



News Notes

#968 A weekly bulletin for residents of Auroville 30 March 2023



Two are joined together, powers of Truth, powers of Maya, — they have built the Child and given him birth and they nourish his growth. **Rig Veda**
Night was born and from Night the flowing ocean of being and on the ocean Time was born to whom is subjected every seeing creature. **Rig Veda**

Pondering



It might therefore be conceivably held that Mind is the Matrix of an Ignorance which makes us create or represent to ourselves a false world, a world that is nothing more than a subjective construction of the consciousness. Or else Mind might be the Matrix in which some original Illusion or Ignorance, Maya or Avidya, cast the seed of a false impermanent universe;

*The Knowledge and the Ignorance
The Life Divine by Sri Aurobindo*

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	5
TOWNHALL SPEAKS	6
From The Entry Service—Es # 174	6
Entry Service Timings	6
Apartments for House against recognized work	6
L'avenir d'Auroville / ATDC	6
Application Announcement 30-03-2023	6
Project Name: Maneesh roof—BA NO. 2605	6
Constructive feedback guidelines	6
COMMUNITY NEWS	6
Auroville Matters	6
International Zone	
& The Heart Of The World's Spiritual Life	6
Collective Meditation on Wednesday, 29.3.2023:	
the date of Mother's first arrival in Pondicherry	7
Passing On	7
Gerard Arnaud passed away	7
Awakening Spirit	7
Introduction to the Integral Yoga	
of Sri Aurobindo and the Mother	7
Amphitheatre—Matrimandir:	
Meditation with Savitri read by Mother	
to Sunil's music	7
Daily Peace Meditation	7
Peace and Awareness	7
Brahmanaspati Kshetram	7
Calendar of regular events of April 2023	7
Savitri Bhavan, April 2023	8
Exhibitions	8
Films: Mondays at 4pm in the Sangam Hall	8
Talks	8
Full Moon Gathering	8
Dream Divine Series	8
Regular Activities	8
Sri Aurobindo's Uttarpara Speech	8
The City the Earth needs	9
Fundamentals	
of Sri Aurobindo's Philosophy in Savitri	9
Fate, Karma and Free-Will	9
Poetic Works of Sri Aurobindo Presented	9
Spoken Sanskrit Courses	9
Sanskrit, Science and Spirituality	9
Spoken Sanskrit Course	9
Sanskrit Teachers Training Program	9

Children	9
Sign-up for the Nature Camp 2023	9
Deepanam School: STEAM Fest 23	9
Health Care	10
Aurodent—Dental Clinic	10
To all members of the AV Health Fund Scheme	10
Santé Services in APRIL 2023	10
Working Hours	10
Tests and Sample collection	10
For emergencies	10
Appointment	10
The Arts	10
Select an Original Audry Wallace-Taylor	10
Remembering Veenapani Festival	10
AV Art Service Needs Advice	10
Auroville Youth Choir: in Concert	11
Live Music Nights	11
Activities	11
Tango Dance Class	11
Salsa Dance Class	11
Aurogames Session At Humascape	11
Food Forest Tour	11
Veena and Keyboard Classes Offered	11
Swimming Class	11
Bioregion	12
Craftmela	12
Bamboo Centre	12
Bamboo Centre Campus Tour	12
Training and workshop	12
One-Day, Make and Take Workshops	12
Bamboo Musical Instruments	12
Bamboo Jewellery	12
Bamboo Construction workshop	
(Wall Panel making)	12
Bamboo Designing Workshop on Furniture	12
Bamboo Nature Camp at Kolli Hill	12
What you Learn on the above all workshop	12
Work Opportunities	13
HR Hub Initiative	13
Hemp Shop Assistant (full time)	13
Accountant (full time)	13
Looking For A Work Opportunity	13
Bioregional Project Coordinator	
(Bilingual-Tamil/ English)	13
Honorary Voluntary	13
Gau Seva at Sadhana Forest!	13

Looking For	13
Tutor Needed	13
Dog Sitter Needed	13
Going to Bodhi Zendo?	13
Looking for Vinyl Records	14
Do you have a mobile you are not using nowadays?	14
House Sitting	14
Available	14
Keyboard Available	14
Sofa Available	14
Strong Wooden Handmade	
Gymnastic Wall Bars	14
Hair Dyes to Give Away	14
Natural Stone Planter Boxes	
Available for Gardens	14
Taxi Share	14
To Chennai Airport, 8 April, 6am	14
To Chennai Airport, 2 April, 6pm	14
To Chennai Airport, 5 April, 6am	14
Help Needed	14
Invitation to the World Championship Bhutan	14
Security	14
Safety & Boundaries Awareness Program	14
Foods, Goods and Services	15
To Be Two: Sale	15
Coffee Cupping Session	15
Latest News from Inside India—Travel Shop	15
Eco Femme Open House	15
Auroville Poetry	15
Still Allowed to Command?	15
Classes, Workshops & Healing Arts	16
Tibetan Bowl	16
Beautiful sounds/ Five elements	16
Massage with Tibetan bowl chakras	
and tuning forks	16
Fitness training—Gadas karla kattai	16
Co-creative music—Nada yoga	16
Full and New Moon	16
Traditional Massage Therapy Classes	16
Well-Being Yoga Class	16
Pitanga	17
You Decide How The Sun Rises	
For You Tomorrow: About the Workshop	17
Programme for April 2023	17
Iyengar Yoga with Tatiana	17
Yoga Asanas with Rachel	
are paused till mid-April.	17
Ashtanga Yoga—Mysore Style with Sheida	17
More Yoga	17
Body—Mind—Spirit	17
Homeopathic Clinic	17
Healing Spaces	17

Arka Wellness Center & Multipurpose Hall	18
Classes	18
Treatments	18
Flow into Joyful Transformation	18
Mother's Mudra	18
Dr. Sehdev Kumar Activities	18
Three Workshops	18
JIVA	19
ReiKi Healing Sessions with Niyati	19
The Incarnating Soul	19
Exploring Past Lives	19
Journey of the Soul, 4 April, 10am—1pm	19
Integral regression therapy	19
Mirrabelle offers webinars, classes and	
workshops in "Natural Horsemanship"	19
2 Webinars Natural Horsemanship	
with Mirrabelle	20
Transforming trauma 1 & 2 April	20
Integral Regression Therapy	20
Our Venue Sharnga Guest House	20
Verite: Regular Events, April 2023	20
Classes	20
Holistic Power Yoga with Emma	20
Yin Yoga with Emma	20
Deep Sound Bath with Satyayuga	20
Vinyasa Yoga with Rebeca	20
Gentle Vinyasa Yoga with Emma	20
Pranayama & Meditation with Radhika	20
Holistic Hatha Yoga with Sabrina	20
Nataraj Dance & Meditation with Nirmal	21
Yoga for Inner Alignment with Radhika	21
Free Flow Dance and Movement with Vega	21
Chakra Dance Meditation with Nirmal	21
Treatments and Therapies	21
Biodynamic Craniosacral Therapy with Mila	21
Craniosacral Therapy with Giuliano	21
Private Yoga Sessions / Yoga Therapy	
with Nadia	21
Foot Reflexology with Radhika	21
Integrated Ayurvedic Acupressure,	
Deep Tissue & Heart Healing Massage	
with Raja	21
Private Yoga Sessions / Yoga Therapy	
with Sabrina	21
Ayurvedic Abhyanga Massage with Umberto	21
Lomi Lomi Hawaiian Massage with Umberto	21
Functional Medicine with Lize	21
Mindfulness Based Life Coaching with Moller	22
Heart-Centered Resilience with Susan	22
Individual Self-work with Clay with Megha	22
Integrated Craniosacral & Foot Reflexology	
with Radhika	22

Vérité Workshops	22
Mindfulness with Heart with Moller	22
Prevention & Reversal of Cognitive Decline w/ Lize	22
Optimal Longevity with Lize	22
Prevention & Reversal of Diabetes and Pre-Diabetes with Lize	22
Anatomy for Yoga Practitioners: The knee with Rebeca	22
Yoga of Forgiveness with Dr.Sehdev	22
Vérité Programs, April 2023	22
Therapies (by appointment only)	22
Intensives (pre-registration required)	23
Yoga & Re-creation Programs	23
Languages	23
News From Auroville Language Lab	23
Tomatis	23
Current Language Courses at ALL	23
New: Sanskrit with Kaushal	23
New: Hindi with Kaushal	23
New: Beginner Japanese with Tomoko	24
New: Pre-Intermediate Italian	24
New: French with Jean-François	24
New: Tamil Written and Spoken with Murugesan	24
New: English for Total Beginners with Rupam	24
Intermediate Spanish with Susana	24
English Conversation with Ramesh	24
Beginner and Pre-Intermediate English with Rupam	24
A note to present and past students	24
To join or enquire	24
The Language Lab's Opening Hours	24
Current Schedule of Classes	25
Cinema	25
Aurofilm At Multi Media Centre Auditorium	25
Reminder	25
"2001: A SPACE ODYSSEY"	25
Eco Film Club	25
Schedule of Events	25
Our Planet—One Planet	25
Auroville Film Festival 2024	25
The Alluring Melodrama Of Pedro Almodovar: Shot By Shot with Anupam Barve	26
Hands On Documentary Film Workshop in Ladakh	26
Workshop Overview	26
Who Is It For	26
Cinema Paradiso	27
Film Program 3 April 2023 to 9 April 2023	27
"The Mime Of Things" By Drupad Gaonkar	28
Study Circle	28
Accessible Auroville Public Bus	28
Emergency Services	28

News Notes

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.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- 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





House of Mother's Agenda

December 13, 1969

(continued from last week)

Satprem: So I'd like to know what's the key to the cure *WITHOUT REPRESSION*. Because usually, as a matter of fact, one puts the Light, and the wrong movement sinks below.

Mother: Ah, yes, that's the general rule. What's needed is the opposite! Instead of repelling it, to offer it. It's to put the thing, the movement itself, to CAST it into the Light.... Generally, it squirms and refuses! But... (*laughing*) it's the only way. That's why this Consciousness is so precious... You understand, what caused the repression is the idea of good and evil — a sort of contempt or shame at what's regarded as evil — and so one goes like this (*gesture of repelling*), one doesn't want to see it, doesn't want to let it be. What's needed... The first thing — the first thing to be realized is that the infirmity of our consciousness is what creates this division, and that there is a Consciousness (I am sure of it now), there is a Consciousness in which that doesn't exist, in which what we call "evil" is as necessary as what we call "good," and if we could cast our sensation — or our activity or perception — cast it into this Light, that's what cures.² Instead of repressing or repelling it as something one wants to destroy (it can't be destroyed!), one must cast it into the Light. I had in fact several days of an experience which for that reason was very interesting; instead of trying to drive far away from yourself certain things (which you don't accept or which cause a disequilibrium in the being), instead of that, accept them, take them as a part of yourself, and... (*Mother opens her hands*) offer them — they don't want to be offered, but there's a way to compel them. A way to compel them: the resistance is lessened to the extent that we can lessen in us the sense of disapproval. If we can replace that sense of disapproval with a higher understanding, then we can do it. It's much easier.

I had a whole baggage which remained like that, of things I did when I was young; it remained like that (*gesture on the side*), and in fact, after that supramental experience, I was able to gather all of it, and all of a sudden, it got entirely clarified, I understood everything, and... it evaporated. Things I had been dragging along for a very long time — I didn't want to know, you understand, didn't want to have anything to do with them anymore—and then it was all over. It melted, it was clarified like... Well, it was in its place.

I think that's it. All, all the movements that pull downward, we must put them in contact with the higher understanding. Only, it's obviously beyond the mind. Because I said just before that those Aphorisms of Sri Aurobindo were an expression intelligible to the intellect, but it still diminishes; it diminishes, it's no longer that dazzling light of a wordless understanding — THAT is where, that is where things can be arranged.

Even when you explain them to yourself, they get diminished. We should say nothing: it's as if... (*laughing*) applying a coat of distorting paint!

(*Mother suddenly picks up a desk pad near her and writes an answer to a letter she had read at the beginning.*³)

Is it readable? Because I'm not sure, I don't see clearly. (*Satprem reads*)

"It is an excellent time to read, meditate, and, little by little, go into a receptive silence that will enable the higher Consciousness to enter the body in order to transform it."

It came like that; that's how it takes place: all of a sudden, brff! and it stays on, it won't go away until I've written. It's amusing!

It's amusing because it doesn't correspond... (I can't say "to what I think," because, to tell the truth, I no longer think) to my experience, but to the OTHER person's need. The answer is dictated FOR the other person. Words, expressions, the turn of phrase, the presentation vary completely according to the person it's written to. And this consciousness [of Mother] which is there (*gesture above*) has nothing to do with it at all. It just receives. It receives, and then it comes down and goes like this (*hammering gesture*) until I've written! It won't go away until it's written down. That's very amusing.... That way, one can do a lot of work without getting tired!

² When Satprem later published this part of the conversation in the "Notes on the Way," Mother added the following comment: "In this Consciousness where the two contraries, the two opposites are joined, the nature of both changes. They don't remain as they are. it's not that they are joined and remain the same: the nature of both changes. And that's most important. Their nature, their action, their vibration are wholly different the minute they are joined. it's separation that makes them what they are. Separation must be done away with, and then their very nature changes: it's no longer 'good' and 'evil,' but something else, which is complete. It's complete."

³ A letter in which a disciple said he had some spare time between 1:00 and 3:00 p.m. and asked the best way to use it.

(to be continued next week)

Volume 10. 1969:
Agenda of the Supramental Action Upon Earth
https://sri-aurobindo.co.in/workings/ma/agenda_10/1969-12-13-01_e.htm

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

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 174

Dated: 30-03-2023

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.

NEWCOMER CONFIRMED:

- Mohamed Mansoor Rahamathulla aka Masur (Indian)
- Murugan MUNUSAMY (Indian)

AUROVILIAN ANNOUNCED:

- Pablo Andrés PACHECO DEZA (Chilean) staying in Vikas and working at Future School



Pablo

AUROVILIAN CONFIRMED:

- Manimozhi JAYAMOORTHY (Indian)

RETURNING AUROVILIAN CONFIRMED:

- Vasantha JANU (Indian)

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.

The date of becoming Aurovillian is the date of confirmation. 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, Dheena, Grace, Jayanthi, Lakshmanan, Matilde, Ramanarayana, Sonja and Swadha

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
 - Tuesday & Thursday: Newcomer kits, 2:30—4:30pm
- 0413 262-2707, auroville.entryservice@gmail.com**

APARTMENT FOR HOUSE AGAINST RECOGNIZED WORK

Dear Community Two assets is currently available for transfer:

CITADINES, CIT011, SINGLE

VIKAS, VIK016, SINGLE & COUPLE

- To apply, please click on the new "Houses Available" button in the very right column of the AuroNet main page.
- You will be directed to our Housing Transfer App at <https://housing.auroville.org.in>
- All you need to do is:
 - click on the transfer you are interested in,
 - view all the details and pictures of the asset for transfer
 - and if you wish to apply,
 - click on the "Apply" button and fill in the online application form.

Once the indicated deadline for applying has passed, you will receive an email from Housing against recognized Transfer with the date for the site visit.

For any questions, please feel free to come and see Venkatesh at Housing Service Office

Thank you, The Housing Service, K. Venkatesh

L'AVENIR D'AUROVILLE / ATDC

Application Announcement 30-03-2023

The following projects have received Building Application Approval (feedback requested before 13 April 2023 to application-avenir@auroville.org.in):

Project Name: Maneesh roof—BA NO. 2605

- **Applicant/s:** Maneesh
- **Location/area:** Aspiration / Outside Master Plan
- **Area for which approval is sought:** 48.77 Sq.m
- **Project brief:** Residential house renovation, change of roofing material

Constructive feedback guidelines

So far, while giving permissions, we have asked the project team to include approval from the neighbors. This has no resonance with the ideals of Auroville where we are supposed to be headed towards a life guided by no desire, no preferences and no sense of ownership. We will no longer request this approval.

Similarly when we publish projects for approval, we will discard all personal feedback with respect to "neighbors choosing neighbors" or "neighbors choosing development guidelines".

- **All other feedback is welcome and will be part of the process.**

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

Community News

Auroville Matters

INTERNATIONAL ZONE

& The Heart Of The World's Spiritual Life

According to 'Auroville Media Interface', the Consul Generals of Bangladesh, France, Japan, Malaysia, Russia, Singapore, South Korea and Thailand visited Auroville on 18 March. "The Honorary Consuls of Spain, South Korea (Hyd) Seychelles and Switzerland joined online. Noting the welcome presence of the Eastern countries, Sri Aurobindo's Five Dreams was shared, especially the second dream about the resurgence of Asia."

The Chairman, Governing Board of Auroville Shri RN Ravi,—in his recorded address at the meeting of the Consuls with the Secretary Dr. Jayanti Ravi, Dr. Nirima Oza, Member, Governing Board and Auroville resident members of various groups—said, "Anyone from anywhere, any country, coming from any background is welcome at Auroville." Dr. Jayanti Ravi "called upon the Consul Generals to engage with Auroville via cultural projects of the International Zone via the volunteer projects". She said, "It requires us to work with a bit of discipline individually. I think that discipline—the training of our lower nature, our ego, our personal preferences—is perhaps what she (the Mother) wanted us to do on the scale of a city." According to a spokesperson of the Foundation, the visit is part of an effort to invite consul generals of more countries. This is a commendable initiative by the Secretary and the Governing Board and hopefully will accelerate the development of the International Zone of Auroville.

"Auroville", the Mother wrote, "is created to realize the ideal of Sri Aurobindo"². Sri Aurobindo described India as "the Asia of Asia, the heart of the world's spiritual life"¹ but regrettably except one, none of the possibly 40 state/country pavilions have been built so far in Bharat Nivas, the Pavilion of India in the International Zone. Participation of people from all the states and countries constituting true India, according to the map drawn by the Mother, is necessary for the completion of Bharat Nivas. I hope the Foundation would prioritize the development of Bharat Nivas beginning with an invitation to all the states & neighboring countries of India. **Jothi Charles**

¹ Essays in Philosophy and Yoga, CWSA, Vol 13, Pg 140

² Words of the Mother—I, CWM, Vol 13, Pg 222

COLLECTIVE MEDITATION ON WEDNESDAY, 29.3.2023 the date of Mother's first arrival in Pondicherry



"It matters little that there are thousands of beings plunged in the densest ignorance, He whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth..." *The Mother*, 30.3.1914

5:30—6pm under the Banyan tree at Matrimandir
Entrance from the Office Gate at 5:15pm.

Guests are requested to bring along their Auromats.

Bonne Fête! Antoine

Passing On

GERARD ARNAUD PASSED AWAY



This is to inform the community that our brother Aurovilian Gerard Arnaud passed away peacefully in his bed last Thursday, March 17 at 17:30 due to cardiac arrest. He was 68. He had started coming to Auroville about 10 years ago and became officially Aurovilian in 2017. More recently he went back to live in France where his daughter Magda lives now. While in Auroville, he has been mainly working in kitchens as a cook, including the VC Cafeteria. Our love goes out to Magda and the people who loved him.

Travel light, dear Gerard. Monica

Awakening Spirit

INTRODUCTION TO THE INTEGRAL YOGA of Sri Aurobindo and the Mother

Tuesday, 4 April, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 4 April, at 9am—12noon

- **Focus:** The Psychic Being
- **Led by:** Ashesh Joshi
- **Place:** Mirabelle Education Centre, Auromodele
- **Contact:** 9489147202.

Please be present by 8:45am

All are Welcome, Ashesh Joshi



AMPHITHEATRE—MATRIMANDIR

Every Thursday at sunset, 6 to 6:30pm
weather permitting

**Meditation with Savitri read by Mother
to Sunil's music**

Enjoy the beautiful open space, an immense sunset, heavenly music 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 Amphitheatre from 5.45 pm and until meditation ends.

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

PEACE AND AWARENESS

In the context of Auroville for Human Unity

Working with the twelve qualities, the Matrimandir Gardens, Flowers and Their Messages, The Galaxy Plan and its role and significance for individual and collective growth



Tuesdays 6 to 7.30pm
(no walk in after 6pm and attend full session)
Hall of Peace \ Unity Pavilion

All are welcome

BRAHMANASPATI KSHETRAM

The Mother Sri Aurobindo Centre

Calendar of regular events of April 2023

- Every Thursday 6—6:30pm: Meditation
- 3 & 17 April, Monday, 4—5pm, reading "The Sunlit Path" in English & Tamil by Dhanalakshmi
- 4 & 18, Tuesday, 5:30—6:30pm, reading "The Mother's Questions & Answers-Vol-7" in English by Rama Narayana
- 6, Thursday, at 6:30pm full moon, reciting Sri Aurobindo's Gayatri Mantra for 30min



No.3/134, Kalathu Mettu Street Location

Edayanchavadi, Auroville ;jm 1

kshetram2014@auroville.org.in

SAVITRI BHAVAN, APRIL 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
- **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

- **April 3: Sri Aurobindo's Uttarpara Speech**

Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma as the universal and eternal truth. The text is read by Angad, a production of Savitri Bhavan with subtitles. Duration: 33min.

- **April 10: Four Great Aspects of The Mother—Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati**

The Mother reads texts from Sri Aurobindo's book *The Mother*, Chapter 6, illustrated by pictures and images of flowers with the spiritual significances given to them by the Mother. Duration: 52min.

- **April 17: The Significance of 24 April Darshan Day—The Mother's Final Arrival at Pondicherry**

Dr. Alok Pandey reflects upon Vedanta and Tantra, the best aspects of Western and Eastern culture and the unique relationship between the Mother and Sri Aurobindo. He discusses the role and potential of the Purusha and the Shakti. Duration: 37min.

- **April 24: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920—2020)**

A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. Duration: 48min.

Talks

The Fourth talk in the new series on 'Fundamentals of Sri Aurobindo's Philosophy in Savitri' by Larry Seidlitz will be on Fate, Karma and Free-Will

- **Tuesday, 4 April, 4—5pm in the Sangam Hall of Savitri Bhavan**

Full Moon Gathering

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

Dream Divine Series

The new project 'The Dream Divine Series' started in the month of March 2023 is to make newcomers understand the Aims and Ideals of Auroville and learn about the Life and Works of Sri Aurobindo and The Mother and Integral Yoga.

- **Envisaged is a weekly session every Wednesday 4:30—5:30pm.** The series will include presentations, films, talks, etc., followed by a Q&A session.

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 4:30pm:** Mudra-chi led by Anandi

- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** Readings and exploration of 'The Parable of the Search for the Soul' of Savitri led by Dr. Jai Singh
- **Saturdays 4:30—6pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Everyone is welcome

Thank you, Dhanalakshmi,
for Savitri Bhavan Team

SRI AUROBINDO'S UTTARPARA SPEECH

Monday, 3 April, 4pm at Savitri Bhavan.



Duration: 33min.

On 4 April 1910, Sri Aurobindo took refuge in the French settlement Pondicherry. His inner guide gave him the 'Aadesh' to move there to avoid persecution by the British Government. This day and this event are held in high esteem by devotees in the Ashram and in Auroville. We like to honor it by presenting a beautiful recording of Sri Aurobindo's Uttarpara Speech.

Sri Aurobindo's Uttarpara Speech was first published in the *Bengalee*, an English newspaper in Calcutta, and then revised by Sri Aurobindo himself and republished in the *Karmayogin* in June 1909. Later, it was included in Sri Aurobindo's *Tales of Prison Life*.



The text of the Uttarpara Speech contains records of Sri Aurobindo's various experiences in the Alipore Jail and detailed descriptions of his realisation of the Supreme's presence and work in this world. It mentions how the Supreme in the form of Vasudeva, Narayana and Krishna protected him and took care of him while he was in jail. Sri Aurobindo saw Him everywhere and in everyone: in the jailed swindlers and murderers, in the Magistrate, and the Prosecuting Counsel in the courtroom during his trial.

It was Sri Krishna who arranged for Sri Aurobindo to get a copy of the Gita in jail. It was He who taught him the central truth of the Hindu religion which is Sanatan Dharma, the universal and eternal truth, and that the Divine is present in all men and things, and that in the Divine we move and have our being.

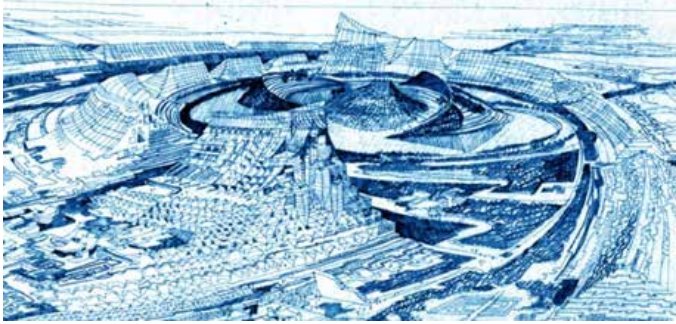
The Uttarpara Speech is a very special document about Sri Aurobindo's experiences as an undertrial prisoner in Alipore Jail from 1908-1909, his work for India's freedom, and the inner guidance he received from his Master of Yoga. It also discusses the very essence of India and her mission in the world: to live and to bring the eternal wisdom of the Sanatan Dharma to humanity. It knows what immortality is and has totally canceled death. Sanatan Dharma is life itself.

The text of the Uttarpara Speech is read by Angad and the Divine presence of Sri Aurobindo is perceptible. The video produced by Savitri Bhavan is supplied with subtitles. One can also access it on

- YouTube: https://www.youtube.com/watch?v=zcV7Yc_mObE

Submitted by Margrit

THE CITY THE EARTH NEEDS



The Dream Divine Series. Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to introduce newcomers to the Aims and Ideals of Auroville, to the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

- On Wednesday April 5, 4:30pm, at the Sangam Hall of Savitri Bhavan, the film "The City the Earth needs" produced in the year 2014 by Aurovilians will be shown.

*Everyone is welcome, thank you,
Dhanalakshmi for Savitri Bhavan Team*

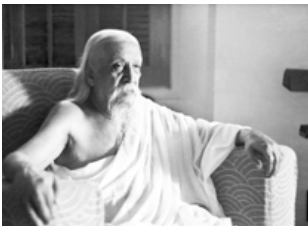
FUNDAMENTALS

OF SRI AUROBINDO'S PHILOSOPHY IN SAVITRI

A series of monthly presentations by Larry Seidlitz

Fourth presentation

Fate, Karma and Free-Will



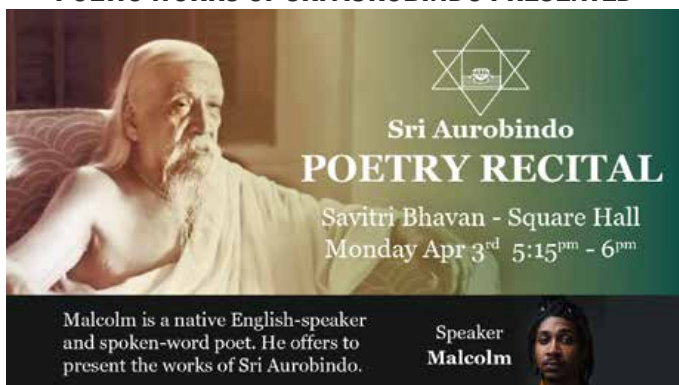
This talk will consider Sri Aurobindo's view of fate, karma and free-will. These processes which are so crucial to our outer lives are all tied together by our deeper soul and its evolution through a succession of earthly lives. By considering key passages in both his prose

works and in Savitri on these issues, we will see how Sri Aurobindo's vision gives us a deeper understanding and appreciation of their significance for our life and its difficulties and higher possibilities.

- Tuesday, 4 April, 2023, 4—5pm in the Sangam Hall of Savitri Bhavan

*Everyone is welcome, thank you,
Dhanalakshmi for Savitri Bhavan Team*

POETIC WORKS OF SRI AUROBINDO PRESENTED



Dear lovelies, this Monday at Savitri Bhavan, Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. The programme will be in the Square Hall from 5:15 until 6pm. All are welcome. See you there.

Peace, Love & Soul, Malcolm

SPOKEN SANSKRIT COURSES



संस्कृत सम्भाषण
Spoken Sanskrit Courses



This is a short announcement of the courses to be offered in Auroville by the Samskrita Bharati team. Please mark your calendars, more details will be shared soon.

Sanskrit, Science and Spirituality

- Saturday, 15 April, 10:30am—12:30pm

Spoken Sanskrit Course

- 5—14 May, 2 hours everyday: morning 5—7am and/or evening 5—7pm.

Sanskrit Teachers Training Program:

- 17—28 May, Full time. This is a residential course and the venue maybe outside Auroville.

If you would like to volunteer, please write to:

- devabhasha@auroville.org.in

*Warmly, Samskritam Auroville
and Bharat Nivas team*

Children

SIGN-UP FOR THE NATURE CAMP 2023

Sign-up for Nature Camp 2023 is happening now, for children aged 9 to 14 years.

- Please contact Mahi at 9443697477 to get a form if you want to go and don't have one yet. Camps will happen during the month of May.
- Last day to register is 5th of April.

Note that participation cost has increased a lot from previous years.

Thank you, Mahi

DEEPANAM SCHOOL: STEAM FEST 23



Deepanam School invites you to STEAM Fest 23 on 1 April, a fun day dedicated to Science, Technology, Engineering, Art, and Mathematics.

*Warmly,
The Deepanam 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)

TO ALL MEMBERS OF THE AV HEALTH FUND SCHEME

If you still have any medical bills from the past months at home please drop them, together with your doctor prescription, your PT account number and Email, in the Health Fund box at Aspiration Health Centre or at SANTE.



As the financial year is going to end, all the pending bills from April 2022 till February 2023 have to be processed before the end of March 2023.

Only the medical bills from March 2023 can be paid till the end of April 2023.

The audit service has told **not to process** any bills from last financial year **after March 2023**.

Please check your cupboards while there is still time!

Best, Meenal & Stefan, for AV Health Fund

SANTÉ SERVICES IN APRIL 2023

Working Hours

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

Tests and Sample collection

- Monday to 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

Doctor consults with Dr. Senthil, Monday to Saturday	Nursing Care, Ezhil, Thilagam, Archana & Sandhya, Daily (No appointment necessary)
Ayurveda with Dr. Sonia, Monday/ Thursday/ Friday	Ayurveda with Dr. Be—TOS
Acupuncture with Andres, Monday to Friday	Homeopathy with Michael Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres, Monday To Friday	Pregnancy Care & Women's Wellness with Paula, Tuesday & Wednesday
Physiotherapy & Massage with Galina, Monday to Friday	Physiotherapy with Rebeca Monday/ Wednesday/ Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena Tuesday & Saturday Intro to Bio-Well: https://drive.google.com/file/d/1qpJyC5U9X6dP0I3ag8leGW7_SamHAL8d/view?usp=sharing	

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.

Thank you, have a nice day! Love, Dasha

The Arts

SELECT AN ORIGINAL AUDRY WALLACE-TAYLOR

All those who would like an artwork by Aurovilian painter Audrey Wallace-Taylor are invited to come to CREEVA, Creativity community, to select and take their favorite piece.



- 9 April: 10am—12:30pm and 1:30—6pm
- 10—17 April: 2—4pm

For enquiries please contact aurovillearts@auroville.org.in

Love, Krishna

REMEMBERING VEENAPANI FESTIVAL



Adishakti Laboratory for Theatre Art Research (ALTAR) proudly presents 2023's The Remembering Veenapani Festival from April 5 to 13, 2023. This edition features theatre, dance, and music performances, as well as lec-dems and a new conversation series. With a wide cross-section of entertaining, thought-provoking, and inspiring offerings, the schedule has been curated with audiences across diverse groups in mind. The festival is free to attend.

This festival has always been through the grace of the donors who believed in Adishakti as an entity, and the same goes this year as well.

Our Festival Line-up for this year is:

- 5 April, A Classical Music concert by Shubha Mudgal,
- 6 April, A theatrical show by Savita Rani,
- 7 April, A theatrical show by Aaditya Rawat, who is a Theatriculate fellowship Awardee, this is a fellowship given by Adishakti for Solo Theatre artists.
- 8 April, A Classical Musical concert by Siddhartha Belmannu
- 9 April, A Dance concert by Anita Ratnam and team
- 10 April, A Musical Concert by Tenma
- 11 April, A Dance showcase by Bijayini Satpathy
- 12 April, A Theatre/ Dance Production by Kali Billi
- 13 April, A Musical concert by SAZ,

And a new series of conversations with the creators called Adishakti Gupshup in collaboration with Auroville Art Service.

- adishaktiprogram@gmail.com
- 6383070833 WA

Warmly, Smitha, Art Manager

To know more about our productions, residency spaces, training sessions and events log on to www.adishaktitheatrearts.com

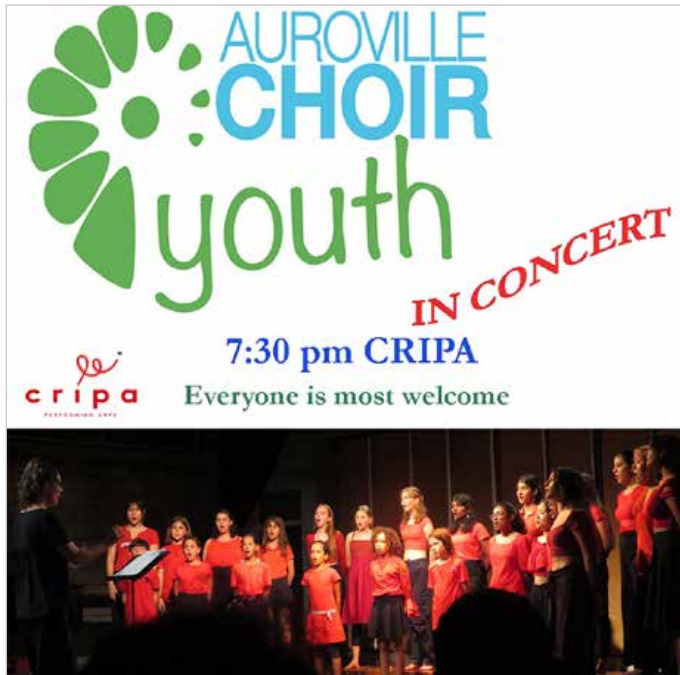
AV ART SERVICE NEEDS ADVICE

AV Art Service needs advice from someone who knows how to manage the connection between Google Sheets and Google Data Studio.

Please contact aurovillearts@auroville.org.in with "Database Support" in the subject line.

Love, Krishna

AUROVILLE YOUTH CHOIR: IN CONCERT



AUROVILLE CHOIR youth

IN CONCERT

7:30 pm CRIPA

Everyone is most welcome

cripa

LIVE MUSIC NIGHTS



Visitors Center's Right Path Cafe

LIVE MUSIC NIGHTS

Bulletproof Funk JAMS!

@thebulletprooffunk

FUNK - SOUL - BLUES

Sunday April 2 7:30 PM

in collaboration with @KALABHUMIMUSICSTUDIO.AV

Activities

TANGO DANCE CLASS

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
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com

Mani, @bakisata_dance



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 day tango dance by booking for couples or individuals
- Be on time
- No on time
- No on time
- No on time

SALSA DANCE CLASS

- Beginner Class:** Every Tuesday, 6:30pm
- All Levels:** Every Saturday, 6:30pm
- By appointment** any time you can do Salsa, Bachata Kizomba
- Need To Bring:** Socks, Water, Smile
- Venue:** New creation Dance studio
- Register before coming:** +918637633696

Mani, @bakisata_dance



Salsa dance class

EVERY TUESDAY 6:30PM

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

REGISTER BEFORE COMING: +918637633696

AUROGAMES SESSION AT HUMASCAPE

Sessions with Aurogames 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

FOOD FOREST TOUR



FOOD FOREST TOUR

I welcome you to a tour through my community garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options. This tour includes a MINI-RAW-FOOD-WORKSHOP where we will harvest herbs, fruits and flowers to prepare some delicious VEGAN ICE CREAMS and more.

EVERY SUNDAY from 9:30 to 11:30 at La Ferme Community (5min from AV Bakery)

Sign up and info via whatsapp Sarah 9047421044 www.youtube.com/myfoodforest

Every Sunday, 9:30—11:30, at La Ferme Community (5min from AV Bakery)

Sign up and infos:

- 9047421044 WA, Sarah
- sarah@auroville.org.in,
- www.youtube.com/myfoodforest

Submitted by Sarah

VEENA AND KEYBOARD CLASSES OFFERED



Dear all, we are delighted to announce that Aurohamsadhwani, is now offering Veena and Keyboard classes during weekends. Our teachers have years of experience teaching students of all ages and skill levels, and they're passionate about sharing their knowledge and skills with you.

So, if you're interested in learning to play the Veena or Keyboard, we invite you to join us. Our classes are conducted during weekends, making it easy for you to fit music lessons into your busy schedule. Don't miss out on this opportunity to unlock your musical potential.

To sign up or learn more about our Veena and Keyboard classes, please contact us at this Number below.

We look forward to hearing from you!

- Selvi 9486865336, Gunasundari 9943394901, Palani 9443535172, Auromeera 9443536547.

Regards, Raja, Aurohamsadhwani team



Swimming classes

Kids 6+ & Adults

Courses from beginners to advanced level

To book contact +91 8637633696

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- To book contact Mani, +91 8637633696

Submitted by Mani

CRAFTMELA

7th Bio-Region Village Heritage Festival 2023

Auroville & Pondicherry

Inaguration on 31 March, 4—5pm

Followed by the events from April 1—2

Saturday & Sunday, 10am—5pm

- Art & Craft Market
- Traditional Games & Performance
- Traditional Food & Workshop
- Second Panel Discussion On Tamil Connection to Asia and the World



The Bioregion of Auroville and Pondicherry is an immensely beautiful area comprising of many historical places- the ancient temples, ponds, local markets and villages which are bustling with ancestral stories, traditions, art and culture. Come experience this unique beauty of the Bioregion at the 7th Village Heritage festival, Mohanam Campus.

- Contact: 0413 2190757, 8300949079
- Email: mohanamprogram@auroville.org.in
- Website imohanam.org



BAMBOO CENTRE

April, Workshop 2023

Bamboo Centre Campus Tour

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

Training and workshop

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

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

- Daily: Make and Take Hands On Workshops, Experiences and Educational Tours available

One-Day, Make and Take Workshops

- Furniture Workshop

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Expert.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Everyday except Sunday
- Registration: One day in advance.

- Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Everyday except Sunday
- Registration: Walk-in registration available

Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Everyday except Sunday
- Registration: Walk-in registration available

Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Everyday except Sunday
- Registration: Walk-in registration available

Bamboo Construction workshop (Wall Panel making)

This workshop focuses on construction wall panel making from bamboo and various natural materials.

The Bamboo Wall Panel making workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Dates: 5 to 8 April, 9am to 5pm

Bamboo Designing Workshop on Furniture

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc...

The Bamboo Furniture workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Dates: 18 to 21 April, 9am to 5pm

Bamboo Nature Camp at Kolli Hill

The Bamboo Camp is a 3—day immersive learning experience that offers the opportunity to learn the fundamentals of bamboo construction and sustainable living, while engaging in a unique self-inquiry in the company of an international team of mentors. The workshop takes place in Kolli Hills.

The Bamboo Camp is perfect for Travelers, Architect and anyone who wants to gain skills and hands-on experience working with bamboo, one of the most eco-friendly building materials, while also exploring various aspects of sustainable living. It is for anyone who is concerned about building a more environmentally sustainable world.

What you Learn on the above all workshop

- Theory and practice of Working with Bamboo
- Treating Bamboo Against Insects
- Bamboo Carpentry: bending, cutting, Joineries, Split and Weave Bamboo
- Bamboo Construction
- Dates: 28 to 30 April

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

- Preferred through Email: bamboocentre@auroville.org
- or telephone number: +91 8300949081
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081
- bamboocentre@auroville.org.in, www.aurovillebamboocentre.org

Thanks and Regards,
Murugan

Work Opportunities



HR HUB INITIATIVE

HR Hub Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in

Hemp Shop Assistant (full time)

Job Description: We are seeking a motivated and customer-focused individual to join our team as a Hemp Shop Assistant. The successful candidate will be responsible for providing excellent customer service, handling sales transactions, and maintaining the overall appearance and organisation of the shop.

Key Responsibilities:

- Greeting and assisting customers with their purchases
- Operating the till and handling sales transactions
- Maintaining a clean and organised shop floor
- Answering customer inquiries and providing product information
- Assisting with restocking and replenishing inventory

Qualifications:

- Strong verbal communication skills in English
- Prior retail or customer service experience preferred
- Proven ability to provide excellent customer service
- Ability to work in a fast-paced environment
- Knowledge of hemp products and body care is an advantage

Accountant (full time)

Looking for a committed accountant. Precise, honest and dedicated. Previous experience required.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. You can find us at hr.hubauroville@gmail.com.

Warmly Sara

Looking For A Work Opportunity

Koperumdevi has recently finished her college in the field of IT and is looking for work in and around Auroville. Both her parents have been working in Auroville for decades.

She is an open minded and straight forward young woman that loves to work with people. She particularly likes nature and plants. She speaks English and is a good communicator. To start with, also a half day work would be fine for her.

Kindly contact her directly. Thank You.

- Koperumdevi Subramanian +91 7449046184, devi-devi31084@gmail.com.

Kind regards, Shivaya

Bioregional Project Coordinator (Bilingual-Tamil/ English)

- [Inner Climate Academy](#) is looking for a project coordinator to manage their activities in the bioregion, which includes the design, development and management of a fellowship program and other community activities that are being developed with partners in the bioregion. This is a half time position with half maintenance available.

Please see [here for more information](#)

- www.innerclimateacademy.org, ICA Facilitation Apprenticeship



- [Inner Climate Academy](#) is offering a facilitation apprenticeship that will take place over the course of 6 months to one year. This position would be ideal for someone who already has some knowledge and experience of the processes involved in facilitating groups (both on and offline) and would benefit from the opportunity to deepen their skills in the practice. You will be supported through a co-designed learning journey as part of the design, development and implementation of the second cycle of ICA's Emerging Leaders program, where you will be invited to attend and document all design and development meetings and learning sessions. With guidance from our facilitators, you will also be expected to develop learning resource materials for the program.

- Part maintenance available for Aurovilians/Newcomers

Please see here for more information

- www.innerclimateacademy.org

Amy



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

Looking For

Tutor Needed

Tutor for a child needed. Especially math and languages. Kindly contact Urvasi 9751513906 (messaging apps please).

Urvasi



Dog Sitter Needed

Dog sitter is needed for short and long periods. Easy and very sweet doggy in central Auroville (could combine with a housesitting as well). Please contact Ulrike essence.touch@yahoo.de, 9751513906 (messaging apps please)



Urvasi

Going to Bodhi Zendo?



I am looking for a partner to travel with. My plan is to leave early Monday, 10 April. Let me know if you want to go either to Bodhi Zendo or to Kodai-kanal which is just 30 minutes farther up the mountain.

It's an eight-hour ride by taxi. Call me at 2623314 or send me an email at shanti@auroville.org.in.

Love, Shanti,
(Anand Shanti)

Looking for Vinyl Records

Hello I'm looking to buy vinyl records on behalf of a friend who is a collector. Please contact me on chungates@gmail.com if you wish to sell or give away old records.

Shanks



Do you have a mobile you are not using nowadays?

I would like to keep supporting through small video recordings to the large South American community who started doing ATB and would love to have at least the possibility to practice some aspects of it. I got the possibility to use an external mic which will make the recording much more vivid, but my Xiaomi does not read any external mic.

So, I was wondering, maybe somewhere in this Auroville of us, there is a mobile in some cupboard not being used, that I could use for sometime to create a few videos!!

If that is the case and you wish to handle it to me, for ever or for sometime, free or through some support... just let me know!

Thank You! You can contact me at atbconrosa@gmail.com

Rosa



House Sitting

Hello friends, I'm Lakshmi, Aurovilian, looking for a long term house sitting. I like cleanliness, beauty, and neatness.

I will take care of your house as mine

If you have anything to offer to me or if you know someone who does please contact me at: 8489764602 or lakshmiprem369@gmail.com.

Namaste, Lakshmi



Available

Keyboard Available

Keyboard available. Kindly contact Urvasi 9751513906 (WA, Signal, Telegram only).

Urvasi



Sofa Available



Maroon 3 seater sofa cum bed from urban leaders. 3 years old. Maroon fabric. Towards contribution.

Please call Kay, 9943368410

Items Available

Strong Wooden Handmade Gymnastic Wall Bars

Height 2.50m, width 94cm, depth 16cm.

2 dumbbells 2 kg.

Please contact Susmita 9345400558



Hair Dyes to Give Away

Hair dyes, natural and other, blond and shades of brown, to give away.

If interested, please phone or WA +91 94896 01312.

Shivaya

Natural Stone Planter Boxes Available for Gardens

Contact Details: Ramakrishnan

9943919899, ramkrishna@auroville.org.in



Taxi Share

To Chennai Airport, 8 April, 6am

Auroville to Chennai International Airport, around 6am on Saturday, 8 April 2023

• Please email: ra@auroville.org.in or 7373691028 WA

Warm regards, Radhika

To Chennai Airport, 2 April, 6pm

I am taking a taxi to Chennai airport Sunday April 2 at 6pm and would like to share.

• Contacts: +31 642183114 WA or annemargreetbakker@gmail.com

Thank you! Anne

To Chennai Airport, 5 April, 6am

Taxi sharing opportunity on Wednesday, 5 April at 6am from Auroville to Chennai airport. Interested, please call or send a message: 6385362197.

With Love, Véronique

Help Needed

INVITATION TO THE WORLD CHAMPIONSHIP BHUTAN

Dear ones, we have the great privilege of having been invited by the Federation of Mallakam to participate in the World Championship in Bhutan at the beginning of May 2023.

Kalou will be going together with one student from the advanced group at the Eluciole Circus school.

The Federation will be covering all arrangements there, including board & lodging, visas etc, but we will need to cover the costs of the flight tickets, registration etc. As this invitation has come at very short notice, we have not had much time to fundraise to cover these expenses.

The tickets and miscellaneous extra expenses will amount to approximately Rs 70,000/-.

We would be grateful for the support of anyone who can offer any financial assistance, no matter of what amount, to help us to materialize this amazing opportunity. We would be so grateful if you could please transfer your donations to FS account number 252157 and specify "mallakam bhutan".

Thank you for your support.

With much care & gratitude, Kalou

Eluciole circus school



Security

SAFETY & BOUNDARIES AWARENESS PROGRAM

My body my voice, My body My boundaries
My body My consent

As a follow up to the awareness campaign on sexual harassment, Youth-Link called for a networking event to connect all unit and services working in this field to further implement education and awareness in the community. We have held 3 sessions out of which we created (Safety & Boundaries Awareness) SBA.

SBA is a collective program that links together all the services within Auroville that work toward addressing matters related to sexual harassment to work in collaboration. At



AWARENESS MONTH
Safety & boundaries awareness

this point in time, SBA is composed of YouthLink, Chrysalis, Matram, CRP3, AVCP, AVSST, Working Committee, Jump Inward- Fakeera, AV Council and ICC.

The intention of SBA is to implement actions to increase awareness, build emotional support, optimize prevention, and education within the community. The team has been working together to find efficient ways to be effective with present situations and needs in view to keep Auroville safe. We are offering an awareness program from 10th to 23rd April with a variety of events and workshops.

Stay tuned for more information, we will share the schedule of the program by next week Tuesday. Please note: Safety and Boundary Awareness is an educational program only.

- Contact AVSST at (24/7): **9443090107** for immediate action in case of sexual assault.
- Contact ICC at icc@auroville.services For support in registering a sexual harassment complaint. **Sanata**

Foods, Goods and Services

TO BE TWO
WOMENSWEAR / MENSWEAR / KIDSWEAR
AND FABRICS TOO

END OF SEASON
SALE

**COST
PRICE
OFFER**

AT OUR SHOWROOM
IN AUROMODE
UNTIL END OF APRIL
9:00 AM-5:00 PM
CLOSED ON SUNDAY

Best regards, Pavithra



**COFFEE
CUPPING
SESSION**

**EVERY SATURDAY
10AM - 12PM**

**@THE COFFEE LEARNING COMMUNITY
(ABOVE MARC'S CAFÉ)**

Submitted by Matilde, admin@marcscoffees.com

LATEST NEWS FROM INSIDE INDIA—TRAVEL SHOP

Due to the road construction you can only reach us via the Garden Entrance of Kalpana opposite Humanscapes. Our E-mail address has changed to travelshop@inside-india.com, land-line 2623030



Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10am till 4pm. He can also be contacted anytime +91 9894598686 by phone or by WA, or by email: travelshop@inside-india.com

Aircraft of most of the Airlines are fully booked and its advisable to make bookings well in advance. For travelers who accept flexible flight dates: there is a chance to get international flight tickets for only about 20 % higher price than in the past. But if one books late and has a fixed itinerary it could be 40 % or even double.

- Lufthansa is pleased to remind everyone that we will increase our frequency from MAA—FRA as per the below schedule:
 - Effective 27 March 2023: Lufthansa raise frequency to five flights weekly from the current three flights
 - Effective 29 June 2023: Lufthansa will increase our MAA—FRA flight to daily operations
 - Emirates, Etihad and Kuwait airways has offers to Paris
- In light of rising cases of Covid-19, it is now mandatory for all non-Thai passengers travelling to Thailand from India, to have International travel insurance valid for at least 7 days after the travel itinerary.

All the best Joster

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

STILL ALLOWED TO COMMAND?

Whatever venue,
Set and setting:
A building, a city,
A country, a body,
Must fully reflect
The integral unity,
Not only for the few
Or in conformity,
But for every body.
That is clearly why
Auroville in particular
Belongs to nobody.
The keyword is inclusivity.
This is the essence
Of Mother India's
Sanatana Dharma,
Unity in Diversity,
With Her global maxim,
Vasudhaiva Kutumbakam,

The World is One Family.
 All are integral, seen
 As either wrestling or dancing
 In this Great Cosmic Game
 Of The One and Its many.
 In The Play evolutionary
 The Overlords of the Mental Realm
 Are still allowed to command
 Until the awaking psychics
 Of the transitional humans
 Get truly disgusted
 From being enslaved,
 Their body-life-mind
 Much too limited,
 False and divided,
 And sincerely consents
 To be willing servitors
 Of the Divine Consciousness,
 Each a self-giving bridge
 For a drastic change
 To the Truth-Unity Consciousness.
 A change psychophysical,
 Supramental,
 Is the need critical.
 Until then on Earth,
 Still coming soon,
 A Life Divine.

Zech, 2023.03.26

Classes, Workshops & Healing Arts

TIBETAN BOWL

Sunday 3pm

Beautiful sounds/ Five elements

Tibetan bowls, gongs, shruti box, chamanic drum, overtones. Nidra Yoga with Tibetan bowls, meditation with gongs. Individual and/or small group (max 10 peoples)



• Benefits:

- Harmonizes body and mind
- Extreme relaxation
- Reduce anxiety. Panic attack. Emotional disorders. Realign chakras.
- Energize the brain and cells...

Massage with Tibetan bowl chakras and tuning forks Reinforcement of the chakras and reharmonizes the right and left brain

- French and English speaking.
- For more info: +917639761930 WA or ilmalor@yahoo.fr
- Location on request, Can move on request.

Fitness training—Gadas karla kattai

- Satyayuga. Personal coaching for individuals and/or small groups (max 5 persons). I have 30 years of experience. needs over the short, medium or longer term.
- Qi-Qong for facial rejuvenation and for the back (spine, shoulders, neck).
- Reiki—w/Satyayuga, Energy for wellbeing and struggle against stress.

Co-creative music—Nada yoga

Every Wednesday, Friday and Sunday at 4pm. Tibetan bowls (35 minutes). To be in Theta mode. Music of the soul (1 hour mantras, bijas mantra inverted, overtones and kototamas).

Full and New Moon

- We will work with the energetic forces of the moon.
- Moon gong, sun gong, moon tibetan bowls and our group energy.
- We will create an energetic field to power your intention.

April	Full 6	New 20
Mai	F.5	N. 19
August	F. 1 & F.31	N. 16
September	F. 29	N.15
October	F.28	N.14
November	F.27	N.13
December	F.27	N.1

- Start promptly 7:15pm, finish 8:30pm

Satyayuga from Auroville Art Service

TRADITIONAL MASSAGE THERAPY CLASSES

My 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha originating in southern India. It is one of the oldest systems of medicine in India.



- Varma Massage Therapy
- Varma Touch Therapy
- Varma Orthopedics
- Varma Defense Methods.

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques.

Kindly share your profile with us at the below mentioned email address.

We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Email ID: angamtree@auroville.org.in
- Contribution based
- Mobile +91 9751395939

Raja Narayanasamy, Celebration Community.

WELL-BEING YOGA CLASS

With Wali In Anitya

- Sunday 1 April, 9—10:30am
- Wednesday 5 April, 5:30—7pm

Straighten Your Spine, Balance Your Mind & Emotions

Wali, a yoga teacher trainer from Austria, is offering 2 classes in Anitya this week. With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!

- For all levels. Donation based.
- Contact Wali for info: +917845720801

Anitya is a community project registered under LEAD, Auroville. Location: Center Field, follow the ANITYA signs after Center GH



Mathilde for the JOI Anitya team

PITANGA



(0413) 2622403/ WA 9443902403

info@pitanga.in

You Decide How The Sun Rises For You Tomorrow

- 2-days workshop by Ange Blanchflower
- Monday, April 3 and Tuesday, April 4
- 9am—12:30pm
- Please sign up at Pitanga. Participation is limited.
- Please bring a pen and paper with you.

About the Workshop

"With the world around us in its seemingly chaotic state, it is important to understand that we as individuals still have the power to consciously create our own realities and can manifest this around us. This workshop provides a clear understanding of how we create the world around us and introduces some ideas from a simple method of how to consciously change it for the better." Paul B.

"A wonderful way to live your dreams"

"My name is Ange Sabine Blanchflower, and I have been living in Auroville since the early years, in fact I arrived in Pondicherry in 1964 when my parents came to join the ashram. I have been fortunate to some of my life in the presence of the Mother and have watched Auroville grow and develop over the years.

I am now 60 years of age, and looking back on my life I realize I have been blessed with extraordinary good fortune, even though at times I felt extremely challenged with the circumstances before me.

Over the past months I have been fortunate once again to discover a methodology that has allowed me to understand the processes behind my life, and how I have been able to manifest the world that I now live in. The amazing thing is that this method is simple and easy to apply and I would be so happy to share this practice with you."

Submitted by Andrea, on behalf of Pitanga

Programme for April 2023

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.

- Wednesdays 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 are paused till mid-April.

- Date of restarting will be announced.

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
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	Paused	Andres L
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, Drop-In	Monday 4:45—5:15pm, Friday 3:45—4:30pm	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: 2622403

Acupuncture	Heidi
Bio-Resonance	Afsaneh
Cranio Sacral Therapy	Anne
Chiropractic Adjustment	Afsaneh
Essenian Healing	Patrick
Thai Yoga Massage	Bernardo

- 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.



ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, April 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 (WA), Marco	Monday to Saturday, 8:30—9:30am, by Appointment only
Chakra Breathing Meditation		Friday: 7:30—8:30am by Appointment only
Heartfull Medita- tion	Avanthika, 6380238326	Wednesday 9:30—10:30am
Sound Chakras healing	Lakshmi, 8489764602	Only by Appointment

Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, 9943410987, by appointment	Monday to Saturday
Cranio sacral, Lomi Lomi Ka- huna massage, Barefoot body massage	Silvana, 9047654157, by appointment	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacoloring	Meha, 9443635114, by appointment,	Monday to Saturday
Shiatsu, Thai Yoga Massage, Osteothai, Somatic Bodywork and Sound Healing.	Marco, +353877420282, WA 9600094875	Monday to Sunday
Chinese Fire Cupping and Moxibustion Therapy (TOS)	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	Antarjyoti: 0413 2623767, antarcalli@yahoo.fr	Monday to Sunday

Thanks & Regards,
Ramana, Arka

FLOW INTO JOYFUL TRANSFORMATION

Sunday, April 2, 9—5pm

Join us for "Flow into Joyful Transformation", a full-day workshop with Valentina & Sandhya at A Sunlit Path, organised in collaboration with Abhaya, an Auroville activity of ASSA.



Do you want to unleash your inner power and move fearlessly from stuckness into the flow of life? Now is the perfect time to joyfully tap into significant breakthroughs. This workshop has been designed to activate a radical transformation in your reality. We invite you to a creative intuitive journey, while using different tools, such as the Flow Game, Tarot & Oracle cards, Self-healing and Coaching techniques.

The journey will help you to access your inner toolbox and enable you to open the door to a new awareness.

Facilitator: Valentina (Tarot Reader, Akashic Record Counsellor and Flow Game Host) and Sandhya (Energy Healer, Self Empowerment Coach and Flow Game Host)

- Location: A Sunlit Path, Auroville
- To register: 8870988843
- Limited to 12 participants

Warmly, Abhaya Team, Sudha

MOTHER'S MUDRA

Mother's Mudra's in a Tai-chi Form.

• **Every Tuesday at 4:30 at Savitri Bhavan.**
On Sundays, after the Savitri reading, by 12, we practice also.



Everybody Welcome.
Facilitator: Anandi ayün

"A harmonious collective aspiration can change the course of circumstances". **The Mother**

DR. SEHDEV KUMAR ACTIVITIES

We must let go
What ties us to the prison bars
And dream once again of Freedom.
In this freedom alone
lies our true
Redemption.



Three Workshops

- **Yoga of Forgiveness**
 - Saturday, April 8, 2—4:30pm
- **Freedom from Fear**
 - Saturday, April 15, 2—4:30pm
- **Peace Within: Peace Without**
 - Saturday, April 29, 2—4:30pm

Dr. Sehdev Kumar, Professor Emeritus, Canada, Author, Poet, Mediator, Author of Lotus in the Stone: Explorations in Dreams & Consciousness, Kabir: Ocean in a Drop, 7000 Million Degrees of Freedom

Vérité, Auroville, Register: +91 7867805812
Sehdev Kumar



JIVA

your journey in healing and transformation

We offer transformational practices addressing all issues of body, mind, emotion... and soul, for conscious evolution Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Natural Horsemanship, Horse assisted Therapy, Gentle birth and pregnancy, Integral Regression Therapy, trauma therapy, advanced classical homeopathy Systemic constellation & family constellation, Nonviolent communication Sound Bath, Tibetan Singing Bowls Yoga—Hatha, Transformational Yoga, Yoga Therapy, Pranayama, Free flow Dance,



www.auroville-jiva.com, WA 9626006961

contact@auroville-jiva.com, [Facebook](#), [Youtube](#)

Insta H2H Horse to Human

ReiKi Healing Sessions with Niyati

Reiki: The Science to Realize the Absolute. An easy therapy to bring body, mind and soul in unison and as a result bestow on oneself naturalness, awareness and totality or completeness of life & living.



"Rei" means Omni Present and "Ki" means Life Force. Reiki therapy is channeling the abundant life force to a concentration of healing. Reiki energy works with the chakras of the body, healing the tangible & intangible aspects of life. What Reiki can give in abundance is awareness: Awareness of your body, of your mental health, of your emotional health. When you have some mental and emotional issues you're fighting, it's like your companion, bringing back your natural flow. Book a session for a healing experience.

• 9626006961WA, contact@auroville-jiva.com

The Incarnating Soul

- 10, 11, 12 April, 7:30 to 9pm
Webinar with Sigrid Lindemann

A webinar to shed a light on early memories of birth and early infancy, and their lifelong impacts, and even the earlier, the prenatal and karmic imprints in rebirth. Mother and Sri Aurobindo wrote on birth and pre birth experiences, which is very much in line with what modern research has discovered past 30 years.



Facilitator Sigrid Lindemann, integral regression therapist, past life therapy, living and researching in Auroville over 20 years.

• 9626006961WA, contact@auroville-jiva.com

Exploring Past Lives

- Webinar, 24, 25, 26 April, 7:30—9pm with Sigrid

We invite you to explore the topic of Past Lives in the light of Sri Aurobindo and The Mothers Philosophy, and sharing the value of Past Lives therapy in psychotherapy and energy work.



In this short introduction you will gather an insight into the hidden source of some your present day beliefs, psychological movements and even inexplicable bodily pains as well as glimpses on transforming these. Sigrid Lindemann introduces "Exploring Past Lives" as an element of Integral Regression therapy, a deeply transforming modality integrating Inner Child Work, Past Life Therapy, Trauma therapy and Energy Work on the bases of the philosophy of Integral Yoga. Sigrid has developed Integral Regression Therapy, integrating her therapeutic experience of past 20 years.

• 9626006961WA, contact@auroville-jiva.com

Journey of the Soul, 4 April, 10am—1pm

A 1 day workshop to explore the "Layers of the heart", an inner journey described by the Mother, and more recently by Soleil Lithman, a longterm associate of Auroville.



After a short Intro, we will follow a guided meditation. This workshop is an opening toward the dimensions of inner work proposed by The Mother. A workshop for all.

Facilitator Sigrid Lindemann, an Aurovilian researcher for over 20 years, international faculty in integral regression therapy

- Venue Sharnga Guesthouse Yogahall
contact@auroville-jiva.com

Integral regression therapy

- Intro Session, 7 April, 10am—1pm in AV,
7—9pm ONLINE

Integral regression therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, integrating trauma therapy, past life regression therapy, inner child work, NLP, and a client centric approach.



Typically, integral regression therapy addresses unexplainable pains, traumata from accidents or early childhood, questions about past lives, life purpose or restricting behaviour patterns.

- Individual therapy sessions of 2—3 hrs are offered by Sigrid on request.

Watch Sigrids interview with Jim Garrison, Ubiquity University, San Francisco, California on "Integral Yoga applied: Heal and transformation with Integral Regression Therapy"

<https://www.youtube.com/watch?v=92QgFRFqh4>

Training in Integral Regression Therapy An in-depth training is offered through a series of 4 webinars detailing the theoretical backbone of this deeply healing modality. Therapists wishing to integrate this approach in their psychotherapeutic or body- mind—healing work shall come for 3 practice workshops in between theory modules in Auroville. The practice and personal experience will enable them to practice facilitating the 2hrs therapy sessions, and their own personal transformation.

The first of 7 modules consisting of 2 webinar sessions will take place in March 2023,

Mirrabelle offers webinars, classes and workshops in "Natural Horsemanship"

- Individual and group sessions ongoingly

Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!



Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication—and its just fun time to BE with a sensitive, naturally trained horse!

Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfils her life's dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse.

Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care—hoofs, nutrition, psychology, care, riding and therapy!

- Sessions afternoons 4—6pm or mornings 8—10am
- Contact 9626565134WA, contact@auroville-jiva.com

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.

- 0413 2622045, 7867805812 WA, programming@verite.in.

Yoga for Inner Alignment with Radhika

- Thursday 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 centered in our daily activities.

- 0413 2622045, 7867805812 WA, programming@verite.in.

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.

- 0413 2622045, 7867805812 WA, programming@verite.in.

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.

- 0413 2622045, 7867805812 WA, programming@verite.in.

Treatments and Therapies**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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

Foot Reflexology with Radhika

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

- By appointment: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606, +91 7867805812 WA, treatments@verite.in



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: +91 413 2622 606,
+91 7867805812 WA, treatments@verite.in

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: +91 413 2622 606,
+91 7867805812 WA, treatments@verite.in

Individual Self-work with Clay with Megha

Clay has innate qualities that help us connect with ourselves creating a more real, tangible and physical experience of our subtler state and inner environment. While our breath becomes an intricate part as we connect with the "earth" it brings awareness, presence and balance within. Through feeling and sensing clay we will immerse into an inner journey using certain hand building techniques and the wheel.

- By appointment: +91 413 2622 606,
+91 7867805812 WA, treatments@verite.in

Integrated Craniosacral & Foot Reflexology with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and 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: +91 413 2622 606,
+91 7867805812 WA, treatments@verite.in

VÉRITÉ WORKSHOPS

Pre-registration required

Please contact Verite

@ 0413 2622045, 2622606, 7867805812

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

Mindfulness with Heart with Moller

- Tuesday, 4 April, 9:30am—12pm or
- Thursday, 6 April, 9:30am—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.



Prevention & Reversal of Cognitive Decline w/ Lize

- Monday, 3 April, 9:30am—12pm

Declining brain function need not be a part of aging. It is entirely possible to prevent, and reverse, age related decline and dementia, through specific lifestyle changes and targeted nutrition and supplements. These same strategies will help to ensure optimal brain function, at any age.

Optimal Longevity with Lize

- Wednesday, 5 April—9:30am—12pm

"Die young, as late as possible". Strategies to live long, with good physical health and quality of life, as well as with satisfaction, meaning and purpose. Learn strategies for a long, healthy and meaningful life!

Prevention & Reversal of Diabetes and Pre-Diabetes with Lize

- Friday, 7 April, 2pm—4:30pm

Actionable strategies to reverse not only the symptoms (increased blood pressure, high blood sugar, excess body weight, abnormal cholesterol and triglyceride levels) but also the cause of metabolic syndrome, and prevent its progression to diabetes.

Anatomy for Yoga Practitioners: The knee with Rebeca

- Saturday, 8 April, 9:30am—12pm

The knee is one of the largest and most complex joints in the body that is responsible for weight-bearing and movement. We will explore through practice and an anatomical focus how to keep the knees healthy in yoga poses, how to align, strengthen and stabilize them to prevent injuries or recover from them. Session open to all, specially designed for yoga teachers or yoga practitioners.

Yoga of Forgiveness with Dr.Sehdev

- Saturday, 8 April, 2pm—4:30pm

From the Darkness of Hatred & Indifference, to the Light of Forgiveness is a momentous step. From Fear & Festering Revenge, to the Courage of Being is the True Journey of the Spirit. We must let go of what ties us to the prison bars, and dream once again of Freedom. In this freedom alone lies our true Redemption.

VÉRITÉ PROGRAMS, APRIL 2023

Phone +91 413 2622045, 2622606

Mobile +91 7867805812/ 8489391876

programming@verite.in, www.verite.in



Therapies (by appointment only)

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
Foot Reflexology	Radhika
Integrated Cranio-sacral & Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Private Yoga Session	Sabrina
Heart-Centered Resilience	Susan
Lomi Lomi Massage	Umberto
Ayurvedic Abhyanga Massage	Umberto

Intensives (pre-registration required)

Day & Date	Intensives (pre-registration required)	Timings	Presenters
Saturday, 1 April	The Healing Power of Gayatri Mantra	9:30am—12pm	Sabrina
Mondays, 3, 24 April	Prevention and Reversal of Cognitive Decline	9:30am—12pm	Lize
Tuesdays, 4, 18, 25 April	Mindfulness with Heart	9:30am—12pm	Moller
Wednesdays, 5, 26 April	Optimal Longevity	9:30am—12pm	Lize
Thursdays, 6, 20, 27 April	Mindfulness with Heart	9:30am—12pm	Moller
Fridays, 7 April	Prevention and Reversal of Diabetes and Pre-diabetes	2:00—4:30pm	Lize
Saturday, 8 April	Anatomy for Yoga Practitioners: The Knee	9:30am—12pm	Rebeca
Saturday, 8 April	Yoga of Forgiveness	2pm—4:30pm	Dr. Sehdev
Friday, 14 April	Restorative Yin and Nidra Yoga	9:30am—12pm	Emma
Saturday, 15 April	Explore Your Five Bodies (Koshas) through the Practice of Yoga	9:30am—12:30pm	Sabrina
Saturday, 15 April	Freedom From Fear	2pm—4:30pm	Dr. Sehdev
Mondays, 17 April	Prevention and Reversal of Cognitive Decline	2:00—4:30pm	Lize
Wednesdays, 19 April	Optimal Longevity	2:00—4:30pm	Lize
Fridays, 21, 28 April	Prevention and Reversal of Diabetes and Pre-diabetes	9:30am—12pm	Lize
Saturday, 22 April	Purify Your Five Bodies (Koshas) through the Practice of Yoga	9:30am—12pm	Sabrina
Saturday, 29 April	Balance Your Five Bodies (Koshas) through the Practice of Yoga	9:30am—12:30pm	Sabrina
Saturday, 29 April	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Dr. Sehdev

Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
Mondays	Holistic Power Yoga	10:30am—11:30am	Emma
	Yin Yoga	3:30pm—4:30pm	Emma
	Deep Sound Bath	5pm—6pm	Satyayuga
	Vinyasa Flow	5pm—6pm	Rebeca
Tuesdays	Gentle Vinyasa Flow	10:30—11:30am	Emma
	Pranayama and Meditation	3:30pm—4:30pm	Radhika
	Holistic Yoga	5pm—6pm	Sabrina
Wednesdays	Holistic Yoga	9am—10am	Sabrina
	Nataraj Dance Meditation	5pm—6:30pm	Nirmal
	Vinyasa Flow	5pm—6pm	Rebeca

Thursdays	Yoga for Inner Alignment	10:30am—11:30am	Radhika
	Holistic Yoga	5pm—6pm	Sabrina
Fridays	Free Flow Dance & Movement	5pm—6.30pm	Vega
	Holistic Power Yoga	5pm—6pm	Emma
Saturdays	Chakra Dance Meditation	5pm—6.30pm	Nirmal

Kathir and Thushar Verite

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: Long-term house-sitting for our volunteer & soon-to-be newcomer, Ramesh, who teaches English at the Language Lab, and Yoga at Serendipity.

Tomatis

We are still processing the existing requests for Listening Tests and Consultations. Apologies to those who have been waiting a while. We are taking new enquiries, so feel free to place your requests with us; they will be added to the list.

To know more about the Tomatis Method, please have a look at the following links:

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

Current Language Courses at ALL

New: Sanskrit with Kaushal

Great news for Sanskrit learners! We are going to start a new Sanskrit Beginners Course with Kaushal this April!

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 (16-hour) course** will take you through the sounds and the alphabet, and shall explore simple words, conversation, and chanting of select mantras.
 - The course will start on 6 April and classes will take place every Thursday, 2:15pm to 4:15pm
- New Sanskrit Pre-Intermediate course**

Kaushal will also start a new Sanskrit Pre-Intermediate course for learners who are familiar with the Sanskrit language. In this two-month (16-hour) course, Kaushal will delve deeper into Sanskrit grammar, verbs, and vocabulary. Those who attended the recent Sanskrit Beginners course are welcome to join.

- The course will start on 4 April 2023 and classes will take place every Tuesday, 2:15pm to 4:15pm.

New: Hindi with Kaushal

We are soon starting a new batch for Beginner Hindi! Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this two-month (16 hour) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with Hindi.

- The course will start 5 April
- Classes will take place every Wednesday, 2:15 to 4:15pm.

New: Beginner Japanese with Tomoko

Tomoko's two-month (16 hour) course covers the Japanese alphabet, phonetic, numbers, basic grammar, & vocabulary. By the end of the course, students will be able to converse on everyday matters such as talking about one's day, visiting someone's house, ordering food at restaurants, etc. Tomoko's classes are highly interactive and make use of audio and pictures. There are still a few spots left. This is the last week for new registrations.

- The course started 11 March.
- Classes take place Saturdays, 10am to 12noon.

New: Pre-Intermediate Italian

Fabio will start a new course for Pre-Intermediate Italian in the beginning of April. This three-month course is for any learners who already have a basic knowledge of Italian and would like to explore the language further. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. Feel free to enquire with us and reserve your spot!

- The course will start on 4 April
- Classes will take place Tuesdays & Thursdays, 3pm to 4pm.

New: French with Jean-François

Jean-François offers four 2-month (16-hour) courses. All his courses are open to new registrations.

- **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 March 11.
- 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 media 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 will start on March 25,
- Classes will take place Saturdays, 11am to 12noon.

- **French Conversation**

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 would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. He will also review the grammar useful for basic conversation.

- This course started on March 6.
- Classes take place Mondays & Thursdays, 2pm to 3pm.

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.

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.

- Classes take place every Tuesday, 2:30pm to 4:00pm.

English Conversation with Ramesh

Ramesh's Conversation classes are currently on hold as he is on a break! We will announce new dates soon. Watch this space!

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!

If there is a language you would like to learn, and it's not on our list, please send us a query!

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!

Change in contact info

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

Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Beginner & Pre-Intermediate	10:30—11:30am	Tuesday & Thursday
	Total Beginners To start soon	TBA	TBA
	English Conversation	TBA	TBA
French	Beginner Started 11 March 2023	2:30—4:30pm	Saturday
	Beginner for Teens To start 25 March	11am—12noon	
	French Conversation Started 6 March 2023	2—3pm	Monday & Thursday
Tamil	Spoken Beginner, Started 7 February	9:30—10:30am	Tuesday & Friday
	Written & Spoken Beginner, To start soon	10—11am	Monday & Thursday
Sanskrit	Beginner To start 6 April 2023	2:15pm—4:15pm	Thursday
	Intermediate To start 4 April 2023	2:15pm—4:15pm	Tuesday
Hindi	Beginner To start 5 April 2023	2:15pm—4:15pm	Wednesday
German	A1.1 Beginner	TBA	TBA
Spanish	Beginner Started 15 February 2023	2:30—3:30pm	Monday & Wednesday
	Intermediate Started 22 November 2022	2:30—4pm	Tuesday
Japanese	Beginner Started 11 March 2023	10am—12noon	Saturdays
Italian	Beginner Started 13 February 2023	4—5pm	Monday & Wednesday
	Pre-Intermediate To start 4 April 2023	3pm—4pm	Tuesday & Thursday

Vismai, for Language Lab Team



At Multi Media Centre Auditorium

Reminder

- Friday 31 March, "THE TASTE OF OTHERS" by Agnès Jaoui, France, 2000

Friday 7 April, 8pm: "2001: A SPACE ODYSSEY"

Directed by Stanley Kubrick, UK, 1968

With: Keir Dullea, Gary Lockwood, William Sylvester and Douglas Rain

Overview / Synopsis: The visionary and controversial director Stanley Kubrick pushes here the limits of his art, delivering messages and asking questions to the audience that go way beyond the story line: a space trip to discover the origins of a mysterious phenomena.

"2001" is one of the very few classics that define milestones in the history of Cinema. It is probably the most influential science fiction film ever made, to which any other movie of the genre would be compared to, even 55 years after its release.

Made the same year than Auroville's inauguration and in the midst of the big space exploration programs of the late 1960s, the film is a breathtakingly beautiful, delicate and poetic meditation on the ingenuity—and folly—of mankind.

Original English version with English Subtitles. Duration 2h23

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, 7 April

Our Planet—One Planet

2019/ 50 min/ Adam Chapman

This series contains exhilarating visuals and stunning footage of rarely-seen animals mix with somber truths about humanity's impact on the planet's habitats and species. In "One Planet" witness the planet's breathtaking diversity—from seabirds carpet-bombing the ocean to wildebeests eluding the wild dogs of the Serengeti.

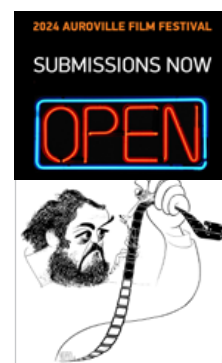


AUROVILLE FILM FESTIVAL 2024

The 8th edition of the Auroville Film Festival will take place in January 2024. We are now open for submissions.

- Entries for the international category of "Films that develop the theme of human unity" are to be submitted via FilmFreeway: <https://filmfreeway.com/AurovilleFilmFestival>
- Films for the three local categories
 - "Films made by Aurovilians, bio-region residents or guests of Auroville",
 - "Films made about Auroville / bioregion"
 - and "Films made by students of Auroville / bioregion" are to be entered using the submission form on our website: <https://filmfestival.auroville.org/submissions-2024/>
- Deadline for submissions in the international category of "Films that develop the theme of human unity" is July 31, 2023.
- Deadline for submissions in the three local categories is September 15, 2023.

Warmly, Richa Film Institute @ Auroville



THE ALLURING MELODRAMA OF PEDRO ALMODOVAR

Shot By Shot with Anupam Barve

Film Institute @ Auroville is thrilled to announce its upcoming workshop

- April Weekends: 8 & 9, 15 & 16, 22 & 23;
- 14:30 to 18:30 IST _ ONLINE.
 - All About My Mother, Todo sobre mi madre, 8&9 April
 - Volver, 15&16 April
 - Pain and Glory (Dolor y gloria), 22&23 April

Overview: "Pedro Almodóvar is something of a paradox—scintillatingly so. Celebrated and denigrated by critics as serious and superficial, political and apolitical, moral and immoral, feminist and misogynist, experimental and sentimental, universal and provincial, Almodóvar has charted a path from the countercultural margins of his native Spain to an international mainstream". Almodóvar's films have exploded on the screen with recurring themes of desire, passion, family and identity...and over the decades, consistently offered superb renditions of bold colours, irreverent humour and glossy melodrama. In this 3 weekend series, filmmaker and film academician Anupam Barve will go for a SHOT BY SHOT breakdown and analysis of Pedro Almodovar's directorial craft through three of his seminal works.

Anupam Barve's Profile: Anupam is a Pune based film and theatre director, and film educator. He has recently served as an Associate Professor of Film Direction at FTIL. He has been a visiting film faculty at several film and media institutions across India like SIMC, SSLA, FLAME, MIT-SFT, SPPU, XCOMM, etc. for over a decade. He holds a BA in Performing Arts from the University of Pune and a MA in Directing: Film and TV from the University of Westminster, London. He was a recipient of 'Scholarship to outstanding Performing Artistes' by the Ministry of Culture, Government of India. His current theatre production Uchhaad, a Marathi adaptation of Yasmina Reza's Tony Award winning black comedy God of Carnage is being performed on stage across Maharashtra. He recently produced and directed a six part fictional series called Goshta Ahe Pruthvimolachi based on various mental health issues. He also produced and directed a well-received web series in eight parts based on stories around sexuality and self-efficacy titled Safe Journeys. His previous work has showcased and received critical acclaim at film festivals and competitions worldwide like London Asian Film Festival, New York Indian Film Festival, Mumbai International Film Festival (MIFF), BISFF and IDSFFK. His film 'Fresh suicide' was nominated for the Golden Palm Tree Award at IFFI, Goa and has won various awards elsewhere. His feature film screenplay The Shadow Lines, an adaptation of Amitav Ghosh's novel, was also selected at NFDC's Screenwriters' Lab and Film Bazaar held at Venice Film Festival and International Film Festival of India in 2012.

Participants Profile: Filmmakers, film students, critics and general aficionados of world cinema, particularly Spanish cinema—welcome to join! Also, those interested in politics of desire, non-normative family dynamics, and fluid identity explorations, for the bursts of intensities from the everyday life!

For queries and registration please visit:

- <https://filmstitute.auroville.org/2023/03/22/the-alluring-melodrama-of-pedro-almodovar/>
- +91 9969879319 WA & Telegram

Warmly, Richa, Film Institute @ Auroville



HANDS ON

DOCUMENTARY FILM WORKSHOP IN LADAKH

with Richa Hushing & Rivu Laha
from 5 June to 16 July 2023

Workshop Overview

Context: Located across a trans-Himalayan high-altitude desert, Ladakh today, as the northern frontier of India, balances a popular imagination between a pristine monastic spirituality and international borders. Historically a cross-road between the Tibetan Himalayas and west Asia, Central and sub-continental Asia, Ladakh has been a witness to the passage of empires, armies, merchants, goods and ideas. Developing thereof not only a robust local material culture, but a syncretic cosmopolitan character.

As a new Union Territory of India, Ladakh today is undergoing systemic shifts, bringing forth dreams of an ideal state; and desires and demands of civic reforms; dynamizing an otherwise imagined idyllic landscape / mindscape. The proliferation of industrialized tourism is reshaping the contours of regional culture and economy and raising questions on its fragile ecosystem.

The workshop will facilitate and contextualize observations of the evolving urbanscapes, community histories and social memory, aspects of tangible and intangible cultural heritage, while simultaneously examining and experimenting with the creative documentary practice.

Methodology : The workshop will be anchored around the themes of human ecology, urbanization and material culture. Alongside inputs on conceptualisation, pre production, production and post production of short films, the workshop will include a curated landscape tour around ideas of making: from historical conservation sites, to contemporary restoration of architecture, wall painting and artifacts, to engagements with contemporary art practice across visual and material culture and recent liaisons between design and craft, plotted along historical trade routes and contemporary borders. Based out of the old town in Leh and a nearby village Phey, the sites of exploration would extend to Skurbuchan, Photoksar in western Ladakh, Ensa, and Turkuk in the Nubra Valley, Puga in Changthang.

Self reflexivity will be a key aspect of the workshop.

Participants will be facilitated to make their own short films and media artifacts—ready for exhibition at the culmination of the workshop. The films and media artifacts bear a much longer life not only to exhibit and construct discourses on culture of the said region but archive contemporary concerns and movements.

Who Is It For

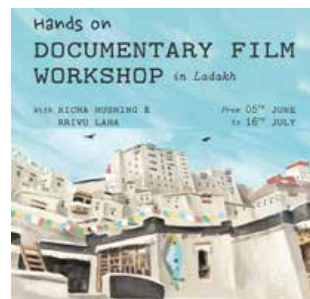
The workshop hopes to draw participants from both the region and beyond, having diverse professional backgrounds and interests including: anthropology and other social sciences, film, art, architecture and design. The trans-cultural-disciplinary participation aims at a productive exchange of ideas and insights setting up a diversity and inclusive experience of collective learning.

It is an intermediate level workshop—open for participants from all over India and abroad.

For queries and registration please visit:

- <https://filmstitute.auroville.org/2023/02/16/hands-on-documentary-film-workshop-ladakh/>
- +91 9969879319 WA & Telegram

Warmly, Richa, Film Institute @ Auroville





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
3 April 2023 to 9 April 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Technically Covid protocols were never taken off of cinema/theatre halls. Since mask is not a requirement anywhere else, we leave it to people's discretion. However, please come prepared. To organize seminar/program please contact us via email.

We continue to have issues with our projector. 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 3 April, 8pm
GULMOHAR

India, 2023, Writer-Dir. Rahul V. Chatterla w/ Sharmila Tagore, Manoj Bajpaye, Simran, and others, Drama, 132mins, Hindi w/ English subtitles, Rated: NR (PG)

The Batra family has been living in a house named "Gulmohar" for decades. As their Gulmohar villa now destined to make way to a high rise, the family meets up for one last party before the packers and movers take over. However, over the course of ghazal and gossip, the discordant notes in their relationships get exposed and one get consumed by their tumultuous present and turbulent past. The postcards of memories riddled with cryptic messages on the destiny show up.

Potpourri—Tuesday 4 April, 8pm
SOGONGNYEO (Microhabitat)

South Korea, 2017, Dir. Jeon Go-Woon w/ Esom, Jaehong Ahn, Jae-Hyun Choi, and others, Comedy-Drama-Romance, 106 mins, Korean w/ English subtitles, Rated: NR (R)

Whiskey and cigarettes, the only ways of keeping her dignity in this city. But when the Korean government raised the prices of cigarettes so high that she simply couldn't afford the price hikes, she decided to give up her house. By losing her house, she thought she could ask her friends one by one to sleep in their own rooms in turns. But her wishful thinking would be a tough test between her and her friends. When reality became a daily difficulty to deal with regularly, there might no friendship can survive or, vice versa?

Interesting—Wednesday 5 April, 8pm
AUROVILLE, FROM UTOPIA TO REALITY

Switzerland, 2002, Dir. Harry Haener & Laurence Bolomey w/Diego Zecchin, A. Kodhanda Raman, Prof. M. S. Swaminathan, and others, Documentary, 52mins, English (dubbed when other language used), Rated: NR (G)

This 20+ yrs. old film features a number of Aurovilians as well as Prof. M. S. Swaminathan (UNESCO Cousteau Chair in Eco-technology & Chairman of the Swaminathan Research Foundation; Chairman of the Governing Board of the Auroville Foundation at the time) and the late Prof. Albert Jaccard, well-known French geneticist and professor of Human Ecology.

Selection—Thursday 6 April, 8pm
PAPILLON

USA-Spain, 2017, Dir. Michael Noer w/ Charlie Hunnam, Rami Malek, and others, Adventure-Biography, 133 mins, English-Spanish w/ English subtitles, Rated: R

Based on the international best-selling autobiographical books "Papillon" and "Banco", follows the epic story of Henri "Papillon" Charrière, a safecracker from the Parisian underworld who is framed for murder and condemned to life in the notorious Devil's Island. Determined to regain his freedom, Papillon forms an unlikely alliance with quirky convicted counterfeiter Louis Dega, who agrees to finance Papillon's escape.

International—Saturday, 8 April, 8pm
TÁR

USA, 2022, Dir. Tod Field, w/ Cate Blanchett, Noémie Merlant, Nina Hoss, Drama-Music, English w/ English subtitles, 158 mins, Rated: R

Having achieved an enviable career few could even dream of, renowned conductor/composer Lydia Tár, the first female principal music director of the Berlin Philharmonic, is at the top of her game. As a conductor, Lydia not only orchestrates, she manipulates. As a trailblazer, the passionate virtuoso leads the way in the male-dominated classical music industry. However, forces that even the imperious maestro can't control slowly chip away at Lydia's elaborate facade, revealing the genius's secrets and the insidious, corrosive nature of power. What if life knocks Lydia off her pedestal?

Children's Matinee—Sunday, 9 April, 4:30pm
PAWS OF FURY: THE LEGEND OF HANK

USA, 2022, Dir. Chris Bailey w/ Michael Cera, Samuel L. Jackson, Ricky Gervais, and others, Action-Comedy, 93 mins, English, Rated: PG

Hank, a down-on-his-luck dog, finds himself in a town full of cats who need a hero to defend them from a ruthless villain's evil plot to wipe their village off the map. With help from a reluctant trainer, the underdog must assume the role of fearsome samurai and team up with the felines to save the day. The only problem is—they all hate dogs.

Woody Allen @ Ciné-Club Sunday 2 April, 8pm
LOVE AND DEATH

USA-France, 1975, Dir. Woody Allen w/ Diane Keaton, Georges Adet and others, Comedy-War, 85 mins, English w/ English subtitles, Rated: A (R).

A comic takes on 19th-century Russian philosophical novels and the Soviet-era epic films made from them, Boris is a simple Russian villager who forced against his will into joining the Russian army during the Napoleonic Wars, the cowardly Boris accidentally becomes a military hero.

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

"THE MIME OF THINGS"

By Drupad Gaonkar

From 14 to 24 April

Film Institute @ Auroville is thrilled to announce its upcoming workshop

The Mime Of Things is a 10 days course on the subjective aspects of objective THINGS that we encounter in our day to day life and how Mimes use them as Metaphors to create A Poetry of the PHYSICAL.



This is part of the ongoing Non—Verbal Adjectives: an exploration of Silent & Non Verbal Art-forms project by Mooladhvani In Movement & Expression and Auroville Film Institute.



We are surrounded by things that seem inanimate in nature but hold some strange value in our lives not necessarily due to their general use and function but due to some subjective association we have attributed to them in course of our day to day interactions with those items. Sometimes they hold a fascination right from our first interaction and may continue to grow with the passage of time eventually dictating our interactions with everything else. Mimes know this all too well and use this as part a of their invisible world, giving what could be a cup, or a pen, a wall or to that matter a hammer; a life and an expression that is all hidden within us.

Those interested are invited to join, for queries and registration please visit:

• <https://filminstitute.auroville.org/2023/03/14/the-mime-of-things/>

- or +91 9969879319 WA & Telegram

Warmly, Richa Film Institute @ Auroville.

STUDY CIRCLE

Film Institute @ Auroville is delighted to introduce an open study circle, 6 to 8pm at the Video Room in KalaKendra, Bharat Nivas.



The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Week's Schedule

- Yasujiro Ozu's filmmaking style as per the book "Transcendental Style in Film" by Paul Schrader

Monday	3 April	Reading	Transcendental Style in Film: Ozu, Paul Schrader
Tuesday	4 April	Reading	Transcendental Style in Film: Ozu, Paul Schrader
Wednesday	5 April	Screening	Late Spring (1949), Yasujiro Ozu
Thursday	6 April	Screening	Early Spring (1956), Yasujiro Ozu
Friday	7 April	Screening	An Autumn Afternoon (1962), Yasujiro Ozu

For more information write to:

- support_filminstitute@auroville.org.in
- contact AVFI fellow Kumud: +91 7592805013 WA
- Kalakendra 0413 2622488.

Warm regards,
Richa, Auroville Film Institute

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 Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram 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

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