



# News Notes

#1064 A weekly bulletin for residents of Auroville 30 January 2025



Visitors Center

*By the Truth they hold the Truth that holds all, in the power of the Sacrifice, in the supreme ether.*

*○ Immortal, thou art born in mortals in the law of the Truth, of Immortality, of Beauty. ... Born from the Truth, he grows by the Truth, — a King, a Godhead, the Truth, the Vast. Rig Veda*

## Pondering



The existence of the supramental being would be the play of a manifoldly and multiply manifesting truth-power of one existence and one-consciousness for the delight of one-existence. Delight of the manifestation of the Spirit in its truth of being would be the sense of the gnostic life. All its movements would be a formulation of the truth of the spirit, but also of the joy of the spirit, — an affirmation of spiritual existence, an affirmation of spiritual consciousness, an affirmation of spiritual delight of being. But this would not be what self-affirmation tends to be in us in spite of the underlying unity, something ego-centric, separative, opposed or indifferent or insufficiently alive to the self-affirmation of others or their demand on existence. One in self with all, the supramental being will seek the delight of self manifestation of the Spirit in himself but equally the delight of the Divine in all: he will have the cosmic joy and will be a power for bringing the bliss of the spirit, the joy of being to others; for their joy will be part of his own joy of existence.

*The Gnostic Being,  
The Life Divine, Sri Aurobindo*

# Contents

<b>PONDERING</b>	<b>1</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>4</b>
<b>TOWNHALL SPEAKS</b>	<b>5</b>
Attention Newcomers:	
Get an Auroville Email ID ASAP	5
The Auroville Visit to Gujarat 3—6 January 2025	5
Funds Received In Unity Fund	
October—December 2024	5
City Services Contributions and Payments	
December 2024	44
<b>COMMUNITY NEWS</b>	<b>6</b>
<b>Passing On</b>	<b>6</b>
Manuel Thomas Passes On	6
<b>Matrimandir News &amp; Schedules</b>	<b>7</b>
Matrimandir Access Information	7
Amphitheatre: Meditations at sunset with <i>Savitri</i>	8
<b>Awakening Spirit</b>	<b>8</b>
Mother's Birthday	8
Bharat Nivas: A weekly study circle on The Synthesis of Yoga—Sri Aurobindo	8
House of Mother's Agenda Is Open	8
Savitri Bhavan February 2025	9
Savitri Bhavan Schedule, February 2025	9
Full Moon Gathering	9
Integral Mathematics: A Journey of Insight and Inspiration	9
Deeper Body Work	10
Laboratory of Evolution Library	10
<b>Education</b>	<b>10</b>
Dominique Darr Grant for Young Aurovilians 14—30	10
Visual Mathematics Classes	10
Vegetable and Tuber Festival	11
Kulai Creative Center Activities	11
Auroville Library	11
<b>Ecology</b>	<b>11</b>
Come & Check Eco Service Treasures	11
<b>Health Care</b>	<b>11</b>
Health Fund: Please Submit Medicals Bills	11
Weekly Baby Support Circle: Little Red Feet	11
Ayurveda Classes Resume	12
Orthopaedics Services Available	12
Offering Nursing Services	12
Santé Services Schedule, February 2025	12
Aurodent Dental Clinic	12
<b>Books</b>	<b>13</b>
Book Presentation Event @ Santé	13
<b>Animal Care</b>	<b>13</b>
February is Sterilisation Month!	13
2 <sup>nd</sup> Annual Puppy Fair—Pre-Announcement	13
<b>Youth Initiatives</b>	<b>13</b>
Maker Space	13

<b>International</b>	<b>13</b>
La Mère raconte (The Mother tells): French Practice	13
Inn of Words	14
Auroville and the question of Spirituality: an exploration by Rémi Astruc	14
Join Us for Pétanque @ the French Pavilion!	14
<b>Acres for Auroville</b>	<b>14</b>
Art for Land 2025 Exhibition: Flowers by Hasi & The Spirit of Auroville	14
<b>Theatre, Music &amp; Arts</b>	<b>14</b>
Art Exhibition by Crystal	14
The Heart's Pure Sight	14
Centre d'Art, Citadines	15
A Bird's Song—Home Away From Home	15
Activities Open Call	15
Bharat Nivas, the Pavilion of India, presents Auroville Festival 2025	15
Kalabhumis Goes Live! Mini KGL	15
<b>Music &amp; Art Activities</b>	<b>15</b>
Svaram Programs	15
Explore WaterColor Techniques	15
CREVA activities	16
Basic Analogue Photography Darkroom Workshop by Sasikanth Somu	16
<b>Dance Activities</b>	<b>16</b>
Dance Classes by Mani	16
Auroville Tango	16
<b>Sports &amp; Martial Arts</b>	<b>16</b>
Auroville Badminton Tournament Schedule	16
Auroville Cyclothon	17
Kshetra Kalari @ Aspiration Sport Ground	17
The Auroville Marathon 2025	17
Aikido Classes	17
Abhaya Martial Arts	17
Swimming Class	18
Bharat Nivas presents Kalaripayattu Class	18
Girls' Futsal Football Club	18
Kalpana Gym	18
<b>Bioregion &amp; Nature Activities</b>	<b>18</b>
Join the Edible Weeds Walks of the Season!	18
Terrasoul Community	18
Bharat Nivas Kala Kendra Pathway: Egai	18
Auroville Bamboo Centre, February	19
Mohanam Program	20
Embracing the Heartbeat of the Forest	21
World of Speciality Coffee	21
Earth Institute: Training Course	21
Enlight	21
<b>Looking For</b>	<b>21</b>
Looking for a Three Wheel Bicycle	21
Seeking House Sitting Opportunity	21
Looking for a Housing/ House Sitting Opportunities	21
Looking for a MiniDV Video Camera	21
Bombay Fornicator Wanted	22

<b>Available</b>	<b>22</b>
Mixer Available	22
Office Spaces Available: Aurelec	22
Office Space Available: Auromode	22
<b>Help Needed</b>	<b>22</b>
Financial help for Giuseppe	22
Caregivers/ Presence for Giuseppe	22
<b>Taxi Sharing</b>	<b>22</b>
To Chennai Airport, Monday, 3 February	22
To Chennai Airport, Wednesday, 5 February	22
<b>Honorary Voluntary</b>	<b>22</b>
SAIIR Is Looking for Volunteers	22
Volunteers for Auroville Festival	22
KCC: Looking for Ideas, Information, Materials, Stories, Links, Physical or Online Support	22
Volunteering @ Ecoservice	23
Gau Seva at Sadhana Forest!	23
<b>Help Offered</b>	<b>23</b>
Assistance to American Social Security Retirees and Applicants	23
<b>Work Opportunities</b>	<b>23</b>
Kindergarten Head @ Mohanam, Auroville	23
Fundraiser and Market Development Manager	23
It Matters Art Gallery: Job Offer	23
<b>Foods, Goods &amp; Services</b>	<b>24</b>
Increase Your Business or Service Visibility Through Dropzy	24
Bharat Nivas Pathway	24
Taste of Yoga Vérité Café	24
South Indian Breakfast	24
Living Room Café	24
The Sprout Timings	24
Auromode Tanto: Friday Discount Dining	24
Annapurna Farm Baskets	25
Hemplanet: Explore the Benefits of Hemp!	25
Gastronomica: Fresh Flavors Every Day!	25
Indian Street Food Special	25
FoodLink Market is open every day	25
Any time Dosa and Pongal @ the Pathway Café	25
A MatriGold Production Unit Visit	25
Note from the Free Store	25
Reduced-Price Maroma Products	25
UTS Transport Service	26
Integrated Transport Service	26
Sunrise Taxi Service	26
Shared Transport Service	26
Free Service Camp for E-Luna Event	26
Qutee Electric Scooter Service	26
Rapid Care Services	26
Surabhi Supplies	26
Rupavathi Joy Activities	27
Sarvam Computers Offers Reliable Service	27
Inside India	27
Book Binding	27
<b>Poetry</b>	<b>27</b>
Kid-napping happens	27
From a Photograph	27

<b>Voices &amp; Notes</b>	<b>27</b>
Auroville Radio TV	27
Divine Origin and Potential of the Human Being	28
Auroville We Are Seeing Today	28
Plea. Please Ease	29
The Dream of Auroville Stories: 1968-2068	29
<b>Classes, Workshops &amp; Healing Arts</b>	<b>29</b>
World Game for Adults and Children	29
Mindfulness Offerings in February with Helen	29
Flow Into Transformation	29
Body in Light: Energy Healing Workshop	30
Moving forward with Vision, Mission and Life Purpose	30
Auromode SPA Offers Cosmetology Services	30
Authentic Relating	30
Sitara Munay-Ki Yoga	30
Arka Wellness Center Program	31
Integral Unfoldment	31
Life Coaching (Aletheia Coaching School)	31
The Integral Yoga	31
Auromode Yoga Space	32
Traditional Mantras and Stotras Chanting Classes	32
Pitanga Cultural Centre Program February 2025	33
It Matters Schedule from 30 January to 8 February	34
Sound Therapy & Self Healing	34
Quiet Healing Center	34
Sound Chakras Healing	35
Cranio-sacral Sessions	35
Cosmic Dance Wave:	
A Healing Journey Through Movement	35
Journey to Inner Peace:	
Free Yoga Classes in Anitya Community	36
Vérité Events—February 2025	36
Yoga & Other Classes	36
Therapies	38
Workshops (pre-registration required)	39
Leela Therapy	40
Discover a Spiritual Journey with a Sencha Style Tea Ceremony	40
Experience the Power of Kundalini Yoga	40
<b>Languages</b>	<b>40</b>
News from Auroville Language Lab	40
<b>Cinema</b>	<b>41</b>
Pierre Loti: Une Passion du Monde	41
Cinema Paradiso Film Program 3—9 February 2025	42
Eco Film Club: Every Friday at Sadhana Forest	43
Centre d'Art, Citadines Presents	43
Aurofilm	43
<b>Accessible Auroville Public Bus</b>	<b>44</b>
<b>Emergency Services</b>	<b>44</b>
<b>About N&amp;N</b>	<b>44</b>
News and Notes Guidelines	44
<b>The Last Moment</b>	<b>44</b>
City Services Contributions And Payments December 2024	44

# House of Mother's Agenda

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(continued from last week)

(Soon afterwards, Satprem reads Mother a Playground Talk of [July 15, 1953](#).)

"You will see that your whole conception and notion [of heaven and hell] is based on one thing, an entity you call God, and a world you call his creation, which, to your mind, are two different things—one having made the other, the latter being subjected to the former and the expression of what the former made. Well, that's the initial error. But if you could feel deep down that there is no division between that something you call God and that something you call the creation; if you thought, 'It's exactly the same thing,' if you could FEEL that what you call God (which is perhaps a mere word), what you call God suffers when you suffer, is ignorant when you are ignorant, and it is through this whole creation that he finds himself again little by little, step by step, unites with himself, realizes himself, expresses himself, and it's not at all something he willed arbitrarily and made autocratically, but it is the growing, increasingly developing expression of a consciousness that objectifies itself to itself... Then, instead of being like a little child who kneels down, folds his hands and says, 'God, I implore You, make me a good boy, let me not cause my mother any sorrow...' (that's very easy and, well, I can't say it's bad!), instead of lighting a candle and kneeling before it with folded hands, light a flame in your heart and have a great aspiration for 'something more beautiful, truer, nobler, better than anything I know; I ask that tomorrow I begin knowing all those things and begin doing all that I cannot do—and every day a little more.' Then, if you objectify a little, if for some reason you have been put in presence of a lot of misery in the world, if you have unhappy friends or suffering parents or difficulties—anything—then you ask that the entire consciousness may rise TOGETHER towards that perfection which must manifest, that all this ignorance which has made the world so unhappy may be changed into enlightened knowledge, that all that bad will may be illumined and transformed into benevolence.... And how lovely those prayers would be!"

I remember that during those "classes," on certain days I knew it was the psychic that spoke, and on other days it was only the mind. And that day, I remember, the psychic presence was very strong.

It's interesting.

*The Mother's Agenda, December 11, 1968*

<https://incarnateword.in/agenda/9/september-11-1968>

*With love and gratitude,  
Gangalakshmi, HOMA*



# Townhall Speaks

## ATTENTION NEWCOMERS:

### Get an Auroville Email ID ASAP

Dear Newcomers, you are all requested to get an Auroville email ID ASAP.

- If you don't have it yet please write to [mailbox@auroville.org.in](mailto:mailbox@auroville.org.in) and request for one.
- You need to send your name and the date on which your Newcomer period started.
- You will need this email id for all official communication and access to Auronet among other things.

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

## THE AUROVILLE VISIT TO GUJARAT 3–6 JANUARY 2025

### a Report

In 2008 the authors of a book on Auroville's Economy had observed that Auroville, as yet, was too small to experiment with a no money exchange economy or to support and maintain a city of 50,000 which was its role. For this to be possible, they envisaged a minimum of 30,000 to 40,000 people to reach economic stability via the industrial and commercial sectors. As Henk Thomas stated in an Auroville Today article: *"Industry has been on the agenda of Auroville from the very beginning. One of the four zones of the city was described by the Mother as the Industrial Zone. But this challenge has not been sufficiently taken up ... this implies a welcoming attitude towards commerce and industry ..."*

### The Gujarat Plan

With all this in mind it was decided to initiate an avenue of collaborative exchange and build partnerships for Auroville with different states of India, starting with Gujarat.

An initial round of presentations was made by a number of Auroville units and SAIER to introduce their work and ideas in the field of renewable energy, education and sustainability to the administrators and educationists of different cities in Gujarat.

- **An Auroville Team of 6 people** : Anu & Joseba (Working Committee), Chandresh (FAMC), Jaya (ATDC), Sanjeev Ranganathan and Pedro (SAIER) were in Gujarat for 4 days to make presentations about Auroville. We were joined by 3 GB members: Prof Goutam Ghosal, Dr Nirima Oza & Dr Sarraju as well Dr Seetharaman OSD—Auroville Foundation and Ms Dhanalakshmi, AVF

### The Presentations & MoUs

The first presentation was made in Ahmedabad, organized by the Ahmedabad Management Association, to a full house and was live streamed. This included a general introduction on Sri Aurobindo, Mother and Auroville by Dr Jayanti Ravi followed by a general introduction and overview of Auroville and the purpose of our visit by Anu. An introduction on aspects of education in Auroville was made by Sanjeev Ranganathan and on physical education by Pedro. He also highlighted the need for preparations for the 2036 Olympics expected to be held in Ahmedabad with a possible integration of Auroville as part of the training.

Similar presentations were made at Auro University, Surat, at the kind invitation of our IAC member, Shri H P Rama. Several students from Auroville are resident students in this beautiful campus. At Gandhinagar, the official seat of the Gujarat government, presentations were made to the Hon'ble Chief Minister, Shri Bhupendra Patel, to the Chief Secretary, Shri Raj Kumar, and to Hon'ble Governor of Gujarat, Shri Acharya Devvrat. Of particular interest in our meeting with Hon'ble Governor, was the topic of Natural Farming, (as distinct from Organic Farming), pioneered

successfully by him. He shared his book on Natural Farming which holds a lot of potential for Auroville, which Sanjeev and Chandresh want to pursue.

Through all this several MoUs to facilitate collaboration and exchange were signed with

- Maharaja Sayaji Rao University of Baroda
- Kamdhenu University, Gandhinagar
- The Sardar Patel University
- The Auro University, Surat
- Indus University
- The Revenue Department under the CM, Gandhinagar
- Nehru Foundation Development Centre for Environment Education, Ahmedabad

Following the meeting with the CM we also met and shared presentations to different Govt officials. There was particular interest in solar energy, garbology and probiotics (to clean the ghats on river fronts). There was an active interest to visit and see Auroville's work first hand and to build exchanges. At their end they were looking for viable ideas to recycle the tons of puja flowers from temples, into incense, while Amul was interested to visit and explore the Auroville's work and potential for dairy farming.

**Two other highlights:** Visit to Sri Aurobindo's House in Baroda which holds a very special atmosphere and force. It was also interesting to remember that Sri Aurobindo lived in Gujarat for 13 years and had deep connections with the people.

The other highlight was a visit to see the Statue of Unity, a colossal technological feat of 182 meters, the highest in the world. Sardar Vallabhai Patel stands like a colossus overlooking the Vindhya Mountains and the Sardar Sarovar Dam. The exhibition and displays were exemplary.

Alongside the outreach within India, Auroville Calling, an initiative to connect with centres across the world that are aligned with the vision of Auroville, was begun at the same time, from Auroville. A Zoom Townhall with centres in Italy was the first, and the next one is planned for Spain.

All through the Gujarat visit of 3 to 6 January, the Auroville team was taken care of in the best possible way, thanks to the arrangements by Dr Jayanti Ravi for which we are very grateful. We hope Auroville will have the opportunity to build several such collaborations with other Indian States soon.

*Anu for Auroville Team to Gujarat  
(from WCom, FAMC, ATDC & SAIER)*

## FUNDS RECEIVED IN UNITY FUND

**October—December 2024**

(Descending order)

S.No.	Projects/ Entity	Amount
1	Sadhana Forest	1,82,29,484
2	Crown Road Project	1,16,69,976
3	Matrimandir	98,53,417
4	Deepam	57,22,165
5	Green Energy Project	40,35,107
6	Land Service	37,83,932
7	Pitchandikulam Forest	24,31,943
8	Auroville Village Action Group	21,58,520
9	Udavi School Trust	15,06,110
10	Ilaignarkal Education Center	15,00,000
11	Botanical Garden	12,16,453
12	Centre d'Art	10,91,359
13	Palayam School Trust	9,77,970
14	Isai Ragam	9,58,050

15	Nandanam School	8,22,500
16	Oli School	7,70,574
17	AV Dog Shelter	7,21,804
18	Reach for the Stars	6,93,600
19	Educational Support Fund	6,89,710
20	STEM Land	6,20,346
21	Savitri Bhavan	5,73,859
22	Transition School	5,21,538
23	WasteLess	4,92,182
24	Auroville Language Laboratory	4,66,508
25	Future School	4,62,500
26	Eco Femme	4,57,106
27	Auroville Institute of Applied Technology	4,47,946
28	YouthLink	4,16,836
29	Annapurna Farm	4,04,657
30	Yuvabe	3,54,488
31	Auro Orchard Farm	2,60,129
32	Thamarai	2,59,931
33	Mother's Flower Garden	2,48,448
34	Kalvi	2,43,060
35	Kindergarten	2,23,467
36	City Services Donations	2,13,987
37	Auroville Today	1,79,051
38	Sanskrit Research Institute	1,69,744
39	Pavilion de France	1,29,136
40	InLight Productions	1,22,420
41	Auroville Cyclone Support	1,18,239
42	Auroville Health Service	1,02,593
43	Inner Sight	1,01,510
44	Next Steps	1,00,000
45	Malarchi	96,295
46	Meera Women's Group	85,424
47	Auroville Pre-crèche	75,400
48	Health Centre	69,770
49	Aurora's Eye Films	68,200
50	Aikiyam School	65,546
51	AV Dental Centre Education Research Rural Action	51,000
52	PTDC	48,742
53	Aurogreen Farm	48,001
54	CSR (Andakosha)	44,024
55	Aurokiya	42,483
56	Last School	40,000
57	Red Earth	40,000
58	Sourcing Our Oneness	31,568
59	Mohanam Projects	30,210
60	Isaiambalam School	22,948
61	Brahmanaspati Kshetram	18,489

62	Pavilion of Tibetan Culture	18,489
63	Life Education Centre	15,886
64	JOI Anitya	14,330
65	New Creation Child Development	9,691
66	Kuilapalayam Creative Centre	9,204
67	Deepanam	8,053
68	Arulvazhi School	7,688
69	Green Acres	7,413
70	Discipline Farm	6,940
71	Unity Pavilion	5,395
72	Transport Service	4,000
73	Holistic/ Horse to Human	3,187
74	Shakti Artists	3,000
75	Morning Star	2,138
76	Lilaloka	1,879
77	Being	1,389
78	SAILER Scholarship	800
	<b>Total</b>	<b>7,75,19,936</b>

*Naren, for Donation Channeling Group,  
Sub-department of the FAMC,  
a Section 16 Committee of the Governing Board*

## *Community News*

### *Passing On*

#### **MANUEL THOMAS PASSES ON**



It is with sadness that we inform the community that Manuel Thomas, a long-time friend and well-wisher of Auroville, left his body peacefully in his sleep during the night of January 26th. His passing is a great loss for Auroville and for his many friends and admirers.

Manuel was a Chartered Accountant based in Chennai who came into contact with Auroville at the end of the 90's. For the next three decades he interacted with many Aurovilians and freely shared his vast experience in legal and accountancy matters for Auroville's benefit and that of many Auroville working groups, services and individuals.

One of his memorable contributions was his work on Auroville's economics. Together with Dutch Professor Dr. Henk Thomas, he authored the book 'Economics for People and Earth: The Auroville Case 1968—2008'. The book was the result of fifteen years of research. In 1997, the then Economy Study Group and Auroville's Funds and Assets Management Committee (FAMC) had made a request for research and advice to Henk Thomas; with the help of a few Aurovilians, in 1998 Manuel Thomas was brought in for his expertise in data management and analysis.

At the time, Auroville had no statistical office and, as Manuel later said, "an almost heroic effort was made to gather income and expenditure statements and balance sheets from various locations, some in forgotten dark cellars." The more

than 3,000 records of commercial units were digitized and used to do an economic analysis of Auroville units, including issues of their survival, expansion and sustainability.

In 2002, Henk and Manuel presented a 'White Paper on Auroville's Economy' to the Auroville community. The document, which focused on Auroville's commercial units, was well-received and they were asked to extend their study to include Auroville's service sector. This was taken up and they decided to cover Auroville's economy over the first 40 years of its existence. The result was the book 'Economics for People and Earth: The Auroville Case 1968—2008', which was published in the summer of 2013.

The book gives a synthesis of the different phases of Auroville's economy; gauges Auroville's economic system in the light of the principles and guidelines given by The Mother; assesses Auroville's sustainability and its coherence as a model for durable socioeconomic development; and identifies many areas of concern for Auroville's development.

But the book was not only on Auroville economics. It contains brief biographical notes on Sri Aurobindo and the Mother along with an overview of the Mother's vision on Auroville's economy. "We can't stress enough that the spiritual dimension is the cohesive part of the Auroville experiment. If someone would like to duplicate it elsewhere, there would need to be a similar 'glue' in one form or another. In Auroville, it is the spiritual dimension and the dream of humanity living in harmony in an international township which brought people together," said Manuel in an interview with Auroville Today.

In recent years, Manuel shared the pains and frustrations of many Aurovilians witnessing the difficulties brought by the new Auroville administration, and he wondered if this forebode the end of the Auroville experiment. While this question remains unanswered, there is no doubt that Manuel was part of that spiritual dimension that sustains Auroville and its residents.

He will be deeply missed by many.

His funeral will be held on Wednesday in Chennai. Roy

## *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)

### **The Petals of the Matrimandir**

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

- Daily 7—8am, 5—6pm.

### **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.

### **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 Auocard wishing to attend must book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance. Please bring your Auocard with you.

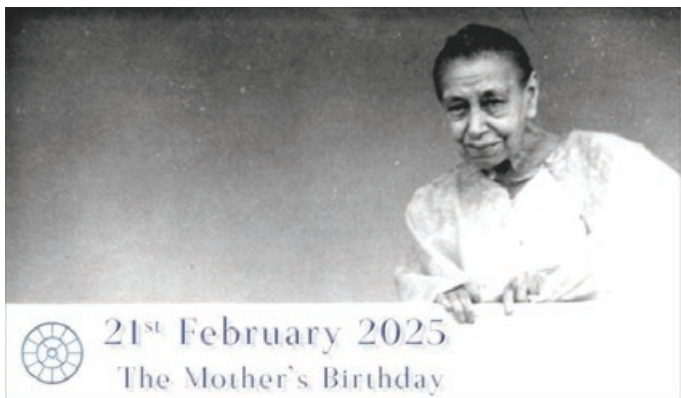
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Thank you.



Surya and Velmurugan  
for Amphitheater team

## Awakening Spirit

### MOTHER'S BIRTHDAY



To celebrate the Mother's Birthday, the Sri Aurobindo Ashram will open the Mother's Room on 21 February for a Darshan. Everyone is welcome to visit the Mother's Room. Below we share with you the options and guidelines for attending the Darshan:

#### Room Darshan Options on 21 February

- **Early Morning Darshan (No tokens required):** Join the general Darshan queue from 4am onwards. No tokens will be needed until the meditation at the Samadhi begins.
- **Post-Meditation Darshan (Tokens required):** From 6:40am onwards tokens will be required for entry.
- **Tokens** can be collected at the booth near the Ashram Post Office.

**Please note:** You may need to wait or return later at the time indicated on your token.

#### Afternoon Darshan for Auroville Residents

Residents of Auroville can pre-register for afternoon time slots (12 to 3.30pm) at Pitanga in advance. Registration details are provided below.

- To facilitate the Darshan visits after 6:40am, the Ashram will distribute tokens.
- Volunteers and Guests of Auroville may collect their tokens directly from the Ashram on the day itself.
- Aurovilians and Newcomers can pre-register for a token at Pitanga, Samasti, during the timings mentioned below.

#### Registration timings for residents

- Monday, 10 February, and Tuesday, 11 February
  - Morning: 9am—12pm
  - Afternoon: 3pm—5pm

#### Important Notes

- Please come in person to register your token. If you are not known to the organisers, please identify yourself as a resident.
- If you are unable to register personally, please send a representative with a written request stating the name(s) and number of tokens required.
- Unfortunately, we cannot accommodate requests made via email, WA, or telephone. Sorry for the inconvenience.

#### Collection of registered tokens

- Wednesday, 19 February, and Thursday, 20 February
  - Morning: 9am—12pm
  - Afternoon: 3pm—5pm

Tokens that are not collected by 5pm on the 20th will be given to persons on the waiting list.

#### Transportation

The Darshan day falls on a Friday. Please check the News & Notes next week for updates regarding the SAIER bus transport.


We are deeply grateful to the Sri Aurobindo Ashram for their continued collaboration with Auroville in facilitating these Darshan days.

Andrea for Pitanga's team

#### BHARAT NIVAS:


### A weekly study circle on The Synthesis of Yoga—Sri Aurobindo

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



By Deepti Tewari

The Mother's very last message to Auroville: "Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work."

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

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

Monisha, BN Team

#### HOUSE OF MOTHER'S AGENDA IS 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



**SAVITRI BHAVAN SCHEDULE, FEBRUARY 2025**



**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
- **A special Exhibition Illustrating Savitri**  
The Mother's Work with Huta



- February 10—28, 2025
- Inauguration on Monday, 10 February, 10am

**Films: Mondays 4pm in the Sangam Hall**

- **February 3: Meditations on Savitri, Book 5—The Book of Love, Canto 1—3.** The Destined Meeting Place, Satyavan and Savitri. In a new act of the drama of the world, the united Two begin a greater age. Duration: 32min.

Savitri traveled for months across the earth, passed through many cities and traversed rivers and plains in order to find her partner and to take up her unfinished divine task. Everything is led by the Omniscience, and events take place at the appointed place and time.

Unknowingly she comes near her goal. Savitri's path leads up to a highland country where the air is soft and delicate and the surrounding green and delightful. A single narrow path runs straight as an arrow amongst the giant trees. There Savitri gets her first sight of the one for whom she has come from so far. At first, she sees him simply as a part of the beautiful scene, but suddenly her heart looks at him and recognizes the one who is near to her: *A mystic tumult from her depths arose... / Swept through the turmoil of her bosom's space...* (p.395)

Savitri reins in the horses, and the chariot stops. Her inner vision recognises his eyes from her past, the eyes that have claimed her soul and known through many lives. Satyavan's soul responds. He turns to this vision of beauty and adores the new divinity in things: *Gaze met close gaze and clung in sight's embrace.* (p.396)

Then Satyavan speaks first to Savitri and asks her name: Musing she answered, *"I am Savitri / Princess of Madra. Who art thou?"* (p.402) Satyavan tells her about the blindness and exile of his father, King Dyumatsena, and his own life in the forest amongst the wild birds and animals. Surrounded by Nature he felt a divine touch and a call but had not been able to touch the World-Mother's feet: *I glimpsed the presence of the One in all. / But still there lacked the last transcendent power... / O golden princess, perfect Savitri... / Descend, O happiness, with thy moon-gold feet / Enrich earth's floors upon whose sleep we lie.* (p.405, 406, 408)

Savitri's fathomless soul looks out at him and answers: *"O Satyavan, I have heard thee and I know; / I know that thou and only thou art he."* (p.409) She comes down from her chariot and gathers an armful of flowers from the forest verge with which she weaves a simple garland. The sun is their witness and marriage-fire: *The wedding of the eternal Lord and Spouse / Took place again on earth in human forms: / In a new act of the drama of the world / The united Two began a greater age.* (p.411)

Then Satyavan shows her the hermitage where he and his parents are living and her future world. Savitri is happy and tells him that her heart will stay here, but that she will swiftly return to Madra to inform her father Aswapati about their meeting and her choice.

A meditative film made of passages from Sri Aurobindo's epic poem *Savitri—A Legend and a Symbol* read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta under the guidance and inspiration of the Mother. The film can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.

- The subtitled film is available at the website: [savitribhavan.org](http://savitribhavan.org) > Study Materials > Meditations on Savitri.
- **February 10: Interview with Sri Kireet Joshi in 2013.** Kireet Joshi shares his experiences of regular meetings with The Mother from 18.5.1969 until 8.3.1973 in an interview by Christine. Duration: 43min.
- **February 17: The One Whom We Adore as The Mother.** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **February 24: Building Matrimandir—Labour of Love 1971—2008.** The Matrimandir is the soul of Auroville; the documentary shows the dedicated work and construction. Duration: 52min.

**Full Moon Gathering**

- **Wednesday, 12 February, 7:15—8:15pm** in front of Sri Aurobindo's statue

**Regular Activities**

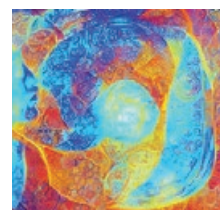
- A new class has been started from February
- **Thursdays 4-5.30pm:** Reading *Savitri* in Russian with Anatoli
- **Sundays 10:30—12noon:** *Savitri* Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in *The Life Divine* led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays 4:30—6:30pm:** Savitri Satsang followed by OM Choir led by Narad
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **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

**Integral Mathematics: A Journey of Insight and Inspiration**

- **Friday, 31 January, 4—5pm**
- **@ Sangam Hall, Savitri Bhavan**

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians.

This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.



**Sankhya Philosophy by Kapila Muni:** Types of Buddha Karma-atman, Karma yoni, Vayu and Ignorance.

This month we will focus on 5 types of each one of the following in existence: Intellect, Vayu, Sources of action (Karma yoni), Whose nature is action (Karma-atman) and Ignorance.

Everyone is welcome

- Facilitated by Team Enlight and Savitri Bhavan.

### 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, 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.

Snehal, Dhanalakshmi & Margrit  
for Savitri Bhavan



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

## 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

**VEGETABLE AND TUBER FESTIVAL**

Sunday, 2 February, 9am—5pm



@ Isai Ambalam School, Auroville.

Vanakkam. Isai Ambalam School is happy to invite you to the Vegetable and Tuber Festival which we are organizing in collaboration with Tamil Nadu Seed Savers Network. There will be an exhibition of around 500 traditional vegetables, tubers and plants.

Join us to discover and learn more about our rich heritage of traditional vegetables and plants!

We look forward to your presence!

Sanjeev Ranganathan for Isai Ambalam Team

**KULAI CREATIVE CENTER Activities**

செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP ( ONLY 10 TO 20 STUDENTS PER GROUP )
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
கையல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர அபிவிருத்தி வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 <sup>st</sup> Grade to 9 <sup>th</sup> Grade
காராதே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பூநாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒவியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) OR [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)  
 WhatsApp: + 91-98084 73985 / 9843186289 website: [www.kulaicreativecentre.org](http://www.kulaicreativecentre.org)

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:** Monday, Wednesday, Thursday, Friday & Saturday: 2—4:30pm. Tuesday: 4—6:30pm.

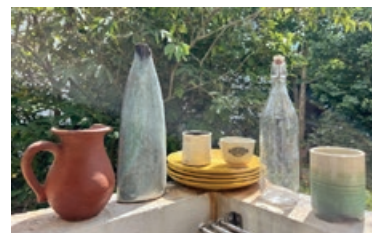
Laura

*Ecology*

**COME & CHECK ECO SERVICE TREASURES**

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

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



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

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

Laura H. for Eco service team

*Health Care*

**HEALTH FUND: PLEASE SUBMIT MEDICALS BILLS**

Dear Health Fund Members,

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from April 2024 onwards. If you have any laying around that is.



We need them before the 27 March 2025! That is our last working day for the month of March. Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

Stephen for Auroville Health Fund

**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

## AYURVEDA CLASSES RESUME

Every Monday, starting 3 February



We learn how this Science of life is directly applicable on a daily basis. It helps to understand oneself and others, equilibrium and imbalances in body, mind and heart and from here to keep the harmony with nutrition, daily practices and seasonal routines. We learn also the medicinal plants that grow in our surroundings that are useful to sustain our health all through the year. Learn how the food, emotions, relations, environment, climate, seasons, season of life (from childhood to seniorhood) can influence the state of well-being in the physical, vital and mental.

### Ayurveda classes will be held in Santé

Every Monday:

- **2pm (beginners):** basic principles (prakruti-basic constitution, agni-digestive fire, dhatu-body tissues, ama-creation of toxins, vikruti-state of imbalance in body, mind or heart), daily and seasonal routines, nutrition and plants
- **3:15pm (advanced):** reading of Ashtanga Hrudaya Volume 1, one of the 3 main ancestral textbooks of Ayurveda that gives the basics of Ayurveda in Sanskrit with translation in English

Classes will run until summer break in April 2025. Ideally it would be better to enrol at the beginning (Monday 3rd February) all the way through April. Classes are no drop-in classes as every time we will study a different topic.

- If you are interested please send me a message by WAP +919489505691.

Be @ Santé Clinic

### 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

### 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)

## SANTÉ SERVICES



### Schedule, February 2025

#### 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> Currently unavailable	<b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</b> 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>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena— <a href="mailto:inquiry_email@adminsante@auroville.org.in">inquiry email: 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



*Books*

**BOOK PRESENTATION EVENT @ SANTÉ**

In collaboration with MeDiClown Academy

Thursday, 6 February, 5—6pm @ Santé

Aurovillian author Fif is sharing insights from her newly published book.

**Fit Fernandes**, award-winning Director, Praducar, Actor and Medical Clown, has spent over 30 years spreading laughter, joy and play globally. As a Funshop Facilitator, Laughter Yoga Teacher, Speaker, Hypnotist and Coach, she's inspired thousands to unlock happiness, resilience and delight. Fit plays joyfully between Auroville, India and Vancouver Island, Canada with actor-musician husband Hamish Boyd.



**Dasha**

*Animal Care*

**FEBRUARY IS STERILISATION MONTH!**

We are thrilled to announce that we can offer 50 sterilizations at the special rate of just ₹1500 per dog this February. This price is below our cost and only possible thanks to the generosity of a donor who is covering the difference. Don't miss this opportunity to get your dog sterilized! We have upgraded our surgery room to meet and exceed the standards set by the Animal Welfare Board of India and added new post-surgery ABC recovery spaces for dogs. In January, we increased our capacity from 15 surgeries per month to 40, and we aim to reach 80 surgeries per month soon. This will help us achieve our target of sterilizing **1,000 dogs per year**, making a huge impact on reducing the number of puppies suffering and solving a decades-long issue.



**AUROVILLE DOG SHELTER**

Sterilization also lowers the serious risk of rabies in the entire area. Since we have received no support from the Auroville administration for this important health initiative to keep Auroville safe, we rely entirely on your donations and support to make this happen.

- To book one of the 50 sterilization slots available in February at this discounted price, please contact Lore via 6384180772 WA chat. Advance payment is required to confirm your spot.

**2<sup>ND</sup> ANNUAL PUPPY FAIR—PRE-ANNOUNCEMENT**

Saturday, 1 March, and Sunday, 2 March

Following the incredible success of last year's first Puppy Fair, we are excited to announce that the **2<sup>nd</sup> Annual Puppy Fair** will take place on **Saturday, 1 March, and Sunday, 2 March**.

This year's fair will focus on raising funds for our goal of sterilizing 1,000 dogs! We hope that many utterly adorable puppies and dogs will find a new home.

The two-day event will include:

- Music and celebrations, kids games! Bonfire and dance until midnight
- Lots of free snacks and great food
- Educational activities, volunteer information programs
- Lots of fun events for every dog lover, families, children, and friends
- Local artists and vendors offering Auroville-made goods in support of the shelter

We are expecting a large crowd and invite **artists, musicians, vendors, and all dog lovers** to become part of this huge event. Stay tuned for more details soon!

Thank you so much for your support!

*Arthur for Auroville Dog Shelter*

*Thank you for your continued support—together we can create a great future for Auroville and all animals!*

*Youth Initiatives*

**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**

*International*

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

**French Practice**

From classes given by the Mother at the Ashram

Thursday, 30 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. People with a beginner level in French can follow the workshop. The workshop, lasting one hour, is held every Thursday at the Pavillon de France, from 4:30 to 5:30 pm.

Each workshop consists of reading a text in French, understanding its vocabulary and discussing its meaning collectively. For sharing, everyone can use French, English or Tamil.

The workshop is led by Augustin, a volunteer at the Ashram who is fluent in Tamil and English and Jean Francois, a French teacher.

**Vivekan**

**INN OF WORDS**

Wednesday, 5 February, 4 :30pm  
@ At Pavillon de France

Do you enjoy telling stories and listening to them? Then don't hesitate! Come to the French Pavilion on Wednesday, February 5th, at 4:30 PM. Stories will be drawn at random, and everyone will have their say.

Mireille,  
French storyteller, +33618709157

**AUROVILLE AND THE QUESTION OF SPIRITUALITY**

An exploration by Rémi Astruc

En Francais: Vendredi, 7 Février, à 17h

In English: Monday, 10 February, 5pm

@ Pavillon de France (opp. Visitor centre)



“Spirituality” is a word that has become ambiguous. Widely overused, it now refers to very different practices, sometimes incompatible with one another. This has led to numerous misunderstandings and controversies surrounding the city, from its founding in the 1960s to the present day, where we witness attempts to “correct” what some perceive as deviations from the spiritual vocation of the City of Dawn. To fully understand the stakes of these questions and conflicts, it is crucial to return to Sri Aurobindo’s particular conception of spirituality, as it shaped the way the Mother envisioned the city and the mission entrusted to it. So, what defines spirituality in Auroville? Can we confidently assert that it is a spiritual city?

Rémi Astruc is a professor at CY, Paris-Cergy University, and a member of the Institut Universitaire de France. For the past four years, he has been visiting Auroville to better understand various aspects of the city and attempt to grasp the uniqueness of the Aurovilian adventure.

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

*Acres for Auroville*

**ART FOR LAND 2025 EXHIBITION:**

**Flowers by Hasi & The Spirit of Auroville**

Art has the power to transcend individual experiences, creating spaces for connection, reflection, and shared transformation. The Art for Land 2025 exhibition, showing from 2 February to 30 March, 2025, invites visitors to engage with the intersection of creativity, spirituality, and collective purpose. This celebration of Auroville’s ideals reflects the power of art to unite and inspire, drawing upon the themes of nature, growth, and unity that lie at the heart of the Auroville’s vision.



Central to the exhibition is ‘Flowers by Hasi’, a vibrant tribute to the late Hasi Grandcolas. Hasi, a dedicated sadhika and artist, captures the spiritual essence of flowers like Peonies, Roses, Sunflowers, and Tulips. Each painting invites viewers to explore the deeper symbolism of nature’s blooms as expressions of spiritual nourishment. Through her work, visitors are reminded of the connection between art, nature, and spirit. The art serves not only as personal expression but also as a collec-

tive offering, with proceeds supporting Auroville’s land consolidation efforts and the city’s growth.

The complimenting ‘The Spirit of Auroville’ exhibition showcases artworks from 1971—73 by Sri Aurobindo Ashram artists, inspired by flowers chosen by The Mother for Auroville, each symbolizing qualities like unity and aspiration. Recent contributions of flower paintings by Dilip Patel are included. Presented in four languages, the exhibition reflects Auroville’s multicultural ethos and invites a universal understanding of its mission. It is guided by Richard Pearson of the Sri Aurobindo Ashram, who has dedicated much of his life to sharing The Mother’s insights on flowers.



Let the stories, spiritual insights, and vibrant creations of Art for Land 2025 lead you on a transformative journey of beauty and unity. Together, we celebrate the profound power that emerges when creativity aligns with a collective vision for a more harmonious world. Join us in celebrating the vision of Auroville.

Anita for Unity Pavilion Team

*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**

**A Bird's Song—Home Away From Home**

by Mario D'Souza

- 7—27 February
  - Tuesday—Friday 2—5:30
  - Saturday 10—12:30, 2—5:30
  - Guided visits on Saturdays at 10:30
- **Opening on Friday 7 February at 4:30**

With his iconic playfulness and vibrant use of colours, Mario d'Souza aims at creating a *sur mesure* decor, transforming traditional Indian patterns and everyday objects into a graphic pop installation.

The motif no longer has a scale, at times nestling in an embroidery, invading space, limitless, it can be found at the bend of a piece of furniture, painted on a window, or sometimes, stripped to its essence, it becomes the source of inspiration from which emerges a vivid creation.



The installation—bridging the distinction between art and craftsmanship—is a celebration of a community made up of a variety of objects. The artist, with his talent for assembling and linking diverse worlds, is able to create harmony while illuminating differences.

The relationship between Mario d'Souza and Auroville started in 2019 through an art residency program at La Petite Maison Auroville. Centre d'Art is thrilled to have him back and host his new exhibition.

**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@auroville.org.in](mailto:centredart@auroville.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**



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



Edo

*Music & Art Activities*

**SVARAM PROGRAMS**

**SVARAM Sound Experience: Sound Journey**

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



Contact No.: +91 93601 23054 (WA)

**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/>

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



Lisa

### CREEVA ACTIVITIES

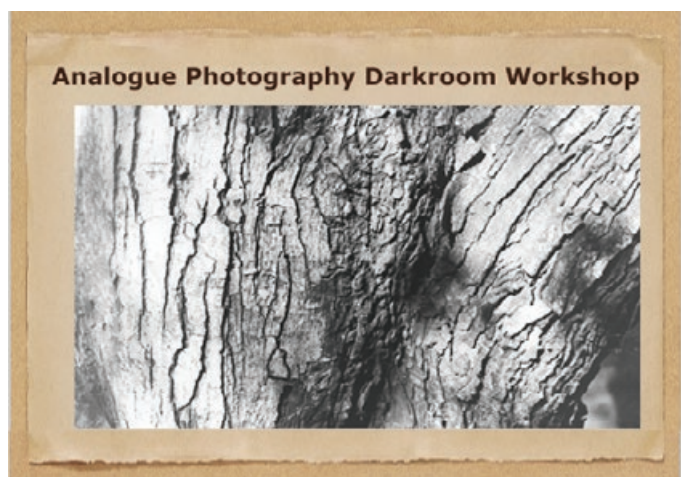
- **Watercolor Landscape class** by Sathya
  - Monday, 5—7pm.
- **Figurative Drawing Session**
  - Tuesday, 5—7pm.
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
  - Open from 12:30—4:30pm, Monday to Thursday. If you plan to attend at other times, please 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 Studio,  
Creativity Community, Auroville  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in),  
+91 9486145072 WA, Sathya

### BASIC ANALOGUE PHOTOGRAPHY

#### Darkroom Workshop by Sasikanth Somu



13, 14, 15 February

@ Centre d'Art Gallery, Citadines, Auroville

#### Program & Timings:

- **Thursday, 13 February, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 14 February, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 15 February, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: [centredart@auroville.org.in](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 9159355809 WA.

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

Sergey, Centre d'Art

### 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

##### 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—Improvers
- **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

#### AUROVILLE BADMINTON TOURNAMENT

##### Schedule



Under 10 & 14 Sub Junior Girls - 30 <sup>th</sup> Jan	4 <sup>th</sup> Feb - Men's Doubles Cat - B1
Under 10 & 14 Sub Junior Boys - 31 <sup>st</sup> Jan	5 <sup>th</sup> Feb - Men's Doubles Cat - B2
Junior Girls - 1 <sup>st</sup> Feb	6 <sup>th</sup> Feb - Men's Doubles Cat - A1
Junior Boys - 2 <sup>nd</sup> Feb	7 <sup>th</sup> Feb - Men's Doubles Cat - A2
Women's Doubles - 3 <sup>rd</sup> Feb	8 <sup>th</sup> Feb - Super senior (above 45)
	9 <sup>th</sup> Feb - Finals

Organized by YouthLink, Auroville. WhatsApp / Call to Register 97511 10018 / 94436 17098

Bharathy  
for Certitude Badminton



## AUROVILLE CYCLOTHON

**Online registration** for the Auroville Cyclothon 2025 as the 2<sup>nd</sup> edition started this year, scheduled for Sunday, 2 March, is open.

• If you plan to join this edition of the Auroville Cyclothon, we invite you to register via the following link: <https://www.auroville-cyclothon.com/>.

• Please note that registration remains open until **24 February, Noon**.

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

*Murali, Prabhu and Raju for Auroville Cyclothon Team*



## KSHETRA KALARI @ ASPIRATION SPORT GROUND

### Kalari Classes for Beginners

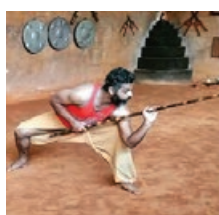
- Morning classes: 6:30—7:30am  
Monday, Wednesday, Friday
- Evening classes: 5—6pm,  
Tuesday, Thursday, Saturday

### Kalari Classes for Advanced People

- Morning classes 6:30—7:30am  
Tuesday, Thursday, Saturday

### Kalari Massage Available

- By appointment, 9042009200



*Maneesh*

## THE AUROVILLE MARATHON 2025!

**Greetings from The Auroville Marathon 2025!**

The 15<sup>th</sup> edition of the Auroville Marathon is set to take place on **Sunday, 16 February 2025**, and we are excited to celebrate the spirit of Run for the Joy of Running! This event brings together runners and supporters from all walks of life, and we need your valuable support to make it a grand success.

Volunteers are the heart of the Auroville Marathon, and your contributions are essential to ensuring a smooth and joyful experience for all participants.

### Areas where we need your support:

- **Pre-Marathon Activities:** Registration desk, race kit distribution, and route preparation.
- **On Race Day:** Hydration stations, route management, participant coordination, and first aid assistance.
- **Post-Marathon:** Clean-up drives, feedback collection, and wrap-up activities.

No prior experience is necessary—just your willingness to help and a smile to share!

### How to register:

To join us as a volunteer, [please sign up using the link](#) or send an email to [marathon@auroville.org.in](mailto:marathon@auroville.org.in) with your name, contact details.

**For any queries or additional information**, feel free to contact Auroville Marathon Team at +91 8870765662.

Let's come together to celebrate health, community, and the sheer joy of running. Join us in making the 15<sup>th</sup> Auroville Marathon an unforgettable event!

*Prabhu for Auroville Marathon Organizing 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**. 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/Grapppling 5:30pm with coach Giacomo
- **Wednesday:** MMA/Grapppling 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 years old 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 **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
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in), office: 0413 2622253



Monisha for BN Team

### 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



### KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

## Bioregion & Nature Activities



Register Now:

[edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com), 9840936907 WA

Nina



## 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—1pm
    - 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, FEBRUARY

### 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.

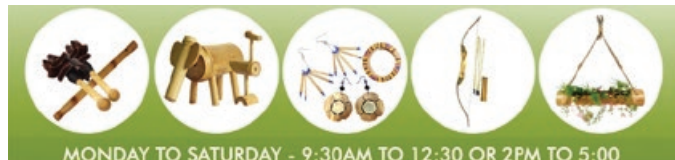
### Daily, Make and Take Hands-on Workshops Experiences

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



- 9am—12:30pm, 1:30—5pm
- 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



- Walk-in registration available
- 9am—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.
  - 10am—12:30pm or 2:30pm—5pm
- **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

#### Bamboo Tree House Workshop

- 6—8 February, 9am—5pm

This workshop focuses on Bamboo Tree house with the various natural materials. The Bamboo Tree House workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

#### Bamboo Reinforcement Workshop

- 13—15 February, 9am—5pm



This workshop focuses on Bamboo reinforcement technique from bamboo and various natural materials.

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

#### Bamboo Yurt Workshop

- 19 and 20 February, 9am—5pm

This workshop focuses on Bamboo Yurt building construction from bamboo and various natural materials.

The Bamboo Yurt workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.



### Bamboo Joineries Workshop

- 21 and 22 February, 9am—5pm



The Bamboo joineries workshop is a 2 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and various joineries technique. Bamboo Joineries workshop will take place over 2 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  
for Bamboo Centre Team



#### 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.

### Auroville Bioregional Experience with Mohanam

#### Tours



Munnur and Perumukkal



Village Temple



Kaluvell Tank Visit



Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluvelli 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 @ Mohanam Campus

1 day Advance booking of classes is necessary:

Cooking Class



Saree Workshop



Activity	Time	Description
Cooking Class	Monday to Saturday, 10am—12:30pm	Learn to cook traditional South Indian food and snacks.
Saree Draping	Monday to Saturday, 10am—4pm	Learn how to drape a saree and model your look in an optional photoshoot.
Siddhar Ongara Five Elements Chanting	Every Saturday, 3:30—4:30pm	Chanting calms the mind, boosts energy, and fosters inner peace—join our class to experience its transformative power.

### Make & Take Workshop @ Mohanam Campus



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

...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

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

Balu  
for Mohanam Program

## EMBRACING THE HEARTBEAT OF THE FOREST

Saturday & Sunday, 1 & 2 February, 4—5pm  
@ Revelation Forest, Auroville

### A Symphony of Stillness

Move into the serenity of the forest, where movement meets stillness. Conscious breathwork will guide you deeper into the heart of the forest.

Attune your senses to the forest sounds. Listen as the trees whisper secrets, and the wind carries the songs of ancient wisdom.

- Contributions welcome
- Text Shunyam to join us +918349917282

Carolyn Rebecca for Révélation



## WORLD OF SPECIALITY COFFEE



This is a holistic introduction to the world of specialty coffee, exploring its many aspects, rather than solely the final product.

We will be tasting and exploring some of the

best international and Indian coffees during this week!

- **Classes will take place** from 10am—1pm and 3—5pm.
- 6 modules, 1 final assessment and five days of everything coffee!
- For enquiry please contact: [contact@marcscoffees.com](mailto:contact@marcscoffees.com)  
Phone: +91 0413 2623119 and +91 7200881291



Matilde for Coffee Ideas!

## EARTH INSTITUTE: TRAINING COURSE

We are thrilled to invite you to embark on an exciting journey with us to explore the untapped potential of our Earth through interactive workshops! This unique adventure promises to be an enriching experience, full of discovery and learning. Limited seats are available on a first-come, first-served basis. Don't miss out—register now and become part of our vibrant community!

- For more details: [info@earth-auroville.com](mailto:info@earth-auroville.com).
- **Contact:** +91 9159225078, +91 0413 2623330/ 2623064
- **Registrations** are open: <https://registration.earth-auroville.com/> T. Ayyappan

## ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

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

Snehal

## Looking For

### Looking for a Three Wheel Bicycle

I am looking for a 3-Wheel-Bicycle for adults, electric or not, for rent. From private or shop.

Thanks for tips or offers.

[nina.meisser@gmail.com](mailto:nina.meisser@gmail.com),  
8925023601, Nina



### Seeking House Sitting Opportunity

My son, Calys (11), and I, Solen Mukhande, long-term guests of Auroville, are returning for the third time. We have already spent a total of 18 months here and are eager to continue immersing ourselves in the community, studying, researching, and fostering connections between Auroville and the Institute of Indigenous Knowledge, which is subtly built upon an integral vision of evolution.

We love silence, nature, harmonious thinking, and creative vibrations. We are currently looking for house-sitting opportunities from early February to early May, with a flexible budget.

- **Contact:** Auroville Dental Centre reception  
0413 2622265 or 2622007 *Submitted by Meera*

### Looking for a Housing/ House Sitting Opportunities

My Beloved Community, I'm Shaheen, a confirmed newcomer, looking for a house/ house sitting opportunity—preferably with some nature/ garden space around. I live with my well-behaved calico cat, Bikki, who is quiet, friendly and irresistible!

I'm single, a non-smoker, and maintain a fairly clean. I'd be happy to help take care of the space and assist with any necessary repair.

If you know of any available houses or opportunities, please feel free to reach out to me at +91 8056058269 or [shaheen\\_nc@auroville.org.in](mailto:shaheen_nc@auroville.org.in) *Shaheen*

### Looking for a MiniDV Video Camera

I am looking for a video-camera (Sony, Canon or so) that works with mini-DV video cassettes. If you have one laying somewhere, as now they are obsolete, I'd be happy to buy it. It must be working, of course.



Please contact me by email at: [manohar@auroville.org.in](mailto:manohar@auroville.org.in) or 9486416179 phone/ WA. *Manohar*

**Bombay Fornicator Wanted**

The artist Mario D'Souza is going to set up his exhibition in Centre d'Art from Tuesday 4th to Thursday 6th February. For the installation he's looking for:

- A wooden antique chair similar to the picture
- An assistant who can help him installing the exhibition (contribution available)
- Contact +33 664495122, Mario D'Souza



Marco

*Available*

**Mixer Available**

Preethi Mixer and juicer in excellent condition: 3 jar + 1 juicer.  
+91 890 3910563, Ravindra

**Office Spaces Available: Aurelec**

35.12 sqm. space available inside Aurelec Premises. This space is ideal for workshop or storage, with generator back-up, 24 hours security, parking, high speed fibre 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

**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.



Contact Mr. Pandian at Auromode in person, +91 9943390391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in) Pandian

*Help Needed*

**FINANCIAL HELP FOR GIUSEPPE**

We turn to you again for financial help for Giuseppe, an old Aurovilian 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,  
+91 9840031935, +91 9489601312

**CAREGIVERS/ PRESENCE FOR GIUSEPPE**

- We are looking for 1 or 2 people (Aurovilians, 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

**To Chennai Airport, Wednesday, 5 February**

5 February, around 10pm (22:00). The flight is at 3:30am, 6 February. Contact Ursula: +41 788840548 WA, or [sulabaum@gmail.com](mailto:sulabaum@gmail.com) or SMS/ call +91 8870830484.

Shivaya

*Honorary Voluntary*

**SAIER IS LOOKING FOR VOLUNTEERS**

If you have skills that can help us to plan and organise collective programs for Auroville schools students and teachers, we are looking for support.

Join the team at SAIER and work on projects that are designed to meet collective goals and aspire to weave threads that connect us in an experiment for Human Unity.

Write to us at [saiier@auroville.org.in](mailto:saiier@auroville.org.in) with the subject line "Volunteer for Collective Programs"

Nilima

**VOLUNTEERS FOR AUROVILLE FESTIVAL**



The Auroville Festival is an eight day long event from Mother's birthday on the 21st to Auroville's birthday on the 28th of February. The festival offers a perspective on various aspects of Auroville through the lens of Humility. One of the qualities of Mother's symbol. Her 12 qualities are an apt reminder, as to why we are here.

We invite everyone in Auroville and outside to become a part of the festival. The festival is planned and managed by AWARE—a unit under Auroville Service Trust.

If you wish to volunteer or participate in any of the event, please write to [festival@auroville.org.in](mailto:festival@auroville.org.in) or [festivalauroville@gmail.com](mailto:festivalauroville@gmail.com).

- For more information, please visit: [www.awareauroville.com/AF25](http://www.awareauroville.com/AF25).

Anita for Auroville Festival Team

**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

**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*

*Help Offered*

**ASSISTANCE TO AMERICAN  
Social Security Retirees and Applicants**

Greetings, I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system. Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance.

Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated. Please first email me a synopsis of your concerns at [gary@ionef.net](mailto:gary@ionef.net) as well as your WhatsApp number. Put Auroville/SSA as the subject line of your email. I will be in Auroville till mid-April but can also respond remotely once back in the US.

Gary

*Work Opportunities*

**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*

**FUNDRAISER AND MARKET DEVELOPMENT MANAGER**

**For The Green Silk Road  
Regenerative Agriculture Program**

The Green Silk Road helps people travelling to and from Auroville reduce their footprint by using public transport instead of aeroplanes, but we do much more than that. We connect like minded projects we meet along the way, building on Auroville's expertise and experience.

One such project is a regenerative agriculture collaboration between farmers in India and Turkiye. We facilitate exchange of knowledge and skills among communities of practice and help with supply chain development. We start with cotton, but will soon expand from fibre to food (coffee, nuts, fruits, spices, oils).

To grow this program we are looking for professionals with solid management experience and excellent communication skills.

- Are you good at relationship building and grant writing?
- Are you good at project management? Can you keep an overview of multiple moving parts, but also zoom in on urgent time sensitive writing when needed?
- Do you believe in what we do? (see more on our website [www.thegreensilkroad.com](http://www.thegreensilkroad.com) and [www.raddiscotton.com](http://www.raddiscotton.com))

Then we want to meet you!

Please contact us through email: [socent@auroville.org.in](mailto:socent@auroville.org.in) or + 91 9943820241 WA, Gijs Spoor **Gijs**

**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. 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.

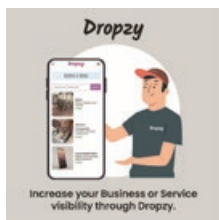
Our team will take the time to explain everything to you, we will be a total of 4 or 5 people, but most of your shifts you will be alone and autonomous.

[itmatters@auroville.org.in](mailto:itmatters@auroville.org.in), **Bhakti & Sandra**

*Foods, Goods & Services*

**INCREASE YOUR BUSINESS OR SERVICE VISIBILITY  
Through Dropzy**

The mission of Dropzy mobile app is to become a multipurpose go platform for products, services and act as an information resource repository to create convenience for its users.



Having the app launched in October, 2023, Dropzy has successfully become a reliable platform for delivering essentials at users convenience in and around Auroville, the journey has passed over a year now and continues with goodwill and support from you all. Since launch, we've delivered thousands of orders and the count goes on.

After gathering experience and insights from the 1+ years of operations, Dropzy is now moving onto its next phase of module integrations to get closer step by step to its mission.

Dropzy has been growing its user base steadily with daily new users signing up.

With the current user base and potential new users that will join Dropzy, there's a lot of scope for your Business or Service to reach potential customers by having your listing published in Dropzy.

Why wait? Submit your Business or Service details now and use Dropzy to help you maximize further your digital visibility and get potential opportunities from the right audience.

**NO Financial Contribution is required for joining.**

- **Submit details for Business and Service**  
<https://tinyurl.com/dropzy-business-service>
- **Submit details for Wellness Activity**  
<https://tinyurl.com/dropzy-wellness>
- **For feedback or getting in touch**  
[150dpi@auroville.org.in](mailto:150dpi@auroville.org.in) or 8098144686 WA.

Sathish Arumugam for Dropzy Team  
[www.dropzy.in](http://www.dropzy.in)

**BHARAT NIVAS PATHWAY**

**Medicinal Herbal Nursery Counter**

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

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**



Monisha

**TASTE OF YOGA VÉRITÉ CAFÉ**

**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 healthy 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

Kathir for Verite Programming

**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 TIMINGS**

Daily, 7am—4pm



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



### ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly. Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.



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



*Madhuri for Annapurna Farm*

### 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, Kulapalayam
- **Contact:** +91 70102883943  *Davide*

### INDIAN STREET FOOD SPECIAL



31 January, Friday, 6—9pm  
Pop-Up @ Marc's Cafe—Store Rooftop  
Manual Brewers—Tea—Fermented Beverages  
 *Mathilde*

### FOODLINK MARKET IS 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.  *Isabella for FoodLink*

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

Bharat Nivas Café 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 café.

*Arabinda for Bharat Nivas team*

### A MATRIGOLD PRODUCTION UNIT VISIT

**Every Thursday at 3pm**

Every Thursday at 3pm and on appointment for groups. You can listen to Birgitta telling the amazing founding story of Matrigold and explaining about the unique Gold-in-Glass technology, which was developed for the Matrimandir.

She will also talk about the beneficial impact which pure gold has on a human body and you can get a glimpse of our jewellery production.

This visit is also a chance to explore and buy some of the single pieces hiding in our treasure cupboards, if you come earlier or stay on after.

Matrigold Location



*Birgitta for Matrigold, Sanjana Community, first building, residential zone*

*Please call +91 413 2622458, if you have trouble finding us.*

### 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

**SUNRISE TAXI SERVICE**  
A Unit 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.auroillesunrisetaxi.in](http://www.auroillesunrisetaxi.in)

*Sathish*

### 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*

### FREE SERVICE CAMP FOR E-LUNA EVENT

**Friday, 14 February, 10am @ Kinisi, CSR Campus**  
**For Aurovilians and Newcomers only**

With the help of Kinetic Green, Kinisi is organising a free service camp.

You can bring your electric scooter to our Kinisi workshop on the CSR campus on Friday, 14 February, between 10am and 4pm.



During the service camp experts will offer free service to all existing e-luna.

Please email us with details at [kinisi@auroville.org.in](mailto:kinisi@auroville.org.in) before 10 February, so we can order spare parts in advance. Parts will be charged, and diagnostics, labour and servicing will be free. All are welcome!

*Debo*

### 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*

### 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:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
  - **Instagram handle:** @rapidcare1 *Balaji & Arun*

### 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

**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

**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

**INSIDE INDIA**



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

**Get in Touch with Mr. Ganesh, Your Travel Consultant**

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to 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

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 Kulapalayam.

8940648542, Michel



*Poetry*

**KID-NAPPING HAPPENS**

*Kid-napping happens  
When the inner child  
Is asleep.*

*With joyful Gratitude,  
Anandi Z.*

**FROM A PHOTOGRAPH**

*Her arms around me—child—  
Around my head, hugging with her whole arms,  
Whole arms as if I were a loved and native rock,  
The apple in her hand—her apple and her father,  
and my nose pressed  
Hugely to the collar of her winter coat—. There  
in the photograph*

*It is the child who is the branch  
We fall from, where would be bramble,  
Brush, bramble in the young Winter  
With its blowing snow she must have thought  
Was ours to give to her.*

George Oppen

*Voices & Notes*

**AUROVILLE RADIO TV**

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



**Last published podcasts**

- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.479](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep.127](#) (Literature)
- [Soulful Beginnings with Monique—Ep.1 "From India to the World—A Vision for Birthing"](#) (Health and Wellness)
- [Exploring Education in Arts, Animation and Film-making—Ep.41—"The Principles of Animation—Contd..."](#) (Arts & Culture)
- [Seeking Our Inner Being Group Discussion with Youth-link—Ep.1](#) (Spirituality)

**Last Youtube Video**

- [Fair and Square 2024 | Reimagining the Youth Center's Future Together](#)

....and more! on [www.aurovilleradiotv.org](http://www.aurovilleradiotv.org)

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

Peace and love

Sai Priya  
for Auroville RadioTV



## DIVINE ORIGIN and Potential of the Human Being

*“With regard to the evolution upwards, it is more correct to speak of the psychic presence than the psychic being. For it is the psychic presence which little by little becomes the psychic being. In each evolving form there is this presence, but it is not individualised. It is something which is capable of growth and follows the movement of the evolution. It is not a descent of the involution from above. It is formed progressively round the spark of Divine Consciousness which is meant to be the centre of a growing being which becomes the psychic being when it is at last individualised. It is this spark that is permanent and gathers round itself all sorts of elements for the formation of that individuality; the true psychic being is formed only when the psychic personality is fully grown, fully built up, round the eternal divine spark; it attains its culmination, its total fulfilment if and when it unites with a being or personality from above.*

*Below the human level there is, ordinarily, hardly any individual formation—there is only this presence, more or less. But when, by the growth of the body round the spark of Divine Consciousness, humanity began upon the earth, certain human organisms became in the course of this progressive growth sufficiently perfected, and by their opening and receptivity allowed a junction with certain beings descending from above. This gave rise to a kind of divine humanity, what may be called a race of the élite. If only they had remained by themselves, these people would have continued as a race unique and superhuman. Indeed many races have made claims to be that: the Aryan, the Semitic and the Japanese have all in turn considered themselves the chosen race. But in fact there has been a general levelling of humanity, a lot of intermixture. For there arose the necessity of prolongation of the superior race, which drove it to intermix with the rest of humanity—with animal humanity, that is to say. Thus its value was degraded and led to that great Fall which is spoken of in the world’s scriptures, the coming out of Paradise, the end of the Golden Age. Indeed it was a loss from the point of view of consciousness, but not from that of material strength, since it was a tremendous gain to ordinary humanity. There were, certainly, some beings who had a very strong will not to mix, who resented losing their superiority; and it is just this that is the real origin of race-pride, race-exclusiveness, and a special caste distinction like that cherished by the Brahmins in India. But at present it cannot be said that there is any portion of mankind which is purely animal: all the races have been touched by the descent from above, and owing to the extensive intermixture the result of the Involution was more widely spread.*

*Of course one cannot say that every man has got a psychic being, just as one cannot refuse to grant it to every animal. Many animals that have lived near man have some beginnings of it, while so often one comes across people who do not seem to be anything else than brutes. Here, too, there has been a good deal of levelling. But on the whole, the psychic in the true sense starts at the human stage: that is also why the Catholic religion declares that only man has a soul. In man alone there is the possibility of the psychic being growing to its full stature even so far as to be able in the end to join and unite with a descending being, a godhead from above.”<sup>1</sup> — The Mother*

Thus the Triple Transformation of Psychicisation-Spiritualisation-Supramentalisation<sup>2</sup> in the Integral Yoga of Sri Aurobindo and the Mother that includes the understanding of this Great Cosmic Play of the Divine and the undivine<sup>3</sup>. We consciously continue on towards the New Golden Age, the Life Divine on this Earth.



<sup>1</sup> <https://incarnateword.in/cwm/03/psychic-presence-and-psychic-being-real-origin-of-race-superiority>

<sup>2</sup> <https://incarnateword.in/cwsa/22/the-triple-transformation>

<sup>3</sup> <https://incarnateword.in/cwsa/21/the-divine-and-the-undivine>

Note: for readers on the printed paper version, please scan the QR Code to access the online copy and linked references.

Zech, 2025.01.23, <https://zechjoya.blogspot.com/>

## AUROVILLE

### We Are Seeing Today

I don't believe in the Auroville we are seeing today. I don't believe in alienating the residents from participating in building or planning the city. The current construction methods do not align with my understanding of how consciousness can be embodied in matter. I do not believe in the haste of creating Auroville, part of building the city is building the community and its people, and its services grow in order to build it. I also do not believe in publicizing campaigns to recruit persons to join Auroville. Aurovilians must strive to become conscious beings, transcending caste, customs, and nationality. Becoming a conscious citizen of Auroville means engaging in imagining its development.

I believe Auroville is alive when we “do not know” what it is but we agreed to search together. I believe the Governing Board does not fully grasp the true purpose of Auroville. Aurovilians have achieved and initiated much due to the enshrined principles of free will and freedom, which are now being undermined. The selection of the Working Committee by the Secretary, instead of being elected by the Resident Assembly, is contrary to the provisions of the Act. I do not believe in the view or management of the GB appointed FAMC.

Torkil thinks only of tourism as an economic development, this expansion will kill the very spirit it hopes to sell. Margarita and Chandresh's assertion that Aurovilians are inherently bad, deceitful, and dishonest is deeply concerning. (Such a perspective reflects a profoundly ungrateful and bitter state of being.) I am disturbed that in order to serve the powers that put them in their post they ignore the discrepancies of many crores in the land exchanges, or the lack of action on encroachments to protect crores worth of our precious assets preferring instead to focus on a few thousand Rupees they can extort from Aurovilians through some rather bizarre ways.

The closure of services and units that support resident income generation and benefit Auroville is perplexing, especially given Chandresh's previous efforts to promote entrepreneurship—it's very confusing. It is equally strange that the persons in their circle or whom they empower are not scrutinized for misuse—this partiality shows their goals are not as pure as they prefer us to believe, it is not actually about reform and better accounting. I do not believe in Geeta or Hemant, they have given so very little to Auroville since their arrival, similar to Lakshay, blaming Auroville for their own frustrations and their bigoted views—useful tools that please the colonial strategies of divide and rule. Nothing about harmony, beauty or human unity—our goals—is ever uttered by them.

It seems the only thing that binds everyone in the current power structure is money, ambition, power and an air of superiority. You laud over others, deciding if they eat or not, if they should be cared for or not, where they should live and work. Your apparent delight in disenfranchising the residents may one day lead to your own disempowerment by the very forces you currently serve.

Money has become the sovereign lord. In the Ashram people respect the elders and those that knew the Mother—but even this decency you have lost in your unfounded hate. It is deeply distressing to witness former friends descend into such unloving and power-hungry individuals, resorting to excusing the inexcusable, spreading falsehoods, and distorting facts to maintain their positions—guys and gals—you are on a power-trip and it makes me both sad and angry.

I pray that you remember what brought you to Auroville in the first place and reflect on why you are doing what you are doing in all sincerity—away from the noisy ambitions that are driving you but from the softness of your hearts.

Renu

plea  
please  
ease

**PLEA. PLEASE EASE**

Sometimes I feel the urge to call upon these and those in the life game to play differently. Sometimes I try to please others — it simply does not work; it's tiring and it's fake. So, it's time for me to change, really. Still figuring out what is the true me, though.

In the meantime, I'm more accepting and more at ease, becoming the kind of person I normally admire. To be continued...  
*Anandi Zhang*

**THE DREAM OF AUROVILLE STORIES:  
1968-2068**

What is your most powerful memory or hopeful vision related to Auroville? From mid-January through February (and perhaps beyond), let's come together to create short visual stories from our past or future that we can share in the MMC and online in order to



- inspire us and the world,
- help bridge our internal divisions,
- flesh out roadmaps and destinations of our collective journey, and
- have a lot of fun! Please complete this registration form at <https://bit.ly/AurovilleStories> to learn more and express your interest.

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!  
*Daniel*

*Classes, Workshops & Healing Arts*

*Spirit & Nature*  
**WORLD GAME**  
FOR ADULTS AND CHILDREN  
An invitation to believe in the future and create a new world  
Facilitated by Aikya

**Create, Explore 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. Tradition of Auroville since its creation, the world game is used as a tool to "know oneself", this being the core of all learning.

Click to know more:

- [Adults](#) or [Children](#)

Details:

- Duration: 1,5 to 2-Hour Sessions are on appointment.
- Individual session or together with a good friend.
- Price per session: Rs1500; for 3 sessions: Rs3500.
- Discounts available for Aurovilians, Newcomers and Savi Volunteers.
- The session can be done in English, Francais, Espanol, Nederlans.

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

*Aikya*

**MINDFULNESS OFFERINGS  
in February with Helen**

**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 & wellbeing 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 Aurovillian and qualified MBSR teacher.

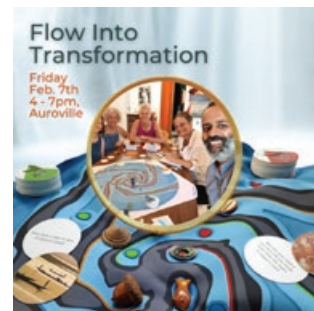
- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see [innersightav.org](http://innersightav.org)

*Helen*

**FLOW INTO TRANSFORMATION**

Friday, 7 February, 4—7pm @ Verité

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



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

- **In-Person** in Auroville
- **Theme:** What is my authentic role in these times of transformation?
- **Host:** Sandhya
- **Register now:** [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 9443619403 WA.

*Sandhya*

**BODY IN LIGHT: ENERGY HEALING WORKSHOP**

14—16 February, Friday to Sunday, 9am—5pm  
@ Pavilion of Tibetan Culture

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),  
or +91 9443619403 WA.

Sandhya

**MOVING FORWARD**

With Vision, Mission, and Life Purpose

1 & 2 February, Saturday & Sunday, 9am—5pm  
@ Tibetan Pavilion



This workshop invites you to explore and clarify your vision, mission, and life purpose using the transformative framework of Nonviolent Communication (NVC). Through reflective exercises, dialogue, and needs-based exploration, you'll connect with what truly matters to you, aligning your actions with your deepest values.

- [Registration form](#)
- Inquiry: [dancingtree.smile@gmail.com/](mailto:dancingtree.smile@gmail.com) 8531012459

Submitted by Vega

**AUROMODE SPA**

Offers Cosmetology Services

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

Megha for Auromode SPA



**AUTHENTIC RELATING**

Every Wednesday,  
9:30am—12:30pm

@ Hall Of Light,  
Creativity Community  
with Dave &  
Prem Shakti

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



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

**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.

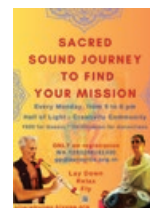


**Sitara Munay-Ki: Sacred Sound Journey to find your Mission**

- 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 Aurovilians.

- [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 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana, Monday to Saturday, by Appointment only: 9047654157
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 holotropic way	Niyati Thakkar, Monday to Sunday, by Appointment only: 7041391995, <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>

**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	Pshychological & Emotional consultation	By Appointment, 9159052743, <a href="mailto:maatram@auroville.org.in">maatram@auroville.org.in</a>
Convalescence Facility	Post-surgical and care facility (for Aurovilians only—max. stays 3 weeks)	Please contact Arka, 0413 2623799, <a href="mailto:arka@auroville.org.in">arka@auroville.org.in</a>
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>

**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

Ramana, Arka

**INTEGRAL UNFOLDMENT  
Life Coaching (Aletheia Coaching School)**



- To help you rediscover yourself, gain clarity, live authentically and more
- Dave invites you to (re)connect to your innermost nature and let presence lead
- 1:1 coaching plans in-person and online tailored to your needs

Are you feeling stuck? Looking for a renewed purpose?

Life is an incredible journey, unfolding one chapter at a time. In some moments, it's natural to feel stuck or lost, or longing for a new direction.

I'm here to support those ready to go deeper—beyond the surface—courageously exploring what's emerging and navigating roadblocks with presence and authenticity.

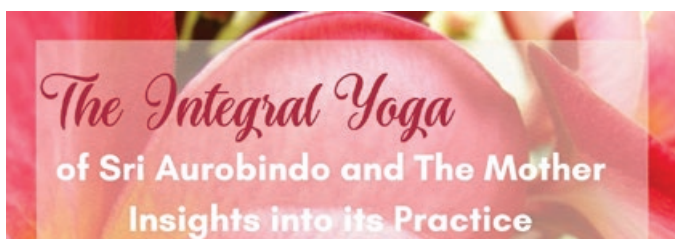
Through a transformative approach inspired by **Internal Family Systems (IFS)**, **Focusing**, and the **Diamond Approach**, we'll uncover your innermost self and help you get unstuck and move forward with clarity and purpose.

Dave (JOI Anitya), WA: +44 7564119728

*Inside India Presents*  
**THE INTEGRAL YOGA**

13 February

9am—12:30pm @Bhumika Hall, Bharat Nivas



Contact us to book your spot! Contributions apply.

[tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com)

+91 413 2622047, +91 8524953784, Olivier

## AUROMODE YOGA SPACE

### Aurothaima—Hospitality Trust

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 co-ordination 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.

### 10 days—100-Hour Yoga Teacher Training Course (Intensive)

- 10—19 February, 6:30—9am & 3:30—7pm

Join a unique 10-day retreat combining yoga practice, philosophy, and cultural exploration in the serene environment of Auroville.

#### Program Highlights:

- **Daily Yoga Sessions:** Morning and evening Vinyasa Flow.
- **Philosophy & Chanting:** Learn the Yoga Sutras, Kirtan, and Mantras.
- **Gentle Hatha:** Practice with props for deeper support.
- **Explore Auroville:** Visit community projects and experience this beautiful part of the world
- **Certification:** Earn a 100-hour Yoga Teacher Training Certificate from Yoga Alliance

### 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)

- 3—31 March, 6:30—9am & 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 us:

- [Yoga Shala](#)
- [Auromode Apartments](#)

Submitted by Balu

## TRADITIONAL MANTRAS AND STOTRAS

### Chanting Classes

@ Serendipity Community with Sonia Novaes

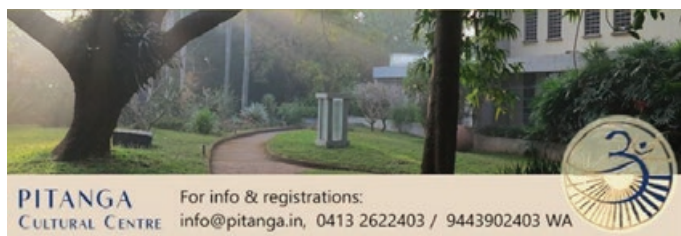
- **Thursdays, 9am,** Drop-in class
- **Fridays, 5pm,** Regular class



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





**Program February 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–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
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
Saturdays	
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flowrina
8am–9:30am	Breathing & Mudras with Gala
9am–10:30am	Asanas intermediate level with Rachel
11:00am–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

**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.
- **Energy games for children, 9 yrs. +, with Gala**
  - Saturdays 11am–12pm

**Classes—By Prior Registration**

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

**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**

- **Breathing & Mudras with Gala**

A weekly class about breathing techniques and meditation mudras.

- Saturdays 8am–9:30am, starts 1 February

This class invites everyone with interest in learning breathing techniques in combination with meditative mudras. The class is open to all level of practitioners.

**Workshops**

**Pranayama Course—The Art of Living Part 1 with François & Namrita**

- **Wednesday, 19–Saturday, 22 February**
- **Daily 6:30–8:30am, for 4 days**
- Registration required.

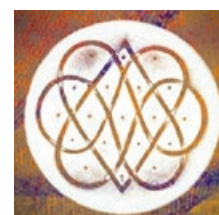
The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.



- Please come in loose, comfortable clothing and on empty stomach.
- Attendance on all 4 days is compulsory.

**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.



The course has started in January but participants can join for some class modules.

- 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:

- Website: <https://www.kolamyoga.com>
- Introduction video: <https://youtu.be/IErbDiGJVTA>
- Contact Grace: +91 8072449091

*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 30 January to 8 February

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@auroville.curated](https://www.instagram.com/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
30 January, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
2 February, Sunday, 3—4:30pm	Unveiling the Yoga Teachings of Bhagavad Gita with Radhekrishna
3 February, Monday, 4:30—5:30pm	Science of Meditation with Matthias
6 February, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
7 February, Friday, 3—4pm	Abundance & Psychology with Matthias
9 February, Sunday, 3—4:30pm	Unveiling the Yoga Teachings of Bhagavad Gita with Radhekrishna
Date	Workshops in February
8 February, Saturday, 2—4pm	Relieve your anxiety (Become Bindaas)—with Pranav—Rs:/900

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

*Bhakti & Sandra*

### 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*

## QUIET HEALING CENTER



### Watsu® Yoga Round with Roberto & Ellie

- 7 February, 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!).

### Anatomy for Aquatic Bodyworkers with Gianni & Prashanth

- 8—13 February, 8:45am—6:30pm, 50 hours

A basic knowledge of anatomy is essential for any aquatic bodywork practitioner. This 6-day course offers both theoretical and hands-on learning about anatomy relevant to Watsu and focuses on planes and axes of movements, joint mechanics, physiology, metabolism, and on muscles and their lengthening.



Theory and practice will take place on land and in water. Through massages and specific exercises, you will learn the functions of various body structures and their applications in Watsu.

About one-third of the course is dedicated to theory, one-third to land-based practice, and one-third to effective applications in water.

- **Prerequisites:** Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

### Shiatsu for Watsu® with Petra & Ulrike

- 8—13 February, 8:45am—6:30pm, 50 hours

Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.



About 60% of this course is on land, during which you will learn a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) along with some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu or 50 hours of Tantsu, another modality of land-based bodywork.

- **Prerequisites:** Watsu 1 or equivalent course.

### Watsu® & OBA Basic with Dariya

- 14—18 February, 8:45am—6pm, 31 hours

Watsu & OBA session offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind in a flow unique to each client.



In Watsu Basic, during which the receiver's face remains always on the surface, you will learn the qualities and body mechanics required to work with someone in water. During the OBA Basic part you will bring your receiver under water (with a nose clip), thereby offering a unique experience. In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

### Birenda Massage Course with Jean Louis & Siv-acoumar

- 17—22 February, 9am—5pm, 36 hours

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience.



To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

Manual and certificate upon completion of the course!

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

### Woga® (Yoga in Water) 1 & 2 with Petra

- 19—20 February, 8:45am—5pm, 12 hours

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height.



Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.

Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

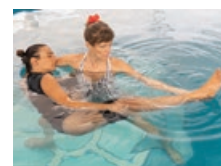
By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

### Watsu® 2 with Dariya

- 21—26 February, 8:45am—6pm, 50 hours

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position and how to incorporate them in your practice sessions. You will also study the meridians and acupuncture points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move. Practising acupuncture massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to play with energy and further explore this amazing water therapy.

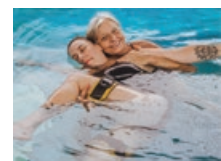


- **Prerequisites:** Watsu 1

### Watsu® 1 with Petra

- 28 February—6 March, 8:45am—6:30pm, 50 hours

Created by Harold Dull in the 1980s, Watsu is given in a warm water pool (ideally 35°C) and known as the mother of all other aquatic bodywork modalities.



In this 50-hour course, you will first learn the basic movements and positions of Watsu. Then, you will connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions. At the same time, you will practise basic qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what it means to be held for yourself and others.

By the end of this course, you will have learnt the complete Watsu 1 sequence for further practice sessions till you feel ready to move on to Watsu 2.

- **Prerequisites:** no previous experience required

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

### 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

### 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



**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*

**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.

- **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.

- **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*

**VÉRITÉ**

**Events—February 2025**

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 Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Yogic Breathing Techniques for Opening the Lungs	9:15–10:15am	Mani
	Hatha Vinyasa Yoga	5–6pm	Andres
	Deep Sound Bath	5–6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30–8:30am	Mani
	Transformational Yoga	9:15–10:15am	Lakshmi
	Yoga Breath & Meditation Practice	5–6pm	Mamta
Wednesdays	Dance of the Chakras	5–6:30pm	Lakshmi
	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Yoga to Energize the Joints	9:15–10:15am	Mani
	Hatha Vinyasa Yoga	5–6pm	Andres
Thursdays	Cosmic Dance Wave: a Healing Journey through Movement	5–6:30pm	Sandyra
	Yoga for Happy Hips	7:30–8:30am	Dev
	Yin Yoga: Deep Tissue Release (no class February 20 & 27)	9:15am–10:15am	Radhika
	Open Heart Space Meditation	3:30–4:30pm	Samrat
	Deep Sound Bath	5–6pm	Satyayuga
Fridays	Creative Voice Sound Healing	5–6:30pm	Lola
	Pranayama & Meditation (no class February 28)	7:30–8:30am	Radhika
	Hatha Vinyasa Yoga	5–6pm	Andres
	Free Flow Dance & Movement (no class February 7)	5–6:30pm	Vega
Saturdays	Yoga for Happy Hips	7:30–8:30am	Dev
	Deep Sound Bath	5–6pm	Satyayuga
	Sivananda Yoga	5–6pm	Mani

**Classes**

Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

**Yoga Asana: Deep Stretch & Relaxation with Radha**

- **Mondays & Wednesdays, 7:30—8:30am**

Mindful movement to help release tension from the body and mind. We start with Pranayama (breath work), then gently progress to Asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyana (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

**Yogic Breathing Techniques for Opening the Lungs with Mani**

- Mondays, 9:15—10:15am

A structured sequence of breathing techniques to enhance the efficiency and capacity of the lungs, thereby enhancing the level of prana (vital energy). Suitable for all levels, beginner to advanced.

**Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres**

- Mondays, Wednesdays & Fridays, 5—6pm

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

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

- Mondays, Thursdays & Saturdays, 5—6pm

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

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

- Tuesdays, 7:30—8:30am & Saturdays, 5—6pm

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

**Transformational Yoga: Holistic Health & Clarity with Lakshmi**

- Tuesday, 9:15—10:15am

Transformational Yoga is an integral approach to physical health, emotional balance, and mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life. This synthesis of yogic systems aims to awaken all aspects of the being to experience an enhanced state of physical health and stamina, emotional balance, and higher mental guidance. Enjoy your inner discovery.

**Yoga Breath & Meditation Practice with Mamta**

- Tuesdays, 5—6pm

Learn Pranayama, which uses breathing exercises to nourish Prana, the vital force which keeps both body and mind functioning at their healthiest. The session concludes with a brief guided relaxation in Shavasana.

**Dance of the Chakras: Movement for Health & Clarity with Lakshmi**

- Tuesdays, 5—6:30pm

A vibrant movement journey, combining rhythmic motion, intentional breathing, and energy alignment to activate and balance the seven chakras. Through guided movement and music, we attune to the unique frequency of each chakra, grounding with earthy steps for the root chakra, flowing with creative expression for the sacral, and rising into empowerment, love, and clarity as we ascend through the energy centres. No dance experience is required, just your willingness to connect with your inner energy!

**Yoga to Energize the Joints with Mani**

- Wednesdays, 9:15—10:15am

A structured series of gentle, safe movements to enhance circulation and range of motion of the joints throughout the body, which supports the flow of prana (vital energy).

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

- Wednesdays, 5—6:30pm

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

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

- Thursdays & Saturdays, 7:30—8:30am

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

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

- Thursdays 9:15—10:15am,  
no class on 20 & 27 February

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

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

- Thursdays 3:30—4:30pm

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

**Creative Voice Sound Healing with Lola**

- Thursdays 5—6:30pm

We sing to discover the heart's voice. Using a variety of vocal techniques, (breathing, toning, singing, rhythmic dancing, and more) to promote relaxation, free expression and happiness, we will explore how different sounds affect our energy, and create a singing circle that integrates voice and instruments. The aim is to create a safe space for healing self-expression and joy through the voice. Open to all; no singing experience is necessary.

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

- Fridays, 7:30—8:30am, no class on 28 February

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

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

- Fridays, 5—6:30pm, no class on 7 February

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

## Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Dev	Personalized Yoga Sessions
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs

### Therapies

By appointment: [treatments@verite.in](mailto:treatments@verite.in), +91 413 2622606, +91 9363624083 WA

#### Thai Yoga Massage Bodywork with Andres

Combining acupressure to balance meridians and boost circulation, stretching to enhance flexibility and reduce tension, pulling techniques to decompress muscles and joints, and rocking movements to promote relaxation and overall circulation. Together, these methods provide a holistic approach to enhancing physical well-being and energy flow.

#### Personalized Yoga Sessions with Dev

One-to-one yoga sessions are customized to address everyone's specific needs. Suitable for all levels and aspects of yoga, these sessions facilitate growth, as you will be encouraged and supported to safely explore progressively challenging options. Emphasis is placed on precise alignment, with detailed guidance offered throughout to refine technique and enhance overall practice.

#### Face & Neck Massage with Mamta

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

#### Yoga Chikitsa: Personalized Yoga Therapy with Mani

One-to-one yoga therapy sessions tailored to each individual's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements) asanas (isometric stretches) pranayamas (rhythmic control of breathing) and relaxation techniques.

#### Biodynamic Craniosacral Therapy with Mila

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

#### Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

Personalized guidance in nutrition and lifestyle modifications to support health and well-being. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your particular constitution and help prevent health complications.

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

Healing Facial Therapy helps cleanse the facial skin, remove dead cells, boost collagen, reduce wrinkles, treat acne and allow the skin to glow, and feel soft and smooth. The indigenous herbs used are natural products that are selected for your specific skin type.

#### Ayurvedic Massage: Detoxifying & Energy Balancing with Radha

Ayurvedic massage therapy is a core part of Ayurvedic healing, designed to enhance both physical and mental well-being. Using warm herbal oils and specific massage techniques helps the body heal, relieves stress, boosts energy, and promotes deep relaxation. This therapy is not just about relaxation but also aims to rejuvenate the body, improve circulation, flush out toxins, and bring the body's energies into balance, making it beneficial for overall health.

#### Swedish Massage with Radha

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

#### Birenda Massage with Radhika

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

#### Craniosacral Therapy with Radhika

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

#### Foot Reflexology with Radhika

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

#### Integrated Craniosacral Therapy & Foot Reflexology with Radhika

This integrated therapy provides the benefits of both Craniosacral Therapy and Foot Reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate. Foot reflexology involves applying pressure points and massage on specific areas of the feet. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

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

A massage that integrates elements from Acupressure (application of pressure on specific points on the body), Deep Tissue (sustained, slow, deep strokes to target the inner layers of muscles and connective tissues) and Heart Healing (a gentle, relaxing technique that improves the delivery of oxygen to the heart).

#### Healing Sound Bath with Tuning Forks with Satyayuga

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

### Heart-Centered Resilience with Susan

Drawing from Heart Math and Positive Psychology, Heart-Centered Resilience offers scientifically validated techniques for regulating our response to life and its stressors. Easily learned, these simple, effective skills can then be deepened through self-practice.

### Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner’s hands. Based on the belief that a “vital energy” flows through the body, a Reiki practitioner gently places their hands on or near the client’s body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

### Holistic Foot Reflexology with Vyshnavi

In Foot Reflexology manual pressure is applied to specific “reflex points” of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improves digestion & promotes sound sleep.

### Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 1 February	Hathenas: Yogic Breath Techniques for Opening the Lungs	9:15am–12pm	Mani
Friday, 7 February	Yoga for Lower Back Pain	9:15am–12pm	Dev
Friday, 7 February	Pawanamuktasana Series: Energize the Joints	2–4:30pm	Mani
Saturday, 8 February	Introduction to Shamanic Practices	9:15am–12:15pm	Aurumira
Saturday, 8 February	Awareness Through the Body: Explorations	9:15am–12pm	Amir
Saturday, 8 February	Face & Eye Yoga	2–4:30pm	Mamta
Saturday, 8 February	Food is Medicine: Remedies for Health Issues	2–4pm	Parvathi
Friday, 14 February	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Friday–Sunday, 14–16 February	Conscious Relating (3-day workshop)	9:15am–4:45pm	Ananda
Saturday, 15 February	Master Class: Sivananda Yoga	9:15am–12pm	Mani
Friday, 21 February	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi
Saturday, 22 February	Prana & Mantra: The Journey Within	9:15am–12pm	Swetha Shri
Saturday, 22 February	Face & Eye Yoga	2–4:30pm	Mamta
Friday, 28 February	Ananda & Nidra: Joyful Relaxation	2–4:30pm	Swetha Shri

### Workshops

#### Harness Your Inner Strengths: A Self-Awareness Journey with Lakshmi

- Friday, 31 January, 9:15 am—12pm

Through practices that incorporate the power of the voice, conscious breath, embodied movement, and healthy boundaries, we discover the innate strengths and tools needed for deeper self-awareness and growth. These practical techniques align body, mind and spirit, helping us cultivate resilience and awaken our true potential journey to a life with greater clarity, purpose, balance and fulfilment.

### Hathenas: Yogic Breath Techniques for Opening the Lungs with Mani

- Saturday, 1 February, 9:15am—12pm

A structured sequence of breathing techniques, as designed by the Gitananda yoga tradition, to enhance the efficiency and capacity of the lungs. The series includes kriya, asana, nada pranayama and mudra, and can, with regular practice, substantially increase the vital capacity of the lungs. We begin with Surya namaskar (sun salutation), followed by sectional breathing techniques in four stages (low, mid, upper and complete chest breathing and chanting), and conclude with guided relaxation. Suitable for all levels of practice.

### Yoga for Lower Back Pain with Dev

- Friday, 7 February, 9:15am—12pm

This guided series includes gentle poses, breathing techniques, and relaxation methods to alleviate back pain, improve posture, and enhance range of motion and overall well-being. You’ll learn about the causes of back pain and how yoga can help, with personalized attention and modifications to suit your needs. A comprehensive handout will be provided for continued practice at home.

### Pawanamuktasana Series: Energize the Joints with Mani

- Friday, 7 February, 2—4:30pm

A structured series focusing on gently and safely moving the joints, from the toes to the neck, to help release energy blockages and reduce stiffness and muscular tension. The practice enhances circulation and range of motion, supporting a balanced flow of prana (vital energy) throughout the body, which is often experienced as an increase in energy level and a sense of lightness in the body-mind.

### Introduction to Shamanic Practices with Aurumira

- Saturday, 8 February, 9:15am—12:15pm

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 a 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.

### Awareness Through the Body: Explorations with Amir

- Saturday, 8 February, 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.

### Face & Eye Yoga with Mamta

- Saturday, 8 February, 2pm—4:30pm

Learn self-massage techniques to release tension in the facial area, stimulate blood circulation & improve the efficiency of our sense organs.

### Food is Medicine: Remedies for Health Issues with Parvathi

- Saturday, 8 February, 2—4pm

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

*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.

## 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,

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.

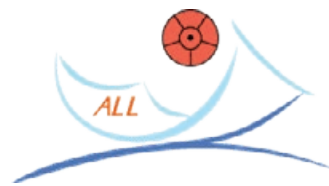
- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** ₹350 for guests ₹150 Savi volunteers
- **Contact:** +91 7598892065 WA  
Bel, a certified kundalini yoga teacher.



Submitted by Bel

## Languages

### NEWS FROM Auroville Language Lab, 30 January, 2025



### 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

#### French with Jean Francois

##### Beginner French

This 16-hour course is for those who want to discover the French language. The classes are highly interactive, delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful to interaction, and talk about your work, hobbies, daily life, etc., in a simple way.

- This course starts on 5 February.
- Classes take place on Mondays and on Wednesday, 4:30—5:30pm.

##### French Conversation (Pre-Intermediate level)

This 16-hour course is for those with a little knowledge of French who are not yet comfortable conversing in French. This course will focus on day-to-day topics and will be a good mix of grammar, interactive verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Classes take place on Tuesdays and on Thursdays,
- 2—3pm, from 6 February.

##### 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.



**Beginner English with Ashwini:**

- Monday, Wednesday and Friday, 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/>

**Poetry for Beginners with Vismai**

- Tuesdays & Fridays, 4—5pm

This six-week course will explore the work of six poets from around the world, spanning diverse timelines chosen for their distinctive style, voice, and influence. Each session will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by the featured poet. Designed to be an immersive experience, the course is ideal for those new to poetry. Prior registration is mandatory.

**Italian—Beginner Level**

Our long time Italian teacher Karuna, with years of experience would love to start a new class. So, if you've been thinking about starting or getting back into learning Italian, please do register your interest online.

<https://aurovillelanguagelab.org/registration/>

**Current Schedule of Classes as of 30 January**

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	10:30–11:30am	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 Starting 22 January
French	Beginner (16 hours)	4:30–5:30pm	Starting 5 February
	Conversation—Pre-Intermediate (16 hours)	2–3pm	Starting 6 February
Poetry	Beginner (6 weeks)	4–5pm	January end, TBA
Tamil	Tuesday & Friday	9:30–10:30am	February, TBA
German	Level A1 Beginner	5–6:30pm	Part II—TBA
Spanish	Beginner	2:30–3:30pm	February, TBA Monday & Wednesday
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

**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 weekdays 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:** Amy will be back on 6 February to facilitate the English conversation meet-up (then every other week). We are looking for one more anchor to host one more meet-up for English.
- Fridays:** We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5 to 6pm is open for people to offer their language

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.

Mita, Mano, Louis & Vismai  
for Auroville Language Lab

*Cinema*

The French Pavilion presents:

**PIERRE LOTI:**

**Une Passion du Monde**

Conference by Gilles Luneau

Saturday, 1 February, 5pm @ Cinema Paradiso



The French Pavilion invites you to an inspiring evening with author **Gilles Luneau**, presenting his literary essay *Une Passion du monde*.

Retracing the journeys of 19<sup>th</sup>-century academician Pierre Loti, Luneau explores Morocco, Egypt, Jordan, Iran, and India, confronting Loti's aesthetic, orientalist perspective with his own 21<sup>st</sup> century vision. Through this poetic and intellectual dialogue, he delves into themes of modernity, history, humor, feminism, spirituality, and the effects of globalization.

Luneau's work challenges notions of orientalism and exoticism, uncovering universal figures of "the Other" and "the Elsewhere," while reminding us of history's depth in an age of immediacy.

A former grand reporter for *Le Nouvel Observateur* and *Géo*, Luneau now writes for *We Demain* on agriculture, climate, and ecology.

- Conference in French.



Vivekan



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**3—9 February 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 3 February, 8pm**  
**All We Imagine As Light**

India-France-Netherlands-Luxembourg-Italy-Switzerland-USA-Belgium, 2024, Writer-Dir. Payal Kapadia w/ Kani Kusruti, Divya Prabha, Chhaya Kadam, and others, Drama-Romance, 118mins, Malayalam-Hindi-Marathi w/ English subtitles, Rated: NR (R)

A young woman named Prabha navigates life's challenges while working at a hospital. Her journey intertwines with those of her colleagues and patients, revealing the complexities of human relationships and the pursuit of personal fulfillment. *The film has received several accolades, including the Grand Prize at Cannes Film Festival and many others. It also tops Barack Obama's list of 10 favorite films for 2024! A must see!*

**Potpourri—Tuesday 4 February, 8pm**  
**Jeanne Dielman, 23 Quai Du Commerce, 1080 Bruxelles**

Belgium-France, 1975, Writer-Dir. Chantal Akerman w/ Delphine Seyrig, Jan Decorte, Henri Storck, and others, Drama, 202mins, French w/ English subtitles, Rated: NR (R)

A lonely widow, Jeanne Dielman, meticulously maintains her home and cares for her son while turning tricks to make ends meet. Her routine life takes a dramatic turn when an unexpected event disrupts her daily chores, revealing the fragility of her structured existence. *An award-winning classic film from the yester years when western films used to be long as well!*

**Selection—Wednesday 5 February, 8pm**  
**Calendar Girls**

UK, 2003, Dir. Nigel Cole w/ Helen Mirren, Julie Walters, Penelope Wilton, and others, Comedy-Drama, 108mins, English w/ English subtitles, Rated: PG-13

Based on true events, middle-aged best friends Chris and Annie, members of the Knapely Women's Institute, decide to create a fundraising calendar featuring tasteful nude photos of their members to raise money for a hospital sofa in memory of Annie's late husband. Their bold idea faces challenges and skepticism but ultimately tests their friendship and community bonds. *A funny, quirky, film to watch again!*

**Interesting—Thursday 6 February, 8pm**  
**Fanatical: The Catfishing of Tegan and Sara**

USA, 2024, Dir. Erin Lee Carr w/ Rene Botha, Lindsey Byrnes, Erin Lee Carr, and others, Documentary, 99mins, English w/English subtitles, Rated: NR (R)

A catfishing scheme targets fans of the indie rock band Tegan and Sara, revealing the dark side of fandom. The film follows the experiences of those affected, including Tegan and Sara themselves, as they navigate the emotional and psychological impact of the deception.

**International—Saturday, 8 February, 8pm**  
**Sing Sing**

USA, 2023, Dir. Greg Kwedar w/ Colman Domingo, Clarence Maclin, Sean San Jose, and others, Drama, 107mins, English w/ English subtitles, Rated: R

Imprisoned for a crime he didn't commit, Divine G finds purpose by joining a theatre group at Sing Sing. Alongside other incarcerated men, including wary newcomer Clarence, he discovers resilience, humanity, and the transformative power of art in this stirring true story. *An acclaimed and a Must-See film!*

**Children's Matinee—Sunday, 9 February, 4pm**  
**Flow**

Latvia-Belgium-France, 2024, Writer-Dir. Gints Zilbalodis, ComputerAnimation-Adventure, 85mins, No Language, Rated: PG

In this highly acclaimed film, the world seems to be coming to an end, teeming with the vestiges of a human presence. Cat is a solitary animal, but as its home is devastated by a great flood, he finds refuge on a boat populated by various species and will have to team up with them despite their differences. In the lonesome boat sailing through mystical overflowed landscapes, they navigate the challenges and dangers of adapting to this new world. *A must see!*

*David Lean Film Festival @ Ciné-Club*  
**Ciné-Club Sunday 9 February, 8pm**  
**DOCTOR ZHIVAGO (1st Part)**

UK-Italy, 1965, Dir. David Lean w/ Omar Sharif, Julie Christie, and others, Adventure-War, 118 mins, English w/ English subtitles, Rated: R

Set just before and in the years following the Revolution in Russia, the movie follows the life of Dr. Yuri Zhivago as his life totally disrupted by World War I, and then by the Revolution. Shown against the epic of a world turned on its head, his life and freedom are torn from him as the new society makes demands.

*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)**

**ECO FILM CLUB:  
Every Friday at Sadhana Forest**

**Schedule of Events**

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.



- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00. :)

**Friday, 31 January  
The Veganuary Documentary  
20 mins/ 2023/ Veganuary**

The short film discovers how the seed of an idea grew from a kitchen table in Yorkshire, UK and blossomed into a global calendar event—a journey with struggles, laughs and unexpected twists and turns along the way.

**Life in a Sanctuary  
20 minutes/ English/ 2024/ Veg Voyages, Empathy Films, Thrive Philanthropy**

The short film discovers the heartwarming stories of rescued farm animals at Ahimsa Farm Animal Sanctuary in Kerala. Life in a Sanctuary takes you on a journey through their lives, where freedom, love, joy, and friendship thrive. Witness how these animals, once saved from hardships, now live their best lives with trust, play, and companionship. Experience their transformation and see the power of compassion in action.

*Aviram*

**CENTRE D'ART, CITADINES PRESENTS  
@ the Multimedia room**

**French Documentary:  
Le Martyre Des Sept Moines De Tibhirine**

2012, French Version, 75 min.  
Documentary by Malik Ait-Aoudia (Algeria) et Séverine Labat (France)

- **Thursday, 30 January, 5pm**
- **Séverine LABAT**, co-director of the movie, will be present at the screening.

The 1996 kidnapping and murder of seven Catholic monks in Algeria is not only a tragic story, but also serves as a sad prediction of things to come.

For the first time, with the rigor of a criminal investigation, based on verifiable facts and exclusive testimonies repeatedly corroborated by heads of the GIA (Groupe islamique armé), senior officers of the Algerian army, members



of French and Algerian governments and members of the intelligence services on both sides of the Mediterranean, "Le martyre des sept moines de Tibhirine" reveals the underside of a drama that continues to haunt the world's conscience.

**Séverine Labat** is a CNRS researcher and a film-maker. She studied political science, and since 1997 has worked at the Paris branch of the CNRS/ CADIS as a specialist in urban violence in France, in the Arab World (Algeria, Palestine), and human migration. In 2003 she won the FIGRA Best Investigation Award for co-directing the film "Vol AF 8969, Paris-Alger: histoire secrète d'un détournement".

*Marco*



*Presents @ Multimedia Centre Auditorium, Town Hall*

**Friday, 31 January, 8pm  
"Kondura" (The Sage from the Sea)**

**Directed by** Shyam Benegal, India, 1978  
**With:** Anant Nag, Nirmala, Siddesh

*Aurofilm once again pays tribute to the recently passed away of the prominent Indian filmmaker Shyam Benegal and presents one of his feature films "Kondura" based on the novel of the same name by Marathi writer, Chintamani T. Khanolkar.*

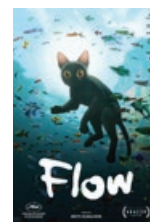


**Synopsis:** Kondura blends profound philosophical inquiries with poignant storytelling. The story unfolds in a coastal village, where Parshuram, a young Brahmin, encounters a mythical sage named Kondura. Blessed with a boon and a mystical herb on the condition of celibacy, Parshuram returns home to become a spiritual guide, claiming to channel divine will through his wife, Ansooya. However, his misguided interpretation of divine messages leads to a tragic chain of events... Through Parshuram's journey, Benegal intricately examines themes of faith, the misinterpretation of divine will, and the devastating consequences of blind belief. *Original Hindi version with English subtitles. Duration: 2h17'*

**Friday, 7 February, 8pm  
Flow (Latvian: Straume)**

**Directed by** Gints Zilbalodis, Latvia, France, Belgium, 2024  
**Music by** Gints Zilbalodis & Rihards Zalupe  
**Production companies:** Dream Well Studio, Sacrebleu Productions, Take Five

**Overview:** An unprecedented independent 3D animated film by Latvian film director Gints Zilbalodis and written by Zilbalodis and Matīss Kaža. The film is notable for being completely rendered on the free and open-source software Blender and containing No dialogue.



**Synopsis:** Flow follows a courageous cat after his home is devastated by a great flood. Teaming up with a capybara, a lemur, a bird, and a dog to navigate a boat in search of dry land, they must rely on trust, courage, and wits to survive the perils of a newly aquatic planet. From the boundless imagination of the award-winning Gints Zilbalodis (Away) comes a thrilling animated spectacle as well as a profound meditation on the fragility of the environment and the spirit of friendship and community... The film had its world premiere at the Un Certain Regard section of the 2024 Cannes Film Festival, where it received critical acclaim. It won numerous film and animation awards, becoming the first Latvian film to be considered for multiple awards and nominations from major ceremonies. *3D Animation film with No dialogue. Duration: 1h25'—For all ages!*

- **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:**

- Vandrevala Foundation +91 9999666555

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

*About N&N*

**NEWS AND NOTES GUIDELINES**

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

**Hard deadline for submissions**

- Tuesday 3pm



**Disclaimer:**

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

**Visiting hours:**

- Monday & Tuesday, 10am—12pm

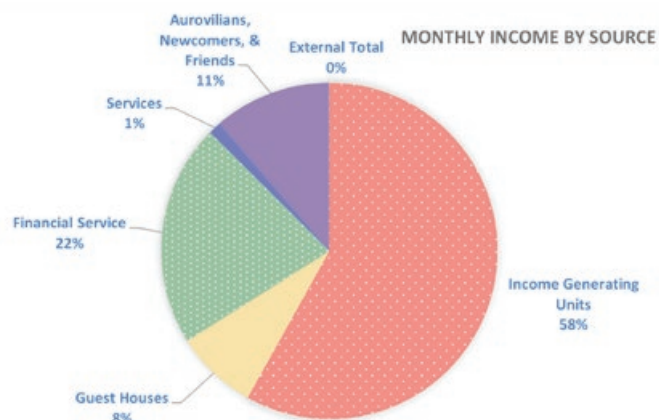
Roy & Katia (AgniJata),  
News & Notes, Media Centre, TH,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

*The Last Moment*

**CITY SERVICES CONTRIBUTIONS AND PAYMENTS  
December 2024**

**Summary**

Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	14,44,23,503	-	14,44,23,503
Monthly Contributions (Int. + Ext)	2,27,22,276	15,67,074	2,42,89,350
Total Contributions (OB+Monthly Inc)	16,71,45,779	15,67,074	16,87,12,853
Total Payments	1,87,47,767	15,67,074	2,03,14,841
CS Ending Balance (Includes BOB)	14,83,98,012	-	14,83,98,012
<b>Monthly loss/gain</b>			<b>39,74,508.85</b>



- [Read the full report here](#)
- Readers of the paper version please find the full report at the end of this issue

BCC Team, (Angurajan, Arthi, Kalaiarasi, Kaileshvaari, Punniyakodi, Victoria)