TO 05:00PM - 1 DAY



- **Registration one day in advance.**
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

### 3 Hours Make and Take Workshops



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

- Walk-in registration available
- 10am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen and take home your own hand-made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

### Upcoming Workshops—January 2025

#### HYPERBOLIC PARABOLOID DOME WORKSHOP

Come and experience with The Magical Grass in Earth "BAMBOO"



23,24,25 JANUARY -2025

Rs: ₹ 10,700

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

#### BAMBOO & WOOD FURNITURE DESIGN WORKSHOP

Come and experience with The Magical Grass in Earth

"BAMBOO"



29 TO 31 -JANUARY 2025

Rs: ₹ 9000

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

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

- Preferred: [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)
- or telephone number: +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- **Contact:** Voice call and WA: 8300949081
- [www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org)

Archana from Bamboo Centre Team

### FERMENTATION, BREWING, BARISTA

#### Fermentation Workshop

- **Every Saturday 10—11:30am**

Don't be afraid of Microbes and Bacteria

Explore the art of fermentation in our engaging, hands-on sessions held every Saturday!

Whether you're a complete beginner or looking to refine your skills, this workshop will guide you through safe and effective fermentation techniques. You'll learn the foundational principles of fermentation and how to create unique, delicious fermented products at home.

From Kombucha, Beet Kvas and Wild sodas to Hot sauces and sauerkraut and pickles.



Contact [matilde@marcscoffees.com](mailto:matilde@marcscoffees.com) for custom courses or special requests.

The booking should be done 24 hrs prior to the class for the confirmation.

For enquiry please contact: [contact@marcscoffees.com](mailto:contact@marcscoffees.com), +910413 2623119 and +91 7200881291

#### Manual Brewing Workshop

- **Saturdays, 10am—1pm. On-demand only.**

Step into the CLC for a day and sharpen your manual brewing skills—or brew your first cup! Designed for both beginners and advanced brewers, this course focuses on key brewing parameters.

Our SCA Certified Baristas will guide you on topics and methods of your choice.

The booking should be done 24 hrs prior to the class for the confirmation

For enquiry please contact: [contact@marcscoffees.com](mailto:contact@marcscoffees.com), +910413 2623119 and +91 7200881291



Module 4 & 5  
Espresso & Espresso based recipes

#### One-Day Barista Skills and Latte Art

Join our espresso intensive course to elevate your skills!

Whether you're looking to brew better espresso at home, learn milk texturing and latte art, or freshen up your skills before a job interview, this course caters to beginners and advanced learners alike. Fridays, on-demand only.

For questions, email us at [contact@marcscoffees.com](mailto:contact@marcscoffees.com).

The booking should be done 24 hrs prior to the class for the confirmation

For enquiry please contact: [contact@marcscoffees.com](mailto:contact@marcscoffees.com), +910413 2623119 and +91 7200881291

Matilde



**MOHANAM PROGRAM**

For more information and registration for all the tours, workshops, classes and events:

[mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

Call/WA: 8300949079

Office: 10am—4pm, Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluveli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

**Classes at Mohanam Campus**

1 day Advance booking of classes is necessary:

**Cooking Class**



**Saree Workshop**



- **Cooking Class:** Learn how to cook traditional South Indian food and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
  - 3—5:30pm, Monday to Saturday
  - Sunday: 10am—12:30pm
- **Saree Workshop:** Choose a saree and Veshti from a variety of beautiful sarees and Vashtis in our library. Get your traditional south Indian look with help of our women's group members who will assist you to drape/wear the saree & Veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.
  - 10am—4pm, Monday to Saturday

**Make & Take Workshop @ Mohanam Campus**

...and more, including Traditional leaf craft, bamboo jewellery, and dream catchers. Manifest your inner artist and try your hand at traditional handicrafts

\*One day advance booking necessary

- Try your hand at traditional handicrafts by joining our various art and craft workshops. Manifest your inner artist using various materials and forms through creative techniques—and take your self-made creation back home as a souvenir or thoughtful gift.

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewellery	2 hours
Dreamcatcher	2 hours

**Tours inside Auroville**

1 day advance booking is necessary:

**Auroville Northwest Tour**

**Mohanam Campus Tour**



- **Auroville Northwest Tour:** Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville. Hear the inspiring stories of various entrepreneurship units and the way they are carrying forward age-old traditions with modern techniques.
  - 10:30am—1pm, Monday to Saturday
- **Mohanam Campus Tour:** Come and visit Mohanam Village Heritage Centre to experience Tamil culture with all your senses. Taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.
  - 10am—4pm, Monday to Saturday

**Volunteers Invitation**

Join the Mohanam Team—Make a Lasting Impact!

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, Word-Press 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, Monday to Saturday. We might require you to be there on Sunday in case of special programs/events.

**Do you share our passion for empowering** village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

**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

- [Submit your application through this link](#) or scan the QR code and submit your application.



### Thiruvannamalai Eco & Spiritual Services

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

*Balu for Mohanam Program*

### *Lost and Found*

#### Healy Is a Bioresonance Device Lost

Dear Auroville Community, I lost a very special medical device last week in Auroville. It is a small square that is white with blue (see photo). It fell out of my pocket at either Sigrid Lindemann's office or in the ITS or UTS taxi. I have checked with all of them and they say they have not found it.



This is a very special device that was prescribed for me by a doctor and is tailored for my body. Someone familiar with the device could have decided to keep it for themselves. If you may have found it I would appreciate its honest and safe return. Much of my income went to purchasing it.

I believe in kindness, honesty, integrity and miracles. May the spirit of miracles, honesty and integrity of us all lead the way. I will offer a special gift for its return.

*Sara H. Sternberg, +16174164311 WA*

### *Looking For*

#### Reading Glasses Exchange

I have reading glasses with the power +1.0 and am looking forward to exchanging them against the reading power of +0.75 or +0.50 if anybody has them or has spare ones, please contact me. Thank you very much in advance...

+34685673777 WA or [srimaa221@gmail.com](mailto:srimaa221@gmail.com)

*Sunny*

#### Seeking Female Scriptwriter

Are you a Female Film Scriptwriter? We're looking for talented individuals like you! Kindly reach out for more details about our project. Ulrike Urvasi, 9751513906, [mothersworkforTheMotherswork@gmail.com](mailto:mothersworkforTheMotherswork@gmail.com)



*Ulrike*

### Looking for Singing and Vocal Teacher

I am looking for a dynamic singing and vocal technique teacher to give classes twice a week in the afternoon to my 12-year-old son. Contact +573105510098 WA.

*Gloria*

### Housesitter Search, Aurovilian or Newcomer

In a community close to all services, with magnificent collective garden, one-bedroom apartment with large green terrace and also balcony, well ventilated and furnished and quiet neighborhood. We're looking for a rare gem who cares about the quality of life and the beauty of the surroundings, and is willing to take good care of one of the Foundation's housing assets.

- Charges are Rs 3700 per month including monthly community fees, Internet and fixed telephone (local calls only) and contribution to the Housing repair fund.
- Period of 10 consecutive months from mid-February to mid-December. Interviews in progress. Send contact details, photo, presentation and motivation letter to: [gestmb@yahoo.ca](mailto:gestmb@yahoo.ca)

*Andrée Marie*

### Looking for House Sitting/ Accommodation

Good morning Auroville, It might look early: we are looking for a place to stay in Auroville from 9 July 2025 at least for a month for a start, possibly until April 2026. We are Valérie and Simon, organising to volunteer in AV (Svaram/Botanical Garden). To apply for the required visa we need accommodation at least for the first month.

Valérie is a singer, working in the social sector as educator/coach. He is an arborist and environmental scientist, also into music (been in AV as a volunteer in 2005 for a year already).

We are very much looking to share our love and skills, gaining new ones, and to enter the flow. We are grateful for you contacting us if you have an affordable offer or helpful ideas: [syotto@gmx.de](mailto:syotto@gmx.de)

*Valérie & Simon*

### *Available*

#### 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](mailto: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](mailto:pandian@auroville.org.in)

*Pandian for Auromode*

*Help Needed*

**FINANCIAL HELP FOR GIUSEPPE**

Dear Auroville family and dear guests and visitors, We turn to you again for financial help for Giuseppe, an old Aurovillian without personal resources.

- **His Indian Stay Visa fees of Rs 16500** have to be paid within next week, and we have no funds for it.
- We also **need support to pay the caregivers** that are looking after him from morning 6am till evening 7pm. (Rs 35,000—40,000 per month) We have presently not a single Rupee left on the Financial Service account.

Any amount is hugely appreciated.

- Giuseppe's Financial Service Account is FS acc. **102518**

With much gratitude and best wishes for the New Year,

*Enrica and Shivaya*

*For more information, please call either of us  
+91 9840031935, +91 9489601312*

**CAREGIVERS/ PRESENCE FOR GIUSEPPE**

- We are looking for 1 or 2 people (Aurovillians, Newcomers, volunteers) to take up the early afternoon shift from 1—3pm, preferably 6 days a week.
- We also often need a person that steps in when one of the caregivers is not able to attend.
- Additionally on Saturday and Sunday presence is necessary and often we lack people.

Please contact Enrica, +91 98400 31935 *Shivaya*

*Taxi Sharing*

**To Chennai Airport, Monday, 3 February**

To stay Eco Friendly I am very willing to share a taxi from Auroville to Chennai Airport on Monday, 3 February 2025 Departure from Auroville Town Hall at 10pm.

Contact +34685673777 WA or [SRIMAA221@gmail.com](mailto:SRIMAA221@gmail.com).

*Sunny*

*Honorary Voluntary*

**VOLUNTEERING @ ECOSERVICE**

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**



**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](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924  
*The Sadhana Forest team, Aviram*

**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...

- [kuilaicreativecentre@auroville.org.in](mailto:kuilaicreativecentre@auroville.org.in)
- WA: +91 8608473385/ 9843195290

*Selva for KCC*

*Work Opportunities*

**IT MATTERS ART GALLERY: JOB OFFER**

February 2025 onwards

**Timings & contribution:**

- 1:30—6pm, 4.5 hour shifts, Monday, Thursday, Friday, Saturday, Sunday, **From December to April**
- **From May to November**, we will be closed on Tuesdays, Wednesdays and Sundays

The contribution will be based on working hours and calculated according to the Auroville Maintenance.

**Skills:**

*Good command of English (speaking & writing), write emails and coordinate with people in proper English, understand the basics of accounting, like to interact with people.*

*Be interested in arts, be interested in sales, be open to multi-tasking, be focused and efficient, proactive profile, can handle computer work and social media.*

**Job description:**

We are looking for someone who is open to do many different tasks. These tasks include:

*Taking the role of a Manager and help the gallery to flourish, Shop keeping, welcoming people in the gallery, giving relevant information, cashing in any sales from the shop or activities/ workshops/ café.*

*Coordinating with our accounting office, creating excel tools for inventory, contracts etc. Coordination/ facilitation for activities and workshops and events. Suggesting events or fun activities,*

*Creating communication content such as posters on Canva, taking photos during activities, insta posts, managing social media etc*

We want to open a small café, so in the beginning you'll need to be ready to take orders, waiter snacks and drinks

*Coordinating with external people for cleaning or repair/ maintenance work in the gallery, Open to new tasks if needed, Closing the shutters and taking in chairs every evening (sometimes moving tables is also required).*

You're welcome to propose initiatives that interests you and that would benefit the gallery

Our team will take the time to explain everything to you, we will be a total of 4 or 5 people, but most of your shifts you will be alone and autonomous

- **If you are interested**, please contact us through email: [itmatters@auroville.org.in](mailto:itmatters@auroville.org.in)

*Bhakti & Sandra*

**KINDERGARTEN HEAD**

**@ Mohanam, Auroville**

Join our team at Mohanam, Auroville, as a dedicated Kindergarten Head. We're seeking a passionate educator to lead our thriving kindergarten program.

**Responsibilities:**

Curate current curricular, Manage teachers, Ensure student well-being, Manage resources, Collaborate with parents, Report and documentation

**Qualifications:**

Master's degree in early childhood education or B.Ed, 3+ years experience, Strong leadership, communication, and organization skills, Passion for child development.

Apply now: [mohanameducation@auroville.org.in](mailto:mohanameducation@auroville.org.in)

Submitted by Balu



**Vérité**  
**VEGAN CAFE**  
**TASTE OF YOGA**  
Raw | Gluten-free | No added sugar

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

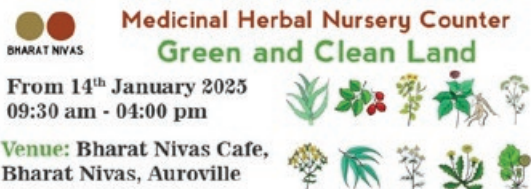
**Monday to Saturday**  
**08:30 - 16:30**

Vérité Integral Learning Center

*Foods, Goods & Services*

**BHARAT NIVAS PATHWAY**

**Medicinal Herbal Nursery Counter**



**Medicinal Herbal Nursery Counter**  
**Green and Clean Land**

From 14<sup>th</sup> January 2025  
09:30 am - 04:00 pm

Venue: Bharat Nivas Cafe,  
Bharat Nivas, Auroville

**Green and Clean Land:** Indoor and Outdoor Plants for Your House and Garden. Your journey into holistic wellness begins here! Nourishing and preserving bio-diversity for environment protection in collaboration with Martuvam Healing Forest.

We warmly invite you to bring Auroville's native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity.

Offer your contributions with a minimal donation and become a part of this collective effort to promote nature's gift for a better tomorrow. Let's grow and give, together!

**Souvenir Outlet**



**Souvenir Outlet - Bharat Nivas Trust**

**Inauguration**  
14<sup>th</sup> January 2025  
On the Occasion of Pongal  
at 10:45 am

Monisha

**PIZZAWALE @ VÉRITÉ**

Saturday, 25 January, 6—8pm

We are excited to invite you!

- FS, Auroid, Credit/Debit and Mobile Pay are accepted.
- No cash.

Submitted by Chetana, Shilpi, Darren & our team



**#Pizzawale**  
popup!  
Gluten-Free. Vegan. Artisanal pizzas and more!  
SAT, JANUARY 25, 2025 6 - 8pm

At Vérité, Auroville

**SOUTH INDIAN BREAKFAST**

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee  
Rs.99

Submitted by Shiva



**LIVING ROOM CAFÉ**

8am—4pm, closed on Wednesdays

Opposite the Auroville Library

All are welcome to enjoy delicious meals and coffee in a cozy and inviting atmosphere at The Living Room Cafe, located opposite the Auroville Library. We are now serving breakfast and lunch to Aurovilians, Newcomers, Volunteers, and Guests every day of the week except Wednesdays.



We look forward to serving you!

Debo for The Living Room Cafe Team

**THE SPROUT HOLIDAY TIMINGS**

Daily, 7am—4pm



**The Sprout will be closed for Pongal on**

- Thursday, 16 January and Friday, 17 January.

We will **reopen on Saturday, 18 January**, operating as usual from 7am—4pm.

Wishing you a joyful Pongal!

Monica for The Sprout team, [www.thesprout.in](http://www.thesprout.in)

**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 Aurovilians.

Our timings: Monday to Saturday

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



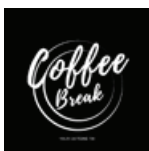
We are closed on Sundays.

You can call or WA us at 7448811088.

Pavithra

**COFFEE BREAK OPEN ON TUESDAYS**

Coffee Break is open on Tuesdays now  
We are open every day,  
8am—6pm  
Dinesh



**UPDATE FROM PTPS CANTEEN**

We are excited to announce that the PTPS Canteen is now ready to accept UPI and other digital payments (please note, **no cash payments** will be accepted), in addition to FS and Aurocard payments.



We look forward to serving you with delicious food and drinks!

*Iyyappan & Kumaran for PTPS*

**FOODLINK**

**Market open every day**



**Monday—Saturday, 9:30am—12:30pm**

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 basket order form here](#)
- e-mail us at [foodlink@auroville.org.in](mailto:foodlink@auroville.org.in) or WA us on +91 8300268804

*Nidhin and Aumurto, FoodLink*

**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*

**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*

**ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFÉ**

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*

**NOTE FROM THE FREE STORE**

We kindly request everyone to utilize the **Nandini Tailoring section for personal repair work**. The Free Store will only handle repairs for clothes intended for exchange.



**Timings**

- **Mondays—Saturdays:** 9am—12:30pm
- **Tuesdays and Thursdays:** 2:30—4:30pm

*At Her service, Kamala for the Free Store Team*

**REDUCED-PRICE MAROMA PRODUCTS**

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*



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](mailto:uts@auroville.org.in)

*Lakshmi for UTS*



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From **E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services**, we are honored to serve the diverse and vibrant needs of this incredible community.

*Rajesh I.T.S.*



**SUNRISE TAXI SERVICE**  
A Gift of Auroville Foundation

**Book A Taxi 24/7**

**+91 9843880591**

**Office: (0413) 2220591, 2220592**

**Office cell: 8610915429**

**[sunrisetaxi@auroville.org.in](mailto:sunrisetaxi@auroville.org.in)**

**[www.aurovillesunrisetaxi.in](http://www.aurovillesunrisetaxi.in)**





### 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](mailto:its@auroville.org.in)  
**Rajesh.D for Shared Transport Service**

### 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](mailto:rapidcare@auroville.org.in)
  - **Secondary Email:** [rscrapidcareservice@gmail.com](mailto:rscrapidcareservice@gmail.com)
  - **Instagram handle:** @rapidcare1 **Balaji & Arun**

### SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Sarvam Computers is located in Utsav Complex. 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](mailto:sarvamcomputers@auroville.org.in) **Bala**

### SURABHI SUPPLIES

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

- [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)
- +91 98438 46458 WA, Phone

*lyyappan*

### 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](mailto:govindaraj@auroville.org.in) for any of your requirements. Upgrade to electric transport and solar power.

**Govindaraj & B for Qutee Electric Scooter Service**

### 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](mailto:rupavathijoy@gmail.com)

*Rupavathi*

### ECO FEMME BEAUTIFUL WORKSHOP: YOU WILL RISE

Thursday, 23 January, 4—7pm

In Auroville (details shared upon registration)

Join Eco Femme in this Beautiful Workshop: You Will Rise

Reconnect with the rhythms of nature, the elements within, and your inner cycles in this dynamic embodiment workshop. Through elemental practices, guided meditations, and creative explorations, we'll discover practical ways to embrace the four phases of the menstrual cycle and bring balance into your life.



- Even if you don't menstruate, you are still connected to these cycles. Understanding them can deepen your connection with your wife, daughter, sister, or lover. Everyone's presence matters and is deeply valued.
- To register, email us at [learn@ecofemme.org](mailto:learn@ecofemme.org) or scan the QR code in the poster. **Mila & Merve**

**HAPPY PONGAL**

**To All Sincere Seekers And Travellers...**



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 Saturday.
- He's available on landline 2623030 or via mobile/WA at +91 9894598686.
- Reach him by email at [ticketing@insideindiaauroville.com](mailto:ticketing@insideindiaauroville.com).
- Yes Ganesh will be present on Saturdays too

**Exclusive Offers & Tailored Travel**

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

**Current Flight Deals**

- Emirates—From Chennai to Paris, Frankfurt.
- Qatar airways—From Chennai to Frankfurt, Brussels, Rome.
- Etihad airways— From Chennai to Dublin, Amsterdam, Madrid, Rome, Milan.
- Air India—From Chennai to Paris, Frankfurt, London, Amsterdam, Milan, Seoul.

Also, a rather Good news: IndiGo is now operating daily direct flights connecting Puducherry with Bengaluru and Hyderabad since 20th of December 2024.

**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 (SSH) 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.

**Other News**

The European Union ministers have officially approved the land border accession of Romania and Bulgaria to the Schengen Zone from January 1, 2025.

Romania and Bulgaria entered the Schengen Zone through air and sea on March 31, 2024, but not also by land.

Starting January 1, 2025, Indian nationals applying for work permits or student visas to Turkey must provide biometric fingerprints. Applicants are required to appear in person at Turkey Visa Application Center.

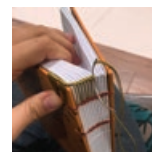
Applications submitted via representatives, travel agencies, or third parties will not be accepted.

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

*Olivier  
for Inside India Team*

**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

*Poetry*

*The Swan that settles in the purity ...  
born of the Truth,—itself the Truth, the Vast.*  
Katha Upanishad

**WHO HOLDS SWAY**

*Who holds sway  
In the world?  
The swing sways  
High and low  
As the kids  
Kick off ground  
Let go of fear, and  
Let out cries of joy.*

*With joyful Gratitude,  
Anandi Z*

**BEFORE DARK**

*From the porch at dusk I watched  
a kingfisher wild in flight  
he could only have made for joy.  
He came down the river, splashing  
against the water's dimming face  
like a skipped rock, passing  
on down out of sight. And still  
I could hear the splashes  
farther and farther away  
as it grew darker. He came back  
the same way, dusky as his shadow,  
sudden beyond the willows.  
The splashes went on out of hearing.  
It was dark then. Somewhere  
the night had accommodated him  
—at the place he was headed for  
or where, led by his delight,  
he came.*

*Wendell Berry*

**AUROVILLE RADIO**

Dear Aurovilians, your favourite radio is always working for you. Stay Tuned!

**Last published podcasts**

- [Seeking Our Inner Being Group Discussion in French—Ep. 4](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.477](#) (Integral Yoga)



**Last Youtube Video**

- [Open House on Work Plan for Auroville’s Health and Wellness framework](#)

**Upcoming Live Stream**

- [Follow-up RA Meeting on the revised RAS mandate](#)  
....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

*Sai Priya for Auroville RadioTV*

**GOVERNANCE IN AUROVILLE:  
A Series of Experiences**

At the dawn of this enigmatic and perilous year 2025—marking the end of a cycle, according to numerology—what will happen next in Auroville and around the world, what will become of the destiny of nations and, consequently, the future of humanity—all interrelated subjects? These are big questions, which today depend on the clash of cultures and ideologies, as well as the systems of governance they engender and support, and which, to put it simply, can be identified in two increasingly distinct and hostile groupings: democracies and dictatorships.

“Democracy is the worst form of government, except for all the others”, said Churchill, with his legendary sense of humor. Despite its relative fragility and all its imperfections, including a certain inefficiency and bureaucratic clumsiness, democracy guarantees citizens numerous freedoms, and its greatest quality is that it can always be perfected. Dictatorships sometimes stand out for their greater efficiency at the beginning of their establishment, but this is soon disastrous, as arrogance, corruption, violence and incompetence combine to lead them inevitably to collapse—which can happen in a single day, as we have seen in recent history. At a certain point, the generalized intimidation they inflict on their citizens, sometimes turning into a veritable regime of terror, reaches a critical point, and these regimes more often than not end up in the dustbin of history, in a calamitous or catastrophic outcome. Let’s remember just one criterion for weighing up the respective value of these two kinds of governance: those who live under a dictatorship dream of living in a democracy, but never the other way round.

In Auroville, a microcosm of the world and a laboratory town, governance, like everything else, is a matter of experiment, of trial and error. Auroville’s long-standing system of direct democracy has made it a unique, attractive and pleasant place to live. On the other hand, this system has led to a certain laxity when it comes to the basic rules to be followed, and has resulted in the postponement and even blockage of many interesting and worthwhile projects, thus engendering the frustration of those who had a legitimate desire for the town to be built at a much more sustained pace.

For the past three years, Auroville has been undergoing a new experiment with authoritarian management, which aims to restore order to the town’s affairs and recover “lost”

time in terms of its development. Although a rigid readjustment was probably inevitable and salutary, it has to be said that the balance sheet, by all accounts, is hardly glowing. Citizens are no longer consulted, or even informed, either about administrative decisions, which are sometimes contradictory, or about the destination of the various worksites opened up here and there. They feel ignored, hustled and scorned, and have lost all motivation, as well as their joie de vivre and creativity. Many have packed up, willingly or unwillingly, or are about to do so, and the few newcomers are simply discouraged from staying. What’s the point of living in ghost towns like those recently built in China? We can only hope that the current situation of opacity, arbitrariness and, above all, confusion will dissipate or lighten in the not-too-distant future. Perhaps we’ll have to wait until the purgatory of necessary adjustments has come to an end, or until the road-building mandate has been completed and the dust has settled?

But what kind of governance model could then be put in place, more in keeping with the spirit of Auroville, once this latest experiment in vertical management has run its course? The collective aspiration can only be that of a benevolent, active and constructive cooperation, on the part of all those who still believe in the Auroville adventure, while assuming themselves as responsible citizens, not only aware of their rights—too often self-granted—but also of their duties, sometimes neglected. Only this kind of cooperation between all those with good will can lift Mother City out of the prevailing gloom, and restore to Aurovilians the joy of creating and working together for the harmonious blossoming of the town, in complete dedication and mutual respect.

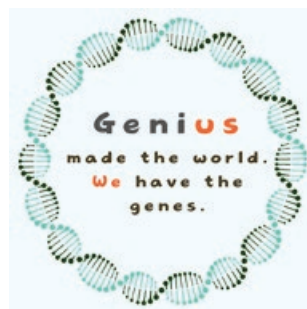
Thanks in any case to all Aurovilians, those true Warriors of Light, for carrying on in spite of everything. Thank you for your courage and resilience, for without you, Mother’s city, as finished and sumptuous as it might be, would be meaningless.

Happy New Year to you all! May 2025 be more open to the advent of Human Unity and World Peace!

*Christian Feuillette, Pragna*

**GENIUS WITHIN**

After receiving the raindrops of “Divine, Dive in”, a whole world opened itself to me. It is unknown to the surface mind, and yet somewhere in me it feels familiar and reassuring. And thus the journey continues. This time, another word came in-sight—genius.



Does it refer to the very few geniuses whom we can count with our fingers and toes? Or is it a gift bestowed to every ONE, from THE ONE? I tend to lean towards the latter. And then, how come we “normally” don’t see ourselves as genius-in-the-making, cannot bring it all out?

I remember at one point in my childhood, before I could put it in words, there arose a clear and intense feeling in me that this life is about moulding all potentialities into realities. This feeling never left me, it only grew with more setbacks and confirmations.

All life situations seem to move us to the Call in the Core. And we seem to be helping ourselves and each other in the “push-and-pull” embroidery of the Divine Weaver.

What a joy to discover the Genius within!

And now, I smile at the very “Aurovilian” phrase “work in progress” every time I see it or think of it. Indeed.

*With joyful Gratitude,  
Anandi Zhang*

**AUROVILLE STORIES: INTRO SESSIONS**



Let's take some time to remind each other (and ourselves!) why we came to Auroville and imagine where we might go ... together. The dream of Auroville Stories: 1968—2068 is to screen short (i.e. 3—4 min) narratives from our past—and future!—in early March. To start, please come to one (or more!) Intro Session next week at the Youth Space in Aurodam.

- Reconnect with The Mother's and our personal visions for Auroville
- Remember some key moments of inspiration from our past
- Play a short game to stretch our imaginations
- Visualize a future, fully manifested Auroville
- Share in small groups about our memories and visions
- Explore key elements of compelling storytelling
- Outline the process to create "digital stories" in February

Please share with others and RSVP at [bit.ly/AVstoriesINTRO](https://bit.ly/AVstoriesINTRO) (or via the QR code above) even if you might not continue in February as it will surely be a fun and inspirational event in its own right!

Contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or on WA, Telegram, or Signal at +1 9783941711 if you have thoughts or questions. Thanks and we can't wait to hear your stories and visions of Auroville!

Daniel

*Classes, Workshops & Healing Arts*

**SACRED JOURNEY WITH MAMA COCOA**

Friday, 17 January, 3—5:30pm  
@ Revelation Forest, Auroville

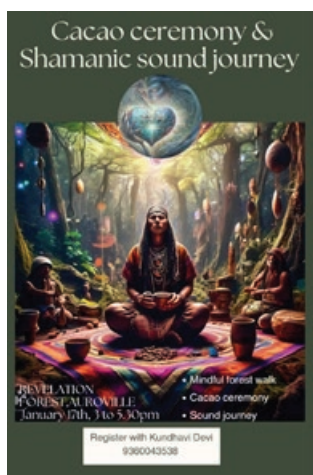
Enter into a sacred journey with Mama Cocoa, frequencies from sacred instruments and other dimensions that will transport your soul into peace, your heart into joy and mind into complete bliss.

- **Forest Walk:** The forest will clear our auras and ground us for the ceremony.
- **Cacao Ceremony:** Gather around the altar for a sacred cacao ceremony, invoking the wisdom and love of Mama Cocoa.
- **Shamanic Sound Journey:** Our sound healers will transport you to realms of deep relaxation and inner harmony.
- **Light language:** Activate your DNA and align yourself with your highest potential.

Contribution based

Registration Kundhavi Devi: 9360043538

Carolyn Rebecca for Revelation



**NATURE IMMERSION AND FOREST THERAPY**

18 and 19 January, Saturday and Sunday, 4—5pm  
@ Revelation Forest

In the lush, living sanctuary of Revelation Forest, where nature's magic comes alive—wander through vibrant greenery, listen to the rustle of leaves, and feel the calm energy of the forest embrace you.



- **Be still:** Find peace in the heart of the forest
- **Ground with the earth:** Feel rooted and steady
- **Breathe in joy:** Inhale the freshness of nature

Contributions welcome

Text Rahul to join us: 8349917282

Carolyn Rebecca  
for Revelation

**WORLD GAME FOR ADULTS:**



**Initiatic World Game in a sandbox**  
Facilitated by Aikya

Create, Explore, Heal. With the World Game in Auroville, we offer an opportunity to be creative, to be able to express our own individuality and our unique, living soul. Inspired by the renowned practice of sandplay therapy.

Details:

- 1,5—2-Hour Session. Sessions are scheduled at a time that works for you.
- Individual session, or together with a partner or a good friend.
- Price per session ₹1500, for 3 sessions ₹3500. Discounts available for Aurovilians, Newcomers and Savi Volunteers

To book an appointment: Contact Elena  
+32491259966 WA, [marin.avila.elena@gmail.com](mailto:marin.avila.elena@gmail.com)

Aikya

**AUROMODE SPA**

**Offers Cosmetology Services**

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



Megha for Auromode SPA

## MINDFULNESS OFFERINGS IN JANUARY WITH HELEN

### Miksang, mindful photography exploration in the forest

- **Tuesday, 21 January, 4—6pm**  
@ Revelation Forest

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true. It is a practice to align our eye, mind and heart together in a single moment. It can help you open more fully to the present and see the ordinary magic of the world erupt in front of you.



- **Booking is required.** To register WA Helen on 7094753054 or visit [innersightav.org](http://innersightav.org)

### Mindfulness Kindfulness, half day retreat

- **Saturday, 25 January, 9:15am—12:30pm**  
@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise 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 blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion.

Participants will have the choice of practicing in a seated position or lying. It is suitable for all—those new to meditation and experienced meditators looking to deepen their practice.

- **Booking is required.** To register WA Helen on 7094753054 or visit [innersightav.org](http://innersightav.org)

### Weekly Mindfulness Practice Session

- **Tuesdays, 7:15—8am @ Maloka Hall, Anitya**

Join for this weekly guided mindfulness practice. No need to book, just turn up.

- For details on location etc. WA Helen on 7094753054

### Mindfulness for Stress Reduction—1 week course

- **Monday, 3 February—Saturday, 8 February**  
Monday—Friday, 7:15—9:15am &  
Saturday, 9am—3:30pm
- **@ Creativity Hall of Light**

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its health & well-being benefits. It synthesises ancient Eastern spiritual practices and wisdom 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 and chaos of everyday life—creating space to respond more consciously. Through a gentle, kind curiosity participants discover their patterns of stress reactivity and explore the possibility of making healthier choices to support improved wellbeing.

The course can help with anxiety, depression, management of chronic pain, diabetes, blood sugar levels & menopausal symptoms. It can also improve emotional regulation, increase focus, and plant inner seeds of kindness & resilience.

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.

- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see [innersightav.org](http://innersightav.org)

Helen

## JOURNEY TO INNER PEACE:

### Free Yoga Classes in Anitya Community

Located in the peaceful environment of Auroville's Centerfield, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.



### Yoga for All: Experience Connection and Calm in Anitya

- **Sunday, 12 January—Thursday, 6 February**

We will be offering free classes in the serene setting of the Anitya community. These offerings are an invitation to relax, recharge, and rediscover balance.

### Hatha Yoga Classes

Reconnect with yourself through gentle stretches, mindful breathing, and deep relaxation. These sessions are designed for all levels, whether you are new to yoga or an experienced practitioner. Each class is an opportunity to build strength, improve flexibility, and cultivate inner peace.

#### Schedule:

- **Sundays, 10—11am (12, 19, 26 January, 2 February)**
- **Mondays, 5—6pm (13, 20, 27 January, 3 February)**
- **Thursdays, 5—6pm (16, 23, 30 January, 6 February)**
- **Saturdays, 5—6pm (18, 25 January, 1 February)**

### Parent-Child Yoga

Share the joy of yoga with your little ones! These sessions are specially crafted to create a playful and nurturing environment where parents and children can bond, move, and relax together. It's a wonderful way to introduce mindfulness and balance to your family's routine. Starting at (±) 4 years old with a parent. Children from 7+ can join alone.

#### Schedule:

- **Thursdays, 3:30—4:30pm, (16, 23, 30 January, 6 February)**

### Details and Venue

- **Location:** Maloka Hall, Anitya Community (follow the signs after Center gh/ Serendipity)
- **Fees:** All classes are free, but donations to support the space are warmly appreciated.

For more information contact Mathilde by WhatsApp messages: +91 7094058699

We look forward to welcoming you to this transformative experience!

Mathilde  
for the JOI Anitya team

### Inside India Presents:

*The Integral Yoga*  
of Sri Aurobindo and The Mother  
Insights into its Practice  
with Ela Thole

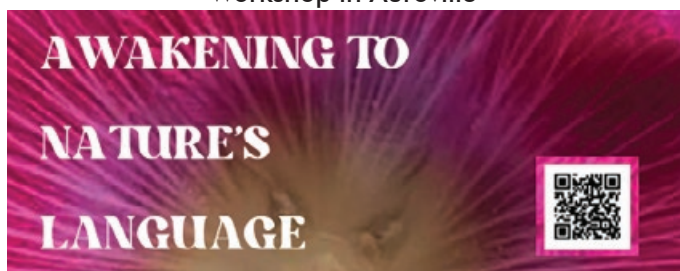
10th & 17th January  
From 09:00 am to 12:30 pm

- [tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com)  
+ 91413 2622047, + 91 8524953784  
Office No. 2, Kalpana, Auroville—605101
- Contact us to book your spot! Contributions apply

Olivier

## AWAKENING TO NATURE'S LANGUAGE OF THE HEART

17—19 January  
Workshop in Auroville



Facilitated by Aikya

Reconnect with the inner and outer nature through a transformative journey.

Highlights: Forest Bathing, Documentary Screening, Interspecies Practices, Introduction to the Flower World, Ceremonial Fire & More!

Limited to 10 participants!

Scan QR code for details or connect +32491259966 WA

<https://spiritandnature.org>

[Subscribe to our newsletter](#)

"Nature as a teacher of the multiplicity of creative expressions of Spirit"

Submitted by Aikya

## NADA YOGA

Nada Yoga is a practice of concentration known from Hinduism as well as Buddhism which consists of fixing attention on a sound that can be heard inside the ears and head. It is an ancient art that uses sounds and tones to create inner transformations and create a greater sense of unity.

- **Sunday:** focused on the soul (the divine) (Mantras, overtones...)
- **Wednesday:** focused on energy (bijas mantras, overtones (throat singing), harmonics (throat singing mixed with the nose, head vibrators), kotodamas (Japanese vibrational chants and reiki).
- **Friday:** focused on beauty, powerful emotion (Native American energy).

Jam possibilities. I can lend around twenty instruments (djembes, shamanic drums, clapbox...)

You can come with your stones and crystals to recharge them using the giant Tibetan bowls.



Submitted by Satyayuga

## 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

## SITARA MUNAY-KI YOGA

**Sitara: Meditation—Yin Yoga—Sound Journey**

- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

This is a drop-in class, offered on donation.

Sitara has been living in Auroville for 22 years. Over time, 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, accessible to all levels, she will teach her favorite combination of meditation, yin yoga and sound journey. Yin Yoga uses gentle, long-held poses to release deep tension and increase flexibility. Combined with sound healing, it brings a calming and restorative experience for body, mind, and spirit.

**Sitara Munay-Ki: Sacred Sound Journey to find your Mission**

- Every Monday, 5—6pm,  
@ Hall of Light, Creativity

Only on registration: +393288181300 WA

- [gp@auroville.org.in](mailto:gp@auroville.org.in)

**Munay-Ki: Surya Kriya & Tibetans Rites**

- Wednesdays, 11:30am—1pm  
@ New Creation Studio
- Fridays, 10:30am—12pm  
@ Hall of Light in Creativity

Original combination of ancient yogic and shamanic practices.

**Note: Suggested donations:** ₹600 for Guests, on donations for Aurovillians.

- [New Creation Studio](#) is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.
- [Hall of Light](#) is in the Creativity Community, in the center of Auroville.

Check [sitaramunay-kiyoga.org](https://sitaramunay-kiyoga.org) for all our activities!

Sitara & Giovanni  
Munay-Ki

**ARKA WELLNESS CENTER**

**Program**

[arka@auroville.org.in](mailto:arka@auroville.org.in), 0413 2623799



**Treatments**

Treatments	Therapist, When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe, Monday to Saturday, by appointment +919943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana, Monday to Saturday, by appointment only: +919047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French), Monday to Saturday, by appointment only: 0413 2623767 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Integral Regression therapy, integral reiki healing, Breathwork—the hylotropic way	Niyati Thakkar, Monday to Sunday, by appointment only: +917041391995 <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a>
Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity, helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines)	Olesya, by appointment only: +9159052743 <a href="mailto:olesya@auroville.org.in">olesya@auroville.org.in</a>
Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice	Shruti, by appointment only: +917904769496 <a href="mailto:auroshruthi@auroville.org.in">auroshruthi@auroville.org.in</a>

**Classes**

Classes	Teachers	When
Pilates	Teresa (TOS)	Tuesday & Thursday 7:30—8:30am. Friday 5:30—6:30pm by appointment only: 7867998952
Iyengar yoga	Olesya	Wednesday & Saturday, 6:30—8am.   Monday, Thursday, Saturday, 5—6:30pm. Or by appointment: 9159052743
Eye yoga and wellness Retreat	Aurosugan & Priyanka	Monday to Sunday: 7—8am, by appointment only. 8012305151/ 9704258709
Hatha Yoga	Priyamvada	Monday & Friday: 7:30—8:30 or by appointment, 9486261640

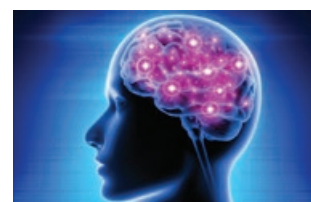
**Services**

Services	Description	Contact Details
Aurokiya	Eye care center	Monday & Saturday 9am—12:30pm, 1:30—5pm 8012305151 <a href="mailto:aurokiya@auroville.org.in">aurokiya@auroville.org.in</a>
Maatram	Psychological & Emotional consultation	By appointment: 9159052743 <a href="mailto:maatram@auroville.org.in">maatram@auroville.org.in</a>
Convalescence Facility	Post-surgical and care facility	Please contact Arka 0413 2623799 <a href="mailto:arka@auroville.org.in">arka@auroville.org.in</a> (for Aurovilians only—max. stays 3 weeks)
Emergency Services	Ambulance & emergency service	9442224680 <a href="mailto:ambulance@auroville.org.in">ambulance@auroville.org.in</a>
Swasty	Homeopathic consultation	By appointment: 9428429642 <a href="mailto:adititva@auroville.org.in">adititva@auroville.org.in</a>
Health & Healing Trust	Administration office	Health & Healing Trust <a href="mailto:healthhealingtrust@auroville.org.in">healthhealingtrust@auroville.org.in</a>

Ramana, Arka

**CRANIO-SACRAL SESSIONS**

Dear Community, I am giving free Cranio-sacral sessions for Aurovilians and Volunteers from now until around mid of February. For anyone interested please write to me on [simoniverse@gmail.com](mailto:simoniverse@gmail.com), on +43 6801603829 WA, or message/call +91 8580972590.



Simon

**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

**TRADITIONAL MANTRAS AND STOTRAS**

**Chanting Classes**

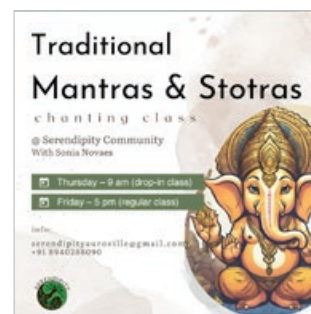
@ Serendipity Community with Sonia Novaes

- **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.

Sonia

[serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com), +91 8940288090



## AUROMODE YOGA SPACE

### Aurothaima—Hospitality Trust

### Yoga Schedule—January 2025

Pre-registrations is a must for all the program through Email or WA. Write to us to know more about the fees structure and other details:

- [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com)
- +91 98926 99804 WA only



#### Evening Vinyasa Flow Yoga with Bala

- Every day of the week Except Wednesday, 5:30—7pm

Vinyasa Flow yoga emphasizes the coordination of breath and movement, creating a dynamic and fluid practice. This style links various yoga poses together in a seamless sequence, building a continuous flow of postures that energizes the body and calms the mind. Whether you're a beginner or an experienced yogi, Vinyasa Flow classes adapt to your level, offering the perfect balance of intensity and mindfulness.



**Meet Balaganesh Siva:** With 10 years of yoga experience, Bala is passionate about sharing the transformative power of yoga. His classes are designed to create harmony between breath, body, and mind while helping you achieve your wellness goals.

#### Gentle Hatha/Yin Yoga with Cora

- Tuesday to Sunday (No classes on Mondays)
- 9:30—10:45am

Discover the transformative power of Gentle Hatha Yoga with Cora, a nurturing practice that emphasizes mindfulness, alignment, and accessibility.

In this class, props like blocks, straps, and bolsters are used to:

- Support your body in achieving proper alignment.
- Enhance flexibility and deepen your stretches.
- Encourage relaxation and reduce stress.

Perfect for beginners, seniors, or anyone seeking a gentle yet effective yoga experience, Cora's classes focus on creating a safe and welcoming environment where you can connect with your breath, body, and mind.

Whether you're recovering from an injury, managing stress, or simply looking for a calming practice, this class offers the tools and guidance to support your wellness journey.

Come as you are, and leave feeling renewed!.

#### Harmony of Sound, Vibration, Marma Head Massage

- By Appointment

Experience a unique and deeply relaxing therapy session combining sound healing, vibration techniques, and marma head massage. These ancient practices help balance energy, relieve stress, and restore harmony to mind and body. Book your appointment for a personalized session.

#### 22 days—200-Hour Yoga Teacher Training Course (Intensive)

- 3—24 March, 6:30—9am & 3:30—7pm

This intensive 200-hour Yoga Teacher Training Course (TTC) is designed for aspiring yoga teachers and dedicated practitioners looking to deepen their practice. The course covers Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, anatomy, subtle anatomy, mantra chanting, mudras
- Asana Analysis & modification with props
- Introduction to Kalaripayatu, Animal flow, Sound healing, Karma Yoga and more.

- Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
- Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
- Internationally recognised Yoga Alliance, USA accredited Certification.

#### 28 days—300-Hour Yoga Teacher Training Course (Intensive)

- March 3—31, 2025
- 6:30—9 am & 3:30—7pm

A 300-hour Yoga Teacher Training (YTT) is an advanced program designed for individuals who have completed a foundational 200-hour YTT and wish to deepen their practice and teaching skills. This training delves into advanced aspects of yoga, including intricate asanas, comprehensive anatomy, philosophy, and refined teaching methodologies. It emphasizes the development of specialized teaching techniques, enabling instructors to cater to diverse student needs and enhance their professional expertise. Upon completion, participants often achieve a 500-hour certification, reflecting a higher level of proficiency in yoga instruction.

- Internationally recognised Yoga Alliance, USA accredited Certification.

**Find:** [Yoga Shala](#), [Auromode Apartments](#)

*Submitted by Balu*



#### 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 *Sandyra*

#### 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.



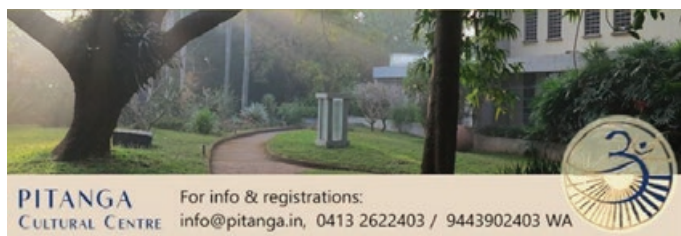
- Individual Sessions, Couple Sessions
- Group Sessions (on request)

**For appointments, contact me at:**

Lakshmi +91 8489764602, [lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

*Offered under Abhaya, Lakshmi*





**Program January 2025**

**Drop-In Classes, join without prior registration!**

Mondays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel
9am–10:30am	Hatha Yoga with Priyamvada
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
9am–10:30am	Hatha Yoga with Priyamvada
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
6:45am–8am	Pranayama with François & Namrita, For former “The Art of Living” course participants
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
5:15pm–6:15pm	Feldenkrais with Shari
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar starts 24/1
5:30pm–6:45pm	Hatha Yoga with Priyamvada, only on 17/1
Saturdays	
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flowrina
9am–10:30am	Asanas intermediate level with Rachel,
11am–12:30pm	Kundalini Yoga with Bel
2:30pm–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4pm–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

**Classes**

by prior registration

- **Art Therapy with Gala**
  - Thursdays, 3—5pm for adults
  - Fridays, 3—5pm for families

**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, 4pm–5:15pm
  - These classes are for the teenagers from AV schools.
- **Yoga for children, from 9 yrs. +, with Gala**
  - Saturdays 10am–11am
- **Energy games for children, 9 yrs. +, with Gala**
  - Saturdays 11am–12pm

**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.
- Shamanic Healing by Auromira
- Shiatsu by Patricia G. (for Auroville residents only)
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

**New Activities**

**Shamanic Healing by Auromira**

- For appointments, please contact Pitanga

Shamanic healing is an ancient practice that reconnects us with the wisdom of our soul and the healing power of nature. By addressing the energetic roots of imbalance, shamanic healing supports enhanced well-being, clarity and a deeper connection with yourself and purpose.

Auromira, a naturopathic doctor and shamanic practitioner with over 20 years of experience in health and wellness, offers an integrative and supportive approach. Her practice is fully inclusive and trauma informed, all are welcome!

**Yoga classes with Flowrina**

- **Prenatal Yoga circle:**
  - Mondays 10:30am—12:30pm

A safe place for pregnant ladies to come together: to exercise and practice different techniques that are meant to tone, release and relax body and mind, share prenatal/postnatal experiences, find support, direction, guidance, and community

Practices: Yoga asanas, modified for your specific need/trimester, breath work, sound work, mantra chanting, Nidra Yoga practices, guided meditation meant to connect with your body and your baby, other prenatal practices.

**Note:** If you want to participate in this class, please contact Flowrina before WhatsApp +40740185768. It is better to get to know you a little bit and learn about are your expectations before you are coming to class.

- **Yoga: Restore & Relax:**
  - Tuesdays 4pm—5:15pm and
  - Thursdays, 5:30pm—7pm

This is a drop-in class for all levels. Main focus is to connect, release and relax through correct posture, alignment of the body, restorative asanas, conscious breath and deep relaxation.

- **Yoga: Chakra Conditioning:**
  - Thursdays 7:30am—9am

This is a drop-in class for all levels.

Main focus is to bring awareness and vitality into the main energy points (chakras) through different pranayama, asana, mantra or other yoga techniques. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

**Yoga: Prana Flow Conditioning:**

- Saturdays 7:30am—9am

This is a drop-in class for all levels.

Main focus is to find the right balance of Vitality and Strength through different breath work practices and body work movements. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

- We welcome Florina Padurau from Romania, volunteering with us in her capacity as a certified and experienced yoga teacher. In Auroville her name will be Flowrina.

**Workshops**

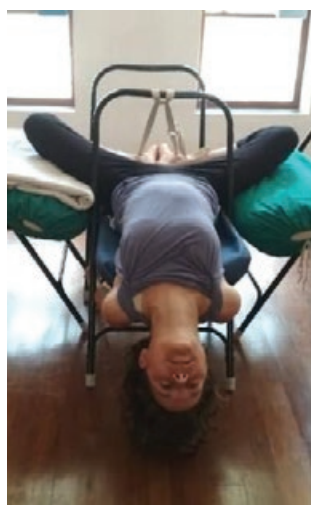
**Workshop “Introduction into Yoga Therapy” with Nadia Akcadurak**

- 5 days in January 2025: Thursday, 23; Friday, 24; Sunday, 26; Thursday, 30; Friday, 31.
- 9—11am and 3—4:30pm, 18 hours in total. 5 days with 2 classes, 3.5 hours daily

The workshop is offered against contribution.

- Registration requested

This course is designed for both seasoned yoga practitioners and those seeking a deeper understanding of yoga’s therapeutic applications. We will explore the principles and practices of yoga therapy, focusing on the fundamentals of customising techniques to meet various physical, mental, and emotional needs.



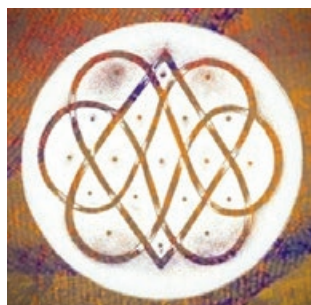
**Note: Teacher Training Accreditation.** These hours can be counted towards the 300– and 500–hour Yoga Teacher Training programs offered by Samvardhana Yoga Center, registered with Yoga Alliance International.

**Confirmation of Participation:** A certificate of participation can be provided upon completion of the course. While this course provides an introduction, it is crucial to recognize that the art and science of yoga therapy requires dedicated, ongoing training and practice.

**Workshop “Kolam Yoga Foundation Course” with Grace Gitadelila**

Kolam Yoga is an ancient training syllabus for the physical body, mind and spirit.

The course offers in 12 sessions a systematic practice through the drawing and dancing of Kolam which cultivates an expanding perception of our world and a deeper understanding of its underlying fundamental Universal laws.



The ultimate aim of Kolam Yoga is one of self-development and self-realization.

Participants can choose to sign up for some class modules or the entire course. Upon completion of the course, a certificate will be handed out.

- For registration, please contact Pitanga.
- Contribution: Rs. 1,500/- per day. Discount rates are available for Aurovilians, Newcomers and SAVI registered volunteers.
- For further information contact Grace.
- <https://www.kolamyoga.com>, [Introduction video](#)

**Workshop “Born Free”**

**with Ange Sabine Blanchflower**

**A Five-Day Transformative Workshop**

- Monday, 20—Friday, 25 January,
- Daily 12:45—1:45pm, for 5 days.
- Bonus session on Monday 27 January.
- 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!*

2622403/ 9443902403 WA, [info@pitanga.in](mailto:info@pitanga.in), Andrea for Pitanga Team

**It Matters**

**Schedule from 16 to 25 January**

Weekly Activities—A/C Room

- Location: It Matters, Auroville Main Road
- Info: [@auroville.curated](mailto:@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](mailto:itmatters@auroville.org.in), or +91 9344087925 WA

Date	Activity
16 January, Thursday, 4.15—5:15pm	Laughter Yoga & Relaxation with Ancolie Dove
17 January, Friday, 4—5pm	Learn Native American Flute with Sitara
17 January, Friday, 5—6:15pm	Free Dance & Cacao Ceremony with Sitara
18 January, Saturday, 11—12.30pm	From Art History to Practice Series—Fauvism—with Sandra
20 January, Monday, 4.30—5:30pm	Science of Meditation with Matthias
23 January, Thursday, 4.15—5:15pm	Laughter Yoga & Relaxation with Ancolie Dove
24 January, Friday, 4—5pm	Learn Native American Flute with Sitara
25 January, Saturday, 9.30—10:30am	Tai Chi Detox with Kaarthikeyan Kirubhakaran
25 January, Saturday, 11—12:30pm	From Art History to Practice Series—Fauvism—with Sandra
Date	Workshops in January
25 January, Saturday, 3-5pm	Catharsis and Harmonious Living (Choose Better You) with Akira, Rs./900

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

Bhakti & Sandra

## QUIET HEALING CENTER



### OBA 3—Oceanic Body with Nirvano

- 18—23 January, 8:45am—6:30pm, 50 hours

This training in Oceanic Bodywork® Aqua 3 includes advanced techniques for both surface and underwater work. The focus on slowness, silence, love, and compassion, as well as the expression of emotions, allows for a deeper and more authentic connection between the giver and receiver, helping them explore their oceanic body and consciousness.



OBA 2 techniques will be reviewed and refined under supervision, while new OBA 3 techniques, both above and below water, will be introduced to create a seamless flow of movement. The deep and intimate nature of this bodywork can evoke emotions, necessitating a safe space both in water and on land for sharing and acknowledging these feelings. The training will include both theoretical and practical instruction on managing emotions.

Receiving and giving Oceanic Bodywork Aqua sessions is a transformational journey that offers deep relaxation, joyful experiences, and a dissolving of boundaries.

- **Prerequisites:** OBA 2.

### Watsu® Yoga Round with Fred & Roberto

- 24 January, 3—6:30pm

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



When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

### Liquid Flow Essence with Dariya & Daniel

- 25—31 January, 8:45am—6pm, 50 hours

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Auroville, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.



This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work. Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

- **Prerequisites:** Watsu & OBA Basic

### Oceanic Bodywork—Fire & Earth Intro with Nirvano

- 27—28 January, 8:45am—6:30pm, 15 hours

Body Rhythm & Loving Touch. An introduction to Oceanic Bodywork® Fire & Earth. Immerse yourself in the rhythmic heartbeat of your body, enveloped in the loving atmosphere of healing hands. Experience the relaxation and enjoyment of massaging and being massaged with scented oil.

This introduction focuses on learning the simple massage and breathing techniques of Oceanic Bodywork Fire & Earth, along with an introduction to aromatherapy and incense, and group singing & dancing. Guided meditations and awareness exercises will accompany the journey. No previous knowledge of massage and bodywork is required.

- **Please bring** two sheets that can become oily, wear comfortable clothing for dance and active meditations and for oily, and sarong or lunghi.

### Prana Yoga Immersion Classes with Ananda

- 31 January—6 February, 7—8:30am

Prana is the universal life energy. Yoga is tuning body-mind-spirit into wholeness. Prana Yoga Immersion classes are based on Hatha Yoga, Pranayama, Meditation & Siddha.



Through conscious postures, breathing, movement & stillness you will open and tune your self-enhancing, transforming, and healing energy flow to rejuvenate your body-mind-spirit, build your immunity, enrich your self-healing, enhance your sensitivity and perception, expand your awareness, and open higher states of consciousness.

In this training, you will learn, practice and experience: warmup & asana sequences for a healthy body, spine & energy flow; basic & advanced Pranayama practices & awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness & meditations; modern science of respiratory, nervous and lymphatic systems; and inner science of energy: Nadi, Vayu, Chakra, Mudras, Bandhas.

### Holistic Reflexology Training with Ananda

- 31 January—6 February, 9am—5pm

Holistic Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.



This training is for anyone who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with people through healing touch, wants to share love and healing touch with family/ friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and want to make it more effective and effortless.

- A **certificate** will be provided on successful completion of this training.

Guido for Quiet,  
+91 9488084966,  
[www.quiethealingcenter.info/](http://www.quiethealingcenter.info/)  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)

## BODY IN LIGHT: ENERGY HEALING WORKSHOP

22, 23, 24 January, 9am—5pm  
@ Svaram Atelier, Utsav building

Do you want to step into the harmonious frequency of the universe?

3 Days of radical Self-empowerment:

- Discover your Divinity
- Awaken the Goddess within

We explore with joy the 3 paths to ascension:

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

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

More information: <https://bit.ly/bodyinlight-workshop>

Register: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), +91 9443619403WA.

Sandyra



## 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. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a “once-in-a-lifetime” experience that will completely change your perspective on tea-drinking, especially if you are a tea lover,



- **The session can be conducted** 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.
- **Venue:** To be decided, 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. **+91 9385428400 Call/ WA, 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**

## VÉRITÉ, JANUARY

Please contact Vérité @ 0413 2622045,  
2622606, 9363624083

or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



## Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Transformational Yoga	9:15—10:15am	Lakshmi
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga (begins January 8)	5—6pm	Andres
	Cosmic Dance Wave: A Healing Journey through Movement	5—6:30pm	Sandyra
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Yin Yoga: Deep Tissue Release	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Yoga Asana: Deep Stretch & Relaxation	5—6pm	Radha
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation	7:30am—8:30am	Radhika
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Strengthen & Align Yoga	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

## Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Auromira	Shamanic Naturopathic Healing
Dev	Personalized Yoga Sessions
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

**Workshops (pre-registration required)**

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 17 January	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Saturday, 18 January	ATB (Awareness Through the Body) Explorations	9:15am—12pm	Amir
	Introduction to Shamanic Journeying	1:45—4:45pm	Auromira
Friday, 24 January	Master Class: Yoga to Enhance Strength & Flexibility	9:15am—12pm	Dev
Saturday, 25 January	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
	Food is Medicine: Lifestyle Health Daily Practices	2—4pm	Parvathi
	<b>Special Event:</b> Pizza Pop-Up	6—8pm	Chetana & Radha
Friday, 31 January	Harness Your Inner Strengths: A Self-Awareness Journey	9:15am—12pm	Lakshmi

**Workshops**

**Understanding Pranayama & its Practice in Asanas & Meditation with Radhika**

- Friday, 17 January, 9:15am—12pm

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

**Awareness Through the Body: Explorations with Amir**

- Saturday, 18 January, 9:15am—12pm

Explore a variety of themes and objectives from ATB practices. An eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga, ATB facilitates a space for introspection, reconnecting with oneself, nurturing presence and inner discovery.

**Introduction to Shamanic Journeying with Auromira**

- Saturday, 18 January, 1:45—4:45pm

Explore the ancient practice of shamanic journeying—a powerful tool reconnecting us to Nature for healing, guidance, and self-discovery. Whether you’re a complete beginner or an experienced practitioner, you’ll gain practical insights to deepen your self-inquiry practice. This highly experiential workshop includes guided meditative live drum journeys, along with a step-by-step approach to ensuring successful and safe practice. You’ll leave with a deeper understanding of shamanic practices and the tools to continue your journey with clarity and confidence.

**Master Class: Yoga to Enhance Strength and Flexibility with Dev**

- Friday, 24 January, 9:15am—12pm

A blend of yogic strength, flexibility and relaxation techniques to rejuvenate body, mind and spirit. We explore the dynamic interplay between expansion & contraction, fluidity & structure, and breath & movement, allowing us to experience the feeling of being in each posture, rather than just achieving a posture. Feelings of stress and anxiety can diminish as we develop a sense of space and balance.

**Releasing Fear & Anxiety with Pranayama with Lakshmi**

- Saturday, 25 January, 9:15 am—12pm

Learn a ‘kriya’ (a set of cleansing, purifying breathing practices) specifically designed to promote the healthy flow of prana (life force) to the liver, spleen and kidneys, the key organs of the body that, according to Yogic science, are directly related to the experience of stress, anger and anxiety. This sequence can powerfully transform your practice and help to release fear, reduce anxiety, and clear emotional blockages.

**Food is Medicine: Lifestyle Health Daily Practices with Parvathi**

- Saturday, January 25, 2—4pm

Learn about your body’s constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your particular constitution & help prevent health complications. Parvathi shares her knowledge of traditional herbal healing practices through herbal cooking sessions, emphasizing the idea that food can be medicine. She will also demonstrate the proper way to prepare decoction/ infusion teas.

**Special Event: Pizza Pop-Up**

- Saturday, 25 January, 6—8pm

*Anandhi & Aparna  
for Vérité programming*

**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.

- **Please note:** for Aurovilians, Newcomers and SAVI volunteers contribution is of own choice.
- Leela therapy is offered by Kardash in **person or on-line**.
- For more details see [www.innersightav.org](http://www.innersightav.org) or contact Kardash on 9940934875 WA. Kardash

*Languages*

**LEARN ENGLISH & HINDI  
One-on-One Sessions!**

- Spoken & written skills, grammar focused, for all levels
- Customized to YOUR goals, flexible scheduling
- Real-life practice, fast progress
- For more information contact Ashwini 8270512606/ [ashree@auroville.org.in](mailto:ashree@auroville.org.in)

*Ashwini*

**NEWS FROM  
Auroville Language Lab**



**Tomatis**

We still have some 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 <https://www.aurovillelanguagelab.org/alfred-tomatis-method/> 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](mailto:tomatis@aurovillelanguagelab.org).

Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

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

**New Courses**

**New Private and group classes for English**

**Rupam:** Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.

**Vismai:** offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual's level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

**New! Beginner English with Ashwini:**

- Starting this Monday, 20 January, 4:30—5:30pm

**Ashwini** will take on a new group of students and work through her proven English lesson plans that she has been giving for over a decade.

**Head on over to the Lab's online form** and complete your registration now so that we can keep you posted!  
<https://aurovillelanguagelab.org/registration/>

**New 10-Day Urdu Course**

Registration open for a 10-day introductory course in Urdu, which will take place daily, Monday to Friday, for the first two weeks of January 2025. Started 6 January. Register now. Email: [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org).

**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, where you are welcome to come and watch them. All are welcome.

**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 week-days from 5 to 6pm as follows:

- **Mondays:** French with Coco and Gaspard
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30—6:30pm
- **Thursdays:** English with Amy. We are looking for one more anchor starting January.
- **Fridays:** Urdu with Nabila. And Tamil with Delpina. These are welcome new additions, for a month!

**We are still looking for native speakers** to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5—6pm is open for people to offer their language. Big thanks to Darren for his time and presence for English the last few months, and to Isabelle and Patricia for French.

**Communication with the Lab**

- For language-related matters: +91 9843030355WA.
- For Tomatis please use the 0413 3509932.

**Current Schedule of Classes  
as of 16 January**

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
	Beginner English	4:30–5:30pm	Monday, Wednesday & Friday
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
Urdu	10-day Beginner	3–4pm	Started 6 January, Monday to Saturday
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

*Louis  
for Auroville Language Lab*



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**20 January 2025 to 26 January 2025**

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 20 January, 8pm**  
**Mast Mein Rehne Ka (Live Joyfully)**

India, 2023, Writer-Dir. Vijay Maurya w/ Jackie Shroff, Neena Gupta, Abhishekh Chauhan, and others, Comedy-Drama, 127mins, Hindi w/ English subtitles, Rated: NR (PG)

In this highly acclaimed film with stellar performances, Kamath, a lonely widower, leads a routine life until a robbery disrupts it. Attempting to change things, he tries to befriend strangers and, in the process, meets Mrs. Handa, a vibrant Punjabi lady. Their friendship blossoms through small adventures, including sneaking into houses. However, fate twists when they encounter the thief who targeted them. As events unfold, their lives intertwine, driven by fate's whims, and they strive to rediscover themselves. *A Must See!*

**Potpourri—Tuesday 21 January, 8pm**  
**Kapicilar Krali (King of the Doormen)**

Turkey, 1976, Dir. Zeki Ökten w/ Kemal Sunal, Sevda Ferdag, Bilge Zobu, and others, Comedy, 84mins, Turkish w/ English subtitles, Rated: NR (PG)

This acclaimed film tells the story of a janitor/ doorman who with his family move to Istanbul, hoping for a better life. Amidst the different characters in their building, the story revolves around his clever ways to skip work and make extra money. It's a charming comedy that offers a glimpse into their lives and the social dynamics of 1970s Turkey.

**Selection—Wednesday 22 January, 8pm**  
**Soul Kitchen**

Germany-France-Italy, 2009, Writer-Dir. Faith Akin w/ Adam Bousdoukos, Moritz Bleibtreu, Pheline Roggan, and others, Comedy-Drama, 96mins, German-Greek-Spanish-Turkish-English w/ English subtitles, Rated: NR (R)

A German-Greek chef runs a struggling restaurant in Hamburg. When his girlfriend leaves for Shanghai, he hires a talented chef, hoping to turn things around. However, this decision leads to unexpected challenges, including losing customers and dealing with his troublesome brother. Amidst financial woes and personal dilemmas, he must find a way to save his restaurant and rediscover his passion for life.

**Interesting—Thursday 23 January, 8pm**  
**King: A Filmed Record... Montgomery to Memphis**

USA, 1969, Dir. Sidney Lumet & Joseph L. Mankiewicz w/ Martin Luther King, Harry Belafonte, Charlton Heston, and others, Biography-History, 185mins, English w/ English subtitles, Rated: NR (PG-13)

This powerful documentary captures the civil rights movement, showcasing Dr. Martin Luther King Jr.'s charisma and drive. From the Montgomery bus boycott to his tragic assassination, the real, grainy footage pulls you into the era. His profound impact on inspiring a nation and beyond to fight for human rights remains powerful. As we honor King's 95th birth anniversary, this film is our tribute to the amazing soul that changed history. Despite its length, every minute is a testament to courage and resilience. *Must watch!*

**International—Saturday, 25 January, 8pm**  
**Memoir of a Snail**

Australia, 2024, Writer-Dir. Adam Elliot w/ Jacki Weaver, Sarah Snook, Charlotte Belsey, and others, AdultAnimation-Drama, 95mins, English-French w/ English subtitles, Rated: R

A melancholic woman named Grace hoards snails, romance novels, and guinea pigs. After her mother's tragic death, Grace and her twin brother, Gilbert, are raised by their paraplegic, alcoholic father. The film explores Grace's journey of loss, resilience, and belonging, set against the backdrop of 1970s Australia. It's a heartfelt tale of personal growth and the search for connection.

**Children's Matinee—Sunday, 26 January, 4pm**  
**Helt Super (Just Super)**

Norway, 2023, Dir. Rasmus A. Sivertsen & Jean-Luc Julien w/ Hennika Huuse, Todd Bishop Monrad Vistven, Johannes Kjærnes, and others, Animation-Family, 76mins, Norwegian-English w/ English subtitles, Rated: NR (G)

One doesn't have to be a superhero to be super. Hedvig has shrunk daddy's superhero-costume so now he can no longer be the super-Lion. The gamer Hedvig is clumsy, but when dad chooses cousin Adrian to be the next hero, Hedvig has to react.

**David Lean Film Festival @ Ciné-Club**  
**Ciné-Club Sunday 26 January, 8pm**  
**Lawrence Of Arabia (1<sup>st</sup> Part)**

UK, 1962, Dir. David Lean, w/ Peter O'Toole, Omar Sharif, and others, Adventure-War, 138 mins, English w/ English subtitles, Rated: R

The film depicts Lawrence's experiences in the Ottoman provinces of Hejaz and Greater Syria during the WWI, in particular his attacks on Aqaba and Damascus and his involvement in the Arab National Council. It includes Lawrence's emotional struggles with the violence inherent in war, his identity and his divided allegiance between his native Britain and his new-found comrades within the Arabian desert tribes.

*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](mailto: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](mailto:mmcauditorium@auroville.org.in)

*Cinema*



Presents @ Multi Media Centre Auditorium, Town Hall

**Friday, 17 January, 8pm**

**“Drifting Clouds”**

(Original title: Kauas pilvet karkaavat)

Directed by Aki Kaurismäki, Finland, 1996

With: Kati Outinen, Kari Väänänen, Elina Salo, Sakari Kuosmanen

**Synopsis:** Tram driver Lauri loses his job. Shortly later, the restaurant where his wife Ilona works as a head waitress is closed. Too proud to receive money from the social welfare system, they strive to find new jobs. But they are completely unlucky and clumsy, one disaster is followed by the next...



One of the most beautiful films by filmmaker Aki Kaurismäki, a tireless storyteller of the working class condition, with devastating humor, legendary drunkenness, and infinite humanity! The film is the first in Kaurismäki’s Finland trilogy, the other two films being The Man Without a Past and Lights in the Dusk.

Original Finnish version with English subtitles. Duration: 1h37’

**Friday, 24 January, 8pm**

**“While at War”**

(Original title: Mientras dure la guerra)

Directed by Alejandro Amenábar, Spain, Argentina, 2019

With: Karra Elejalde, Eduard Fernández, Santi Prego

**Synopsis:** During the Spanish coup of July 1936, Nationalist troops occupied Salamanca. When the insurrection of the military junta led by Francisco Franco breaks out, the prestigious writer, philosopher and rector of Salamanca University, Miguel de Unamuno, speaks out in favour of the coup, which he believes will restore order to a country ruled by socialists and communists. But little by little, the insurrection becomes the Spanish Civil War, and the republic tends to be suppressed. Unamuno watches helplessly as his friends and collaborators are murdered. Gradually, he questions his political position in the face of the fascist excesses of the nationalists...



While at War, a title that has much to do with the frame of military negotiations in Salamanca Spain, the generals appoint Franco as head of government for the duration of the war. But what really happened was that Franco ruled the country for almost 40 years!

It is the seventh film by film director Alejandro Amenábar, well known for the success of Thesis, Open Your Eyes, The Others and The Sea Inside. “While at War” won the award for best international film at the Haifa Film Festival, and many other nominations in the Goya Awards 2020.

Original Spanish version with English subtitles. Duration: 1h47’

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

Susana and Aurofilm team

*Accessible Auroville Public Bus*



**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

*Emergency Services*

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

**Health:**

- Health Center—0413 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

**Mental health 24/7 support:**

- Vandrevalla Foundation +91 9999666555

**India Emergency Response Service (24/7):** 108