



News Notes

#1068 A weekly bulletin for residents of Auroville 27 February 2025



Auroville Beginnings

They beheld the self-force of the Divine Being deep hidden by its own conscious modes of working.
Swetaswatara Upanishad

This is he that is awake in those who sleep. **Katha Upanishad**

He who knows the Truth, the Knowledge, the Infinity that is Brahman shall enjoy with the all-wise Brahman all objects of desire. **Taittiriya Upanishad**

Pondering



If consciousness is the central secret, life is the outward indication, the effective power of being in Matter; for it is that which liberates consciousness and gives it its form or embodiment of force and its effectuation in material act. If some revelation or effectuation of itself in Matter is the ultimate aim of the evolving Being in its birth, life is the exterior and dynamic sign and index of that revelation and effectuation. But life also, as it is now, is imperfect and evolving; it evolves through growth of consciousness even as consciousness evolves through greater organization and perfection of life: a greater consciousness means a greater life. Man, the mental being, has an imperfect life because mind is not the first and highest power of consciousness of the Being; even if mind were perfected, there would be still something yet to be realized, not yet manifested. For what is involved and emergent is not a Mind, but a Spirit, and mind is not the native dynamism of consciousness of the Spirit; Supermind, the light of gnosis, is its native dynamism. If then life has to become a manifestation of the Spirit, it is the manifestation of a spiritual being in us and the divine life of a perfected consciousness in a supramental or gnostic power of spiritual being that must be the secret burden and intention of evolutionary Nature. All spiritual life is in its principle a growth into divine living...

"The Life Divine", The Life Divine, Sri Aurobindo

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House of Mother's Agenda



(continued from last week)

All the theories, all the explanations, all the stories that are at the root of every religion, it all seems to me... like a distraction. So then, you wonder, you wonder... (I am going to say something...) whether the Lord hasn't been putting on an act for Himself!...

But it's difficult to express. I've spent days when I really lived all the horrors of the creation (and in the consciousness of their horror), then that brought about this experience, and... the whole horror vanished.

It wasn't moral things at all: it was mostly physical sufferings. Especially THE physical suffering. And that physical suffering, I saw it: a physical suffering that lasts—unceasing, going on night and day. And all at once, instead of being in that state of consciousness, you are in the state of consciousness of this exclusive divine Presence—the pain is gone! And it was physical, quite physical, with a physical reason.¹ You understand, doctors might say: "It's for this reason, that reason..."—quite a material thing, absolutely physical: poof! gone.... Your consciousness changes—it comes back.

And if you stay long enough in the true consciousness, the appearance, that is, what we call the physical "fact" itself, disappears, not just the pain.... I have the feeling of having touched... (there's no mind to understand, thank God!), of having touched the central experience.

But it's a very small beginning.

One would have the impression or certitude of having touched the supreme Secret only if the physical were transformed.... According to the experience (the experience in tiny details), that's how it should be. But then, would there first be ONE body in which this Consciousness was expressed, or must everything, but everything be transformed?... That I don't know.

It would happen if the play—the play of separateness—came to an end. That would be the solution of the transformation. A phenomenon of consciousness.

But it's so concrete, you see!

(silence)

Only, the other consciousness is still there.... Just now, this morning, I saw a considerable number of people: everyone of them came, and I looked (there was no "I looked": for the PERSON there, it was like that, I was looking at him), the eyes were fixed [on the person] like that, and then there was the perception and vision (but not "vision" as it's understood: it's all a phenomenon of consciousness), the awareness of the Presence; the Presence permeating that sort of bark, of hardened thing, permeating, permeating everywhere. And when I look, when the eyes are fixed, it makes a sort of concentration [of this Presence].... But it's certainly quite a transitory and intermediate state, because the other consciousness (the consciousness that sees things and deals with them as usual, with the perception of what goes on in the individual, what he thinks—not so much what he thinks as what he feels, the way he is), that's there. It's obviously necessary, too, to maintain contact, but... It's clearly still an experience, not an established fact. What I mean by "established fact" is the consciousness established in such a way that nothing else exists, it alone is present—it's not yet like that.

(long silence)

1. Mother's face was swollen by a tooth abscess.

(to be continued next week)

The Mother's Agenda, November 23, 1968

<https://incarnateword.in/agenda/9/november-23-1968>

Happy birthday Auroville
Gangalakshmi (HOMA)

Townhall Speaks

DONATION CHANNELING GROUP (DCG)

Office Information

Dear Unit Executives & Trustees, we are happy to inform you that the Donation Channeling Group (DCG) office is situated in the SAVI office (next to HRS) above the Multimedia Center, in the Town Hall complex.

Our Public hours for receiving people are

- 10am—12pm and 2:30—4pm,
- Monday to Friday.
- We can also be reached at dcg@auroville.org.in

Naren, Punitha, Ravindra, Sandeep
for Donation Channeling Group

VOLUNTEER INTRODUCTION PROGRAM (VIP)

March Edition, 11—14 March

Savi is organizing a 4-day Volunteer Introduction Program from 11—14 March, 2025, designed to provide a comprehensive introduction to Auroville's various aspects, including its vision, organization, and diverse projects.

The program includes presentations by different units, interactive sessions, and site visits. It's particularly suited for new volunteers and anyone interested in deepening their understanding of Auroville and its activities.

- Registration fees, including venues, lunches and refreshments:
 - Volunteers: Rs. 1,200
 - Guests: Rs. 1,950
- Limited to 20 participants.
- Register at: <https://forms.gle/2SmR9t2gncx3FCxC8>

For more information, contact Savi: study@auroville.org.in.

Jeremie for Savi

THE GREENBELT SERVICE

Calling for a Collective Approach

Vanakkam to all. Greetings to everyone who shares a deep appreciation for greenery and sustainability in Auroville.

As many of you know, the Greenbelt Service has been working towards enhancing the Greenbelt area of Auroville, with a focus on promoting ecological restoration and environmental sustainability. The key focus is on reforestation in the Greenbelt area, where the restoration of indigenous forests has been a central goal. For the past 50 years, the Forest Group has worked diligently to establish indigenous forests, including initiatives like the TDEF. However, in the past, in some areas of Auroville, there was a stronger focus on income generation than on ecological restoration, prioritizing monocultures of species like the work tree over the long-term health of the ecosystem.

The Greenbelt Service is now calling upon everyone to come together and shift our collective approach. Our focus is recruiting those Aurovilians who are genuinely committed to authentic ecological restoration work and are working towards protecting and nurturing Auroville's natural heritage. We would like to extend a warm invitation to all those Aurovilians who are willing to contribute their time, effort, and passion to further the growth and development of the Greenbelt. Those interested in actively participating in the initiative are invited to collaborate with us. Please write to us: greenbelt-service@auroville.org.in a significant impact in preserving the ecological integrity of Auroville for future generations. enbelt-service@auroville.org.in

Together, we can make a significant impact in preserving the ecological integrity of Auroville for future generations.

We look forward to your active involvement and support!

Sivaraj for Greenbelt Service

OFFICE ORDER

No. ADMN/Order/2025/1264

20 February 2025

Whereas Section 32(h) of the Act specifically confers the Governing Board the power to make regulations with respect to admissions and terminations of persons from the Register of Residents;

Whereas Section 16(1) of the Act empowers the Governing Board to appoint such committees as may be necessary for the efficient discharge of its duties and performance of its functions under the Act;

Whereas, taking cognizance of the stagnation in development and population growth, the Governing Board, with the approval of the Central Government, has issued the Auroville Foundation (Admission and Termination of Persons in the Register of Residents) Regulations, 2023, published in the Official Gazette on 04-01-24, hereinafter referred to as 'Regulations', to give a new and fresh impetus to the growth and development of Auroville to reach 50,000 Residents dedicated to realizing the ideals of Auroville;

Whereas, the Regulations stipulate the formation of an Admissions & Terminations Scrutinising Committee under Section 16 of the Act, and an Admissions & Terminations Registry, with defined mandates and deliverables vis-a-vis admissions and terminations matters;

Whereas, the Regulations stipulate that the Admissions and Terminations Scrutinising Committee shall have five members, and among them at least two members shall be residents nominated by the Governing Board based on a call for nomination from the Residents Assembly;

Whereas, the call for self-nominations from the Residents Assembly was made via a mass email from the OSD/ Under-Secretary of the Auroville Foundation on 11-01-24 to all Residents of Auroville to nominate themselves on or before 21-01-24 to serve in the Admissions & Terminations Scrutinizing Committee, and a reminder to all Residents for the same was sent out on 18-01-24;

Therefore, the Admissions & Terminations Scrutinizing Committee, is constituted with the following members. Each appointee may respond with a letter of acceptance of the appointment.

1. Antim Singhi (Resident)
2. Muriel Ghion (Resident).
3. Egle Borchardt (Resident)
4. Ram Narayana Patro (Resident)
5. Mr. Balasubramanian (Representative—Auroville Foundation)

The Admissions & Terminations Registry is constituted with the following members.

Each appointee may respond with a letter of acceptance of the appointment.

1. Joel Van Lierde (Resident)
2. Ravindra Solanki (Resident)
3. William Anthony Raj (Resident)

The Admissions & Terminations Scrutinizing Committee & the Admissions & Terminations Registry shall, for the time being, process all applications related to Volunteers, Newcomers & Residents in accordance with the Regulations, but the processing of applications as well as the entry or removal of names into and from the Register of Residents shall not be finalized, in accordance with the Interim Order dated 23.2.24 of the Madras High Court in WP nos. 1468 & 1483 of 2024, in which the vire (Vires" is a Latin word that means powers or forces's) of the Regulations has been challenged. This Office Order shall be revised and reissued once the final judgement is pronounced.

This Office Order is issued with the approval of the Competent Authority & shall come into force with immediate effect.

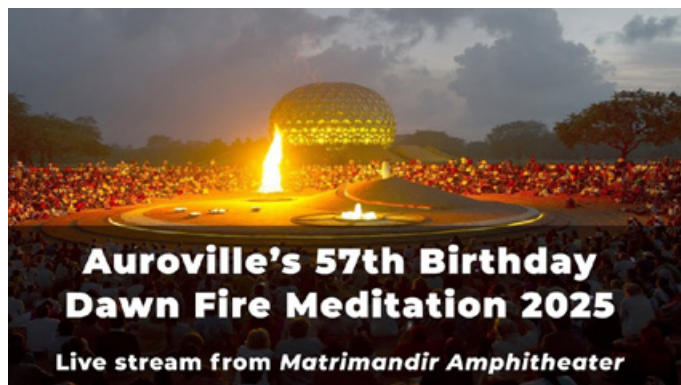
Dr. G. Seetharaman, OSD, Auroville Foundation

An Office Order has been published and reproduced here in part for your information

Community News

Matrimandir News & Schedules

LIVE STREAMING
the Bonfire 28 February



Every Year on 28 February, the Matrimandir Amphitheatre glows with the sacred bonfire as we welcome Auroville's Birthday.

If you can't be here in person, don't worry—you can still be part of this special moment! As always, Auroville Radio TV will be live streaming the bonfire, so you can tune from wherever you are and feel the connection.

[Watch it live here](#)

Sai Priya for AV Radio TV

28 FEBRUARY 2025, AUROVILLE'S BIRTHDAY

Collective Meditation with Dawnfire

5—6:30am at the Amphitheatre

- Entrance from the Mahasaraswati (West) Gate only. Open from 4—5am and after 5:45am.
 - Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside
 - Coming from Town Hall side: Park in front of West gate
- All are requested to come early and be seated by 4:50am.
- Please note that during the meditation, from 5—5:45am the gates will remain closed. Latecomers may join in after 5:45am. Access is limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist.

Evening Program

5:30pm at the Unity Pond.

Hindustani Classical Bansuri Recital by Jean-Christophe
Followed by chantings with Gopika and Nadaka

- Entrance from the Office Gate at 5pm.
 - Guests are requested to carry their Aurocard.
 - Last entry for guests at 5:15pm.

Bonne Fête to all!

Antoine, for Matrimandir Executives

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
- 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
- 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

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 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 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

- 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

- Tuesday 8—8:30am.

The Petals of the Matrimandir

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

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

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



The Inner Chamber of the Matrimandir

- The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org
- 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.
- **Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance, or the very day before 11am. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Thank you.

Surya and Velmurugan for Amphitheater team

VISITING MATRIMANDIR with Family and Friends

Kindly note the following points regarding bringing family and close friends to the Matrimandir.

The Park of Unity

Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens:

- 9am—3:30pm.
- 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.

The Inner Chamber of Matrimandir

Aurovilians with close family and friends (max. 3, not guests):

- **Monday to Saturday** (Tuesday morning Closed) 8—8:35am. Arrival 7:45am at the Office Gate with prior booking to mmconcentration@auroville.org.in

Thursday Meditations at sunset with Savitri

The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

Antoine, for Matrimandir Executives

Passing On

JOYA DIANE SKYE PASSES ON



Joya Diane Skye left her body peacefully in the early morning hours of 19 February. She was surrounded by her children and an outpouring of love from around the globe—thank you.

Born 13 April, 1945, Skye (known as 'Diane' from the early days), arrived in Auroville May of 1970 with her partner

Philip and unborn child Lunaura.

They stayed at the Ashram for the first three months and then moved to Aspiration where they participated in building the keet roofed homes of that time, meditation, community building, tree planting amongst others.

Skye and Philip built what has come to be known as The Center Guest House in Center Field in 1976. They later built a Kindergarten next to the house to help provide a place for the children of Auroville to learn and play. This Kindergarten is still there today though the keet roof building has been replaced.

Skye was an international songwriter with five gold records to her name in the US. In Auroville, she was always ready to get creative, share her music, lend a hand or an ear.

When Skye was just 26 her heart stopped in a doctors office and she had an 'after death' experience. She has always felt she would return "there" and "there" she felt "the greatest unconditional love". And so she has returned and though we will miss her so much, her light will carry on in so many different ways.

Skye sent her love to ALL of Auroville in her final hours.

She is survived by her five children Lunaura, Sunaura, Aurlion, Prairie and Amariah, and her three grandchildren, Jordan, Tori and Reve. She has always considered Auroville her home and the Divine her place of belonging.

Submitted by Roy

Acres for Auroville

ART FOR LAND 2025

Exhibitions:

Flowers by Hasi & The Spirit of Auroville

2 February—30 March

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 collective 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.

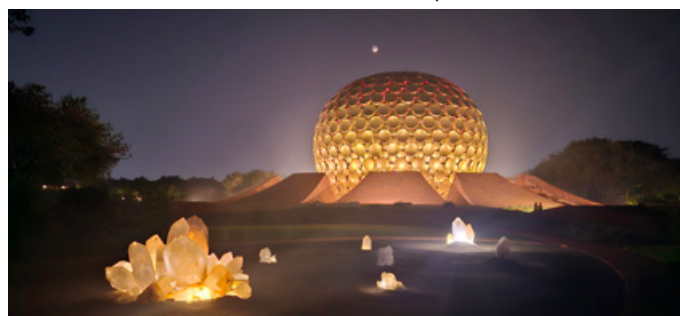
Let the stories, spiritual insights, and vibrant creations of Art for Land 2025 lead you on a transformative journey of beauty and unity. Together, we celebrate the profound power that emerges when creativity aligns with a collective vision for a more harmonious world. Join us in celebrating the vision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

**Anita
for Unity Pavilion Team**



LANDS FOR AUROVILLE UNIFIED (LFAU)

Auroville Centre for Urban Research, Administrative Area



21 February, The Mother’s Birthday—28 February, Auroville’s birthday!



Birthdays are connected with the body, with the physical appearance or manifestation on earth but behind this bodily birth, this physical appearance, there is a vaster invisible geography where the souls, the psychic beings are born. The latter dates back to immemorial times and are part and even propellers of the evolution on earth. In the context of the birth of Auroville, its body and the physical advent of Auroville took place as we know, on 28 February 1968, but in the vaster invisible geography, Auroville was born much before.

The birth of Auroville 57 years ago was the physical manifestation of an aspiration which has been shimmering in the conscience of humanity ever since men “*first began to think of individual perfection and a perfect society*”, to quote Sri Aurobindo’s words from his 15 August message on the occasion of India’s Independence.

“Acres for Auroville” (A4A) for the consolidation of Auroville’s land—and all that serves the cause of Auroville,—are not just serving the physical manifestation of Auroville, but, in fact, are serving something much deeper, much more profound. It is in its 11th solidarity year of raising the funds to protect the Matrimandir and to consolidate the Master Plan land for Auroville’s City and Greenbelt areas.

Please specify your donations for “Acres For Auroville” via check or bank transfer (and online for Indian residents):

Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>

- News, videos, and land information: www.land.auroville.org

Contact: lfau@auroville.org.in

Photo: Tine (Aurogreen)
Aryadeep, Mandakini

Awakening Spirit

LABORATORY OF EVOLUTION

Library

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



SAVITRI BHAVAN SCHEDULE, MARCH 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, 'Homage to The Mother':** A painting exhibition by Aghni.
 - 5—21 March, 2025
 - Inauguration: Wednesday, 5 March, 10am

Films

Mondays, 4pm @ Sangam Hall

- **March 3: Meditations on Savitri, Book 6—The Book of Fate, Cantos 1—2.** Narad, the heavenly sage, visits Aswapati's palace in Madra. Savitri too arrives and tells that she found her partner, Satyavan. Finally, Narad declares that Satyavan must die in one year and Savitri alone can face her hour of Fate and save the world. *Duration: 33min.*

Narad, the heavenly sage and musician, who can move freely between earth and heaven, leaves Vishnu's Paradise to visit earth. He descends to Aswapati's palace in Madra, where the King and Queen welcome him. As they listen to the sage's chants, Savitri arrives surrounded by the halo of love. She tells her father about Satyavan: *"Father and king, I have carried out thy will. / One whom I sought I found in distant lands; / I have obeyed my heart, I have heard its call.... / My father, I have chosen. This is done."* (p.424)

Aswapati asks Narad to bless their union. But some hesitation in the sage's reply alarms Savitri's mother. Pressed by her, Narad reveals that Satyavan is a marvelous result of earth and heaven coming together, fully worthy to be Savitri's mate, but he has only one more year to live: *"This day returning Satyavan must die."* (p.431)

Savitri's mother insists that her daughter should make another choice.

But Savitri replied with steadfast eyes: .../ "If for a year, that year is all my life. / And yet I know this is not all my fate... / For I know now why my spirit came on earth / And who I am and who he is I love. / I have looked at him from my immortal Self, / I have seen God smile at me in Satyavan; / I have seen the Eternal in a human face." (p.435, 436)

Gripped by pain, Savitri's mother challenges Narad and asks who made this cruel law of Time and Fate, of grief and suffering, and that perhaps there is even no God and no soul at all.

In response, Narad imparts to her the knowledge that the Eternal lives hidden in the soul of man. The mortals are not aware of the Immortal's meaning in the world. Human thought is a light of Ignorance. And pain has a purpose: without it the human heart would never learn to climb towards the Sun of divine Truth. It is particularly the great souls who come to save this suffering world that must share its pain: *Hard is the world-redeemer's heavy task... / He must enter the eternity of Night / And know God's darkness as he knows his Sun... / Imperishable and wise and infinite, / He still must travel Hell the world to save.* (p.448, 450)

Narad also agrees that there is greatness in Savitri's soul which can transform the whole world, but that it can reach its goal only through suffering. Savitri alone completing her heaven-sent task can save the world and face her hour of Fate.

A day may come when she must stand unhelped / On a dangerous brink of the world's doom and hers, / Carrying the world's future on her lonely breast, / Carrying the human hope in a heart left sole / To conquer or fail on a last desperate verge, / Alone with death and close to extinction's edge. (p.461)

Having shared this knowledge, Narad, the heavenly sage, leaves the earthly scene.

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 made 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 > Study Materials > Meditations on Savitri ...
- **March 10: The Yoga of the Earth.** Extracts from 'About Savitri' with reading and comments by The Mother and paintings by Huta. A meditative film produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. *Duration: 32min.*
- **March 17: Interview of Shradhdhavan—Responses to Questions about Auroville.** Filmed by a Russian TV Crew on April 3, 2013. Shradhdhavan speaks about her entry into Auroville in 1970, the Matrimandir, and about Savitri—the Supreme revelation of Sri Aurobindo's Vision. *Duration: 54min.*
- **March 24: The Quest of Truth and Sanatan Dharma.** Pariksinh Singh and Partho converse about the Quest of Truth and Sanatan Dharma, the eternal law and life itself, at the Jaipur Literature Festival 2024. *Duration: 46min.*
- **March 31: Sri Aurobindo's Uttarpara Speech.** Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. *Duration: 33min.*

Full Moon Gathering

Thursday, 13 March, 7:15—8:15pm in front of Sri Aurobindo's statue

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
 - **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in *The Life Divine* led by Dr. Jai Singh
 - **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
 - **Tuesdays 4:30—6:30pm:** Savitri Satsang followed by OM Choir led by Narad
 - **Mondays—Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
 - **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shradhdhavan
 - **Thursdays 4—5:30pm:** Reading Savitri in Russian with Anatoli
 - **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
- Dhanalakshmi & Margrit for Savitri Bhavan*

Death, Dying, and Beyond: The Science and Spirituality of Death

Le livre: La Mort, Mourir, Et Au-Delà La Science et la Spiritualité de la Mort de Alok Pandey, MD est de nouveau disponible À SAVITRI BHAVAN, Il ya une 20 de copies en Français.

Bienvenue à Tous avec Joie toujours...

GangaLakshmi for House of Mother's Agenda

Incontro con Paola De Paolis

27 February, 5pm @ Savitri Bhavan



Paola De Paolis has begun to explore the immense material left to us by Bernard de Montréal (1939 -2003), for whose diffusion in Italian language she is collaborating on YouTube. There she discovered remarkable resonances with Sri Aurobindo’s vision and unprecedented developments.

Paola (Invocation) for Savitri Bhavan

Homage to the Mother

An exhibition of paintings inspired by Sri Aurobindo’s writings at Savitri Bhavan, Auroville

- 5—21 March, 9—5 daily (Sundays closed)
- Inauguration on 5 March, Wednesday, 10am

The painter is Aghni (he is the founder of Centro Sri Aurobindo e Mère—Italy and he has been exploring Sri Aurobindo’s writings through paintings for more than 30 years).



There will be 4 sections:

- 15 paintings on canvas inspired by lines of “Savitri”, Book 2
- 41 paintings inspired by “The Mother”
- 41 paintings inspired by “The Object of our Yoga”
- 15 drawings inspired by different writings of Sri Aurobindo that illustrate the parts and planes of the being

Everyone is welcome

Dhanalakshmi for Savitri Bhavan

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



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of February 2025

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

Every Thursday 6:00 - 6:30pm
Meditation

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


kshetram2014@auroville.org.in



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



Monisha for BN Team

Education

AUROVILLE SCHOOL ORIGAMIS

Thanks to Auroville Schools’ kids for making for Her Birthday so many “Origamis” ... Auroville got wings ... and looked Very Happy!!

Anandi ayun, Realization





KULAI CREATIVE CENTRE

(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)

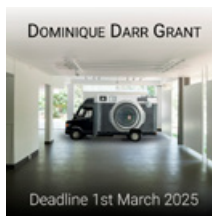


செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
சத்யம் செய்வாடு TAYLORING ACTIVITY மாணவ நேர் கல்யாண வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
கராத்தே 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
பரத நாட்டியம் 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
ஒலியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: kulaicreativecentre@auroville.org.in OR kulaicreativecentre.auroville@gmail.com
WhatsApp: + 91-98084 73366 / 9843198290 **weBSITE:** www.kulaicreativecentre.org

DOMINIQUE DARR GRANT 2025
Deadline 1 March 2025

The aim of DD grant is to offer the opportunity to showcase young Aurovilians’ talent at Centre d’Art in August 2025.



- **Grant Info:** Funding for an exhibition at Centre d’Art in August 2025
- **Eligibility:** Open to Aurovilians from 14 to 30 years old
- **Prize:** Funds for exhibition production, equipment, stipend
- **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

To apply please send an email to centredart@auroville.org.in to receive the participants kits. *Marco*

TUITION CLASSES AVAILABLE

- Tuition classes available from 1st to 12th grade level in all subjects.
- Crash course available for 10th and 12th grade level.
- For further information contact ashree@auroville.org.in/ 8270512606 WA only. Ashwini

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

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
- Opening timings:
 - Mornings:
Monday—Saturday: 9am—12:30pm
 - Afternoons:
Monday, Wednesday,
Thursday, Friday & Saturday: 2—4:30pm.
Tuesday: 4—6:30pm.

Laura

STARTUP TAMILNADU:

Entrepreneurship Program

1 March, 9:30am—12:30pm @ Unity Pavilion

We are happy to invite aspiring entrepreneurs to a Startup Tamilnadu—Entrepreneurship Program on 1 March, 2025, from 9:30am to 12:30pm at Unity Pavilion, Auroville. This session will provide valuable insights into government and non-government support schemes, mentorship, and feasibility studies for startups.

Who Can Join? The only prerequisite is to have one concrete startup idea.

Language: Bilingual (Tamil & English) to cater to the needs of our diverse community and neighboring villages.

How to Register?

This program has limited capacity (20 participants only) and registrations will be considered on a first-come, first-served basis. Participants can send the following details via email, WhatsApp, or by filling out the Google Form:

- Full Name, Phone Number (WhatsApp enabled)
- Primary Startup Idea or Business Focus
- sangili@auroville.org.in, +91 9486340513 WA
- [Fill the form](#)

There is no program fee, and based on participation, we may organize a series of such programs in the future.

Looking forward to an engaging and impactful session!

Sivakumar

VASTU DARSHANA—AN INDIC PERSPECTIVE

13—16 March, 9am—5pm, @ Bharat Nivas

3½ days workshop on vAstu, one of the oldest living systems of Architecture that ties space, energy and design.

Immerse in the timeless wisdom of vAstu through an experiential workshop that explores the connection between space, energy, and design. Guided by experienced practitioners, this journey blends tradition with contemporary insights.

Whether you are a design enthusiast, architect, or seeker of holistic living, join us to gain new perspectives on creating harmonious spaces.

- For more details, scan the QR code
- Facilitators: Ar. Radhika Soni, Ar. Shivangi Gadia
- Key Sessions (Online): Ar. Sashikala Ananth



vAstu Darshana—The Indic Perspective
Introductory Workshop in Auroville

bhagavatedesigns@gmail.com

Radhika & Shivangi

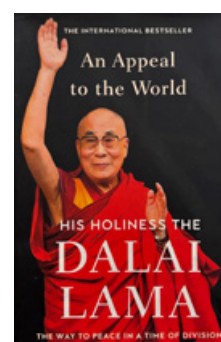
Books

AN EVENING READING @ TIBETAN PAVILION

Fridays, 4:30—5:30pm @ Pavilion of Tibetan Culture

The Tibetan Pavilion is conducting a reading session on Fridays. We are starting the session with a book *An Appeal to the World*.

Upon completion of this book, other books with connection to Tibet and Tibetan Culture and Buddhist thought will follow. Each session will consist of reading a chapter followed by a mode for led discussions on the topics covered. It is expected that individuals will keep an open mind and be open to sharing their own personal thoughts on the topics covered.



Submitted by Kalsang

Health Care

AUROKIYA: SPECIAL DISCOUNTS

On the special occasion of The Mother's Birthday, 21 February, and Auroville's Birthday, 28 February, Aurokiya is delighted to offer a week filled with special discounts on spectacles followed by a free comprehensive eye camp with expert doctors' advice to promote better vision and eye health for all!

Join us in celebrating this special week by prioritizing your eye health and well-being. Spread the word and bring your family and friends!

- **Comprehensive Eye Check-up**—Free vision screening, Blood Sugar, and Blood Pressure testing with eye expert consultation
- **Special Discounts on Spectacles**—Avail exclusive offers on eyewear
- Discount on Glasses Sale: 21—28 February, 9am—5pm
- Free Eye Camp: 1 March, 9am—1pm

Aurosugan for Aurokiya



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



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

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

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 advise, Geriatric care, Myofascial massage (Back and neck), Head and neck massage

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

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

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

Submitted by Sruthi

AURODENT DENTAL CLINIC:

February Special Offer @ Aurodent!
Brighten Your Smile This February!



We're offering an exclusive 20% OFF on Scaling & Teeth Whitening Advanced Care for a Sparkling Smile. Gentle & Professional Service. High-Standard Dental Treatment

Offer Details: Open to all Aurovilians and Guests
Valid: until February 28, 2025

Working Hours:

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

For Appointments:

- 9629199328 WA, 0413 2622063 landline
- aurodent@auroville.org.in



Jayasutha for Aurodent

SANTÉ SERVICES



Schedule

Working Hours

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

Tests and Sample collection

- Monday—Friday 8:30—12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor Consultation Currently unavailable	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Midwifery & GYN Care with Paula: Monday & Wednesday
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

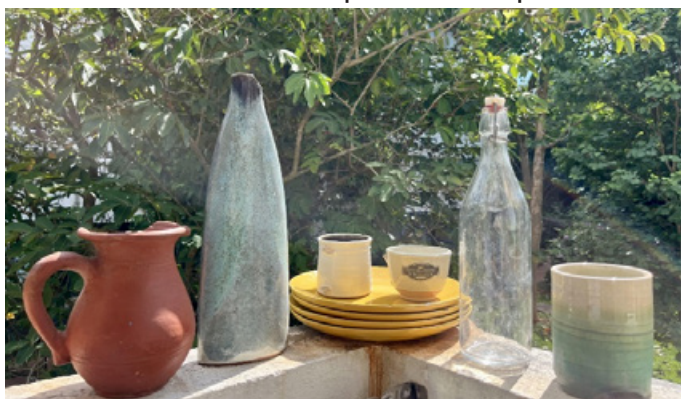
In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Santé Services,
sante@auroville.org.in,
<http://sante.auroville.org.in>

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

Animal Care

JOIN THE ULTIMATE PUPPY PARTY

@ Auroville Dog Shelter! 1 & 2 March

Just a few more days until
Puppy Fair 2025

We are very busy with preparations to make this event a huge success.

Hope that you can all join.

We will have free popcorn, cotton candy and ice cream! An event for the entire family, please come!

Arthur
for Dog Shelter



International

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



The French Pavilion presents

LA MÈRE RACONTE (THE MOTHER TELLS)

French Practice

from classes given by the Mother at the Ashram
Every Thursday, 4:30—5:30pm @ Pavillon de France

In the 1950s, The Mother gave classes in French at the Pondicherry Ashram, later compiled into *La Mère raconte*. Using simple and figurative language, she conveyed her thoughts in various registers of French. This workshop explores these texts, helping participants deepen their understanding of both French and The Mother's teachings. Open to all levels, sessions include reading, vocabulary exploration, and group discussions in French, English, or Tamil. Led by Augustin (Tamil/ English) and Jean-François (French).

Vivekan



The Pavillon de France presents:

THE FASCINATING WORLD OF THE COMPAGNONS

des Devoirs: From Yesterday to Today

Saturday, 1 March, 6pm, at Pavillon de France

A presentation and discussion with Nathalie Schmitt, museum lecturer, and an Aurovilian Artisan who experienced Compagnonnage firsthand, *in French*



As Notre-Dame de Paris reopens, the French Pavilion invites you to a unique talk and discussion exploring the fascinating world of the Compagnons des Devoirs and the Tour de France, a time-honored training system that has spanned centuries.

More than just an apprenticeship, compagnonnage is a community and a technical and professional training society built on travel, mobility, the sharing of knowledge, and transmission. It embodies fundamental values: solidarity, fraternity, excellence, and a deep love for craftsmanship. At its core lies an ideal: a passion for beauty and the art of mastering one's trade.

An Aurovilian artisan who has experienced compagnonnage firsthand will be there to share her journey and insights.

Open to all—young people are especially welcome!

Vivekan

Theatre, Music & Arts

BHARAT NIVAS PRESENTS: PRATIKSHA AUR MILAN





Shalini

ARTIFICIAL BRAINCANDY

by Philipp Klinnert

7—26 March, Tuesday—Friday, 2—5:30pm

Saturday, 10—12:30 & 2—5:30

@ Centre d'Art, Citadine

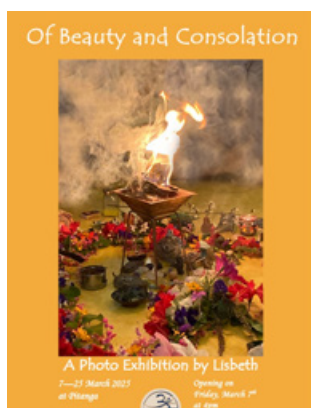
Opening on Friday, 7 March, 4:30pm

This exhibition is the result of the two month long Centre d'Art residency program enacted by the Berlin-based artist Philipp Klinnert. It reflects the subjective experience of Auroville and its people through the artist's practice and research.

The Artist presents a series of multi-layered drawings that explore the complex ways in which we interpret and fill our perceptions with meaning, language, and symbols to understand ourselves and the world. Driven by improvisation and intuition, the artist captures the contradictions inherent in our experiences—how we blend memories, ideas, and future concepts with the immediacy of the present. Using a variety of pens and pencils, including half-empty ones, the process reflects the diversity and inherent lack in our individual and collective ways of existing.



Marco

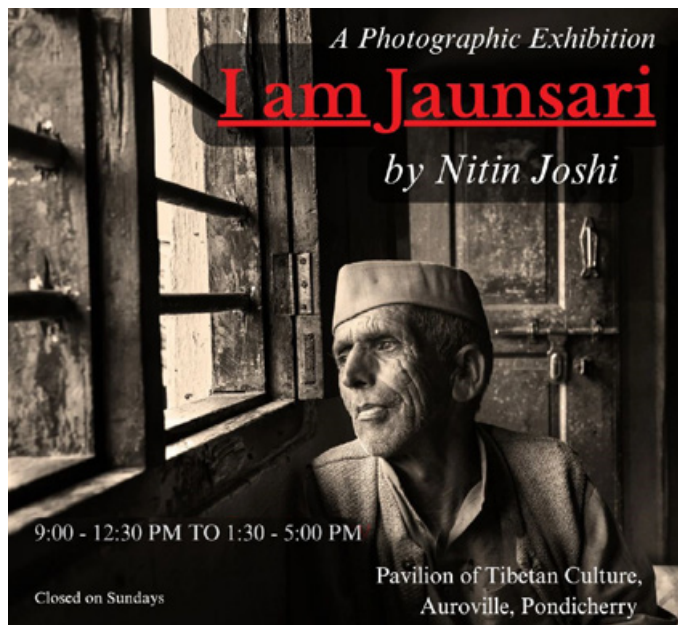


**OF BEAUTY AND CONSOLATION:
A Photo Exhibition by Lisbeth**

7—25 March
@ Pitanga

Opening:
Friday, 7 March, 4pm

Andrea



Submitted by Kalsang



Andrea



Franz

Festivals

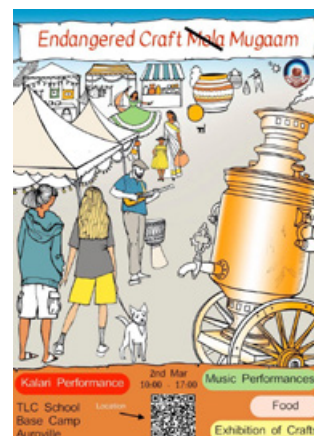
ENDANGERED CRAFT MUGAAM 6TH EDITION

2 March, 10am—5pm

@ TLC School Base Camp

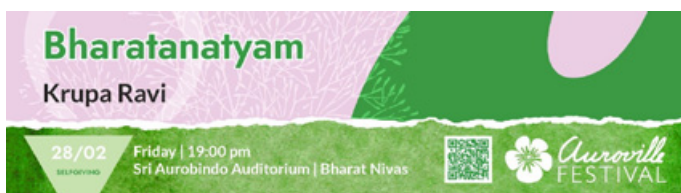
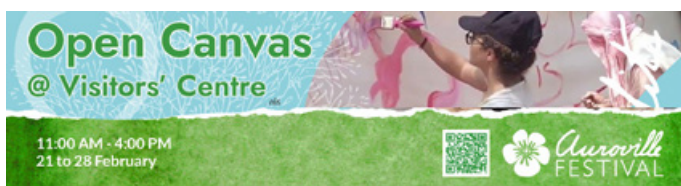
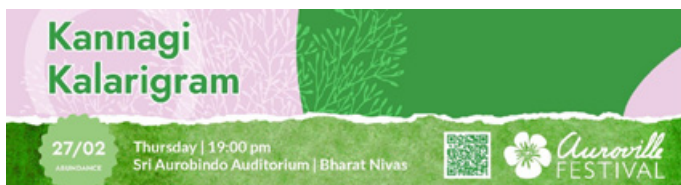
- Kalari Performance
- Music Performances
- Food
- Exhibition of Crafts

Come and celebrate the completion of our 6th edition of the Endangered Craft Mugaam (ECM), in the form of a Fair open to all! Showcasing crafts like Kalamkari, Banana Fibre Crochet, Palm Basket Weaving, Coconut Rope, Embroidery, and Woodcarving.



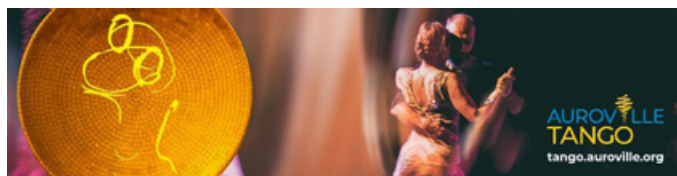
Camille

**AUROVILLE FESTIVAL:
Humilite '25**



Auroville Festival Team

AUROVILLE TANGO FESTIVAL #12



It is that time of year again when close to 200 dancers, musicians and artists from across India and beyond gather in Auroville to meet, and learn together the dance that is Argentine Tango. Whereas the greater part of the event caters to dancers having already begun their journeys, we wish each year to offer something to the rest of Auroville.

This year we invite you to:

Argentine Tango Concert

Pablo Montanelli (piano) & Pablo Gignoli (bandoneon)

- Monday, 3 March, 8pm, CRIPA

Auroville Tango presents a special concert featuring two renowned Argentinian musicians. Experience the soul of tango—playful, improvised, and deeply moving.

Pablo Montanelli—Acclaimed pianist, composer, and former artistic director of El Cachivache. His music blends traditional and modern tango with original compositions.

Pablo Gignoli—A celebrated bandoneonista and composer, Gignoli has shaped the European tango scene and performed with renowned orchestras like Orquesta Típica Fernández Fierro.

Tango Festival Opening Night

Indian tangueros & international artists

- Wednesday, 5 March, 8:30pm, @ Visitors Centre

Celebrate the opening of Auroville's 12th Tango Festival with a vibrant performance under the stars! After four years, this offering to Auroville returns—sharing the joy, connection, and growth we find in Tango.

Born in Buenos Aires over a century ago, Argentine Tango has a unique way of bringing people together, transcending backgrounds and words, in India it has come to take on depths and flavours of the nation.

Tango Malhar

Indian Tango Film Screening

95 mins, Marathi with English subtitles

- Saturday, 8 March, 4pm, MMC, Townhall
- Followed by Q&A with Director

A moving tale of art, class, and identity, Tango Malhar explores the universal longing for connection. Malhar, a rickshaw driver, stumbles into the world of Argentine Tango, torn between his conservative roots and an elite dance community.

Directed by Saya Date, written by Manish Dharmani & Saya Date, with original tango music by Udayan Kanade, with the love and support from Pune Tango Community.

Maud for Tango Festival Team

Tango Dinner! Wednesday, 5 March

For the start of the Tango Festival there will be a South American Dinner at Cafeteria Visitors Centre.

Please come and enjoy our special menu!

There will be no Dosas on that evening but some items from our regular menu will also be available.

Kyounghyoun Lee for the Cafeteria team



Hibiscus Art Village Presents

DEEP DOWN:

International Women's Day Special



7 March, 7pm @ Sudha's Kitchen, Sve Dame
Elena for Hibiscus Art Village

PONDICHERRY/ AUROVILLE POETRY FESTIVAL 2025



Venues

- 1 March, Saturday, 5pm onwards
 - SHARANAM—Ousterimedu, Sri Aurobindo Society, Poothurai Road, Near, Vazhudavoor Road, Vanur, Taluka Villupuram, Tamil Nadu—605111
- 2 March, Sunday, 6:30am
 - MATRI UDYAN—Ousteri/ Ossudu Lake, near Pondicherry
- 2 March, Sunday, 4pm onwards
 - UNITY PAVILION—International Zone, Crown Road, Auroville
- 3 March, Monday, 5pm onwards
 - PALAIS DE MAHE (CGH Earth)—4, Bussy Street, Pondicherry

With support from Friends of Pondicherry Poets
Gayatri Majumdar, Festival Director
Anju Makhija, Co-Founder, Co-Curator

Music & Art Activities

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,
+91 9486145072 WA, Sathya

**FREEDOM OF THE BODY:
Dialogue with the Cells**

Thanks to the vision of The Mother and Sri Aurobindo
14, 15, 16 March, 9am—1pm
@ Harmony Hall, Bharat Nivas
Please come at 8:45am
An experiential immersive workshop
designed and guided
by Philippe Pelen and Thierry Moucazambo
from Surya Performance Lab

A path to follow from the mind to the heart and from the heart to the body, through deep relaxation, frequencies, meditation, Pranayama, yoga, visualization, and a spontaneous natural dance. A joyful experience for the transformation of the body.

This workshop is open to all: Aurovilians, newcomers, volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who have attended previous workshops and want to experience deeper inner practice.

Each workshop offers a different experience.

The theme of this workshop is Joy, Ananda in the cells.

- **Contribution:** Aurovilians, Newcomers, Volunteers: Rs. 1500, Guests: Rs. 5000
- **Contact, registration:** bianca_nc@auroville.org.in +91 8300387288 WA Bianca.
- Registration is mandatory.

"...All the cells of the body were a thirst for that Light which wants to manifest". The Mother

For better integration and understanding, it is essential to follow the 3 days of immersive, experiential events.

Each participant should wear light, flexible clothing suitable for movement and bring a yoga mat or towel.

"Every cell of our being is a sacred temple where divinity resides and personal transformation begins by honouring this sacred presence within us."—The Mother

Philippe Pelen and Thierry Moucazambo

They are dancers, performers, choreographers, directors and energy healers from Réunion Island. Inspired by the teachings of Sri Aurobindo and The Mother, they are deeply into the Yoga of the Cells and dialogue with cells. They have been trained by Bhaga from the Auroville Laboratory of Evolution, by Barbara, and different mentors, scientists in the world and many special First people leaders in South Africa, New Caledonia, and Australia.

In Auroville, they founded the Surya Performance Lab and created many shows.

Philippe and Thierry for Surya Performance Lab
8903869078

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

SVARAM PROGRAMS

SVARAM Sound Experience: Sound Journey

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



Sound Journey

- 2pm, @ Kala Kendra, Bharat Nivas
- Group sessions every day
- For details please click the link below or scan the QR Code:
<https://svaram.org/sound-journey-bharat-nivas/>



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/>

Unity Resonances

- 28 February, 6—7pm
@ Sri Aurobindo Auditorium, Bharat Nivas
- For details please click the link below or scan the QR Code.
<https://svaram.org/unity-resonances/>



Singing Bowls Workshop

- 1—2 March, @ UTSAV
10am—12:30pm & 2:30—5pm
- For details please click the link below or scan the QR Code.
<https://svaram.org/singing-bowls-workshop/>



Integral Sound Studies and Practices 2025-26

- 10—15 March, Module 1
- For details please click the link below or scan the QR Code.
<https://svaram.org/integral-sonic-studies-and-practices-2025-26/>



Sonorium Wellness Training 2025

- 17—22 March
- For details please click the link below or scan the QR Code.
<https://svaram.org/sonorium-wellness-training-2025/>



Aurelio
and the SVARAM Team

A SOUND SANCTUARY FOR THE SOUL

I am in Auroville with my Körper Tam-pura, a beautiful string instrument that brings deep peace and relaxation. Its gentle vibrations create a space where you can simply be, without words. Just sound, presence, and soothing resonance.



I offer free or donation-based sessions for anyone who feels the need to rest, release, or just simply receive this sonic embrace. If this calls to you, reach out. I'd love to share this moment of stillness with you.

Jorhito, +49 15510017585 WA

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



Mani

AUROVILLE 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



Maud

Sports & Martial Arts

25TH ANNIVERSARY of the Auroville Horse Show

5—16 March
@ Red Earth Riding School

The event timings
6:30—9:30am
3:30—6:30pm

Kalivaradhan
for Red Earth Riding School



For Registration

AUROVILLE CYCLOTHON 2025
 Cycle for the Joy of Cycling
2nd MARCH 2025
 25Kms | 50Kms | 100Kms

Participants Deliverables
 T-shirt
 Certificates
 BIB
 Finisher medal
 Refreshment on race day
 Venue
 Certitude, Auroville

Raju for Auroville Cyclothon Team

ABHAYA MARTIAL ARTS

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



Our regular classes for adults

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

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

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

Brazilian Jiu-Jitsu classes for kids!

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

- We welcome kids from 4—13 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 e 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**

KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

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
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

Cristo, Rita, Surya & Philippe for Auroville Aikido

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

BHARAT NIVAS

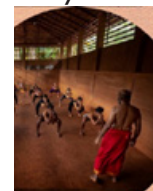
presents Kalaripayattu Class

in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- biharatnivas@auroville.org.in, office: 0413 2622253

Monisha for BN Team



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

Swimming class
 Swim to Serenity: Waves of Strength!

Watersport_mani
 Book Now
 +91 86376 33696
 20% Swimming class only

- water therapy
- open water
- Oceanic
- water dance
- water movie
- swimming in pool

Mani

AUROVILLE BADMINTON TOURNAMENT

@ Dehashakti

1 March, Saturday, 5—9pm and 2, Sunday, 4—9pm

Category

1. Parents and Child/ Teacher and Student Under 14 ages
2. Women's Doubles
3. Men's Doubles (Intermediate)
4. Men's Doubles (Advanced)

Open to

1. All volunteers in Auroville.
2. Certitude, Dehashakti, New Creation badminton members.
3. All Students of Auroville.

Contact 8754959033

Chuna Lee



GIRLS' FUTSAL FOOTBALL CLUB

Tuesday and Friday 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.

- For adults (15+) only.
- Just contact Beber 6385635943 for more details



Beber

Bioregion & Nature Activities

TERRASOUL COMMUNITY



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.

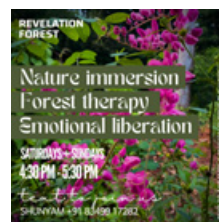
- **Every Saturday**, 8am—12pm
 - Tea Break: 10:30am, closing: 12pm
- **Optional Farm Tour & Lunch:**
 - Farm Tour: 12:00—1pm
 - Lunch: Tamil vegan meal (contribution required)

Juan, +91 9443434182,
terrasoul@auroville.org.in

NATURE IMMERSION, FOREST THERAPY and Emotional Liberation

Saturday & Sunday,
1 March & 2 March, 4:30—5:30pm
@ Revelation Forest, Auroville

Reconnect with nature with all your senses and emotions. Be present to it all. Ground yourself, listen deeply, and embrace the healing power of the wild. Release emotions, sync with nature's rhythm, and find renewal. Let the forest guide you to clarity, peace, and a deeper connection with yourself.



- Contributions welcome
- Text Shunyam to join us: +918349917282

Carolyn Rebecca for Révélation

Edible Weeds
Walks of the Season are Here

NOTE THE DATES, REGISTER (MAX 10 PEOPLE/WALK), AND COME ALONG!
TIMING: 7:30AM TO 8:30AM

For each walk a convenient location within Auroville will be decided and shared w/ participants after the registration closes

WALKS ARE GUIDED W/ THE EDIBLE WEEDS COLORING BOOK ON THESE DATES:

25 January	1 February	15 March	5 April
	8 February	22 March	12 April
	15 February	29 March	

Contribution:
Rs. 500 for all, Rs. 300 for Aurovilians, NCS, SAVI-registered volunteers

To register e-mail edibleweedwalk@gmail.com or WhatsApp: 98409 36907

Register Now:
edibleweedwalk@gmail.com, 9840936907 WA Nina

CACAO CEREMONY AND SHAMANIC JOURNEY

Friday, 28 February, 3:30—5:30pm
@ Revelation Forest, Auroville

Join us on 28 February for a profound ceremony, as we harness the potent energy of the 7-planet alignment.

- **Forest walk:** Tread gently through the forest for grounding and preparing for the ceremony
- **Cacao Ceremony:** Connect with the heart-opening energy of cacao, as we release emotional blockages and awaken to the love and wisdom within
- **Shamanic Sound Healing:** Immerse yourself in the vibrational frequencies of sound healing instruments
- **Special Meditation & Light Language Activation:** Embark on a guided meditation journey to activate the rainbow crystalline body. Receive light language transmissions to upgrade your DNA and unlock your highest potential



Please bring your crystals and malas to recharge at the altar. Contribution based

Registration: Kundhavi Devi, 9360748665

Carolyn Rebecca for Révélation

BEING-NATURE-BEING-FOREST

Walk in Presence with Aikya every Monday, 4—6pm

Having lived for almost 30 years in Auroville, I got to feel the rhythm and subtleties of the forest. And still now, every time, there is something new to discover in the outside nature or in my inside nature.

The forest helps me to consciously slow down, and helps in refining my senses. If I then open to the living wisdom of Nature, a subtle air almost, a Presence of the living, I feel myself, my body bathing in a conscious light of joy and beauty.

I now offer this re-connection to others, to you

- **When?** Every Monday, 4—6pm
- **Where?** Meeting point in front of Auroville Library to take you to a special location
- **How?** Very small groups, **please register** sending a message to this number: +32491259966 WA
- **Contribution?** Between 600 and 1000Rs depending on what you can give
- **Good to know:** Carry your water, have a mode of transport, come open hearted.

To know more go to my website: <https://spiritandnature.org>
Aikya



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

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.

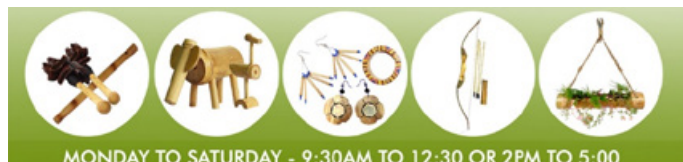
Daily, Make and Take Hands-on Workshops Experiences

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



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

- 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.

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

- Preferred: bambooworkshop@auroville.org.in or 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

Archana for Bamboo Centre Team

MOHANAM PROGRAM

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

mohanamprogram@auroville.org.in



MOHANAM PROGRAM

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

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

Classes @ Mohanam Campus

Classes and Workshops

Cooking Class

3:00pm - 5:30pm
Monday - Saturday;
10:00am - 12:30pm
Sunday

Learn how to cook traditional South Indian food and snacks

Saree Workshop

10:00am - 4:00pm
Monday - Saturday

Learn the art of saree wearing and model your look in an optional photoshoot

*One day advance booking necessary

1 day Advance booking of classes is necessary:

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 Workshops

Pottery Making

Kolam Mandala Painting

Candle 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

Incense Making

Soap Making

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

COFFEE LEARNING COMMUNITY

Manual Brewing Workshop

• @ the Coffee Learning Community

Step into the CLC for a day and sharpen your manual brewing skills—or brew your first cup! Designed for both beginners and advanced brewers, this course focuses on key brewing parameters. Our SCA Certified Baristas will guide you on topics and methods of your choice.



- **On-demand only.**
- The booking should be done 24 hrs prior to the class for the confirmation.
- **For enquiry:**
 - contact@marcscoffees.com
 - +91 0413 2623119 ph. and +91 7200881291

Coffee Cupping Session

- Every Saturday, 10am—12pm
- @ the Coffee Learning Community

Discover the art of savouring specialty coffees through cupping sessions at the Coffee Learning Community (located above Marc's Cafe).



No prior experience is necessary; we will guide you through each step, teaching you how to discern the subtle nuances in the sensory experience.

The session lasts for two hours, beginning with an introduction to the flavour wheel and instructions on how to utilise the cupping sheet.

We'll cover the fundamentals of cupping and guide you in describing the distinctive attributes of the coffees.

As a bonus, you'll receive a complimentary packet of Marc's latest nano lot.

Note: Kindly refrain from wearing any perfume or other fragrances.

- **For enquiry:**
 - contact@marcscoffees.com
 - +91 0413 2623119 ph. and +91 7200881291

Foundations of Speciality Coffee

- 3—7 March, 2 more seats available

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:**
 - contact@marcscoffees.com
 - +91 0413 2623119 ph.
 - +91 7200881291



Fermentation Journey Together

Dear Fermentists and microbe lovers, I hope this message finds you well!

For some of you, it's been a while since we met at CLC at Marc's Café, so I wanted to reach out and reconnect. I'm excited to share some updates about our fermentation journey together.

We're offering a new lineup of fermentation classes:

- Kimchi
- Handcrafted Vinegars
- Hot Sauces and Chili Paste
- Christmas Essence Kombucha
- 5 Fermented Drinks from Around the World
- Sauerkraut Party
- Introduction to Fermented Beverages and Sensory Discovery

I'm also thrilled to announce the release of a newly updated fermentation booklet—stay tuned! As a member of the Coffee Learning Community, you'll enjoy a 10% discount on any class you choose.

I'd love to see what you've been creating!

Feel free to share photos of your fermentation projects or kitchen counters with me on Instagram: [@Matu_granola](https://www.instagram.com/Matu_granola).

And if you have any questions or need guidance with your fermentation practices, don't hesitate to get in touch.

Looking forward to hearing from you soon! **Matilde**



ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



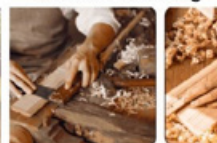
Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

Looking For

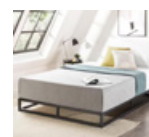
Looking for Housitting: Marina

I am looking for a house sitting from Mid March or a bit later, for a minimum of 2 months. I am extremely clean, passionate about gardening and I teach yoga. This is the 3rd year I come and stay in Auroville.

Marina, +393273995849WA

Looking for a Single Mattress and a Coffee Table

I'm moving to Kailash and I'm looking for a single mattress and a coffee table. If you have and you don't need it, please contact me 7548858621, **Luna**



Looking for Housesitter: Yen

Seeking Aurovillian, Newcomer or Volunteer to housesit a small single place in Auromodele from 15 March 2025 till the end of December or 15 January 2026. Looking for a super clean responsible woman. Expenses will be discussed when we meet. +91 8807506974, Yen

Looking for a Home Amidst Nature

We are an Indian couple from Bangalore, seeking a home surrounded by greenery and trees for at least a year (or longer). We're looking for a 2BHK, either furnished or unfurnished, that aligns with our holistic lifestyle, as I primarily do my healing work from home.

I'm a psychotherapist specializing in personal therapy and group well-being sessions, integrating somatic and art therapy with NLP, inner child work, and trauma healing. Our family also includes two beloved dogs.

If you have or know of a beautiful home that matches our vision, we'd love to hear from you!

Shereen, 9589238004 WA, shereen@bestinu.in

Lost and Found

Spectacle Found in a blue case from Aurokiya

A spectacle in a blue case from Aurokiya was found at Transition School. It is now available for pickup at Aurokiya. You can collect it any day at 9am—5:30pm or contact +91 94488005685 for further assistance.



Aurosugan

Available

Mountain Bike Available

Brand new (just 2 1/2 months) mountain bike for sale, due to an body injury so I cannot use it. Hercules Top-gear Mountain Bike A27 R1 with 21 gears and front suspension and a number of accessories. Invoice is available and has 18 + months guarantee. It is used only 2 times covering approx: 3,5 km and is in top condition and very suitable for in fact any age. Request price is: Rs 12000



8489754404, Surya

Office Spaces Available: Aurelec

35.12 sqm. space available inside Aurelec Premises. This space is ideal for workshop or storage, with generator backup, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

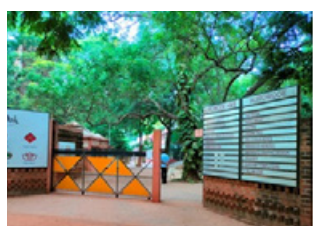


Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/2622294 or e-mail adps@auroville.org.in.

Submitted by 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

Pandian

Taxi

To Chennai Airport, 4 March, 2pm

Taxi sharing available. Tuesday, 4 March, leaving Auroville from New Creation guest house, 2pm and going to Chennai airport. Please contact Nadia on +33 607634492 WA or nadia.loury@orange.fr

Nadia

To Chennai Airport, 6 March, 7:30pm

I am staying at Center Guest House and am looking for people to share a taxi with on 6 March from Auroville to Chennai airport. If interested, please contact Sandhya at Integrated Transport Service (ITS) and leave a message for Nicole. Starting at 7:30pm on 6 March from Center Guest House.

nicolesimonea@yahoo.de.

Nicole

To Chennai Airport, 8 March, around noon

I am looking for someone to share a taxi from Auroville to Chennai Airport on 8 March leaving around noon.

+49 155100 17585 WA, Jorhito

To Chennai Airport, 6 March, 11:30pm

I am looking for someone to share a taxi on 6 March around 11:30pm, from Auroville to Chennai airport.

+393273995849 WA, Marina

From Chennai Airport, 8 March, 3:15pm

Another shared taxi is for 8 March, from Chennai Airport to Auroville, pick up in Chennai around 3:15pm.

+393273995849 WA, Marina

Honorary Voluntary

KULAI CREATIVE CENTER

Is Looking for Ideas, Information, Materials, Stories, Links, Physical or Online Support

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



- Monday to Saturday, 11am—1pm & 2—4pm

For registration, please write to...

- kulaicreativecentre@auroville.org.in
- WA: +91 8608473385/ 9843195290 Selva for KCC

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in, 8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

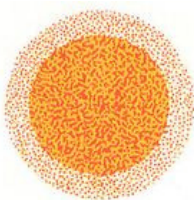
VOLUNTEERS

for AV School Students Collective Programs

This is an opportunity to learn about the Auroville schooling and interact with our teachers in designing learning experiences aligned with the principles of Integral Education. We are looking for support in organising collective programs for students and teachers.

You will work with a team at SAIER on projects that are designed to meet collective goals and aspirations of Auroville education. Join us as we weave threads that connect our different schools in an experiment of Human Unity.

Write to us at saiier@auroville.org.in with the subject line "Volunteer for Collective Programs"



Nilima

**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



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@ionet.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.

Submitted by Gary

Work Opportunities

LIVE EDGE FURNITURE MAKING

We offer an opportunity to be highly creative in a small team. At TreeCare we are passionate about giving a second life to trees that had to be cut for various reasons. If this resonates with you, come work with us.



We work with untreated, air-dried, and solid wood, designing and building unique live-edge furniture and lifestyle products.

- **Work hours and commitment:** A daily commitment of 6 hours for a minimum of 2 months is required. However, we encourage a duration of at least 6 months.
- **Prior Experience:** Any training or education in working with wood Treecare

9443737945, creations@treecareindia.com

Tina for Auroville unit Treecare in Krya

ECO FEMME IS LOOKING FOR

A Sales Team lead!

Would you like to join our Sales team, as Team lead? We are looking for a full-time member.

Skills and experience required:

- Proven ability to inspire, lead, and manage a team while balancing strategy, execution, and continuous improvement.
- Strong team player, able to work effectively with cross-functional departments.
- A strategic thinker who is motivated by achieving goals and delivering exceptional outcomes.
- Ability to find innovative solutions and adapt to evolving challenges.
- Proficiency in data analysis to inform decisions and drive sales strategy.
- Comfortable with Google Workspace and its suite of tools.

An International Sales Coordinator!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

Details

- **We are based** in Auroshilpam. **Starting date:** Immediate
- For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Maha, +91 7094278777

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 and www.raddiscotton.com)

Then we want to meet you!

Please contact us

- socent@auroville.org.in
- + 91 9943820241 WA, Gijs Spoor

Gijs

IT MATTERS ART GALLERY: JOB OFFER

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.

itmatters@auroville.org.in,
Bhakti & Sandra

Foods, Goods & Services

DOWNLOAD OR ACCESS DROPZY APP

Android

- <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

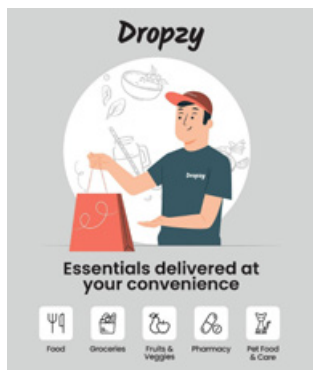
iPhone Browser Version

- <https://app.dropzy.in/public/dropzy>

Desktop

- <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish



BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



Medicinal Herbal Nursery Counter
Green and Clean Land



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

PLENTY TANTO BREAKFAST

From the 28 February we will be serving breakfast at Plenty Tanto in front of Tanto

Daniele



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.

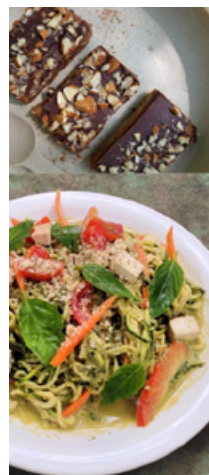
Our timings: Monday to Saturday

- 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



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

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

Monday to Saturday
08:30 - 16:30

Vérité Integral Learning Center

Kathir for Vérité Programming



SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee
Rs.99

Submitted by Shiva

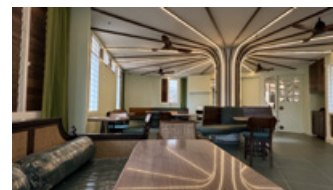


LIVING ROOM CAFÉ

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

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:

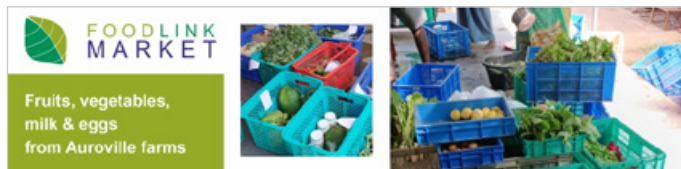
Explore the Benefits of Hemp!

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*

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*

GASTRONOMICA:

Fresh Flavors Every Day!

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



- **Monday to Saturday:** 9am—7pm
Sunday: 10am—3pm
- **Location:** right opposite Auroville Bakery, Kuilapalayam
- **Contact:** +91 70102883943 *Davide*

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.



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

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

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



Our operating hours are:

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

We kindly request that all items/clothes be dropped off only during our working hours. Please do not leave anything outside when we are closed.

Your support helps us continue serving the community, and we truly appreciate your generosity!

At Her service, Kamala for the Free Store Team



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.



Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish



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

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

SHARED TRANSPORT SERVICE

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



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

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

Contact: 8098776644/ 9442566256, its@auroville.org.in
Rajesh.D for Shared Transport Service

RAPID CARE SERVICES

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



Services offered

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

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

Balaji & Arun

SURABHI SUPPLIES

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



+91 98438 46458 WA, Phone, lyyappan

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



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

- You may call Qutee 9443372418/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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

South-Indian Cuisine

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

Thai Massage & Tailoring

We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

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

Rupavathi

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

Bala



inside india
DREAMS & MEMORIES

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

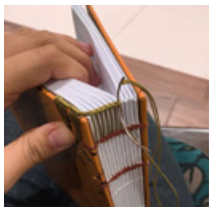
- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Saturday.
- He's available on landline 2623030 or via mobile/ WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com.
- Yes Ganesh will be present on Saturdays too

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

NOTHING NEW

The way that crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.

Robert Frost

Voices & Notes

AUROVILLE... ALL REVEAL...

It came to me as an inspired idea and in specific words in 2019, when I was in the midst of a "crisis". It was deeply settling and brought a fundamental clarity and certitude. It became a mantra for me. In a way, I am not the same person after. Whatever happens in the waves and foams of life, I am essentially guided by it in the threads of thoughts, emotions and actions.

Auroville
All reveal
All heal
All rejoin
All rejoice

The motivation to design it this way came last year, and it felt right. What do you see in it?



Anandi Zhang

**HUMILITY, STRENGTH,
Psychic Transformation**

The first quality in yoga is humility, whatever one's value or even realisation. True humility is humility before the Divine: one can do nothing without the Divine Grace. The more we advance, the more humble we become, aware that we have done nothing in comparison to what remains to be done. The Divine determines one's worth.

Humility and sincerity are the surest shield against hostile attacks. The people most difficult to convert are respectable people basking in their virtue. Spiritual humility, surrender, bhakti for the Mother are necessary for the opening of the psychic centre in the middle of the chest, *anahata cakra*, to steadily bear the rush of powers from the supraphysical planes, without breaking down or going astray.

The **Central Being** is the portion of the Divine in us that survives through death and birth. It has two forms: above, it is Jivatman, the divine spark and eternal true being of the individual; below, it is the psychic being that stands behind mind, body and life. The psychic being or *caitya purusa* (the Child, the Son of God, the Bhakta) is formed when the psychic personality is fully built round the *Jivatma* or universal Self, the Atman. The same in all, self-existent, the Jivatma is one aspect of the Divine, who contains everything in Itself and is Nature too.

A steady flame that burns deep within, the psychic is the only plane that cannot be touched by the hostile forces. Held behind a veil, it contains all possible strength to crush all oppositions. When it comes forward it leads the sadhana, filling the mind and vital and even the physical; growing by their experiences, it carries the consciousness from life to life. Later on, comes the transformation. By the coming forward of this true monarch, the master taking up the reins of government, harmonisation of the different parts of the being takes place and the work goes fast. The Mother calls this process psychisation. If the mind receives the psychic influence, it will organise the resistance and gain the victory.



The psychic is "the Divine within the reach of man". By the force of this identification, the sadhak passes through to the other side, changing worlds. Before that one is an aspirant but has no spiritual life, shut up in a shell, compressed against a wall; like the chick in the egg, knocks and can't go through. The first time the seeker crosses the threshold, consciously, it seems dazzling, infinitely more brilliant than the most brilliant sunlight. This may happen suddenly, by an accumulation of power within, like an explosive that nothing can resist. Bursting out from the prison in a blaze of light, this truly is a new birth.

As they advance spiritually, some turn even more humble; others erect strength and superiority to men and humility to the Divine. Each position has its value. Take Vivekananda's answer to "But Shankara does not say so" to which he replied, "No, Shankara does not say so, but I, Vivekananda, say so." This is the attitude of the fighter who, aware of representing something very great, cannot be put down. When someone complained that Sri Aurobindo had lost the old charm of modesty, he replied: "I did not profess like others that I was nothing. How can I say I am nothing when I know that I am not nothing?"

The Divine who is absolutely perfect is at the same time absolutely humble. Seeking to find Himself in what is not Himself, the Divine has created this phenomenal world in His own being. The greatest victories of humility of God will be the transformation of Matter, which is apparently the most undivine.

Paulette

AUROVILLE FESTIVAL 2025: EXPENDITURE

Auroville Festival 2025 Infinite+eight: Days of Humility for Humanity

This year, the Auroville Festival 2025, themed “Infinite—Days of Humility for Humanity,” is going to unfold over the next eight days from February 21st to 28th, bringing together a diverse range of artistic, intellectual, and interactive experiences. With over 50 curated events spanning concentration, music, workshops, performances, discussions, and cultural showcases, the festival is trying to embody the Auroville’s ideals.

Despite significant challenges—including resource constraints and resistance from a faction—the festival schedule has emerged as a powerful testament to the prospect of resilience and spirit of collaboration. This would not have been possible without the dedicated volunteers, individuals who have answered the call, the generous support of working groups, foundation office, and the hosting venues, each of which played an essential role in curating a seamless and enriching experience for all attendees.

Financial Transparency

Aware is a unit under Auroville Service Trust, and does not charge a single rupee for any of its work. It is aspiring to work in the true spirit of Auroville. This means, Aware is dependent on donations and allocation from the community money. This is the fourth edition of the Festival and having proven the credibility in the last 3 years, FAMC/BCC has trusted Aware with the funds to spend on the festival. As this is given from the common pot, it belongs to all of us, and Aware is accountability to the Collective.

AWARE received Rs9 lakhs from FAMC/BCC to support the festival. Here, sharing an overview of how the funds were/are utilized.

Breakdown of Expenditure

- Festival Programming & Logistics: Rs5,20,200
- (Event expenses across venues—8am concentration, 10am workshops, 4pm discourses, 5pm discussions, 7pm performances)
- Venue Costs (Decor, Tech, Maintenance): Rs60,000
- Volunteer Support: Rs30,000 (for key volunteers managing operations)
- Creative Initiatives (Crown painting, Graffiti, Open Canvas): Rs36,000
- Equipment & Tech: Rs64,000
- Printing & Publicity: Rs50,000
- Press & Media Coverage: Rs39,000
- Transportation & Logistics: Rs24,000
- Festival Memorabilia (for Guests & Volunteers): Rs33,233
- Miscellaneous (Flower Decorations, Petty Cash, Materials, etc.): Rs34,000

Total Expenditure: Rs9,04,433

(I didn’t give the granular details, to not complicate the participants’ lives. If anyone wants to see the details, I am happy to show the full list)

The financial planning ensured that every rupee was directed towards maximizing impact, and welcoming participation. I want to declare in writing, I have not taken a RUPEE from the festival funds, and the costs I’ve personally incurred while working on the Festival, was also paid for in my personal capacity. Others working with me can call me out, if I have erred in my statement made in humility.

This festival was not just an event—it was a statement of perseverance, collaboration, and collective intention. The response from artists, thinkers, and seekers who participated reaffirms the need for such spaces of dialogue, creativity, and deep reflection in Auroville.

Moving forward, it is essential that we continue to welcome such initiatives with greater collaboration and sustained

support from the collective. The Auroville Festival 2025 is a reminder that despite challenges, the spirit of Auroville thrives when people commit to its ideals, beyond politics.

With gratitude to all who made this possible—volunteers, performers, speakers, and the Auroville—and hope this builds the foundation for future editions.

Again, I welcome you all. Become part of the festival with all your humility!

Lakshay

WHAT IS THE POINT?

One may ask, what is an Avatar? [Here for reference.](#)

As a clarification for the collectivity, when we speak of the Mother, we are speaking of the direct incarnation in human form of the Supreme Consciousness-Force, the Divine Creative Power behind everything in the Cosmos, the MahaShakti Herself of the inseparable Supreme Ishwara-MahaShakti, not a mere ordinary human, even being downgraded by some to a particular man-made institutional limitation, such as a question of nationality.

Some of these gross mental human conceptions and unconscious actions are at times becoming unbearable, especially here in Auroville the City of Dawn created by the Kalki Avatar themselves, a specially decreed place where the first necessity of being a True Aurovilian is to be beyond the gross man-made appearances and programmings. How did it get to such low standards?

Matrimandir as the Temple of the Mother MahaShakti is even here beaming brightly everyday as a manifest reminder for the forgetful.

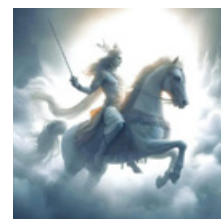
Anyway, we each must play our unique contrasting roles, from the churning of which all the shadows and darknesses must fully surface out in the open and intensely painfully experienced so that we can sincerely in total faith and humility offer them all to Her, the Supreme Divine Mother MahaShakti, for transformation or dissolution.

“Human life and mind are neither in tune with Nature like the animals nor with Spirit—it is disturbed, incoherent, conflicting with itself, without harmony and balance. We can then regard it as diseased, if not itself a disease.” — Sri Aurobindo.

<https://incarnateword.in/agenda/11/july-4-1970>

“Man is a transitional being, he is not final.” Thank goodness!

We consciously continue on
In Auroville the City of Dawn
As willing servitors of the Divine
In the hastening of the evolution
Towards the Divine Manifestation:
On Earth a Life Divine.



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

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

This is the major reason, the rationale, why many of us have answered the call of the Kalki Avatar Sri Aurobindo and the Mother to come and participate in their Auroville, and not merely to maintain the old gross transitional human ways of life. Otherwise what is the evolutionary point of a global paradigm-shifting Avatar and this City of Dawn?

We continue on with the concentration here of the Great Cosmic Battle between the forces and players of the undivine false-separative mental past that seeks to endure and the unstoppable Divine Truth-Unity Supramental Future that wants to manifest... towards the blossoming of the Satya Yuga, the Golden Age on Earth.

Note: for readers of the printed version, please scan the QR Code to access the links.



Zech. Auroville. 2025.02.18
<https://zechjoya.blogspot.com/>



Saturday, 4:30—6pm @ Cinema Paradiso

Auroville is all about turning the “impossible” into the “in-avoidable”. Come to Cinema Paradiso on Saturday from 4:30—6pm and be inspired by 10—12 community members and friends telling short transformative memories and/ or hopeful dreams about our journey together towards Human Unity and a City the Earth Needs. **Daniel**

Classes, Workshops & Healing Arts

EXPERIENTIAL SATYANANDA YOGA PROGRAM

March 16, 7—10am @ Sawchu, Bharat Nivas



We would like to inform you that the Experiential Satyananda yoga program conducted by Sn Shivarishi is rescheduled to March 16, 2025.

<https://www.syctchennai.com/satyananda-yoga-auroville>

No charges are collected from the participants for the event, as it is offered as Seva to the people of Auroville.

Please register for the program and engage yourself in a retreat for the body and mind.

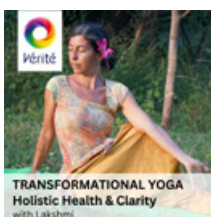
Dr Soundarya for SYC, Monisha, BN Team

TRANSFORMATIONAL YOGA

Tuesdays, 9:15am, Wednesdays, 10:45am @ Vérité

Start your day with positivity and balance

Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, 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.



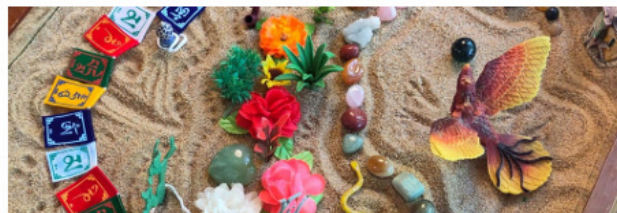
Enjoy your inner discovery. Join me for a Transformative Experience on Tuesdays and Wednesdays morning! Breathe, stretch, and awaken your body and mind! See you on the mat!

Lakshmi, +918489764602

lakshmiprem369@gmail.com

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, Nederlands.

To book an appointment: Contact Elena +32491259966 WA, marin.avila.elena@gmail.com. **Aikya**

AUROMODE SPA Offers Cosmetology Services

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

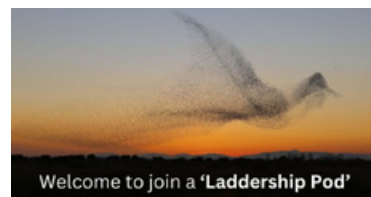


Meha for Auromode SPA

LADDERSHIP POD

2—23 March

I’m happy to share with you about an online ‘Laddership Pod’ run by ServiceSpace in which I participated a few years ago and it was quite a transformative experience. I’ve also participated in the updated version more recently.



What really moved me was not just the ‘content’ but also the ‘context’ of co-creating a kind and non-judgmental space which allows diverse perspectives to lovingly co-exist and creating an environment where we support and bring out the best in each other.

- I’d encourage you to check it out on: <https://pod.servicespace.org/apply/laddership25>

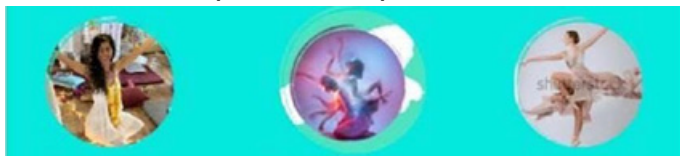
Welcome to join the next cohort from 2 to 23 March if it resonates and you can give 10—15 hours per week for it.

For Auroville participants, along with a few volunteers I would be happy to hold space for in-person meet-ups for a deeper connection. Also, feel free to share it with someone whom you feel might be interested in this. The entire program is offered in the spirit of gift

Deven

VOCAL EXPLORATION MEET BODY MOVEMENTS

Friday, 28 February, 11am—1:30pm
@ Anitya Community, Maloka Hall



Vocal Exploration meet Body Movements is a unique workshop where we will explore the power of spontaneous sounds and body movements in a playful, creative way. Together as a group, we'll co-create an experience that allows for freedom of expression through voice and movement. Through guided exercises and improvisation, you'll tap into your innate creativity, releasing tension and discovering new ways to connect with your body and voice.

This session is designed to encourage fun, discovery, and personal growth, where the body and voice unite in joyful harmony.

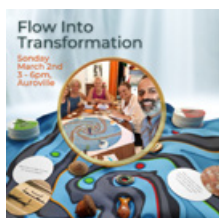
Lakshmi, +918489764602

lakshmiprem369@gmail.com

FLOW INTO TRANSFORMATION

Sunday, 2 March, 3—6pm, in Auroville

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 is LOVE,

Host: Sandhya. Venue will be revealed after registration

Register: contact@auroville-jiva.com, or +91 9443619403 WA.

Sandhya

BODY IN LIGHT:

Energy Healing Workshop

7—9 March, Friday to Sunday, 9am—5pm
@ Pavilion of Tibetan Culture

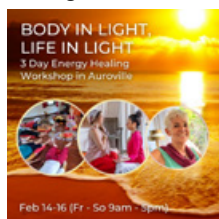
Do you want to step into the harmonious frequency of the universe?

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, or +91 9443619403 WA.

Sandhya

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



SHAKTI

With Ela Thole

An exploration of the Shakti in her traditional aspects and her central role in the Integral Yoga

@ Inside India Office, Kalpana

- 2 March, 9—12:30pm: Shakti in the spiritual tradition of India
- 9 March, 9—12:30pm: The significance of Shakti in the Integral Yoga of Sri Aurobindo

Contact us to book your spot!

Fixed Contributions, Aurovilians Free

tours@insideindiaauroville.com

+91 413 2622047, +91 8524953838 WA only

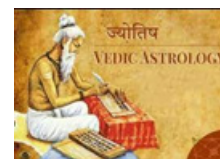
Office No. 2, Kalpana, Auroville,
Opposite Auroville Library

Olivier

WEBINARS RELATED TO VEDIC ASTROLOGY

I'm offering a series of free webinars related to Vedic Astrology over the next few months.

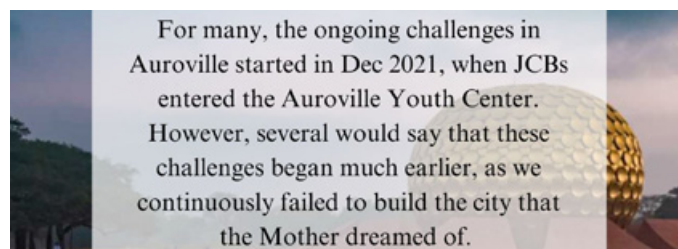
- 21 February: Vedic astrology in the light of Integral Yoga
- 28 February: Understanding the birth chart of Auroville
- 8 March: Science and Spirituality
- 18 March: Debunking Myths
- 30 March: Review of different software available in Astrology
- 10 April: Astronomy behind Indian festivals



For more details and registration please click on the link allthingsvedic.in/webinars

The birth chart of Auroville

- 28 February 2025, 4—5pm IST



For many, the ongoing challenges in Auroville started in Dec 2021, when JCBs entered the Auroville Youth Center. However, several would say that these challenges began much earlier, as we continuously failed to build the city that the Mother dreamed of.

Join me, as I attempt to read the birth chart of Auroville using Vedic Astrology and make sense of events from December 2021 to the present.

- Register here: allthingsvedic.in/webinars

Vikram Devatha, +91 9843948288

ARKA WELLNESS CENTER

Program

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, antarcalli@yahoo.fr
Integral Regression therapy, integral reiki healing, Breathwork—the holotropic way	Niyati Thakkar, Monday to Sunday, by Appointment only: 7041391995, niyatithakkar2112@gmail.com
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, olesya@auroville.org.in
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, auroshruthi@auroville.org.in

Services

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

Classes

Classes	Teachers	When
Pilates	Teresa	Tuesday & Thursday, 7:30–8:30am, Friday 5:30–6:30pm, by Appointment only: 7867998952
Iyengar yoga	Olesya	Monday, Wednesday & Saturday, 6:30–8am, Monday, Thursday, Saturday, 5–6:30pm, or by Appointment: 9159052743
Eye yoga and wellness Retreat	Aurosugan & Priyanka	Monday to Sunday: 7–8am, by Appointment only, 8012305151/ 9704258709
Hatha Yoga	Priyamvada	Monday, 8–9am, Friday, 7:30–8:30am by Appointment 9486261640

Ramana, Arka

SITARA MUNAY-KI YOGA

Sitara: Meditation—Yin Yoga—Sound Journey

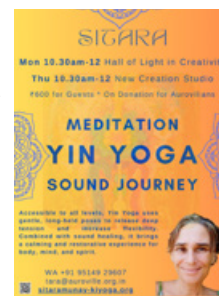
- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

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

Munay-Ki: Surya Kriya & Tibetans Rites

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

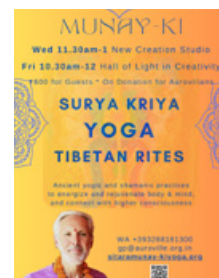
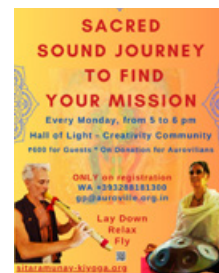
Original combination of ancient yogic and shamanic practices.

Note: Suggested donations: Rs600 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 for all our activities!

Sitara & Giovanni Munay-Ki



AUROMODE YOGA SPACE



Aurothaima—Hospitality Trust

Pre-registrations is a must for all the program through e-mail or WA, to know more about the fees structure and other details: balaganesh.siva@gmail.com, +91 9892699804 WA only

Evening Vinyasa Flow Yoga with Bala

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

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



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

Gentle Hatha/ Yin Yoga with Cora

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

Discover the transformative power of Gentle Hatha Yoga with Cora, a nurturing practice that emphasizes mindfulness, alignment, and accessibility. In this class, props like blocks, straps, and bolsters are used to:

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

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

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

Come as you are, and leave feeling renewed!

Mobility with Karlakattai & Kalaripayatu

- Monday, Wednesday & Friday, 11am—12noon

Inspired by the ancient martial art forms of Kalaripayattu and Karlakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

Bala, a seasoned practitioner of these mixed modalities, will guide you through an hour-long exploration and fusion of these traditions to create a unique style of body conditioning aimed at enhancing your overall health and happiness. Join us to transform your body and mind through this innovative fusion of time-honored practices.

Harmony of Sound, Vibration, Marma Head Massage

- By Appointment

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

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

- 3—24 March, 6:30—9am & 3:30—7pm

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

- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, anatomy, subtle anatomy, mantra chanting, mudras
- Asana Analysis & modification with props
- Introduction to Kalaripayatu, Animal flow, Sound healing, Karma Yoga and more.
- Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
- Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
- Internationally recognised Yoga Alliance, USA accredited Certification.

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

- 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:

- Second Floor Hive Building, Auromode Apartmets
- [Yoga Shala](#),
- [Auromode Apartments](#)

Balu

LIFE-STYLE RESET RETREAT

7—9 March @ Tanto Beach, Auroville

Feeling low on energy, stuck in unhealthy habits, or noticing signs of aging? It's time to hit reset!

Join us for a transformative retreat designed to reprogram your daily routine and boost your vitality to get closer to your ideal future self. Learn micro changes and practical hacks to unlock peak energy levels and live with intention.

Plus, enjoy two weeks of personalized follow-up for lasting results!



What You'll Experience?

- Holistic wellness hacks for lasting wellness habits,
- Yoga, meditation & breathwork to enhance vitality,
- Calisthenics & mobility training for strength, flexibility & energy.

Contact for more details

- Rekha +91 9945611011 WA or
- Laure +33695651135 WA.

Submitted by Laure



Program March 2025 (Closed on 28 February)

Important notice

Each year, from January to March, we experience a high demand for our activities. Each class has a limited number of spots to ensure a comfortable and safe learning experience for all participants. The size of the class may vary according to the room and activity.

To help us manage this, we kindly ask that you arrive a few minutes before your class begins and check in at the reception desk. Our team will inform you if there's space available or if the class has reached its capacity. For our drop-in classes, spaces are allocated on a first-come, first-served basis.

We appreciate your cooperation in helping us create a positive and enjoyable learning environment for everyone.

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
7:30am–9am	Hatha Yoga with Priyamvada, starts 4/3
10am–12pm	Kolam Yoga with Grace, starts 4/3
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F., not on 4/3
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
5:15pm–6:15pm	Feldenkrais with Veronique D., starts 5/3
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
4pm–5:15pm	Healthy Pelvic Floor with Flowrina, for women only
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, not on 7/3
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, not on 8/3
9am–10:30am	Asanas intermediate level with Rachel, not on 1/3
11:00am–12:30pm	Kundalini Yoga with Bel, not on 8/3
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. The youth activities are paused during holidays and will resume on 3 March.

• **Asanas for Teenagers with Lisbeth**

- Mondays, Wednesdays, 4—5:15pm

These classes are for the teenagers from AV schools.

• **Energy games for children, 9 yrs. +, with Gala**

- Saturdays, 10am—11pm, not on 8/3

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)
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

• **Healthy Pelvic Floor with Flowrina**

- Thursdays 4pm—5:15pm, starts 6 March
- For women only

A weekly drop-in class about the maintenance and health of the pelvic floor.

Just like a house needs a strong foundation, our bodies rely on a well-aligned pelvic floor for stability and health. This class is designed to bring awareness and care to this essential part of our body.

Through interactive and practical sessions, we'll explore exercises to strengthen and relax the pelvic floor as needed. Inspired by yoga and pelvic floor gymnastics, the class will offer valuable techniques for long-term wellbeing.

Open to women of all ages and levels, including pregnant and postnatal participants. Prevention is key—start caring for your foundation now.

Flowrina invites: “I’m here to guide and support you on this journey.”

• **Breathing & Mudras with Gala**

- Saturdays 8—9:30am

A weekly class about breathing techniques and meditation mudras. 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

- **Integral Anatomy of the Yogic Chakras**
 - Saturday, 29 March, 10am—12pm @ Pitanga
- Workshop “Integral Anatomy of the Yogic Chakras” with Swami Vidyanand, founder and spiritual head of SriMa International School of Transformational Yoga® and the Founder and President of Yoga Alliance International® (YAI), World Yoga Federation® and Meditation Alliance International® (MAI) spread over all continents.
- Registration requested as places are limited
 - Contribution is voluntary.

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, Andrea for Pitanga Team

It Matters

Schedule from 28 February to 9 March

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
 - **Info:** [@auroville.curated](#)
- All activities are: Rs./600 for guests and Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers. Discount vouchers available, only for weekly activities, not for workshops.
- **Workshop pre registrations:**
 - itmatters@auroville.org.in, or +91 9344087925 WA

Date	Activity
28 February, Friday, 3—4pm	Abundance & Psychology with Matthias
2 March, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias
4 March, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
5 March, Friday, 3—4pm	Abundance & Psychology with Matthias
9 March, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias

**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

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,
 +91 8940288090

COSMIC DANCE WAVE:



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

CRANIO-SACRAL SESSIONS



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:

- simoniverse@gmail.com,
- on +43 6801603829 WA,
- or message/call +91 8580972590.

Submitted by Simon

QUIET HEALING CENTER



Tantsu® 1 with Keli

- 1—6 March, 8:45am—6:30pm, 50 hours

Tantsu was developed by Harold Dull in the same year he conceived Watsu with the intent to bring on land the same principles as provided in Watsu. The basic principles of Zen Shiatsu are further amplified in Tantsu, where a person is totally contained in a whole-body holding position, called Tantsu Cradle. A Tantsu session includes passive stretching, use of Shiatsu pressure points, spontaneous movements of the body, and non-verbal communication.



In this course, you will learn different cradles for providing a safe container, while moving and stretching your partner in sync with the breath. As a receiver, you will enjoy the Tantsu benefits through the gentleness and deep connection that each position creates. We will also practice active meditation, breathing exercises, and free dance movements. Tantsu is for anyone who wants to deepen body-communication through being present and the quality of “touch”.

In short, Watsu’s qualities of presence in the moment, unconditional holding, and loving care are brought onto land, thereby creating sensations of deep contentment and safe relaxation. As such, Tantsu offers an opportunity to open the door to a new level of wellness and healing.

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

Watsu® Yoga Round with Roberto & Ellie

- 7 March, 3—6:30pm, 3.5 hours

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.



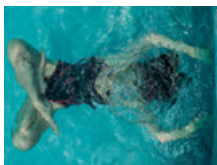
When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

Watsu® & Breathing with Dariya

- 8—9 March, 8:45am—6:30pm, 15 hours

A 2-day journey of exploring and discovering your breath and its applications in Watsu. In this course, you will learn to integrate the practice of Watsu qualities and explore the power of working with your receiver’s breath.



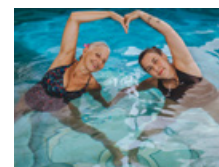
Several topics will be discussed, including the link between breathing and yourself as a giver, as well as your energetic connection with the receiver. You will also gain an understanding of the anatomical basis of our respiratory system to better grasp its functioning.

- **Prerequisites:** Watsu Basic.

Woga® Instructor Training Course (ITC) with Petra & Pooja

- 10—15 March, 8:45am—6:30pm, 42 hours

During this course, you will gain a fundamental understanding of Woga, enabling you to harness the benefits of yoga in shallow, warm water. The program includes learning a diverse range of Woga exercises, as well as receiving didactic resources for conducting Woga classes or integrating Woga into your aquatic fitness classes.



The course covers:

- an introduction to yoga philosophy, encompassing the concepts and principles of Hatha Yoga and Pranayama;
- theoretical knowledge of the physical properties pertaining to water;
- effective methodological and teaching strategies for planning Woga classes.

After successful completion of this course, you will be certified as a professional Woga® Instructor.

- **Prerequisites:** Woga® 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

Tantsu® 2 with Keli

- 10—15 March, 8:45am—6:30pm, 50 hours

This training is a further step in the Tantsu learning process, during which you will explore additional cradles and practice how to adapt a session to individual needs. Tantsu is usually performed on the ground, on a futon or a soft support. Creativity, intuition and deep listening are some of the qualities to which you will have access to experience the “Free Flow” on land and to deepen the qualities of being present in the moment, unconditional holding and loving care.



- **Prerequisites:** Tantsu 1.

Watsu® 3 with Keli Procopio & Gianni De Stefani

- 17—23 March, 8:45am—6:30pm, 50 hours

Watsu 3 is for students, who have given enough practice sessions to develop a comfortable and intuitive awareness of how to float another person and are ready to further explore aquatic bodywork beyond the fixed form of Watsu 2. After mastering the complete Watsu 2 sequence, Watsu 3 will open the doors for personal creativity and “Free Flow”. At the same time, this creative openness is balanced with a careful study and attention to the different positions, ensuring safety for both giver and receiver. A major part of this Free Flow learning process is dedicated to the advanced positions and movements that Harold created in the early stages of Watsu’s development.

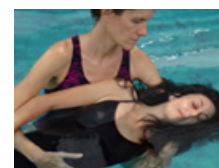


- **Prerequisites:** Watsu 2 and Watsu 2 mastery.

Liquid Flow Deepening with Dariya & Daniel

- 24—30 March, 8:45am—6pm, 50 hours

Liquid Flow Deepening is an extension of Liquid Flow Essence with a focus on process work and refinement of flow and touch, both on the surface and under water. It also includes free movement and contact dance in water as well as acquiring tools for deeper listening and expressing yourself with the help of compassionate communication.



Though Liquid Flow Deepening offers some new material and variations of already known movements, it is basically about refining what is already there. In addition, you’ll

learn connecting deeper through working with the breath, sequencing your session, and finding your own combinations and adjustments according to your personal abilities and circumstances—away from right or wrong or perfect—to accommodate different sizes, shapes, and body types. You'll also be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

Tools will be offered for deeper listening, learning from feedback, and holding your own process and that of others. All this will hopefully lead to a better understanding of yourself and allow more empathy for your client's process, thereby fostering personal healing for yourself as well as your client.

- **Prerequisites:** Liquid Flow Essence and Liquid Flow Essence Integration Day.

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

VÉRITÉ

Events—March 2025

Please contact Vérité @ 0413 2622045,
 2622606, 9363624083

or programming@verite.in, 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 (no class on 31 March)	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Creative Voice Sound Healing	3:30—4:30pm	Lola
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yoga to Energize the Joints	9:15—10:15am	Mani
	Transformational Yoga	10:45—11:45am	Lakshmi
	Parent Child Yoga	3:30—4:30pm	Swetha Shri
	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 on 13 March)	9:15—10:15am	Radhika
	Hatha Yoga: Breath, Movement, & Inner Balance	10:45—11:45am	Swetha Shri
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga

Fridays	Pranayama & Meditation (no class on 14 March)	7:30—8:30am	Radhika
	Hatha Vinyasa Yoga (no class on 28 March)	5—6pm	Andres
	Free Flow Dance & Movement	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

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
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 28 February	Ananda & Nidra: Joyful Relaxation	2—4:30pm	Swetha Shri
Saturday, 1 March	Food is Medicine: Remedies for Health Issues	2—4pm	Parvathi
	SPECIAL EVENT: Pizza Pop-Up	6—8pm	Chetana & Radha
Friday, 7 March	Yoga for Lower Back Pain	9:15—12pm	Dev
Saturday, 8 March	Master Class: Sivananda Yoga	9:15am—12pm	Mani
	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 14 March	Master Class: Sivananda Yoga	9:15am—12pm	Mani
	Ananda & Nidra: Joyful Relaxation	2—4:30pm	Swetha Shri

Saturday, 15 March	Introduction to Shamanic Practices	9:15am—12:15pm	Auromira
	Pawanamuktasana Series: Energize the Joints	2—4:30pm	Mani
Wednesday, 19 March	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Friday, 21 March	Master Class: Yoga to Enhance Strength & Flexibility	9:15am—12pm	Dev
Saturday, 22 March	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 28 March	Prana & Mantra: The Journey Within	9:15am—12pm	Swetha Shri
Saturday, 29 March	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani

Workshops

Ananda & Nidra: Joyful Relaxation with Swetha Shri

- Friday, 28 February, 2—4:30pm

A playful and relaxing session that includes laughter yoga to uplift your mood, gentle stretches to relax your body and a guided yoga Nidra journey for deep rest. Learn practical tips to release stress and bring joy and rest into your daily routine.

Food is Medicine: Remedies for Health Issues with Parvathi

- Saturday, 1 March, 2—4 pm

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.

Special Event

Pizza Pop-Up with Chetana & Radha

- Saturday, 1 March, 6—8 pm

Yoga for Lower Back Pain with Dev

- Friday, 7 March, 9:15am—12 pm

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.

Master Class: Sivananda Yoga with Mani

- Saturday, 8 March, 9:15am—12 pm

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

Face & Eye Yoga with Mamta

- Saturday, 8 March, 2—4:30pm

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

Regular Events—March 2025

Classes

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

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays & Wednesdays, at 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, (No class on 28 & 31 March)

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

- Tuesdays, 9:15—10:15am & Wednesdays, 10:45—11:45am

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.

Creative Voice Sound Healing with Lola

- Tuesdays, 3:30—4:30pm

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.

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).

Parent-Child Yoga with Swetha Shri

- Wednesdays, 3:30—4:30pm

The Parent-child is to experience yoga together as a bonding exercise and non-verbal communication tool. The class intends to create a nurturing space for parents and children to bond, relax, and restore together through yoga, fostering connection and mindfulness. Ideally, this class will be a bonding class for parents and their children on weekends. The space invites both parents or one parent to come with their kids to experience a collaborative yoga restoration session.

Cosmic Dance Wave: A Healing Journey through Movement—Sandyra

- 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 13 March)

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.

Hatha Yoga: Breath, Movement, & Inner Balance with Swetha Shri

- Thursdays, 10:45—11:45am

A traditional Hatha Yoga class including breathing techniques, a flow sequence to warm up the body, postures to enhance flexibility, stability, and alignment, and a guided relaxation. For all levels, from beginner to seasoned practitioner.

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.

Peace with Pranayama—Mind Body Breath Alignment with Mamta, Thursdays, 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.

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

- Fridays, 7:30—8:30am, (No class on 14 March)

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**

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.

Therapies

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

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 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.

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 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.

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.

Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channeling 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, brings more oxygen & nutrients to the cells, & helps reduce stress, improves digestion & promotes sound sleep.

Holistic Rebalancing Massage with Vyshnavi

A full-body treatment integrating elements of deep tissue massage, joint release, & energy balancing. Rhythmic strokes & deep yet gentle pressure releases tension from muscles & fascia, improving circulation & enhancing the body's natural ability to heal.

*Aparna & Anandhi
for Vérité programming*

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

SOUND CHAKRAS HEALING

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



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

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

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 or contact Kardash on 9940934875 WA.

Kardash

EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5—6:30pm @ Hall of Light, Creativity,

Saturdays, 11am—12:30pm @ Pitanga

Kundalini Yoga is an ancient form of yoga that combines movement, breath, sound, and meditation to bring the practitioner into a balanced and harmonious state of being.

The unique combination of repetitive movements followed by periods of stillness in Kundalini Yoga sets it apart from other forms of yoga practice.

The skillful integration of these elements helps re-educate the nervous system, allowing it to relax deeply and enabling participants to experience an elevated state of well-being.

- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** Rs350 for guests Rs150 Savi volunteers
- **Contact:** +91 7598892065 WA
Bel, a certified kundalini yoga teacher.

Bel



Languages

LEARN

English and Hindi

- **Learn spoken/ written English and Hindi language** for fluency and confidence!
- **For more information** contact Ashwini: 8270512606.

Ashwini, Aspiration

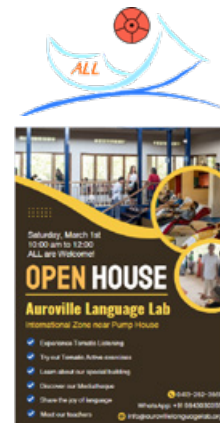
NEWS FROM

**Auroville Language Lab,
27 February, 2025**

Open House!

Saturday, 1 March, 10am—12noon
@ Auroville Language Lab

We are happy to extend a warm invitation to you for a delightful event: an **Open House** that promises to be both enriching and inspiring! Whether you're a current or old student, a cherished client of our Tomatis program, a generous donor, or simply a curious visitor, this event is for YOU!



At **Auroville Language Lab**, nestled in the heart of Auroville, we are more than just a language center—we're a vibrant community dedicated to fostering linguistic and personal growth through innovative methods and heartfelt connections. Come with an open heart and a curious mind, and leave with inspiration, knowledge, and perhaps a newfound passion for languages and learning. We can't wait to welcome you with open arms and share the magic of Auroville Language Lab. Let's make memories together!

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@auvillelanguagelab.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@auvillelanguagelab.org or call 0413 2622467 or 3509932.

Courses

French with Jean Francois

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 and Wednesday, 4:30—5:30pm

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

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

NEW!

Spoken Hindi for Beginners with Ashwini

- Tuesday, Thursday and Friday 4:30—5:30pm starting 18 February.

Brush up your language proficiency with this 12-hours Hindi crash course. We will fast-track our way to acquiring an essential vocabulary for everyday conversations using techniques to speak effectively and confidently. This will be supplemented with quick and widely applicable grammar tips.

Conversational Tamil (pre-intermediate) with Saravanan

- Starting 4 March, Tuesdays and Fridays, 9:30—10:30am.

Especially suitable for those who have gone through a beginner level, this course will help you apply the fundamentals acquired earlier while gaining confidence in conversational Tamil. Our fun, interactive lessons and supportive environment will make it easy and enjoyable.

Beginner Spanish Course with Mila

- Mondays and Wednesdays, 2:30—4pm, starting 3 March.

This comprehensive beginner Spanish course, led by our veteran instructor Mila, is designed to equip you with the fundamental skills needed to understand and speak Spanish. Over the course of three months (36 hours), you will delve into essential grammar, vocabulary, and pronunciation, enabling you to engage in basic conversations and navigate everyday situations in Spanish. Whether you're planning a trip to a Spanish-speaking country or simply want to expand your language skills, this course offers a supportive and immersive learning environment to kick-start your Spanish language journey.

Poetry for Beginners with Vismai

- Friday, 7 March, 5—6pm

Welcome to our first Poetry Circle! For the month of March, we're celebrating JOY. You're welcome to read from our selections or bring along poems that spark joy for you. Any language is welcome, as long as you translate a little of the joy in English so we can all experience it together.



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/>

Film Shows:

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

Reminder about our free Evening Programs

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

- Mondays:** French with Coco and Gaspard
- Tuesdays:** Spanish with Gloria
- Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30—6:30pm
- Thursdays:** 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.

Current Schedule of Classes as of 27 February

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	Poetry Reading (1 day)	5–6pm	Friday, 1 March
Tamil	Conversational pre-intermediate (24 hours)	9:30–10:30am	Tuesday and Friday, Starting 4 March
German	Level A1 Beginner	5–6:30pm	Part II—TBA
Spanish	Beginner	2:30–4pm	Monday & Wednesday, Starting 3 March
Hindi	Spoken Beginner (12 hours)	4:30–5:30 pm	Tuesday, Thursday and Friday, Started 18 February
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

Communication with the Lab

Service through our BSNL phone numbers: 2623661 (Lab) and 2622467 (Tomatis).

- For language-related matters you can also use +91 9843030355WA.
- For Tomatis please use 0413 3509932.

Mita, Mano, Louis & Vismai
for Auroville Language Lab

Cinema

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, 28 February

Money, happiness and eternal life—Greed: I

2017/ 43 minutes/ Jörg Seibold

From Buddhists and bankers to Eskimos and psychologists, we explore the phenomenon of greed with people from all walks of life. How can it be defined? What makes us greedy? And what are the repercussions? *Aviram*



Presents at Multi Media Centre Auditorium
(MMC, Town Hall)

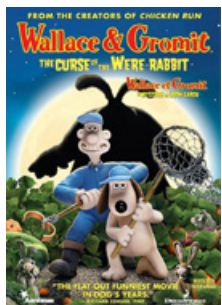
- **Note:** There will be no film show on Friday, 28 February. We wish you a concentrated Birthday week.

Friday, 7 March, 8pm

Wallace & Gromit: The Curse of the Were-Rabbit

Directed by Nick Park, Steve Box, UK, USA, 2005

Synopsis: An animated comedy, the film centres on good-natured yet eccentric cheese-loving inventor Wallace (voiced by Peter Sallis) and his intelligent quiet dog, Gromit, in their latest venture as pest control agents. They come to the rescue of their town plagued by rabbits before the annual Giant Vegetable Competition. However, the duo soon finds themselves against a giant rabbit consuming the town's crops... The film was produced by DreamWorks Animation in collaboration with Aardman Animations being the second feature-length film by Aard-



man, after Chicken Run (2000). Peter Sallis was joined by a voice cast including Helena Bonham-Carter, Ralph Fiennes and Peter Kay. It was a critical and commercial success and won the Academy Award for Best Animated Feature. A delightful and funny adventure for all ages!

Original English version with English subtitles. Duration: 1h25'

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

Susana and Aurofilm team

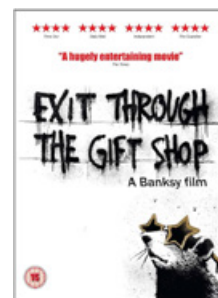
CENTRE D'ART, CITADINES PRESENTS: NEW MOON MOVIE

Friday, 28 February, 5pm @ Multimedia room

Every New Moon Day, Art movie screening at Centre d'Art, Citadines. This month it will happen on Friday, 28 February at 5pm in the Multimedia room.

Exit Through the Gift Shop, by Banksy, 2010, 87min

Exit Through the Gift Shop is a 2010 British documentary film directed by street artist Banksy. It tells the story of Thierry Guetta, a French immigrant in Los Angeles who, over the course of several years, filmed a host of street artists at work, including Shepard Fairey and Banksy, but failed to do anything with the footage. Eventually, Banksy decided to use the footage to make a documentary, which includes new footage depicting Guetta's rise to fame as the artist "Mr. Brainwash".



Since its release, there has been extensive debate over whether the film is a genuine documentary or a mockumentary. When asked if the film was real, Banksy simply replied, "Yes." **Everybody is welcome.** *Marco*

The Last Moment

MOTHER AND AUROVILLE

1 March, 2:30—4:30pm

@ Sangam Hall, Savitri Bhavan,

Arulvazhi, an outreach school in Morattandi is hosting a program to celebrate the birthdays of the Mother and Auroville. Raman, Thillai Ganapathi and Davaselvi, long-time Aurovilians, will be sharing their thoughts and experiences about Mother and Auroville.

The program will be held in Sangam Hall, Savitri Bhavan,
All are welcome.

Velmurugan for Arulvazhi Team

AUROVILLE RADIO TV

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



Latest Youtube Videos

- [Exploring Education in Arts, Animation and Film-making—Ep.2—"Animation Movies" | Abhijith Roy](#)
- [Energy in Nature: What You Need to Know—Nate Hagens](#)
- ["The Secret of the Flowers" by Narad at the Mother's Flower Garden](#)
- [Meditative Bansuri Offering of Ragas by Chandra | at Matrimandir, Auroville](#)
- ['Pathway to Unity—Auroville & Kuilapalyam Co-evolution' by students at Queen's University, Canada](#)

...and more! on www.aurovilleradiotv.org

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

Sai Priya for Auroville RadioTV



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
3—9 March 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. *Observing the International Women's Day (8 March) and women's month in some nations, we will try to bring films by and/or about women.*

Indian—Monday 3 March, 8pm

Mrs

India, 2023, Dir. Arati Kadav w/ Sanya Malhotra, Nishant Dahiya, Kanwaljeet Singh, and others, Comedy-Drama, 111mins, Hindi-English w/ English subtitles, Rated: NR (PG)
 Richa Sharma navigates the complexities of a traditional household, caught between orthodox norms and modern values. Her husband, Diwakar, and his family stifle her aspirations with their traditional views. Inspired by The Great Indian Kitchen, this film portrays Richa's journey of self-discovery and empowerment fraught with societal pressures. Her story mirrors that of many Indian women, making it both heart-wrenching and inspiring.

Potpourri—Tuesday 4 March, 8pm

Wait Until Dark



USA, 1967, Dir. Terence Young w/ Audrey Hepburn, Alan Arkin, Richard Crenna, and others, Psychological Thriller, 108mins, English w/ English subtitles, Rated: NR (R)

Newly blind Susy becomes entangled in a dangerous plot after her husband unwittingly holds a doll filled with smuggled heroin. Predators, including Harry Rote, manipulate and stalk Susy in their search for the doll. As her predicament becomes increasingly desperate, Susy must outwit the criminals to survive. *A Classic to revisit. A must-see!*

Selection—Wednesday 5 March, 8pm

Cinema Sabaya

Israel, 2021, Writer-Dir. Orit Fouks Rotem w/ Liora Levi, Aseel Farhat, Orit Samuel, and others, Drama, 91mins, Hebrew-Arabic-English w/ English subtitles, Rated: NR (PG)

A young filmmaker teaching a workshop in a community center puts cameras into the hands of eight women, Arab and Jewish, and asks them to film their lives. As they share their footage, barriers are broken down, beliefs are challenged, and the women learn more about each other... and themselves. *Interesting!*

Interesting—Thursday 6 March, 8pm

Dancing Pina

Germany, 2022, Writer-Dir. Florian Heinzen-Ziob w/ Malou Airaudo, Jorge Puerta Armenta, Gloria U. Biachi, and others, Documentary, 111mins, English-French-German-Portuguese w/ English subtitles, Rated: NR (PG)

Two captivating dance projects showcase how a new generation of dancers rediscover Pina Bausch's choreography. The Semperoper Ballet in Dresden rehearses Iphigenia in Tauris, while dancers across Africa prepare Le Sacre du Printemps at École des Sables in Senegal. This metamorphosis shows how dancers from various styles transform Pina's work, and how her choreography transforms them.

International—Saturday, 8 March, 8pm

Emily

UK-USA-Australia, 2022, Writer-Dir. Frances O'Connor w/ Emma Mackey, Oliver Jackson-Cohen, Fionn Whitehead, and others, PeriodDrama-History, 130mins, English-French w/ English subtitles, Rated: R

Set in 19th-century England, the film follows Emily Brontë, the author of Wuthering Heights, on her transformative journey to womanhood. Amidst passion, creativity, and defiance, Emily navigates complex relationships with her siblings and a forbidden romance with William Weightman. Her struggles and triumphs highlight her literary genius, offering a poignant portrayal of one of history's most provocative writers.

Children's Matinee—Sunday, 9 March, 4pm

Raya And The Last Dragon

USA, 2021, Dir. Don Hall-Carlos López Estrada-Paul Briggs, Fantasy-ComputerAnimation, 107mins, English w/ English subtitles, Rated: PG

Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior to track down the last dragon and stop the Druun for good.

Jack Nicholson Film Festival @ Ciné-Club

One of Hollywood's greatest actors Nicholson captivated audiences for over five decades. Renowned for his rebel roles, he garnered numerous accolades, including three Oscars, three BAFTAs, six Golden Globes, and a Grammy.

Ciné-Club Sunday 9 March, 8pm

Easy Rider

USA, 1969, Dir. Dennis Hopper w/ Jack Nicholson, Peter Fonda and Others, Drama-Roadtrip, 95 mins, English w/ English subtitles, Rated: R

Wyatt and Billy, two young hippie bikers, embark on a cross-country journey to discover their way of life. They face bigotry and hatred from small-town communities that fear their non-conformity but find solace in meeting individuals embracing alternative lifestyles and resisting narrow-mindedness.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in.

Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

Monday to Saturday	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

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

Emergency Services

Ambulance (24/ 7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/ 7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108



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.

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

Hard deadline for submissions:

- Tuesday 3pm

Max size of the poster:

- Width 9.5cm x Height 4cm

We maintain the right not to publish posters that are bigger than that or have text too small to be read in printer version or to publish them cut, or in icon size, or reformatted in a best way to fit the style of the newspaper.

Roy & Katiya (AgniJata),

News & Notes,

Media Centre, Townhall,

NewsAndNotes@auroville.org.in

The Last Moment