



News Notes

#959 A weekly bulletin for residents of Auroville 26 January 2023



High beyond the Intelligence is the Great Self, beyond the Great Self is the Unmanifest, beyond the Unmanifest is the Conscious Being. There is nothing beyond the Being, —that is the extreme ultimate, that the supreme goal.

Katha Upanishad

The Unseen with whom there can be no pragmatic relations, unseizable, featureless, unthinkable, undesignable by name, whose substance is the certitude of One Self, in whom world existence is stilled, who is all peace and bliss —that is the Self, that is what must be known.

Mandukya Upanishad

Pondering



A Consciousness-Force, everywhere inherent in Existence, acting even when concealed, is the creator of the worlds, the occult secret of Nature. But in our material world and in our own being consciousness has a double aspect; there is a force of Knowledge, there is a force of Ignorance. In the infinite consciousness of a self-aware infinite Existence knowledge must be everywhere implicit or operative in the very grain of its action; but we see here at the beginning of things, apparent as the base or the nature of the creative world-energy, an Inconscience, a total Nescience.

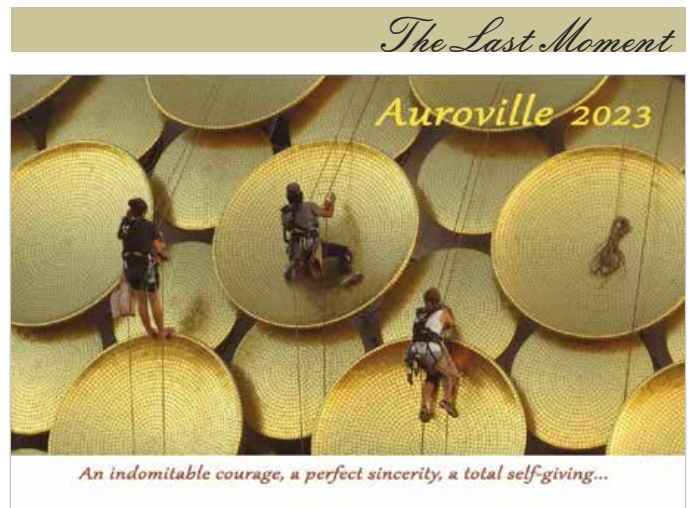
*Indeterminates, Cosmic Determinations and the Indeterminable,
The life Divine by Sri Aurobindo*

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**MATRIMANDIR DISC CLEANING TEAM
is looking for new members**

Dear Aurovilians and Newcomers only!

Matrimandir Disc cleaning team is looking for new members on the regular basics.

Description of the work: we take the bags with climbing equipment (8kg) to the roof of MM. Then we take up the sets of the ropes (same 8—9kg) to the roof from the above-chamber layer inside MM. Install the ropes. Attach ourselves to the ropes and start disk cleaning with jute clothes, one vertical line of disks per day, from the very top to very bottom of MM. The job is dirty, monotone and physically hard.

Timings: Monday to Friday, 4:30 to 6:00 for advanced workers and 4:30—7:00 for the beginners, depending of your capability to learn.

We give training course of 4—6 classes where we teach climbing skills, equipment and security. After you pass the exam you can start the real work.

If you

- have no fear of heights,
- no allergy to the dust,
- physically strong,
- have no problem with coming in time,
- ready to commit at least 1 evening per week minimum for half year,

Please contact Agni on WA +91 9843605237

Submitted by Agni (AgniJata)



As a first AV potter Roy cuts the ribbon on the opening of International Potters Market



House of Mother's Agenda

December 4, 1968

(Mother still has a cold)

Mother: What's new? Nothing?

Satprem: Yes. V.¹ saw the photo of the Vatican man, and he confirmed, he said, "This is the man."

Mother: This is the man... *(Mother looks at the photo)*

Oddly, he's an intelligent man. But these people are hypocrites; they think in one way and act according to another principle.

He isn't obtuse, he's a man who can understand.

Satprem: As for me, he strikes me as a cruel man.

Mother: Cruel...

Satprem: V. also said, "He can kill."

Mother: He can kill... maybe.

It's the other side of his nature. There are many people who could kill if they had the courage to. In their feelings, they do kill.

(silence)

The body's *tapasya* is something quite interesting, really interesting. The body... You know, its modesty is total; it has a keen sense of all its limitations, all its incapacities, all its ignorance, all... and at the same time—at the same time—the ABSOLUTE sense of the divine Presence, absolute; and a divine Presence that can break everything to pieces if it wants to. It's quite interesting.... A Presence with such power! A power... which is incalculable, with no possible comparison with earthly things.

The body has a very, very strong impression (a sort of awareness) that its sufferings stem from its incapacity. There's a sort of perception that it has a HABIT of turning into suffering something it can't bear.

(silence)

I saw Z just before. She was in full revolt, because long ago I had told her something she didn't understand regarding films [shown at the Ashram] (it's not exactly that, but anyway), and she slipped into a hole. So she was here (I was holding her hand), and this body felt it was all the same kind of matter—this sort of commonality and identity—and it was at once amused and very sweet. And then, there was here, like that, such an awesome Power, *mon petit*; the body was conscious That could crush a being to a pulp. And It remained like that (gesture of a quiet witness), not acting. The Power, which has the capacity to manifest with the vital power (It dominates the vital and has the capacity to use it), and which can dissolve things in perfect stillness. It's extraordinary.

But the body isn't mistaken, it knows what it is. It knows what it is. And it knows one thing, that it's only when (and because) it can be absolutely peaceful—peaceful like something completely transparent and still—that this Power can act. The body knows. It knows the only thing asked of it is that total, transparent stillness.

(silence)

(to be continued next week)

Volume 9. 1968: Agenda of the Supramental Action Upon Earth
https://sri-aurobindo.co.in/workings/ma/agenda_09/1968-12-04-01_e.htm

With love and gratitude,
For and on behalf of Gangalakshmi (HOMA),
Zech

Townhall Speaks

TO RESIDENTS VISA HOLDERS

Dear Residents Visa Holders, we want to inform you that there is a change in the procedure for processing visas. This has been made possible by a collaboration between the Foundation Office (FO), the Residents Service and the Working Committee which we hope will make the process easier and better for all.

From the 23 January 2023 the recommendation letters for visa extension, registration and letters of recommendation for abroad (LoR) will be available at the Auroville Residents Service Office.

You don't have to go to the Auroville Foundation office for the letters any more, they will send the letters to the Residents Service office directly.

When the RS receives the recommendation letters they will upload the details for FRRO and contact you by email or by phone, otherwise you can contact the Residents Service directly land-line number 0413 2622191 in the mornings between 9:30am & 12:30pm.

*With regards, The Foundation office,
The Auroville Residents Service,
The Working Committee*

L'AVENIR D'AUROVILLE/ ATDC



L'avenir d'Auroville

Application Announcement 19-01-2023

The following applications have been received and approved (information only):

Sudhir & Kiran—BA B

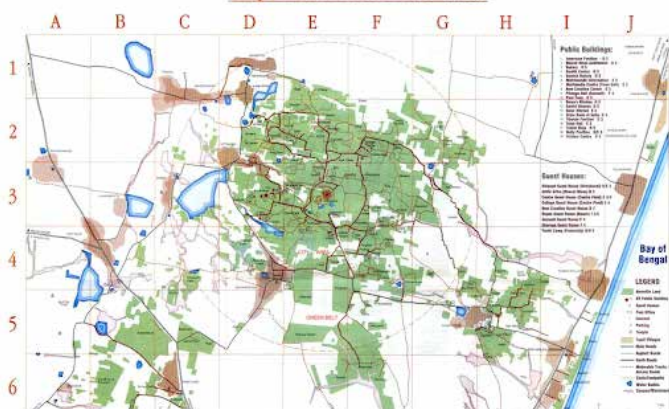
- Applicant/s: Sudhir & Kiran
- Location/area: Angiras' Garden / Industrial Zone
- Project brief: To enclose the open veranda with mesh in the existing building.

Rajendren—BA B

- Applicant/s: Rajendren
- Location/area: Sapney Farm / International Zone
- Total built-up area (existing): 65.84 sq.m
- Project brief: Renovation of existing building.

*At the service of Truth,
Lieve for L'avenir d'Auroville / ATDC*

Map of the Auroville Area



FROM THE ENTRY SERVICE—ES # 166

Dated: 26-01-2023

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to auroville.entryservice@gmail.com. We thank you in advance.



Jean



Rajinikanth



Dakshani



Vallari

NEWCOMER ANNOUNCED:

- Jean Francois CLAUDE (French) staying in Maruthuvam Healing Forest and working at Auroville Language Lab
- Rajinikanth RATHINAPILLAI (Indian) staying in Horizon and working at Solar Kitchen

CHILD OF NEWCOMER:

- Jeshikasri (Indian) Born on 22/07/2013 (daughter of Rajinikanth)

NEWCOMER CONFIRMED:

- Felicetta BRADONI (Italian)
- Sarvadhini TAMIZHARASAN (Indian)
- Vijayabaskar THIRUMAL (Indian)

AUROVILIAN ANNOUNCED:

- Dakshani KUMAR (Indian) staying in MIR and working at Botanical Garden
- Vallari SHAH (USA) staying in Maitreye II and working at Matrimandir & Atithi Griha GH

AUROVILIAN CONFIRMED:

- Saipriya CHANDRAMOHAN (Indian)

FRIEND OF AUROVILLE ANNOUNCED:

- Paola DE PAOLIS (Italian) Paola has been an aurovillian in the past but presently cannot live in Auroville permanently due to her commitment abroad. She has started a youtube channel called 'Sri Aurobindo Oggi' and is doing a lot of translation work

NOTE: The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).

A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

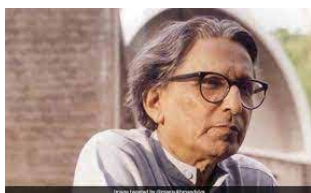
Yours, The Entry Board

(Alain, Aurore, Dheena, Jayanthi, Lakshmanan, Matilde, Matripasad, Ramanarayana and Swadha)

Community News

Auroville Matters

DOSHI PASSES ON



Leading modern Indian architect, urban planner and educator Balkrishna Doshi passed away on Tuesday.

Born in a humble family in Pune, Doshi, 95, went on to study at the JJ School of Architecture, Bombay, then worked for four years with the legendary Le Corbusier for four years in Paris as senior designer (1951—54) and later again for four years in India supervising Corbusier's projects in Ahmedabad. Fellow of the Royal Institute of British Architects (awarded in 2022) and a Fellow of the Indian Institute of Architects, Doshi established his office Vastu-Shilpa (Environmental Design) in 1955. Doshi was an educator and institution builder, with his autobiography 'Paths Uncharted' recounting the exceptional journey. He was the first Founder-Director of School of Architecture and School of Planning, Ahmedabad.

Only last year, Doshi was awarded the Royal Gold Medal for 2022, one of the world's highest honors for architecture. Given in recognition of a lifetime's work, the Royal Gold Medal is approved personally by Queen Elizabeth of the UK and is given to a person or group of people who have had a significant influence on the advancement of architecture.

Doshi was also a member of the Governing Board.

- [Extracts from Auroville city conversations, May 2020—Dr. B.V. Doshi PART 1](#)

Submitted by Roy

Awakening Spirit

AMPHITHEATER—MATRIMANDIR

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

Meditation at sunset with Savitri

Sri Aurobindo's long mantric poem

read by Mother to Sunil's incredible music

Enjoy the 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.

- **Dear Guests,** please carry your Guest Card with you

- **Access only for the Amphitheater from 5:15pm.**

Surya & Velmurugan



DAILY PEACE MEDITATION



Unity Pavilion,
Peace Hall

Monday, Tuesday,
Wednesday, Friday
6 to 6:45pm

Thursday
5 to 5:45pm

Submitted by Arun

FLUTE OFFERING BY JEAN-CHRISTOPHE BONNAFOUS Matrimandir, Park of Unity



At Unity Pond, Saturday, 4 February, 5:30pm

On the occasion of Sri Aurobindo's 150th Anniversary
Guests are requested to bring along their Aurocard.
Entrance from the Office Gate from 5:15pm.

All are welcome! Antoine, for MM Executive

Kirtan with Matthew Andrews

Matthew is a writer, musician, entrepreneur and yoga teacher. He is also the current President of Auroville International (AVI), USA.



Date: Saturday - 28th January, 2023

Time: 6:00 pm to 7:00 pm

Venue: Progress Hall, Bharat Nivas

All are welcome

Warmly, Samskritam Auroville team

devabhasha@auroville.org.in

REMEMBERING SHRADDHAVAN THROUGH HER POEMS

Gordon Korstange: Flute and Reader

Friday, 27 January, 4pm, Sangam Hall, Savitri Bhavan

Gordon met Shraddhavan in 1971 when he first came to Auroville to teach at the Aspiration school. He and his wife Jeanne continued their association with her for the following 50 years. Gordon in this program will read some of Shraddhavan's poems, illuminating them with his flute, and speak about their long friendship.



- Everyone is welcome.

Thank you, Dhanalakshmi,
for Savitri Bhavan Team

INTRODUCTION TO THE INTEGRAL YOGA

of Sri Aurobindo and the Mother

Tuesday, 31 January, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 24 January, at 9am—12noon

- **Focus:** Practice—The Sunlit Path
- **Led by:** Ashesh Joshi
- **Place:** Mirabelle Education Centre, Auromodele
- **Contact:** 9489147202.

Please be present by 8:45am

All are Welcome, Ashesh Joshi



SAVITRI BHAVAN, FEBRUARY 2023



Exhibitions

- **Meditations on Savitri:** The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
- **Glimpses of the Mother:** Photographs and texts In the Square Hall till 15 February 2023
- **A new Bilingual Exhibition on 'Sri Aurobindo:** A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

Films

- **Mondays at 4pm in the Sangam Hall**
- **February 6:** Building Matrimandir—Labour of Love 1971-2008. The Matrimandir is the soul of Auroville; the documentary shows the dedicated work and construction. Duration: 52min.
- **February 20:** The One Whom We Adore as The Mother. An audio-visual presentation by the Sri Aurobindo Ashram Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **February 27:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram by Loretta Shartsis. The Mother used flowers and their true essence for teaching Integral Yoga and for the manifestation of new consciousness. Duration: 121min.

Talks

- The Second talk in the new series on 'Fundamentals of Sri Aurobindo's Philosophy in Savitri' by Larry Seidlitz will be on '**The Involution and Evolution of the Spirit**'
 - **Tuesday, February 7, 4—5pm, Sangam Hall**

Full Moon Gathering

- **Sunday, February 5, 7:15—8:15pm** in front of Sri Aurobindo's statue

Regular Activities

- **Sundays, 10:30—12 noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** Self-Surrender in Works—The Way of Gita led by Dr. Jai Singh
- **Tuesdays, 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays, 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 5:30—7pm:** OM Choir led by Narad
- **Thursdays, 4—5pm:** Videos of The English of Savitri led by Shradhdhavan
- **Thursdays, 5:15—6:30pm:** Hymns to the Mystic Fire by Sri Aurobindo led by Nishtha
- **Fridays, 3—4pm:** Readings and exploration of 'The Entry into The Inner Countries' of Savitri led by Dr. Jai Singh
- **Saturdays, 4:30—6pm:** Satsang led by Ashesh Joshi
- **Saturdays, 4:30pm:** Mudra-chi led by Anandi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

Everyone is welcome
Dhanalakshmi for Savitri Bhavan Team

INTEGRAL YOGA PSYCHOLOGY OF SRI AUROBINDO



Introduction

Monday, January 30, 4pm at Savitri Bhavan.

Duration: 62 min.

In this video Debashish Banerji carefully unfolds the terms **Integral, Integral Yoga, Integral Yoga Psychology and Integral Consciousness**. He also dwells on their history and reveals light to Sri Aurobindo's experiences and his attempt to overcome **fragmentation of experiences** and develop the Integral or **Supramental Yoga**.

Banerji also shares information about Sri Aurobindo's life and his activities in the anti-colonial movement, his adapting to meditation as a method to quiet the mind so that he could hear a deeper guidance within, his experiences of Nirvana, his studies of the Gita and the teachings given to him by the spirit of Vivekananda in jail about the levels of consciousness above the human mind, which in the process of human evolution will eventually lead to **Supermind**, the intermediate link between the higher, the Spirit and lower nature, matter, life, and the mind. He also discusses Sri Aurobindo's experiences in jail and his visions of the Divine, Krishna and Narayana as all there is—the **Transcendental Brahman** with its two aspects: active and passive.

After Sri Aurobindo moved to Pondicherry in 1910, he maintained a diary of his experiences which he called **Record of Yoga**. He developed a certain kind of dynamic architecture where a variety of practices and experiences were leading to a certain kind of relationship of forces. He called this entire 'architectonic' the Seven Quartets or Saptā Chatusthaya, and it was the first systematic attempt to create an integral yoga. He acknowledged that human consciousness itself is at a certain stage where it has to exceed itself and move towards an **Integral Consciousness**.

In 1914, when Sri Aurobindo and Mira Alfassa met, they started the journal **Arya** to put forth their new ideas of yoga. In it, Sri Aurobindo published in serialized articles some of his major works: **The Synthesis of Yoga, The Life Divine, The Ideal of Human Unity, The Human Cycle**, etc. In 1920, Mira Alfassa again came to Pondicherry, this time for good. She intended to stay and work with Sri Aurobindo on the new yoga and came to be known as Mother.

In 1926 when Sri Aurobindo went into seclusion, the Mother was put in charge of the spiritual practice of the disciples and daily life of the Ashram while he remained in contact with the disciples through correspondence.

With the descent of Krishna into Sri Aurobindo's body and so the descent of the **Overmind** into the physical on 24 November 1926, Sri Aurobindo went into seclusion. He needed to focus his energies on making the transition from the Overmind to the next level, that of the Supermind and Supramental consciousness. While in seclusion, besides writing thousands of letters to the sadhaks, he worked on **Savitri**, and he also revised parts of **The Life Divine** adding the chapter "**The Triple Transformation**" based on the experiences and method he called the Seven Quartets or Saptā Chatusthaya.

Sri Aurobindo recognised several levels of fragmentation that have to be transformed and to allow diverse experiences simultaneously. The **fragmentation in human beings** is of three kinds, based on the different types of consciousness: physical, vital and mental. They operate on their own, and usually the mental consciousness dominates the vital and the physical. When the Psychic Being evolves the internal fragmentation in the individual can be integrated; the **Psychic Being** is the soul's development in evolution and is the Divine principle within each individual.

There also is a **universal and cosmic fragmentation** of consciousness. Whereas the **universal and cosmic consciousness** in its nature and law is a delegate of the Supermind consciousness, but Overmind as its principle, is, like mind, a dividing principle and its characteristic operation is

to work out in independent formations a selected harmony. The Overmind has to call in the supramental force to liberate and fulfill itself.

In short, Sri Aurobindo received the knowledge—from his experiences and the method of the Seven Quartets—that through the **Supramental consciousness** and force new steps in the evolution of consciousness can take place and with the characteristic of having diverse experiences simultaneously and in Integral Consciousness.

Debashish Banerji is the author of the book *Seven Quartets of Becoming—A Transformative Yoga Psychology Based on the Diaries of Sri Aurobindo*, published by Nalanda International. With light and peace and joy and in offering all to Mother and Sri Aurobindo...

Margrit

For Your Information

QR CODE ON AADHAAR

Is Enough for Verification: UIDAI



Unique Identification Authority of India
Government of India

Due to numerous instances of misuse of Aadhaar numbers, UIDAI, the issuing authority has been additionally issuing Masked Aadhaar to people who opt for them in recent years.

UIDAI has also asked the OVSEs (Offline Verification Seeking Agencies) [such as TNEB] to verify Aadhaar via the QR Code present on any of the Aadhaar documents (Aadhaar letter, e-Aadhaar, m-Aadhaar, and Aadhaar PVC card).

The following is the relevant extract from the Press release of UIDAI dated 10 Jan 2023:

“UIDAI has also asked OVSEs to verify Aadhaar via the QR Code present on all four forms of Aadhaar (Aadhaar letter, e-Aadhaar, m-Aadhaar and Aadhaar PVC card) instead of accepting Aadhaar in physical or electronic form, as a proof of identity.”

Procedure for downloading the masked Aadhaar (for those already holding an Aadhaar document):

The procedure published by Jagran Josh:

Following are the steps to download masked Aadhaar card

- Visit UIDAI’s official website <https://myaadhaar.uidai.gov.in/>
- Click on login and enter your Aadhaar number and captcha code and then click on **Send OTP**.
- You will get an OTP on your mobile number that is linked with Aadhaar, enter the OTP and click on Login.
- Go to services section and click on **Download Aadhaar**.
- Go to review your demographics data section and select the option **Do you want a masked Aadhaar?**
- Click on **Download**

The Masked Aadhaar can also be downloaded on mobile phones through the app **mAadhaar** available on Google Play.

*In the interest of the rights of the consumers,
Jothi Charles, Promesse*

ART & CULTURE MASSBULLETIN

It appears that not all are aware of the existence of a dedicated Arts & Culture Massbulletin. While the two regular massbulletin services are mainly geared towards official information, the artsculturebulletin@auroville.org.in sends out timely info regarding cultural performances, talks, dances, invitations etc. Certainly in the coming few months there will be plenty of the same, so if you want to be part of it—as initiator or participant—better subscribe!

Mawite for AnC team

Health Care



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What’s up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

SANTÉ SERVICES IN FEBRUARY 2023

Crown Road, Phone: (413) 2622803

Email: sante@auroville.org.in



Website: <http://sante.auroville.org.in>

Working Hours

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

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance (24/7) +91 9442224680
- Government Ambulance (24/7) phone 108

Appointment

- Please call Santé on (0413) 2622803 during working hours for an appointment & to check availability of the therapist.

Doctor consults with Dr. Senthil, Monday to Friday	Nursing Care, Ezhil & Thilagam, Daily (No appointment necessary)
Ayurveda with Dr. Sonia, Monday/ Thursday/ Friday	Ayurveda with Dr. Be, Tuesday to Friday
Acupuncture with Andres, Monday to Friday	Homoeopathy with Michael, Monday/ Wednesday/ Saturday
Midwifery & Family counselling with Monique, As Per Availability	Pregnancy Care & Women’s Wellness with Paula, Tuesday & Wednesday
Paediatric Physiotherapy with Swati, Monday & Wednesday	Integrative Physiotherapy with Juan Andres, TOS
Physiotherapy with Rebeca, Monday/ Wednesday/ Friday	Physiotherapy and Massage with Galina, Monday to Friday

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.

Love, Dasha

International

FRENCH PAVILION PRESENTS

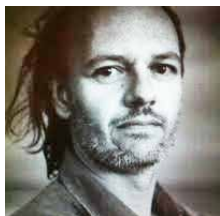
Ecopoetics of Concrete Human Unity

Essay on the aesthetics of the Auroville community

- Wednesday, 1 February, 5pm, French Pavilion

Conference-Exchange, with Rémi Astruc, Researcher at the CNRS, professor of littérature and author.

- *In French only, 1 hour. Presented by French pavilion*



We invite you for a conference, followed by discussion, and aperitif, around the work of Rémi Astruc Ecopoetics of concrete human unity—Essay on aesthetic anthropology of the community of Auroville.

Rémi is a founding member of the [Community of Researchers on Community](#), on the link you can find his full study.

How can we change the destiny of our children?

Conference presented by Lorrain

- Friday, 3 February, 5pm, French Pavilion

- *In French only, 1 hour*

The experience-felt, the words spoken in front of a pregnant woman, or in front of a young baby, “can” become the meaning of the child’s life. After training as an EPFL engineer (Switzerland), Lorrain POIRSON traveled to India and meeting teachers in spirituality, making connections between various traditions, recent discoveries, and his experience. The work presented during this conference is the synthesis of several years of research.

Warm regards, Michael for French Pavilion

The Arts

EYES THAT SEE PHOTO EXHIBITION

At Savitri Bhavan Square hall
Ongoing from 18 January to 1 February, 2023
9:00 am till 5:30pm Monday to Saturday,
till noon on Sunday

Eyes That See
A photo exhibition

Photo Credit : Dominique Darr

Immersive eyes and gazes captured by around 15 Auroville photographers. Poems, interactions, and an invitation to “SEE”.

Inauguration at 5pm, Wednesday 18th Jan 2023 at Square Hall, Savitri Bhavan

18th Jan-1st Feb, Mon-Sat 9 am-5:30 pm; Sunday open till noon
See you there and then, and see you around - Anandi Zhang & Silky Arora

Immersive eyes and gazes captured by around 15 Auroville photographers. Poems, interactions, and an invitation to “SEE”.

Anandi Zhang & Silky Arora

**MANASEE JOG EXHIBITION:
Moon Shines with Memory**
Auromodele, La Petite Maison—in Situ

MANASEE JOG
28TH JAN 2022
ART EXHIBITION

MEET WITH THE ARTIST
ON SUNDAY 29TH -3 TO 4PM
AT LA PETITE MAISON
Last chance to see the show & discuss with Manasee about her work

AV BAKERY
FARM FRESH
NOWANA
AUROMODELE

- **Opening: 28 January, 4—6:30pm**
The Moon Shines with Memory is a printmaking exhibit as part of a 3 week residency. The display also includes a collaboration with local women artisans & L.E.C.
- **Meet With The Artist: Sunday, 29 January, 3—4pm**
Last chance to see the show & discuss with Manasee about her work.
- **More details on instagram: @lapetitemaison.auroville**
Many thanks, Bhakti

WITHIN/ WITHOUT
by Rakhee Kane

Center d’Art Gallery, Citadines, Auroville invites you to an exhibition **Within/ Without** by Rakhee Kane

- **Exhibition Dates: 27 January—1 February**

JAN.27 - FEB.11
RECENT CERAMIC WORKS
RAKHEE KANE
WITHIN / WITHOUT

CENTRE D'ART CITADINES/AUROVILLE
PARK AT TOWN HALL
MON - SAT
10AM - 1PM \ 2PM - 6PM
INAUGURATION JAN 27, 2023
4 - 7 PM

About Rakhee Kane

Rakhee Kane's work Transcends the art of ceramics into a Visual experience that integrates her excellent skills and mastery over techniques of firing with her love for abstraction of Nature forms, landscapes and Indian Aesthetics. Her work reflects an amalgamation, intriguing design vocabulary that imbibes her love for Nature, while keeping her Ceramics forms Pure and Simple. Her unassuming personality finds its expression in simplicity of forms and its complexity of techniques of Firing with Soda, wood and Raku.

Kane's Ceramics work, represents the coming of age in Indian ceramic art which has found it's own niche in the contemporary Indian art world. The scale and sensitivity of her pieces appeals directly to the viewers, collectors and curious minds equally, who want to own a small part of her unending search to touch the core of Indian Aesthetics.

Her recent work has a quiet presence and sublime posture, when a viewer experiences it in a gallery setting. Her special sharing and connection with her contemporaries is a gift to the professional colleagues. Her work is a tribute to her mentors by her total commitment to her passion and profession, and balance of her work and personal life in the natural setting of her Studio in Auroville.

Warm regards, Sri/ Centre d'Art
+91 413 2622699,
centredart@auroville.org.in
www.centredart.in

Readings

AUROVILLE SPIC MACAY CHAPTER An Inner Journey

30 January 2023, Monday, 10am,
Bharat Nivas Auditorium

In Collaboration with Auroville Foundation,
SPIC MACAY—Pondicherry welcomes you all
to the inauguration of Auroville SPIC MACAY chapter

SOCIETY FOR THE PROMOTION OF INDIAN CLASSICAL MUSIC AND CULTURE AMONGST YOUTH

SPIC MACAY 45

An Inner Journey உள் பயணம் अंतर्यात्रा

Dr. Jayanti S. Ravi, IAS
Secretary, Auroville Foundation

Dr. Kiran Seth
Founder - SPIC MACAY,
Padma Shri Awardee

- Inauguration of the chapter
- Talk followed by interaction
- Screening of rare art forms

Srinagar 15th Aug. 2022 | Delhi 2nd Oct. 2022 | Kanyakumari 19th Feb. 2023

HAVE EVERY CHILD EXPERIENCE THE INSPIRATION AND MYSTICISM EMBODIED IN INDIAN AND WORLD HERITAGE.

- Link: bit.ly/smlivezoom
- For more information, please contact:
Dr. Ramesh Visvanathan, +91 9626222800
- www.spicmacay.org
- info@spicmacay.com

Submitted by Arun

Music

PERFORMANCE BY PANDIT RONU MAJUMDAR AND SHRI NARHARI ACHARYA 31 January, 7pm, Bharat Nivas

Inviting you with family and friends for a soul stirring performance by
Pandit Ronu Majumdar
Shri Narhari Acharya

JAN 31 2023
7pm onwards @Bharat Nivas

Pandit Majumdar's music is rooted in the Maihor gharana which has musicians of eminence like Pt Ravi Shankar and Ustad Aii Akhar Khan to its credit. He has associated with Pandit Ravi Shankar and has more than 30 audio releases to his credit. He won the prestigious Aditya Vikram Birla Award in 1999 for his dedication to music. Sahara India Pariwar felicitated him with a lifetime achievement award on the occasion of Jyoti Diwas 2001. In 2014 he won the prestigious Sangeet Natak Akademi award.

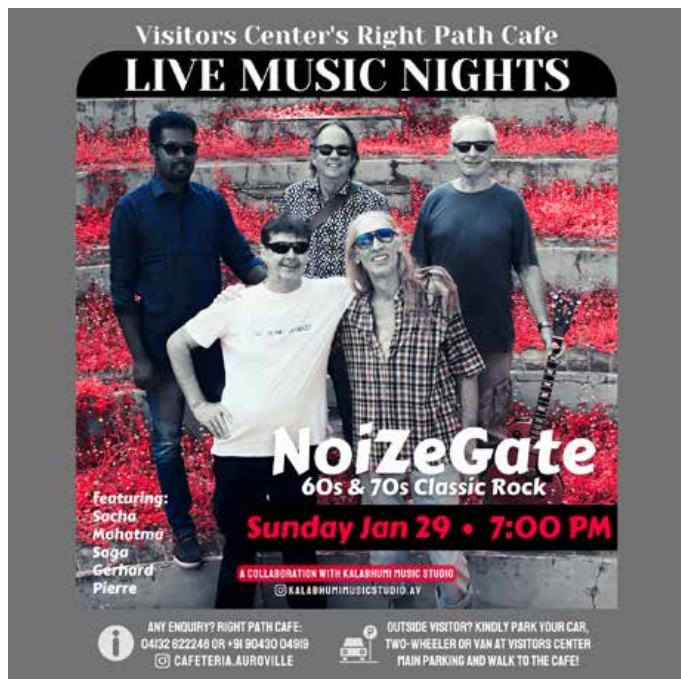
Sri V Narhari Acharya aTabla and Pakhawaj exponent is son of Violinist V Giriraj and belongs to the lineage Farukhabad gharana under Pandit Anupam Rai a versatile Guru. The Classical music concert series Uttar Dakshin is the Flagship property of Vivid Arts and many international standard have performed under the Banner.

Submitted by Vani

Auroville International
Potter's Market
PRESENTS
THE BEATLES
TRIBUTE BAND

SAT. 28th JAN @ 8 pm
Visitor's Centre

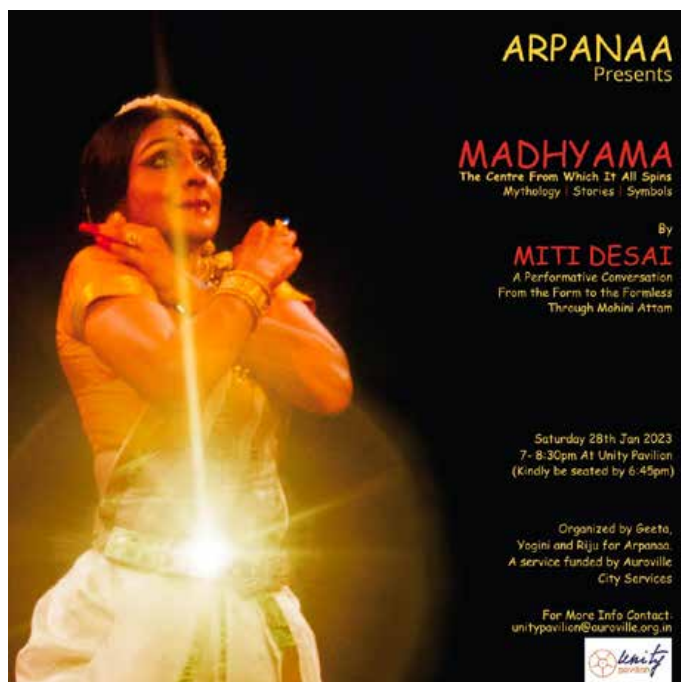
LIVE MUSIC NIGHTS
NoiZeGate: 60s & 70s Classic Rock



Submitted by Edo

Theatre

MADHYAMA BY MITI DESAI
 Saturday, 28 January, 7—8:30pm, Unity Pavilion
 Kindly be seated at 6:45pm



Warm regards, Geeta—Yogini—Riju
 for Arpanaa, A service under City Services.



Activities

BAMBOO YURT WORKSHOP
 Organized by Auroville Bamboo Centre
 On 27, 28, 29 January

BAMBOO YURT WORKSHOP
 27, 28, 29 JAN 2023



- Basic theory related to yurt construction
 - Demo of Bamboo harvest
 - Practical hands—on construction experience
- Towards contribution (inclusive of lunch and 2 refreshments per day; Accommodation and transportation not included)
- Last date to register 24 January
 - For Bookings: bamboocentre@auroville.org.in

Ph. 0413 2623394/ 2623806
www.aurovillebamboocentre.org

Thanks and Regards, Anchal

LEARN THE FUNDAMENTALS OF BAMBOO FURNITURE



LEARN THE FUNDAMENTALS OF BAMBOO FURNITURE

Come with your own designs and build the furniture.
 (Please Note- This would be a group activity, as a team a design would be finalised and executed upon)

DATES- 2, 3, 4 FEBRUARY 2023
VENUE- AUROVILLE BAMBOO CENTRE
TIME- 9:00AM-5:00PM

PRICE-INR 4500/-
 Inclusive of Lunch, 2 refreshments per day.
 Accommodation and Transportation cost not included
 (Last Date to Register-30th Jan)

For Bookings :- bamboocentre@auroville.org.in



Submitted by Anchal

HANDS ON: ENDANGERED CRAFT MELA



The fourth Endangered Craft Mela will happen in Base Camp from 19 to 25 February.

- It is principally for children above the age of 10 years. Any crafty adults wishing to volunteer or participate in any way, please contact 7598671944
- At the moment we meet every Wednesday at 6pm at Fertile and work every Saturday morning in Base Camp.

Johnny

LESSONS OF CARNATIC SINGING

Each class begins with the meditative practice of yoga of sound (yoga nadopasana) by visualizing the eight chakras corresponding to the eight notes, then we will sing a raga while studying the pulse and rhythms as well as a composition of the Carnatic repertoire.

Lessons

- **Every Monday:** classes for children, 5—6pm.
- **Every Friday:** classes for adults, 5—6pm.
- **Private lessons** (volunteer), on demand.

Educational concerts

- Every Monday and Friday, 6pm—7pm.

Bruno, at the veena, will introduce you to the nature, construction, subtleties and purposes of Carnatic music.

Venue

Music room at Bruno's in Utility in Auroville. Please leave your vehicle at the entrance to the community.

- Mobile: 9597922185, nadopasana@auroville.org.in

Cordially, Bruno



KARAOKE AT NOWANA

Friday, 27 January, 6:30—9pm, Nowana Restaurant

Dear Community, 2023 has started and as you know we like to organize events to bring the community together. We decided to start the year in song and for that we invite you all to join us at **Nowana Restaurant (Auromod-ele)** for a Karaoke night.

Everybody is welcome to come, sing or just listen, and Nowana will serve food as usual. We apologize for the reschedule from last week.



YouthLink
AUROVILLE

Love, Fun and Joy,
Aurore for YouthLink Team

Yantra literally means “instrument”. A Yantra is a geometric design acting as a highly efficient tool for contemplation, concentration and meditation. They serve as centering devices or as symbolic compositions of the energy pattern of a deity as seen by Tantric seers in their vision.

In this experiential session, we will draw the yantra of a Goddess, understand her significance and powers, and also how the yantra drawing reflects these in its composition. Making Yantras connects us to the wisdom and power of the Goddess and the Divine Feminine using the methodology as it was practiced and revered in ancient times. We are then able to harness this in our present circumstances and life paths to evolve, transform and empower.

- All materials will be provided. No prior art experience required.

Vivechana is an entrepreneur, publisher and sacred artist. She currently lives in Pondicherry and is the founder of “Soulsapes”. She has a keen interest in sacred symbology, sacred geometry and has delved into ancient art, philosophy and systems to understand and explore universal principles and truths. www.soulsapes.in.
Abhaya

PHOTO CIRCLE MEETS

Dear photographers, the Photo Circle meets on the first Friday of the month. This time it will be on

- **Friday, 3 February, at 5pm** in the Centre d'Art Multimedia room, at Citadines



The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images. **Everybody's welcome.**

Marco

TAILORING CLASSES

Dear Friends, we are very glad to share with you that we are



- Offering "Tailoring Classes" from 10am to 12pm on every Monday to Fridays to any interested learners.
- Also, you can come to us "For all kinds of your stitching needs" from 9am to 5pm
- At our **Kuilai Creative Centre (Campus on the left of Auroville Bakery)**. WhatsApp for more details about us or for online applications to join the programme.
 - +919843195290 WA
 - +918608473385 WA
 - kuilaicreativecentre@auroville.org.in

AUROGAMES SESSION AT HUMASCAPE



Sessions with **Aurogames** games help develop concentration and memory. Open to all ages from 6 year old on. The sessions take place in small groups, for a better stimulation of the children. For individual sessions, it is best to make an appointment.

- Sessions take place at **Humanscape**, the community building
 - Tuesdays, Wednesdays and Thursdays, 4—5pm
- Limited places, please reserve and confirm your venue.
- Possibility of private session on appointment only.
 - Free of Charge

Geetha 7094688421, Veronique 9488512678

ESTATIC DANCE IN VERITE

Ecstatic Dance
with Tahir
Time: 5:00pm - 6:30pm
Every Saturday

Ecstatic Dance is a free-form Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations and allow yourself to feel your emotions, sensations, body, mind and spirit. A safe space for movement and expression.

Heal your soul through dance

Verite

- For more information contact 0413 2622045, programming@verite.in

Best Regards, Tahir

DANCE Tango

EVERY MONDAY.....
CRIPA 6:30PM

BY APPOINTMENT ANY TIME YOU CAN DO CLASS

INFORMATION

- bring water bottle , socks !!
- every month new batch beginner
- minimum commitment 1 month
- Listen more Tango music
- Every days tango dance by booking for couples or Individual
- Be on time
- place: cripa, Auroville, Tamil nadu

FOR BOOKINGS, CONTACT US:
+918637633696 Bakisatadance@gmail.com Instagram@Bakisata_dance

Salsa dance class

EVERY TUESDAY 6:30 PM
BEGINNER CLASS

EVERY SATURDAY ANY
LEVEL 6:30PM

By appointment any time you can do salsa, Bachata, Kizomba

NEED TO BRING
SOCKS | WATER | SMILE

Venue:
New creation Dance studio
Auroville, Tamil Nadu
Register before coming,
mani :863763396
@bakisata_dance

Kids (6+) & Adults
Courses from beginners to advanced level

To book contact
Mani
+91 8637633696

Swimming classes

TAIJI (TAI CHI) / QIGONG CLASSES

With Michael Winkler @ Bharat Nivas
(Sawchu or Progress)

Divine Arts Auroville
presents



Taijiquan

Chen Style Taijiquan
Practical Method



Qigong

Daoist Energy Work
& Meditation

These classes offer a profound insight in the original Chinese work on spiritual self-development and healing (Qigong), an understanding of the core principles of Daoism and insights into “Chen Style Taijiquan Practical Method”—a style of Taijiquan (Tai Chi)—that still keeps the original martial art alive. Each half-day session can be booked separately, and in each of them we introduce and deepen some sets of exercises of Chen Taijiquan and Qigong.

- **Dates:** January 28, 29, February 4, 5, 11, 18, 19, 25, 26
- **Session Times:** 9am—12noon & 2—5pm
- **Content**
 - zhàn zhuāng 站桩: Standing Meditation
 - dòng gōng 动功: Qigong Exercises in Motion
 - ǐběngōng 基本功: Basic Foundations
 - yīlù 一路: Traditional Taiji Form
- **Benefits**
 - opening the joints
 - strengthening center
 - improve body awareness
 - relaxation and purification of body and mind
 - releasing blockages and increase overall energy
- **Facilitated By Michael Winkler**, a certified Shiatsu Practitioner and Teacher for Taiji & Qigong since 2007. Michael is a 20th generation indoor disciple of Chen Style Taijiquan under lineage holder Master Chen Zhonghua since 2013. He has practiced Taiji & Qigong since 2003 and has learnt from various Chinese and international teachers. Detailed vita and certificates are on the website (link below).
- **Registration & Enquiries**
 - +91 9150567003,
 - micha@taiji-shiatsu.de
 - <https://www.the-taiji-family.com>

Submitted by Michael

MARTIAL ARTS AND SELF DEFENSE CLASSES

Schedule

Wednesday and Friday 5:30—7pm, Dehashakti gym



Hello Auroville! From now onwards our Martial Arts and Self Defense classes schedule will be Wednesday and Friday 5:30 to 7 pm, Dehashakti gym.

Thank you, Abhaya

RUPAVATHI JOY ACTIVITIES

Bio-region Temple Tour

- Every Sunday, 9am—12noon, starting from Solar Kitchen



Indian cooking

- Every Saturday, 2—4pm, at Creativity. If you want to participate, please book it in advance.

Cell & WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

Honorary Voluntary

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 6am 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,

WA 8525038274 or call
8122274924.

Looking forward to welcoming you!
The Sadhana Forest team, warmly, Shek

VOLUNTEERS NEEDED FOR KRISHNA DAS EVENT

Dear Community, if you are available and willing to volunteer to support the Krishna Das live chanting event at the Matrimandir Amphitheatre on Sunday, 12 February:

- Please [fill out this form](#).
- More info about the event is at www.aviusa.org/krishna-das
- You will need to attend a training session from 5—7m on Saturday evening before the event, and you will need to be available on Sunday, 12 February, from 4:30—9pm.

Thank you!

Matthew from AVI-USA

VILLAGE HERITAGE FESTIVAL

Along with the Craft Mela

Mohanam is inviting volunteers to help plan and organize for the upcoming Auroville and Pondicherry Village Heritage Festival along with the Craft Mela.

Our 7th edition of this festival returns after the lifting of Covid restrictions, with soul-enriching local cultural experiences. We are looking for volunteers who can support us/join us to plan the activities which include campus beautification (artists required).

- **We require** performers, photographers, digital marketers, social media handlers, influencers or anybody with a unique skill to help us make the event successful. If any other unit or Aurovillian wants to join us, they are most welcome.

We would be having a small meeting to discuss the way forward on 2 February.

- For more details about the preliminary meeting:
 - 2 February, Tuesday
 - Mohanam Village Heritage Centre, Isaiambalam Road, Auroville.

9943644757, mohanamprogram@auroville.org.in

Thanks and regards, Anchal

Looking For

Looking for a Tabla and Veena

Hi, I am Umalakshmi. My kids Lohith and Lithika are going for tabla class and veena class. So I am looking for tabla and veena. If you have one unused, I would be really happy to have it which will be useful for my kids to practice at home.

Umalakshmi, 9790497644 WA, umadurai@auroville.org.in



Looking for a Long-Term House Sitting

I'm a newcomer and looking for a long-term house sitting opportunity. Please let me know if you are looking for a house sitter.

- Contacts: Cibin Thomas, cibinthomas@gmail.com, Mob/WA 9961711805. Cibin



Needs a Two Wheeler



Looking for a two wheeler during the month of February. Ideally a model that can comfortably go over the bumpy roads in Auroville. Hero Xpulse/Impulse, Royal enfield Himalayan etc. Open for other models as well.

Are you leaving Auroville during this period and looking to rent out yours? Send me a WA on +31657770922 or e-mail marnixbosscher@hotmail.com

Kind regards, Marnix

Looking for a (little) Bell



If you have an unused or underused Bell to give for one of the service spaces of Auroville, kindly contact: 9751513906 WA, Signal, Telegram or ulrike@auroville.org.in

Ulrike

Electrical Scooter Sharing Partner

Environmentally much better than most petrol vehicles, an E-scooter is a super choice! Costs are best shared. The Joy of course also will be.

- Interested? Contact Ulrike Urvasi 9751513906 WA, Signal, Telegram only, ulrike@auroville.org.in.



Ulrike

Available

Second Hand Cane Bed Available



I have a second hand Cane bed available in decent condition. Contribution requested. If anyone is interested, you can contact me at 9787618294 or sunja.fr@gmail.com.

Sunja

Lost and Found

Birkenstocks Taken

Hi dear all, my shoes were exchanged/removed at the back entrance of Cripa on Saturday. Here are the details of the shoes: Birkenstock Arizona Essentials (EVA), Size: UK 4.5/ EU 37, Color: Green/ Khaki, If you have them, please contact me! Thank you so much!



+91 8940288090, Sonia



Taxi Sharing

To Chennai Airport, 7 February, 10am or earlier

Looking for a taxi share to Chennai airport for 7 February, leaving around 10am or earlier from AV.

- Contact Wazo at michelgronoff@gmail.com or call 2622261, 9443011004 **Thank you! Renu**

To Chennai Airport, 1 February, 4:30am

Looking to share a taxi from Auroville to Chennai Airport with 1—3 people. Leaving at 4:30am on Wednesday, 1 February.

+491628074300WA, +918961483806 mob., Morganne

From Chennai Airport, 10 February, 4pm

Looking to share a taxi from Chennai Airport to Auroville with 1, 2 or 3 people. Leaving earliest at 16:00 on Friday, 10 February.

+491628074300WA, +918961483806 mob., Morganne

To Chennai Airport, 3 February, 7pm

I leave for Chennai Airport around 7pm on Saturday, 3 February and want to share the taxi with one other person.

kaiesko@gmail.com or WA +491632751242, Kai

From Chennai Airport 9 February, 4pm

From Chennai Airport to Auroville. I'm landing on 9 February at 14:45.

Cheers, eric.stardust@gmail.com

Help Needed

EYES THAT SEE PHOTO EXHIBITION

Immersive eyes and gazes captured by around 15 Auroville photographers. Poems, interactions, and an invitation to "SEE".

At Savitri Bhavan square hall
Ongoing from 18 January to 1 February, 2023
9:00 am till 5:30pm Monday to Saturday, till noon on Sunday

We would like for this and future exhibitions to travel in and out of Auroville and share the beauty with many more people.

- We need Rs. 50,000/- to cover the costs (incl. reusable handcrafted frames, printing and creative elements) Will you "see to it" that it happens?
- Transfer what feels right to account no. 252963 (Our Home) Aurovilians and newcomers can make direct transfers; Volunteers and guests need to go to the Financial Service to make the donation. Do please write "Donation to Eyes That See exhibition" in the description.
- For people outside Auroville: you can donate via <https://donations.auroville.org>.
 - Please write in the description "252963 Our Home Donations".
 - Please email to ourhome@auroville.org.in to inform us of your donation details.

See you there and See you around, Anandi Zhang & Silky Arora



Foods, Goods and Services



RED CHILLY CAFÉ

Red Chilly Café
Auroville Main road
Near Certitude sport ground
Warmly, Satyayuga

SERVICE TO THE STARS THROUGH HARDSHIPS

Ad Astra Aspera offers its services voluntarily in gratis in the below areas only to individuals/activities who/which do not have a qualified and experienced in-house resource.



Focus

- Social and Service Startups: Products and Services
- Concept Note, Project Proposal and Application Form Submission, Interview Preparation—Guidance only
- Branding, Email Marketing, Instagram, Business Communication, Website Content, Blog writing

Contact Details

- Name: Surajkiran
- Mobile: 988420 4918 (Voice and Whatsapp)
- Email: surajkiranv@gmail.com
- Location: Auroville

Regards, Surajkiran

ECO FEMME OPEN HOUSE

Every Thursday morning from 10:30am

Dear friends, join our open house at our office in Auroshilpam every Thursday morning from 10:30am. Come and learn about sustainable menstrual products and our not-for-profit programs and pick up discounted cloth pads, cups and cloth nappies.



See you soon!

The Eco Femme Team'

Auroville Poetry

O THOSE GAZES...

You walk into the garden
And become part of
The landscape.

You gaze at fishes in the pond

I gaze at you through the window

Lord gazes at us and
Brim with a borderless smile.

With joyful Gratitude, Anandi Zhang

JOURNAL OF A MEDITATION TEACHER

What I am doing now?

Who I am?

Saturday and Sunday

No class

Aaah, I am just missing you

Please come

No need of booking

I love you

Ivana

SOMETHING ELSE

The Adventure of Consciousness

Is alive and well

To one who sees the Play Integral.

Stark contrasts and contradictions

Are necessary for an irrefutable conviction

That there is something else

Beyond the limitations of the human

And that it is only a consenting surrender

To none other than the One Divine

That will carry you peacefully through

The intensity of The Triple Transformation²

That may take a few more generations...

But the future who human really knows?

To a Bhakta immersed in the Eternal Now

There is no longer a morrow.

Zech

Voices and Notes

HYENA

Poorna Yoga, or Integral Yoga is Auroville's raison d'être. The city is a green oasis, an oasis of spirituality. It is very attractive for different people from all over the world. One of them was a musician from Moscow. He visited Auroville for some time and wrote a book "Road to Auroville". The musicians haven't spirituality and his book wasn't about the real city. C'est la vie!



Once this man lived in Aspiration Guest House and said to me that he met hyena in the community. I answered:

"No hyenas in Auroville".

"But I took a photo!"

I saw the photo, there was a dog in it. Maybe the man saw a hyena in the Moscow zoo, but very long ago.

Hyena is a scavenger, often it lives not far from tiger. If a tiger kills any animal and eats part of its corpse, hyena eats remain. No waste in nature! Sometimes they name "second nature" results of human activity. And both of nature have their own evolution. First nature created hyena. Second nature didn't create something similar. We don't have a mechanical hyena which eats the wastes of civilization. For industrial society it is impossible for a man to bite his elbow. Vouloir c'est pouvoir but not always.

We don't have a zoo in Auroville and our children cannot see a living hyena. What is a zoo? Is it a prison for animals? But often in zoos animals live more long than in freedom. Sometimes the species lived in zoos but disappeared in nature. There are bad zoos and good zoos. I'm sure that the zoo in Auroville will be good. Children love animals. In zoos their love will be more concrete.

One time Rajeev Bhatt organized an exhibition of the living snakes in Deepanam school. Dietra had a hospital for sick, wounded, helpless birds in Gratitude. There was a mini-zoo in Auroville. It is a practical experience, positive and useful for the future. I have a dear friend in the Siberian city Irkutsk, his name is Anatolli Sosunov. He keeps the wounded swifts for years. It is impossible of course. But love makes everything possible.

Boris

AUROVILLE RADIO



Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

Last published podcasts

- [Savitri B I C V Part 2](#) (Integral Yoga)
- [Exploring the Spirit—"Seeds of the Future" by Deepika \(Pebble Garden\)](#) (City Life)
- [Exploring the Spirit—"Understanding Auroville" by Gilles Guigan](#) (City Life)
- [Sri Aurobindo, La Vita Divina—Cap. 18](#) (Sri Aurobindo)
- [Soul Tracks—S.04 E.24](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—426](#) (Integral Yoga)
- [Marlenka's weekly offering—ep.79](#) (Literature)

Last Youtube live videos

- [Every soul is Unique](#)

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

Please help us to relocate the radio!
Donate to F.A. number 251369

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

Peace and Love

THE SPECIFIC PURPOSE OF AUROVILLE

The Mind is a dualistic consciousness based on boundaries. It is under the illusion or perception that it is separate from everything else. It perceives part-truths as either Truth or False. Therefore it is a consciousness based on falsehood. Thus so far the psychophysical-sensual manifestation of this false consciousness is the current physical-vital-mental being we call the human or the Homo sapiens species, mostly with a psychic being gradually awakening to its divinity.

Although in the Integral understanding this transitional human stage is all part of this Lila, which is this hide-and-seek existential game of the One with Its many, a Divine Play of self-limitation starting from zero with the progressive evolutionary objective of a rediscovery and a re-union, a Yoga, with its Self. After billions of years of evolution of consciousness and life, with Mind having reached its limits, with more and more psychic beings fully awakening, the Supermind or Supramental Consciousness is now involved in the Earthplay, thanks to the Supramental Avatars Sri Aurobindo and the Mother. The Supramental is a consciousness of Unity. Thus it is a consciousness based on Truth, seeing all part-truths as complementary aspects of the One. The date of inception of this Supramental Consciousness and Its derivatives on Earth is 29 February 1956, just nearing 67 years ago. The unstoppable process towards a new modality of existence is modulated so as to allow the transition to be as bearable as possible for the Earthlings as a whole, especially for the still too mental animal-humans. Psychophysical transformations experienced as calamity events vary according to resistance to change, both individually and collectively.

The role of the Avatars are both kickstarters of this global paradigm shift and revealers of the processes for the multi-generational individuals who will continue on with the progressive Supramental psychophysical transmutation. At present Year 2023, all written and spoken revelations are now fully digitized and freely available on the global internet as Knowledge Commons.

Whatever is happening on Earth in terms of the increase of collective experiences in all branches of knowledge scientific and spiritual are complementary parts and parcel of this Supramental evolution towards a new superior species, termed by the Avatars as the Supramental being, whom

will govern the planet in the soon coming age termed as Satya Yuga, the Golden Age.

A Life Divine for all sentient beings on Earth, including the varied human species and all other diverse life forms.

The role of the true Aurovilians at any point in time prior to this coming Divine Manifestation?

- The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.
- Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.

Auroville, the City of Dawn, conceived by Sri Aurobindo and founded by the Mother, was created for this specific purpose of intensified and hastened psychophysical evolution.

For general guidance and reminder:

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

Synchronicity strikes ever so quickly:

"How stupid people are! When the Grace comes to them, they drive it away, saying, "Oh, how horrible!..." I'd known that for a long time, but my experience is... a bedazzlement. Yes, each thing is perfectly and marvelously what it must be every instant.

Exactly.

But it's our vision that isn't in tune.

Yes, it's our separate consciousness.

The whole is brought with lightning speed towards the consciousness that will be this Consciousness of the point and of the whole at the same time.

(long silence)

Mother completes the copy of her note)

There, I'll write today's date.

Today is the 19th.

19 November 1969: supramental consciousness.

The first descent of the supramental Force was on a 29th. And this is on the 19th. The figure 9 has something to do with all this There are so many things we don't know! *(silence)*"

Peruse it all:

- [The Mother's Agenda, November 19, 1969](#)

And then right on cue, a brother Aurovillian comments: "Yes—the Animal-Human / Homo Sapiens is transitioning to Techno-Human / Cyborgs....with the intermediate stage of Transhumanism."

The synched response seemingly coming out of the blue:

That is quite obvious. Just look at Mother Earth experimenting on all countless sorts. We are in an experiential holographic existence of infinite possibilities... however:

"It is not a question of "can" or "cannot" at all. All is possible, but **all is not licit**—except by a recognisable process; the Divine Power itself imposes on its action limits, processes, obstacles, vicissitudes." **Sri Aurobindo**

- <https://incarnateword.in/cwsa/35/no-miraculous-force?search=licit>

The Yogic process of psychophysical transformation from within is more interesting... with divine firewalls of course, to prevent any fool from getting hold of Supramental powers.

Let's see...

"But, to live in Auroville, one must be a willing servitor of the Divine Consciousness."

PS: On the Supramental transformation:

"But in several cases, I saw that this Force doesn't act only here [in Mother]: it acts in others. And always, always, the moment of transition (it may be very brief, or it may take some time) is a bit... difficult. One needs to be forewarned."

- [The Mother, Agenda, November 22, 1969](#)

Om Namō Bhagavate, Zech, 2023.01.22

TALES BUT NOT TALES

1. A cement boat

1975- I was a student at the Sorbonne University, in Paris France and working with handicap kids from a Special School in Neuilly.

One day, Louis Male's 8 and a half hours Documentary film: "Phantom India" was announced in a faraway Cinema. I went for two weekends and on the second day, I felt I had seen enough, and was going to move, when somebody said;

"I live in a place where there are people from all over the World wanting to create a New Society. to live without personal money and possessions and having an Education open with no exams".

I sat down again. I wanted to know where this place was. Not possible. The following day I went to the Indian Embassy to find out. They gave me an address in Rome street, "The Auroville Center". I started going for meditation and learning more about the place.

One day I was invited to an Auroville's France Meeting. It was in Roger Anger's castle in the Countryside. A lot of nice people, but three special ones had just arrived from Auroville. They were looking at me like some kind of E.Ts., Jean Pierre (Bhagavandas), Vincenzo and Parid. They were coming to France after a long time in Auroville.. I was with them several times and I could feel the difference with the people living there.

A little later, J.P went to his family in Bordeaux and there, a cement boat was started to be built, and on this boat they were planning to go back to India. I was invited to participate in the construction, and went to Bordeaux on the weekends. Finding there, after so long out of home, a warm bed and somebody kissing me before going to sleep, J.P.'s mother.

The atmosphere at the construction site was very special, and they often said they were very touched... it is like building the M.M.... I did not understand the meaning of that, but I felt that it was something unique. At list, for me, a boat on cement it was! The money came from the girlfriend of Paris: Francoise Montessier, a well known Solitary Navigator.

The boat was taking final shape and I also was planning to travel on the boat to Auroville with them. Really exciting! When the work was finished, Parid and his girlfriend broke their relationship and she traveled alone around the World with our Cement Boat built like the Matrimandir!

In 1976 I arrived by plane to Mumbai with Janaka, on our way to Auroville.

Anandi-ayün, Certitude

Classes, Workshops & Healing Arts

NADA YOGA

- **Wednesday, 4—5pm**, Nada yoga (mantra, overtones, kototamas (reiki sound)).
- **Fridays, 4 pm—5pm**, Nada yoga (mantras, kototamas, overtones and shamanism with drum and 1 gong).
- **Contact** Satyayuga from Auroville Art Service
 - WA and ph. +91 7639761930
 - ijmalor@yahoo.fr/www.aurovillesatsounds.com



Warmly, Satyayuga

ACTIVITIERS BY DR. SEHDEV KUMAR

Professor Emeritus, Canada, Internationally renowned Author, Poet, Mediator, Author of "7000 Million Degrees of Freedom", "Ocean in a Drop: Verses of Kabir"

Freedom From Fear

• Verite, Saturday, 18 February, 2—4:30pm

Fear has an apocalyptic power; it can sap all energy, and make even thing inert and lifeless.



- Fear of Failure
- Fear of Losing Face
- Fear of Loneliness
- Fear of Love & Intimacy

How can one live with full intensity and with all ebbs and tides, without knowing what fears freeze the mighty river of one's life?

• Register: +91 7867805812

Peace Within: Peace Without

• Vérité, Saturday, 4 February, 2—4:30pm



- Can there be Peace Within if there is Discordance in the Family?
- Can there be Peace in the World if our Leaders are driven by Arrogance and Fear?
- Can there be Peace in our Hearts if demonic forces of Injustice and Inequality keep flourishing in the World unheeded?

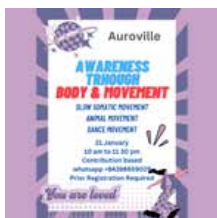
Let us aspire for an Integral Vision of Peace that celebrates **Love & Harmony & Dignity** at all levels In the Phenomenological & Spiritual Universe Alike

• Register: +91 78678 05812

Thank you, Sehdev Kumar,
www.lotusinthestone.com

AWARENESS THROUGH THE BODY & MOVEMENT

Hey everyone, in this workshop we will be gathering to do a movement awareness session to support the body's natural movement towards release of blocked energy trapped in our body, to become more self aware of our movements and to learn how we can reprogram our body & mind with conscious movement to access our innate strength, resilience and bliss.



The session will be about connecting with our body and energies along with being mindful of the present experience and sharing with others, opening to or receiving the present moment, pleasant or unpleasant, just as it is, honoring what comes up for us without either clinging to it or rejecting it.

We hope to see you there and vibe in love you can get to know more about the facilitators on www.instagram.com/expandlove and www.instagram.com/explore_consciousness

- Seats are limited to 10, registration is closing soon.
- For more details contact +84 388 659029

Nadia

ADVAITA (NON-DUALITY) IN DAILY LIVING
Monday, 30 January, 4:30pm, Unity Pavilion

Delving deeper into the core concepts of Advaita, Gautam will speak about:

- The nature of the world and its structure, based on duality of every conceivable kind
- Healing of relationships with people, with ourselves, and events that happen in our lives
- A return to the peace that is our fundamental nature

Gautam Sachdeva speaks and writes on the subject of Advaita (Non-duality). He spent over nine years in close association with renowned Advaita sage Ramesh Balskar.

Rameshji's guru was Sri Nisargadatta Maharaj, whose book I Am That is considered a modern spiritual classic. Gautam is also the founder of Yogi Impressions Publishers

- To know more, visit: www.gautamsachdeva.com
- [Unity Pavilion location](#)

Submitted by Arun

MUDRA CHI

Every Tuesday at 4:30, Savitri Bhavan



Based on Mother's Mudras in a Tai-chi Form. Facilitator Anandi-ayun

Everybody Welcome

Anandi-ayun

Smile please, everything will be OK

AUTHENTIC RELATING GAMES

Tuesday, 31 January, 5:30—7:30pm
With Prem Shakti @ Bharat Nivas Harmony hall

The intention of this offering is to create a safe container for heart centered, authentic expression that leaves us more alive and resourced, so we carry the light into the world.

- **On coming Tuesday we will explore:** Connection to ourselves and others through embodied practices both verbal and non-verbal .

Each week we offer different practices that enrich our capacity to relate consciously with ourselves and with the world.

Authentic Relating is a practice using exercises, or games, to teach the skills necessary to quickly create deep, meaningful human connection. It steers people towards a greater sense of wholeness—a defragmentation of the self into a more cohesive whole—through freely expressing our true experience in the company of others. It is an approach to cultivating more genuine, fulfilling, and mutually rewarding relationships. Each Please bring comfortable clothes and your presence.

With love & authenticity, Prem Shakti

SURYA KRIYA WORKSHOP

31 January—3 February

Creativity Community, Hall Of Light



I am Rahul, Hatha Yoga teacher, trained by Sadhguru in Isha Yoga Center, India.

We went through intense training of 1750 Hours, Learning how to transmit this Ancient Technology of Well Being.

Also I am offering only those practices which worked for me. The practice I want to offer is called Surya Kriya. Surya Means Sun, and Kriya Means inner energy process. Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner wellbeing. It will be offered the way it was taught 2000 years ago or Classical way. Surya Kriya Changed my life.

- This workshop will have 4 sessions (2 hours), one day one session. Attending every session is mandatory to learn Complete Kriya.
 - Starting from 31 January to 3 February
 - Tuesday, Thursday, Friday, 5—7pm
 - Wednesday, 7—9am
 - Workshop Fees: Towards Contribution
- Please park in the shade area beside the gate.
- Reserve Your Seat In Advance, 7206602665 WA. Lola

21-DAY ULTIMATE HEALTH CHALLENGE

www.satvicmovement.org

ULTIMATE HEALTH CHALLENGE

Learn 7 Habits to Rise to Your Peak Health, in 21 days.

23rd Jan to 12th Feb (6 to 7 am)

Benefits You'll Experience :

- Abundant Energy
- Optimal Weight
- Clarity of Thinking
- Deeper Sleep

We're happy to recommend the upcoming 21-day Ultimate Health Challenge facilitated by the Satvic Movement team

- 23 January to 12 February, 2023. It's an online program with sessions every morning from 6 to 7am.

Support Group in Auroville

We're happy to form a support group for Auroville residents participating in this program. Some of us have already attended this program and have found it very beneficial. We also interacted with the Satvic Movement team when they were in Auroville recently and are exploring a deeper collaboration. The support for this program will be offered in the form of collective study and reflection circles locally as well as an exploration of a community kitchen experiment that serves whole-food plant-based vegan dishes. We will also read and reflect on excerpts from the book 'Integral Healing' which has a compilation of Sri Aurobindo and The Mother's writings on health and healing.

- To know more or join the adventure, please write to us on devabhasha@auroville.org.in

All are welcome.

Warmly, Deven and Shilpa

BODY IN LIGHT HOLISTIC ENERGY HEALING

3 Day Workshop with Sandhya

February 3—5, Friday—Sunday, 9am—5pm at Tibetan Pavilion

- Learn the fundamentals of energy healing and become a healer for yourself and others
- Understand the principles and universal laws of energy healing
- Learn powerful healing techniques:
- Spine alignment, correction of your pelvic obliquity
- Connecting to the Blueprint of your source
- Purification and rejuvenation of your cells
- Release of emotional trauma and karmic baggage
- Chakra and Aura cleansing
- Distance Healing
- Increase your vibration
- Collective Healing



This workshop offers a deep understanding of our individual capacity to contribute to the evolution of consciousness

and the power of individual and collective healing. It can bring profound insights to the surface of your awareness, deepen contact with the memory of your innate wholeness and allow you to become a healer and live your life in alignment with your Divine essence.

About Sandhya

Sandhya had become an Aurovillian 15 years ago and an energy healer for 25 years. She conducted many workshops to train healers in different healing techniques. Her life is dedicated to the evolution of consciousness. Therefore she cares about the empowerment of the self through coaching, facilitation and training.

- Limited spaces, please register! For further details and registration +919443619403 WA

With love & light, Sandhya

AUROMODE YOGA SPACE

Auromode Yoga Festival

February 1—10, 6:30am—9:30am

We offer our space for Practice, Practice, Practice—Nothing else

- 6—6:30am: Meditation
- 6:30—7:30am: Kriyas & Karlakattai
- 7:30—8am: Pranayama
- 8am—9:30am: Asanas, Ashtanga/ Vinyasa
- Registration must, contribution required
 - balaganesh.siva@gmail.com
 - WA + 91 9892699804



ATB TRAINING WITH AMIR & LISON

Introductory Workshop ATB1

A two-day workshop on Saturday and Sunday, February 4 and 5.



ATB workshops aim to facilitate awareness through the body. A space where all doing can stop and individuals can reconnect to themselves, finding tools and opportunities for self-discovery and inner growth.

Listening to, and acknowledging the various inputs from both the inner and the outer world. A journey that allows us to better understand the complexity of our existence and to become more self-directed beings, organized around the innermost psychological centre, the truer part of our being.



A change of consciousness is equivalent to a new birth, a birth into a higher sphere of existence. The Mother, 1964

A space to cultivate the positioning that allows us to grow in awareness of what we do, how we act, feel and think, instead of reacting to situations and circumstances.

Basic Tools of ATB: Sunday, 12 February

A continuation workshop to Explore the steps forward into awareness in Kindergarten age; To set the foundation for the ability to "Listen" and self-regulate, using fun as foundation. The workshop is equally useful for people of any age to experience the Inner-Child contact... unfolding potential from within.

- All the training is from 9am—5pm at the ATB hall in Transition School.
- For more information see
 - <https://awarenessthroughthebody.org/> Or
 - <https://www.atbwithamir.com/>
- Registration: Amir, connect@atbwithamir.com, WA +91 9751257709

Amir



ARKA
WELLNESS CENTER & MULTIPURPOSE HALL
 Regular activities, February 2023

Classes

Classes	With Whom	When
Acro Yoga	Damien 9047722740	Monday to Saturday
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30-8:30am. Wednesday 4:15pm Friday 5:30pm, Only by Appointment.
Iyengar yoga	Olesya, 9159052743	Monday, Wednesday, Saturday, 6:30-8am. Monday, Thursday, Saturday, 5-6:30pm.
Qigong Yang Style, self-massage	9600094875, +353877420282	Monday to Saturday, 8:30-9:30am, by Appointment only
Chakra Breathing Meditation	(WA), Marco	Friday: 7:30-8:30am
Heartfull Meditation	Avanthika, 6380238326	Wednesday 4:30 to 5:30am
Sound Chakras healing	Lakshmi, 8489764602	Only by Appointment

Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana by appointment 9047654157	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacolouring	Meha, by appointment, 9443635114	Monday to Saturday
Shiatsu, Thai Yoga Massage, Osteothai, Somatic Bodywork and Sound Healing. Only by Appointment	Marco, WA +353877420282 9600094875	Monday to Sunday
Chinese Fire Cupping and Moxibustion Therapy	Chun, 8098900708	Monday to Saturday
Tarot, Oracles and Akashic Records Reading	Valentina: 9791719387, +39346225804, WA	Monday to Friday (Morning)
Acupuncture, Only by Appointment	Dr. Mohammad Sahel, 9994208068	Monday to Saturday
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry. Also in French	Antarijoti: 0413 2623767, antarcalli@yahoo.fr	Monday to Sunday

SWEDISH DEEP TISSUE MASSAGE



MESSAGE TO HEAL

We are offering Swedish Deep tissue massage at Auromode Angamtree Wellness center, Swedish Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles) It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

- For more information and booking, contact angamtree@auroville.org.in +919384460764. *Warmly, Tahir*

LEAF SHAPED HEART

1—5 February, 10—11:30am & 11:45am—1:45pm
 Duration 4 hours, at Kalakendra, Bharat Nivas

Nature of workshop: It is to illuminate the urgency—of incorporating health—both that of mind and body in equilibrium with elements of nature, as a collective and as an individual.

- Free conversations, meditation techniques, Tibetan Yoga, Vipassana.
- Additional a print workshop to make impressions of the experience and take it back with you.
- No. of participants: 10—15
- Towards Contribution
 - **Aurovillians:** 2—5 per session, on voluntary contribution. Based on first come.



- Registration: Kalai, 8600026603 or subhayuepaul@gmail.com
- Office: 0413 2622488, bharatnivas@auroville.org.in

Parking Outside the Main Gate & Covid Rules followed

Submitted by Vani

QUIET HEALING CENTER



www.quiethalingcenter.info/quiet@auroville.org.in

+91 9488084966 WA & ph.

Woga (Yoga in Water) 1&2 with Petra

- Tuesday, 7 & Wednesday, 8 February, 8:45am—5pm, 12 hours

Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water.

Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety. Water yoga is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high.

Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool! Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.

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

Ancient Vedic Healing Workshop with Swami Omkar

- Saturday, 4, & Sunday, 5 February, 10:30am—5:30pm, 12 hours

In this workshop you'll be exposed to the ancient art of Vedic Healing through *Prana Vidya* or the *Knowledge of Prana*, the universal life force which permeates all creation.

Advantages of Prana Vidya

- simple to learn and practice
- all types of lifestyles can experience and practice Prana Vidya
- healing based on Prana Vidya does not have any negative side-effects for the healer
- while learning Prana Vidya, its healing power can already be experienced
- all kinds of mental and physical problems can be cured
- character, memory power, and thought processes can be improved
- can also be used for success in education, wealth, peace, and relationships
- purifies your inner being and uplifts your spiritual life

Prana Vidya offers the knowledge of gaining, restoring and uplifting Prana in our body. It also explains how to transfer this life force to other people, as Prana can be given to others, who are sick or in an imbalanced state.

Swami Omkar, founder of "Pranava Peetam Trust", has been teaching Prana Vidya in India and abroad and likes to share his knowledge with everyone, who is eager to learn this ancient Vedic Healing method.

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

Ayurvedic Birenda Massage Course with Jean-Louis and Sivacoumar

- Thursday, 9 till Sunday, 12 February &
- Saturday, 18 and Sunday, 19 February
- 9am—5pm

This massage training consists of six days, divided into four and two days.

Ayurvedic Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body.

You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards. Manual and certificate are given upon completion of the course.

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

Watsu & Meditation with Dariya

- Saturday, 11 & Sunday, 12 February, 8:45am—6pm, 15 hours

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, which fosters possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, besides perception through the rational mind. This might at times support making choices from a deeper place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to, and be fully present with the person we float during a Watsu session.

- **Prerequisites:** Watsu Basic

Watsu & Breathing with Dariya

- Thursday, 9 & Friday, 10 February, 8:45am—6pm, 15 hours

A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also integrate the practice of Watsu qualities and the power of working with your receiver's breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and your energetic connection with the receiver. You will also be exposed to the anatomical basis of our respiratory system to better understand its functioning. To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

- **Prerequisites:** Watsu Basic

Holistic Reflexology Training with Ananda

- Monday, 13 & Friday, 17 February, 9am—5pm

Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence & loving energy—nerve endpoints, lymphatic nodes, 'micro map' of the body parts and energy centres in hands and feet are activated/relaxed. It helps harmonize internal organs, blood circulation, nervous, hormonal, lymphatic systems and boosts immunity. Reflexology has roots and is practiced by ancient cultures of India, China and Egypt. The modern form of Reflexology is based on extended research and mapping by Eunice Ingham and zone therapy by Dr William Fitzgerald. It also combines meditative presence, energy work experience and holistic approach by Ananda.

In this training you'll learn

- anatomy of physical, energy bodies and reflexology maps
- reflexology techniques and sequences for organs, nervous, lymphatic, hormonal and energy balancing
- lymphatic flush drainage sequence for detoxification
- warm-up, self-healing, theory, practice, exchange sessions and integration
- meditations to be open channel of presence and loving energy
- effective ways to give deep healing sessions effortlessly

This module 1 training covers anatomy, self-healing, foot reflexology sequences, meditation and session setup. On successful completion, a participation certificate will be provided!

Submitted by Guy

PITANGA

Programme for February 2023



0413 2622403/ WA 9443902403, info@pitanga.in

Iyengar Yoga with Tatiana

Practices for residents only, with prior registration!

- **Tuesdays, 4:30—6pm**, Yoga for the Spine, Drop-In. This is not a medical class. Participants can join if they have spine problems but need to be able to fully take care of themselves, carry their own props etc.
- **Thursdays, 4:30—6pm**, Mixed level, Regular practitioners only. This class is open to residents who are practicing regularly already.
- **Saturdays, 9—10:30am**, Restorative Yoga, Level 2—3, Regular practitioners only. This is a class for the very advanced students.
- **Saturdays, 11am—12pm**, Pranayama, Regular, Open for residents only. For any Iyengar Yoga practitioner who is practicing regularly.

Yoga Asanas with Rachel

- Mondays, 5—6:30pm, Hip opening, All levels, Drop-in
- Tuesdays, 7—8:30am, All levels, Drop-in
- Wednesdays, 7—8:30am, All levels, Drop-in
- Thursdays, 7—8:30am, All levels, Drop-in
- Fridays 5—6:30pm, For beginners, Drop-in
- One-on-one lessons available on request.

Ashtanga Yoga—Mysore Style with Sheida

- Mondays, 7—8:30am, Drop-in
- Thursdays, 7—8:30am, Drop-in

More Yoga

Yoga de l'énergie, in French	Monday, 3—4:30pm	Ricardo
Yin Yoga, in French, Drop-In, 28 January & 11 February	Saturday, 5—6:15pm	Aurélie
Pranayama, Regular only	Friday, 6:45—8am	François, Namrita
Yoga Therapy, All levels	Monday, Wednesday, Friday, 8:30—10am	Gala
Asanas for children, 7—9 yrs, Regular	Saturday, 10—11am	Gala
Asanas for teenagers, 10-15 yrs, Regular only	Monday, Wednesday, 4—5pm	Lisbeth

Body—Mind—Spirit

Dynamic Qi Gong, Regular	Monday, 5—6:30pm Saturday, 8—9:30am	Andres L
Dynamic Balance Course, Starts 7 February, registration needed	Tuesday, 9—10:15am	Osnat
Taoist Qi Gong In French, Drop-In	Tuesday, 7:30—9am	Elisa T.
Taoist Qi Gong In English, Drop-In	Thursday, 3:15—4:45pm	Elisa T.
Neurographic Drawing, For adults, Drop-In	Thursday, 3—4pm	Gala
Yoga Nidra, Drop-In	Thursday, 11:30am—12:30pm	Rosa A.
Awareness and Joy, For seniors, Drop-In	Friday, 9—10am	Rosa A.
Feldenkrais, Drop-In	Friday, 5:15—6:30pm	Shari
Aviva Exercise, For women, Drop-In	Thursday, 4:30—5:30pm	Suriya-Gandhi
Odissi Dance, Beginners	Paused till mid Feb	Rekha
Odissi Dance, Intermediate, Regular	Monday, 5:15—6:15pm Friday, 4:30—5:15pm	Rekha
Reading class "The Life Divine"	Friday, 4:30—5:30pm	Balvinder

Homeopathic Clinic

"Svasti" Homoeopathic Clinic with Dr Aditi Patel, B.H.M.S., Homoeopath (Registered).

Consultations for new cases are held by appointment only. Please contact her by phone (+91-9428429642) for any enquiry, or come in person:

- Monday to Friday 3:30—4:30pm to Pitanga.

Healing Spaces

Please book your appointment for a healing space by phone: 262 2403

Acupuncture	Heidi
Bio-Resonance	Afsaneh
Chiropractic Adjustment	Afsaneh
Essenian Healing	Patrick
Energy Meridian Massage	Andres L
Thai Yoga Massage	Bernardo

Special events in February

Qi Gong classes with Cilica Chlimper (France)

- Monday, 30 January & 6 February, 8:30—10am

Tai Ji classes with Cilica

- Wednesday, 1 February & 8 February, 9:30—10:30am

Dynamic Balance Course with Osnat (Physiotherapist)

- Tuesdays, 9—10:15am, starts 7 February, end 28 March

Prior registration is required!

"I invite you to enhance your balance in a program of 8 sessions, in which we will practice balance exercises from different methods and techniques with an emphasis on functional training."

ATB Introduction Workshop with Rosa

- Sunday, 12 February, 9am—1pm



This is a small workshop for those who would like to have a taste of ATB!

Awareness through the Body is a comprehensive curriculum of exercises that aims to raise awareness and enable the participants to become conscious of their own perceptions and abilities so that they may become self-aware, self-directed individuals. The activities are creative and often fun; they develop gradually and encourage concentration, focus, relaxation, and a sense of accomplishment.

We explore the body and through the body awaken the consciousness of the entire being and all the parts that form it.

If you wish to receive our program of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile!
Submitted by Andrea, for Pitanga.

VÉRITÉ INTENSIVES



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programming@verite.in

Registration required for the following intensives

Meipadam—Warrior Fitness Training with Swathi

- Friday, 3 February, 9:30am—12pm

In this intensive session, we will experience lessons to understand our body through Angasastram (the ancient science of body characteristics), according to which there is a specific measure to our body parts. When our body reaches our intended proportion we create a field of energy around us. Through this, the practice of Mei-Padam helps develop muscles exactly up to a point that is perfect for the body while retaining the softness and achieving a far better strength and endurance than with typical strength training. This practice can bring tangible improvement in one's life.

Healthy Aging with Lize

- Friday, 3 February, 2pm—4:30pm

We accept that becoming more sickly is a normal part of aging, with the increased suffering and economic burden this brings. However, this need not be the case. Our lifestyle habits— diet, exercise, sleep, stress management—are in large part the drivers of chronic disease and accelerated aging. We can increase not only our lifespan, but also our healthspan, or years spent in health and optimal function. This workshop will give you the knowledge, motivation and practical tools to help you live a long, healthy and productive life.

Harmonizing Inner Conflicts Based on Nonviolent Communication & Somatic Consensus with Vega

- Saturday, 4 February, 9:30am—4:30pm

We all have inner conflicts in us. In this one day intensive, we will practice developing our awareness of body and emotions through different ways of dealing with inner conflicts, and understand why we have them. We will further experience how to connect oneself in different ways to have more clarity about what's happening, so we can move forward with more peace.

Explore your bodies (koshas) through the practice of yoga with Sabrina

- Saturday, 4 February, 9:30am—12:30pm

You will be guided to experience your different 'bodies' (physical, vital, mental, intuitive and bliss) called Panchakosha in Yoga. Becoming aware of our bodies helps us to bring more clarity about what is happening within us in our daily lives, and enhance our yoga practice. As attention is strengthened, and awareness expanded, better understanding and self-management can occur. A beautiful session open to everyone.

Yearnings for Peace: Peace Within, Peace Without, How Harmony, Tranquility, Beauty & Generosity are essential expressions of Peace, with Dr. Sehdev

- Saturday, 4 February, 2pm—4:30pm

Disharmony, tension, fear, and depression are various expressions of a life that is not at peace with itself. In this state of peacelessness, all our life energies are slowly dissipated. Peace Within—peace in our hearts, bodies, and minds, and Peace Without—in our families, nations, and in the world at large, are all of one piece. Through one's own life experiences and encounters, this workshop explores Peace as the most scintillating force in all its existential and spiritual manifestations.

Healing Herbs of the Mediterranean area with Stella

- Friday, 3 February, 9:30am—12pm

This is an introductory class on the healing plants of the herbal medicine tradition from the Mediterranean. We will discover their properties, active principles, how and when to use them for healing, and why not to use them to prevent different diseases.

An Introduction to Mindful Meditation, with Moller

- Wednesday, 8 February, 9:30—12pm

Mindfulness meditation takes us into the heart of our innate ability to be aware. When exploring this form of awareness meditation, we gradually discover the wisdom, compassion and mutuality present in every living moment of our lives.

Although we may generally be unaware of these refined human qualities, mindfulness meditation elicits in us a process of awakening into who we truly are—beyond words, dogmas and limiting self-beliefs. We gradually begin to fathom the depth of our human potential, and through the practice gain confidence in the sustainability of our own clarity and wisdom.

No special talent or qualification is required for effective Mindfulness meditation. We learn as we go along. All are warmly invited to join us for these informal workshops.

VERITE REGULAR EVENTS

February 2023



Classes

0413 2622045, 7867805812 WA,

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Hatha Yoga: Sun & Moon with Tahir

- Monday, 9—10am

Hatha Yoga is a preparatory process. The word "ha" means sun, "tha" means moon. "Hatha" means to bring balance between the sun and the moon (or the Ida and Pingala); Hatha yoga is a path toward uniting opposites. You can explore Hatha Yoga in ways that take you beyond certain limitations, but fundamentally, it is a physical preparation—preparing the body for a higher possibility.

Hip Opening And Arm Balance Hatha Vinyasa Yoga Flow with Abhi

(To Strengthen and Release the Tightness of Muscles)

- Monday, 10:30—11:30am

A Hip Opening Immersion To Unlock Tight Joints. Hip openers are an essential part of a strong and balanced yoga practice. While hip opening poses have many great benefits, they are often challenging and uncomfortable to practice, especially for beginners. These asanas are not only great for physical well-being, hip opening asanas also encourage emotional release and stress relief. If you follow some basic practice tips, you can conquer these challenging poses and reap all of their amazing benefits.

Yin Yoga with Emma

- Monday, 3:30—4:30pm:

Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilise and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

Deep Sound Bath with Satyayuga at Vérité—Monday 5 to 6 pm: Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone and drum along with mystic chanting.

Hatha Vinyasa Yoga with Andres

- Monday, Wednesday & Friday, 5—6pm

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

Slow Flow Yoga with Emma

- Tuesday, 9—10am

This Gentle Vinyasa practice explores the Range of motion of the body while working on mobility and flexibility. The class focuses on breath and mindful movements with a moderate intensity.

Yoga for Inner Alignment with Radhika

- Tuesday, 10:30—11:30am

This yoga is a physical practice that embraces the reality of life through attitude, alignment and action, helping us to feel more grounded and centred in our daily activities.

Mindfulness for Beginners with Moller

- Tuesday, 10:30—11:30am, no class 28 February
- and Thursday, 3:30—4:30pm

Mindfulness is the art of bringing more clarity, intelligence and compassion into our daily living. And for this, all we require is the ability to pay attention to the way we think, feel and relate to our world and others. Mindfulness practice is the true 'beginner's Mind' in action. It naturally awakens in us the valuable resource of deep communication and free intelligence by becoming willing and authentic participants in every aspect of our lives. During this practice we learn how to look at ourselves and our world non-judgmentally, with curiosity and with an open heart. No prior experience required. All welcome.

Meipadam Warrior Fitness with Swathi

- Tuesday, 3:30—4:30pm, no class 28 February

In this class, we will experience the ancient science of understanding our body characteristics (Angasastram) and practice five specific exercises that can bring tangible improvement in one's life.

Functional Health & Nutrition with Lize

- Tuesday, 3:30—4:30pm

Would you like to be in optimal health? Would you like to learn more about what you can do to increase your physical well-being? Are you confused about health and dietary advice? In these interactive sessions we will explore these questions and offer practical, actionable solutions.

Holistic Yoga with Sabrina

- Tuesday & Thursday, 5—6pm, Wednesday, 9—10am

Come and experience a complete Hatha Yoga class, to balance the whole being! Each class includes pranayamas/pranavyayamas/mantras/mudras/asanas/ meditation.

Vinyasa Flow Yoga with Rebeca

- Tuesday & Thursday, 5—6pm

Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength and flexibility. Under the view of a physiotherapist teacher, there is a main focus on individual alignment with anatomical explanations for the safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging.

Backbend and Hip Opening Hatha Yoga Flow with Abhi (To Unlock the Centre of Love)

- Wednesday, 10:30—11:30am

Heart Openers To Unlock The Center Of Love. Heart opening Yoga revolves around the heart Chakra, a spiritual power in the human body based on Indian beliefs. It is believed the heart Chakra is the centre for love, compassion, and emotions in our lives and bodies. When the heart Chakra is closed off, it can result in holding grudges, being unable to let go, being emotionally unstable, and having the inability to feel love or be loved. Also, you may think you are ready to embrace love, but your body language may say otherwise. The fear of heartbreak and the effort to protect our fragile hearts are often visible in our body language. You need to open your heart to let love in. This class will be helpful for those who are struggling with self love and those who have tight shoulders, upper back and neck.

Restorative Yoga with Rachel

- Wednesday, 3:30—4:30pm

A supported yoga practice of restorative poses and breath work that help to calm and soothe the nervous system, improve sleep, reduce stress and anxiety and open the body.

Nataraj Dance Meditation with Nirmal

- Wednesday, 5—6:30pm

Nataraj represents the energy of dance. Dance becomes meditation when mind dissolves and only the dance remains, when the 'doer' disappears and embodiment manifests. These 90 minute sessions follow Osho's Nataraj Meditation format with occasional enhancement of the soundtrack using live instrumental music.

Hatha Yoga on Alignment with Rachel

- Thursday, 9—10am

The class offers detailed verbal guidance and instruction along with extended personal experience to adjust you into the posture with consciousness and focus on alignment. This practice helps to improve physical, physiological and mental capabilities, and helps us to live in the present moment with presence and stability.

Yoga of Awareness with Tahir

- Thursday, 10:30—11:30am

Yoga awareness is a different style Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.

Free Flow Dance and Movement with Vega

- Friday, 5—6:30pm

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

Chakra Dance Meditation with Nirmal

- Saturday, 5—6:30pm

This meditation session includes body warm up, different breathing techniques focused on the chakras, and dance to release stress and be prepared for a silent seating meditation.

Ecstatic Dance with Tahir

- Saturday, 5—6:30pm

Ecstatic Dance is a freeform conscious dance practice. As soon as you enter the space, you are invited to let go of judgments and expectations and allow yourself to feel your emotions, sensations, body, mind and spirit. A safe space for movement and expression.

**Treatments and Therapies**

+91413 2622606, 7867805812 WA,
treatments@verite.in

Thai Yoga Therapy with Andres

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

Biodynamic Craniosacral Therapy with Mila

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

Craniosacral Therapy with Giuliano

Craniosacral therapy (or CST) is a non-invasive manual medicine technique based on gentle hand applied pressure (5-10 grams). Through conscious touch it's possible to quickly facilitate self-healing. CST is a broad spectrum therapy indicated for all ages, and particularly useful for muscle and joint trauma, persistent pain, whiplash, pre- and post-operative treatments, stiffness and changes in movement of the spine, as well as postural problems. *By appointment.*

Private Yoga Sessions/ Yoga Therapy with Nadia

Yoga therapy is the specific application of sequences of posture, breathwork and meditation with the support of props, to address an individual's physical, mental, and emotional needs within a holistic and highly personalised framework. Yoga Therapy is for those who require specific guidance and modification or may not be able to follow a regular class due to special needs, pace, or recuperation requirements, typically these include back care, joint issues, energetic/hormonal imbalances, lack of mobility due to injury, injury to the nervous system, PTSD, anxiety, circulatory problems and much more. *By appointment.*

Grounding & Relaxation Massage, Emotional Healing Massage, Fertility Massage with Prem Shakti

After an initial consulting phase, the needs of the client are assessed and deep tissue massage is applied to help release emotional tension. The client is coached via deep breathing through the massage process in order to help the body come back to its natural state of wellness. This massage helps to align the body, mind, heart and soul so people can improve their health and gain more clarity and integrity in their lives. *By appointment.*

Craniosacral Therapy & Foot Reflexology with Radhika

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

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

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

Private Yoga Sessions / Yoga Therapy with Sabrina

Yoga is an amazing tool to relieve and strengthen the body and mind, bringing back energy and a sense of balance. Through yoga-therapy, pranayamas, mudras, mantras and asanas, Sabrina proposes to create and guide you through your own personalised sequence according to your needs. *By appointment.*

Ayurvedic Abhyanga Massage with Umberto

Abhyanga massage is an ancient Indian Ayurvedic oil technique for healing and detoxifying the body, mind and spirit. The Abhyanga works in a synchronized manner to restore the flow of life energy in the body. This Ayurvedic detox and stress reduction therapy is performed with coconut or sesame oils, which help to nourish your nervous system, relax the muscles, and maintain the flexibility of your joints. The session ends with a face massage and rest. *By appointment.*

Lomi Lomi Hawaiian Massage with Umberto

Lomi Lomi is a Hawaiian massage and includes long, fluid, rhythmic strokes over the whole body using the hands as an instrument of the heart. Energetic, emotional and muscular blockages are released allowing circulation, oxygen, life and spirit to flow through body and mind. While the whole body is accepted unconditionally, the muscles and connective tissue are stretched, stiff joints are loosened, circulation improves, skin glows, and internal organs are gently manipulated into their correct relationships. The therapist works with deep breathing and a heart-centered focus, giving balance, energy flow, and a heart-opening peace to the client. *By appointment.*

Functional Medicine with Lize

Functional medicine determines the root causes of the symptoms the patient brings to the practitioner. These symptoms are comprehensively investigated through in-depth case-taking, clinical examination, and laboratory testing. The aim of all forms of Functional Medicine intervention is to restore optimum functioning to all the regulatory systems of the body as a whole. Founded on cutting-edge medical science, Functional Medicine is uniquely positioned to identify and address the underlying causes of chronic illness. The body-mind has an innate impulse towards health, wholeness and well-being. A stressful lifestyle presents many challenges to this self-regulating mechanism. Every individual is genetically, biochemically and psychologically unique, and the path to healing is personal and different for each of us. Lize establishes a true collaborative therapeutic partnership with her patients to create an individualised, health-oriented management plan to restore the body's integral functioning. *By appointment.*

Mindfulness Based Life Coaching with Moller

For Moller, coaching is the art of establishing an empathetic, soulful rapport between himself and those he communicates with. He regards this immediate connection between two relative strangers as the basis for all inner healing, mutual sharing and potential growth. And as Mindfulness is entirely founded on greater awareness and openness of heart and mind, the coaching experience he offers is always deeply rewarding and enlightening—as well as creatively challenging. If you find yourself swept away by your thoughts and emotions which make you feel disempowered, overwhelmed and anxious, you may find that mindfulness, combined with skillful coaching, may greatly relieve you from such painful states of stressful experience. *By appointment.*

Heart-Centered Resilience with Susan

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

Private Yoga Sessions / Yoga Therapy with Rachel

By appointment.



VERITE PROGRAMS

February 2023



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Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
Mondays	Hatha Yoga—Sun & Moon	9—10am	Tahir
	Hip Opening And Arm Balance Hatha Vinyasa Yoga Flow	10:30—11:30am	Abhi
	Yin Yoga	3:30—4:30pm	Emma
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Slow Flow Yoga	9—10am	Emma
	Yoga for Inner Alignment	10:30—11:30am	Radhika
	Mindfulness for Beginners (no class 28 February)	10:30—11:30am	Moller
	Meipadam—Warrior Fitness (no class 28 February)	3:30—4:30pm	Swathi
	Functional Health & Nutrition	3:30—4:30pm	Lize
	Holistic Yoga	5—6pm	Sabrina
	Vinyasa Flow	5—6pm	Rebeca
Wednesdays	Holistic Yoga	9—10am	Sabrina
	Backbend & Hip Opening Hatha Yoga Flow	10:30—11:30am	Abhi
	Restorative Yoga	3:30—4:30pm	Rachel
	Nataraj Dance Meditation	5—6:30pm	Nirmal
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Hatha Yoga on Alignment	9—10am	Rachel
	Yoga of Awareness	10:30—11:30am	Tahir
	Mindfulness for Beginners	3:30—4:30pm	Moller
	Vinyasa Flow	5—6pm	Rebeca
	Holistic Yoga	5—6pm	Sabrina
Fridays	Free Flow Dance & Movement	5—6:30pm	Vega
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Ecstatic Dance	5—6:30pm	Tahir
	Chakra Dance Meditation (no class 25 Feb)	5—6:30pm	Nirmal

Intensives (pre-registration required)

Day & Date	Intensives	Timings	Presenters
Friday, 3 February	Healing Herbs of the Mediterranean Area	9:30am—12noon	Stella
	Meipadam—Warrior Fitness Training	9:30am—12noon	Swathi
	Healthy Aging	2—4:30pm	Lize
Saturday, 4 February	Explore Your Five Bodies (Koshas) Through the Practice of Yoga	9:30am—12:30pm	Sabrina
	Harmonizing Inner Conflicts—Based on Nonviolent Communication & Somatic Consensus	9:30am—4:30pm	Vega
	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Dr. Sehdev
Wednesday, 8 February	Introduction to Mindfulness Meditation	9:30am—12noon	Moller
Friday, Saturday & Sunday, 10, 11, 12 February	Prana Yoga: Tuning Life Energy Training	9am—4:30pm	Ananda
Friday, 10 February	Preventing Diabetes, Reversing Pre-Diabetes & Insulin Resistance	9:30am—12noon	Lize
Saturday, 11 February	Balance Your Five Bodies (Koshas) Through the Practice of Yoga	9:30am—12:30pm	Sabrina
Wednesday, 15 February	Introduction to Mindfulness Meditation	9:30am—12noon	Moller
Friday, 17 February	Healthy Aging	9:30am—12noon	Lize
	Master Class—Breath, Mantra, Asanas & Prana Nidra	9:30am—12noon	Andres
Saturday & Sunday, 18 & 19 February	Most Common Yoga Injuries & How to Prevent Them	9:30am—12noon	Rebeca
Saturday, 18 February	Shaucha: Yoga to Purify Body, Energy & Mind	9:30am—12noon	Sabrina
	Freedom from Fear	2pm—4:30pm	Dr. Sehdev
Saturday, 18 February	Odissi Indian Classical Dance—An Introduction	3—4:30pm	Stella
	Wednesday, 22 February	Introduction to Mindfulness Meditation	9:30am—12noon
Friday, Saturday & Sunday, 24, 25, 26 February	Conscious Relating	9am—4:30pm	Ananda
Friday, 24 February	Restorative Yin & Nidra Yoga	9am—12:15pm	Emma
	Preventing Diabetes, Reversing Pre-Diabetes & Insulin Resistance	2pm—4:30pm	Lize
Saturday, 25 February	Introduction to Traditional Thai Yoga Massage (Nuad Boran)	9:30am—4:30pm	Andres

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai Yoga Therapy	Andres
Cranio-sacral Therapy	Giuliano
Functional Medicine	Lize
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Mindfulness Based Life Coaching	Moller
Private Yoga Session / Yoga Therapy	Nadia
Grounding & Relaxation Massage—Emotional Healing, Fertility Massage	Prem Shakti
Private Yoga Session / Yoga Therapy	Rachel
Foot Reflexology	Radhika
Integrated Cranio-sacral and Foot Reflexology	Radhika
Integrated Ayurvedic Accupressure, Deep Tissue & Heart Healing Massage	Raja
Private Yoga Session	Sabrina
Heart-Centered Resilience	Susan
Lomi-Lomi Massage	Umberto
Ayurvedic Abhyanga Massage	Umberto

Many thanks, Kathir and Thushar
for Vérité Programming

Languages

NEWS FROM AUROVILLE LANGUAGE LAB



Please remember to put your mobile phones on flight mode and switch off all wireless and bluetooth devices before you enter the lab, since it is a wireless-free space

Looking for a Volunteer

- To complete the identification and site-mapping of the trees surrounding our building in AutoCad. The work would require a week or so.

Current Language Courses at ALL

New: Beginner Italian

Great news for Italian learners!

Fabio has joined us as our new Italian teacher and is ready to start a Beginner course as soon as we have 4-5 confirmations! Fabio was born and brought up in Italy where he obtained a degree in Linguistic and Intercultural Mediation, a course focused on intercultural exchange. He is deeply interested in Italian and European history. If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 3-month (24-hour) compact course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

- Classes will take place twice weekly, on Mondays and Wednesdays, 4pm to 5pm. You are welcome to enquire with us and reserve your spot!

New: Spoken Tamil with Saravanan

The current course will conclude soon. We will start a new batch in February!

Saravanan has been running this interactive and practical-oriented course for the past seven years. The class modules are based on a booklet called "Fun with Tamil", which has been put together with a lot of research and thought. By the end of this course, you would be able to converse in Tamil on day-to-day matters, having achieved a deeper understanding of its sounds, pronouns, conjugations, etc.

- Classes will take place Tuesdays & Fridays, 9:30am to 10:30am. Course will start on 3 February comprising 24 hours of teaching over three months.

New: Spanish with Mila

Our long-time Spanish teacher, Mila, will be starting two new batches this February:

• Beginner Spanish

This three-month course (24-hour) is structured on the highly-acclaimed book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach". Mila has been running this course since many years with tremendous success. By the end of the course, students will be equipped with the Spanish alphabet, phonetics, vocabulary, etc. The course will delve into verb conjugations, formation of sentences, use of adverbs & adjectives, and work on the student's listening & reading skills.

• Elementary Spanish

This three-month course (24-hour) is for those who have a basic knowledge of the Spanish vocabulary and tenses, and would like to further advance their skills. All students who have attended Mila's Beginner Course based on the book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach" are welcome to join. Mila will follow the same book (continuing from Chapter 15).

- Classes will take place in the afternoons. We will fix the days and timings as per the group's and the teacher's mutual convenience. Enquire now to reserve your spot. As always, spaces are limited!

New: Tamil Written and Spoken with Murugesan

Our teacher, Murugesan, is ready to start a new Beginner Written & Spoken Tamil Course. This course is for those who wish to enrich themselves with the complex beauty of the Tamil written alphabet and speech. Murugesan will explore the difference between spoken & written Tamil, and focus on developing listening & reading skills through songs & lyrics. Grammar will also be taught with an emphasis on practical usage.

- Classes will take place Mondays & Thursdays, 10am to 11am. The course will start as soon as we have a minimum of 5 students. It will run for three months comprising 24 hours of teaching.

New: English for Total Beginners with Rupam

If you can read this, then obviously this course isn't for you! But, if you know someone who could use some basic, everyday English in their daily lives, feel free to pass this along. This one-month semi-intensive course will begin with the alphabet and take the students through basic nouns, verbs, and simple sentence structures.

- Classes will take place Mondays, Wednesdays, & Fridays 11:00am to 12noon.

Sanskrit with Kaushal

Our teacher, Kaushal is offering a new Sanskrit Beginners Course. Growing up in a traditional environment with exposure to Sanskrit texts, Kaushal pursued his interest in Sanskrit more actively later in life. He is now interested in helping others reach a good basic understanding of this rich, extraordinary language. This two-month course will take you through the sounds and the alphabet, and shall explore simple words, conversation, and chanting of select mantras.

- The course started on 5 January and classes will take place every Thursday, 2:30pm to 4:30pm.

German with Verena

• A1.1 Beginner German

Verena's A1.1 Beginner German Course started this week! Verena has been trained through the Max Mueller Bhavan, Chennai/ Goethe Institute, and she brings a variety of interactive tools and offbeat approaches to her classes. We have always got excellent feedback on her course! By the end of this three-month course, you would be able to carry out simple conversations in German like introducing yourself, talking about your work, your family, your hobbies, and ask & answer questions about everyday things like shopping, restaurants, holidays, etc. No previous knowledge of German is needed for this course!

- Classes take place Mondays & Wednesdays, 11:00am to 12:30pm. Course started on 28 November comprising 36 hours of teaching over three months.

• A1.2 Beginner German

This course is for students who have already taken a Beginner Course with Verena in the past or have a basic knowledge of German. The course is meant to deepen the basics previously learned and further advance the learner's German language skills.

- Classes take place Mondays & Wednesdays, 09:00am to 10:30am. Course started on October 31 comprising 36 hours of teaching over three months.

French with Jean-François

Jean-François is offering four 3-month (24-hour) courses:

• Beginner French

This course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course started on November 5. Classes take place Saturdays, 2:30pm to 4:30pm.

• Beginner French for Teens

This course is for students between 13 to 16 years of age. The course is based on exercises that use many mediums like videos, games, role-playing, etc. to make learning both fun and effective. By the end of the course, students will have an immersion in the French language and will be able to express themselves in a simple way.

- The course started on November 12, and classes take place Saturdays, 11am to 12noon. We have 3-4 spots left.

• French Conversation (Pre-Intermediate)

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in French. Jean-François will also review the grammar useful for basic conversation.

- This course started on November 21. Classes take place Mondays & Thursdays, 2:00pm to 3:00pm.

• French Conversation (Intermediate)

This course is for those who have a good level in French. In this course, the basics of public communication like expression, understanding, argumentation, meeting participation shall be deepened. Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. At the end of the course, students will also have reviewed the grammar useful for interaction.

- This course started on November 3. Classes take place Mondays & Thursdays, 3:30pm to 4:30pm.

Intermediate Spanish with Susana

Our long-time teacher, Susana is offering an Intermediate Spanish course for students who are already familiar with the various verbal modes in Spanish language (Infinitive, Indicative, Conditional, Subjunctive, and Imperative). The course will focus on polishing the conversational skills of the students and will also dive into the rules of grammar. This is a monthly course.

- This course started on 22 November and classes take place every Tuesday, 2:30pm to 4:00pm.

English Conversation with Ramesh

Ramesh's classes are ideal for pre-intermediate and intermediate level English speakers. The course aims to equip students with day-to-day conversation skills in practical situations, improved vocabulary and pronunciation, idiomatic expressions, building listening comprehension, fluency and confidence in speech. Ramesh will also touch upon basic grammatical concepts.

- Ramesh runs two groups: Mondays & Thursdays, 02:00pm to 03:00pm and Tuesdays & Fridays 3:30pm to 4:30pm. This is a monthly course.

Beginner and Pre-Intermediate English with Rupam

Rupam continues to offer morning English classes. Her classes are a mix of discussion on current topics, and grammar as necessary. You are welcome to try out a class and see if it fits your needs. However, please note that this is not a drop in/walk in class but is meant for students committed to joining the course.

- Classes take place Tuesdays & Thursdays, 10:15am to 11:15am. Enquire now to join!

A note to present and past students:

- *If you've borrowed any of our books, please bring them back! We are cataloging our reference library.*
- *If there is a language you would like to learn, and it's not on our list, please send us a query!*

To join or enquire

Please [fill out our form](#) to join or inquire about any language classes at the Lab! You can drop us an email to info@aurovillelanguagelab.org, or call us at 2623661

- **Please Note** Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

Tomatis

There has been a slight pause in Listening Tests and Consultations at Tomatis. We will inform you when we resume offering them.

For more information about the Tomatis program, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Schedule of Classes

Lan- guage	Level	Time	Day(s) of Classes
English	Beginner & Pre-Intermediate	10:15—11:15am	Tuesday & Thursday
	Total Beginners To start soon	11:00am—12noon	Monday, Wednesday, Friday
	English Conversation Group 1	2—3pm	Monday & Thursday
	English Conversation Group 2	3:30—4:30pm	Tuesday & Friday
French	Beginner Started 5 November	2:30—4:30pm	Saturday
	Beginner for Teens Started 12 November	11am—12noon	
	French Conversation 1 Started 21 November	2—3pm	Monday & Thursday
	French Conversation 2 Started 3 November	3:30pm—4:30pm	
German	A1.1 Beginner Started 28 November 2022	11am—12:30pm	Monday & Wednesday
	A1.2 Beginner Started 31 October 2022	9—10:30am	
Hindi	Beginner, To start soon	10am—12noon	Saturday
Tamil	Spoken Beginner, To start 3 February	9:30—10:30am	Tuesday & Friday
	Written & Spoken Beginner, To start soon	10—11am	Monday & Thursday
Sanskrit	Beginner Started 5 January	2:30—4:30pm	Thursday
Spanish	Beginner To start February 2023	TBA	TBA
	Elementary To start February 2023	TBA	TBA
	Intermediate Started 22 November	2:30—4pm	Tuesday
Japanese	Beginner To start February 2023	TBA	TBA
Italian	Beginner To start February 2023	4pm—5pm	Monday & Wednesday

Change in contact info

Due to the abrupt disconnection of VOIP services by Aurinoco, please note that the following numbers **do not function anymore: 4036920,921&922**. We apologize for the inconvenience. Rumour has it that these numbers cannot be restored unless Aurinoco repairs its relation with the company which was providing these services. Even if Aurinoco manages to establish a relation with another company to provide VOIP, our earlier numbers will not work. And since BSNL does not provide VOIP, for the moment, it's back to the good old copper connection BSNL for telephony.

Please use the following numbers to contact us:

- 2623661 Lab
- 2622467 Tomatis
- +919843030355 WA only

The Language Lab's Opening Hours

Monday—Friday: 9:00am—12:00pm & 2:00pm—5:00pm.

Saturday: 9:00am to 12:00pm.

Location: International Zone, after Unity Pavilion & Pump House.

Email: info@aurovillelanguagelab.org

Find us on    @aurovillelanguagelab
Auroville Language Lab Tomatis Research Centre

Vismai, for Language Lab Team

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, 3 February

Wonders of Life—Endless Forms Most Beautiful

2013/ 59 minutes/ Tim Green

Professor Brian Cox asks how, from a lifeless cosmos ruled by laws of physics and chemistry, it is possible that a planet can produce more than eight million discovered species. This beautifully filmed documentary will open your eyes to the myriad forms of life on planet Earth.

ENCOUNTERS WITH MOTHER

The French Pavilion presents

Documentary directed by Fred Cebron

Saturday, 28 January, 5pm, Cinéma Paradiso



Through a documentary film, discover the portraits of 9 people who met Mother.

Frederick, André H, Tapas, Gerard M, Shيامa, Janaka, Peter, Andre T & Alain Grancolas will share their feelings and their emotions during this unique moment.

In French, with English subtitles, 50 min

Thank you, Vivekan,
On behalf
of French Pavilion team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
30 January to 5 February 2023



Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Maintaining standard Covid protocols, i.e. temperature check, registration, and Mask (and not scarves) etc. are a must even now. Please come prepared. To organize a seminar/program please contact us via email.

We continue to have issues with our projector. It is getting repaired, and we will continue the program with an older alternative. Clearly it is time for us to look for a new one. If you are able to kindly donate at MMC's FS Account for this.

Indian—Monday 30 January, 8pm:
PIHU

India, 2016, Dir. Vinod Kapri w/ Rahul Bagga, Pihu Myra Vishwakarma, Prema Vishwakarma, and others, Thriller, 91 mins, Hindi w/ English subtitles, Rated: NR (R)

Based on true events, in this story, Gaurav and Pooja, are a couple with a 2yrs old daughter Pihu. They have a major fight after which Gaurav leaves for a meeting out of town. Pooja commits suicide. The little daughter gets trapped in the apartment all by herself for a day.

Italian—Tuesday 31 January, 8pm:
PANE, AMORE E GELOSIA (Frisky)

Italy, 1954, Dir. Luigi Comencini, w/ Vittorio De Sica, Gina Lollobrigida, Marisa Merlini, and others, Comedy-Romance, 97 mins, Italian w/ English subtitles, Rated: G

Italian actress Gina Lollobrigida, one of the biggest stars of European cinema in the 1950s and '60s. She passed away recently at 95. This and a few more films over the next weeks is a tribute to her career.

Antonio transferred to a small central Italian town to take charge of the police force, hoping to settle down once and for all. His eye falls on Maria, a vivacious beauty half his age who is infatuated with Pietro, one of Antonio's young underlings. While Antonio courts Maria, he is in turn pursued by Annarella the town midwife. The romantic entanglements work themselves out as the gossiping townsfolk look on.

Interesting—Wednesday 1 February, 8pm:
ALL IN MY POWER

USA, 2022, Writer-Director Chandler Clarke w/ Analourdes Aguilar, Vincent Albertson, Dean Babich, and others, Documentary-History, 96mins, English w/ English subtitles, Rated: NR (PG)

On 1 March 2020, New York recorded its first COVID-19 case. Just 9 weeks later, 12 healthcare professionals were asked to share their experiences that no one could have prepared them for. The country salutes them as heroes, but they're also human. Their personal stories remind us of what humanity is supposed to be, compassionate.

Selection—Thursday 2 February, 8pm:
ISMACH HATANI (The women's balcony)

Israel, 2016, Dir. Emil Ben-Shimon w/ Evelin Hagoel, Igal Naor, Orna Banai, and others, Comedy-Drama, 96 mins, Hebrew w/ English subtitles, Rated: NR (PG)

A bar mitzvah mishap causes a major rift in a devout Orthodox community in Jerusalem. When a charismatic rabbi enters their lives, some women in Jerusalem attempt to unite their neighborhood and preserve their traditions.

International—Saturday, 4 February, 8pm:
EN CORPS

France-Belgium, 2022, Dir. Cédric Klapisch, w/ Marion Barbeau, Hofesh Shechter, Comedy-Drama, France-English w/ English subtitles, 117 mins, Rated: PG 13

26yrs old ballet dancer Élise sustains an injury during a performance and is told that it is unlikely that she will dance again. Heartbroken, she finds some work. This takes her to Brittany where she meets a company for modern dance. The new experiences and friendships rekindle the fire in her. Will she be able to dance again?

Children's Matinee—Sunday, 5 February, 4:30pm:
ALADDIN

USA, 1992, Dir. Ron Clements, John Musker w/ Robin Williams, Scott Weinger, Linda Larkin, and others, Animation-Adventure, 85 mins, English, Rated: G

Aladdin is a poor street kid who spends his time stealing food from the marketplace. His luck suddenly changes when he meets Princess Jasmine and retrieves a magical lamp containing a genie. Little does he know that the Sultan's sinister advisor Jafar has his own plans for Aladdin and for the lamp.

No Festival @ Ciné-Club

Sunday 5 February, 8pm:
WO DIE GRÜNEN AMEISEN TRÄUMEN
(Where the green ants dream)

Germany -Australia, 1984, Dir. Werner Herzog w/ Bruce Spencer, Wandjuk Marika, and others, Drama, 100 mins, English w/ English subtitles, Rated: PG.

A surveying team led by an Australian geologist sets off subterranean explosions deep in the outback, searching for uranium. Aborigines claim that green ants dream underneath the land, if the insects slumbers are interrupted, the world would come to an end. The dispute between the two sides became both a court case and a philosophical debate.

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, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to "Cinema Paradiso" (account #105106) or set up for a monthly contribution. We need it now more than ever.

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

• PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108



At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday 27 January, "FIRST COW"
by Kelly Reichardt, US, 2019

Friday, 3 February , 8pm
"THE SUMMIT OF THE GODS ",
original title: LE SOMMET DES DIEUX

Directed by Patrick Imbert, France/Luxembourg 2021

Overview: The Summit of the Gods is an animated film based on the Japanese manga series of the same name by Jiro Taniguchi, itself adapted from a novel by Baku Yume-makura. The film received the César for best animated film at the French César Awards 2022.

Synopsis: In 1924, George Mallory and Andrew Irvine attempted to climb Mount Everest and were never seen again. Seventy years later in Kathmandu, Makoto Fukamachi, a young Japanese reporter, encounters a mysterious mountain climber named Habu Joji, in whose hands Fukamachi thinks he sees Mallory's camera, which might reveal if Mallory and his companion really were the first to climb Everest...

English version with English Subtitles. Duration 1h36'

- Animated, yet not for young children. Surya

News and Notes Guidelines

Hard deadline for submissions
TUESDAY 3pm

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

Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Please do not send submissions and inquiries as a "Reply" to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

Disclaimer:

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

Roy & Agnijata, News & Notes,
Media Centre, Town Hall,

NewsAndNotes@auroville.org.in, 0413-262-2133

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 94430 74825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

- Monthly Rs.800 (Aurovilians & Newcomers/ No validity)
- Student Pass Rs.1200 per month/ 24 days round trip.
- Rs.150 Round trip for Aurovilians & New comers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

