



News Notes

#989 A weekly bulletin for residents of Auroville 24 August 2023



Peter Kingston Early Fertile

*A conscious being is in the center of the self, who rules past and future; he is like a fire without smoke... That, one must disengage with patience from one's own body. **Katha Upanishad***

*An intuition in the heart sees that truth. **Rig Veda***

*I abide in the spiritual being and from there destroy the darkness born of ignorance with the shining lamp of knowledge. **Gita***

*It is Truth that conquers and not falsehood; by Truth was stretched out the path of the journey of the gods, by which the sages winning their desire ascend there where Truth has its supreme abode. **Mundaka Upanishad***

Pondering



But we have supposed that there is a farther intention, — not only a revelation of the Spirit, but a radical and integral transformation of Nature. There is a will in her to effectuate a true manifestation of the embodied life of the Spirit, to complete what she has begun by a passage from the Ignorance to the Knowledge, to throw off her mask and to reveal herself as the luminous Consciousness-Force carrying in her the eternal Existence and its universal Delight of being.

The Triple Transformation, The Life Divine by Sri Aurobindo

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EDITORS' NOTE

Dear Friends, readers of paper version!

We are working on improving the delivery of paper version of News and Notes on Fridays only with no delays.

Please let us know if you do not get your paper copy on Friday before 4:30pm.

Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery is rain on Friday.

*Light and Peace
Roy and Agni*



House of Mother's Agenda



(continued from last week)

But the emergence of the new 'high' or new level of consciousness, at any stage of evolution, is not a magical phenomenon, which abruptly alters all the preceding levels. Between the appearance of the first amoeba in the world of Life and that of the mammal, we know that it took many millions of years to overcome Matter's inertia and to 'vitalize' it. Similarly, from the Neanderthal man to Plato, thousands of years were needed to overcome the resistance of the two previous levels and to 'mentalize' Life, to become the complete mental man. Even today, how many human lives are truly governed by the mind rather than by vital passions? The whole task of the pioneers of evolution, at any level, is precisely to join the new height with the former depth; when high meets low, an evolutionary cycle is completed. Likewise, when the pioneer of mental evolution suddenly emerges in the Supramental, his discovery is not a feat of magic that upsets all the former laws. He does not leap to the complete supramental being any more than the Neanderthal man leapt to Plato; he must first 'supramentalize' all the previous levels. Certainly, his consciousness is the meeting point of the supreme High and the supreme Low, Spirit and Matter, Positive and Negative, and his own powers are, of course, considerably increased, but they are increased only in proportion to the new resistance he has to encounter. The more evolution progresses, the deeper the layers it seeks to touch: the principle of Life barely colonized the material crust of the world; the mental principle narrowly colonized its immediate past, the mental subconscious and Life's old profligacies; the Supramental principle confronts not only the mental and vital subconscients, but an even more remote past, the physical subconscious and the inconscient. The higher one rises, the farther one is pulled down. Evolution does not move higher and higher, into an ever more heavenly heaven, but deeper and deeper. Each evolutionary cycle closes a little lower, a little nearer to the Center where the supreme High and Low, heaven and earth, will finally meet. The pioneer must therefore clear up the intermediary mental, vital, and material levels so that the two poles can actually meet. When the joining takes place, not only mentally and vitally but also materially, then the Spirit will emerge in Matter within a complete supramental being and a supramental body.

... earth shall be the Spirit's manifest home.

This clearing-up of the intermediary levels is the whole story of Sri Aurobindo and the Mother. The difficulties of accustoming the body to the supramental Agni may, ultimately, have a reason and a purpose. It may not be so much a material difficulty as a strategic one, as it were. Indeed, during that second phase, Sri Aurobindo and the Mother

would realize that transformation is not just an individual problem but one involving the earth and that no individual transformation is possible (or at least complete) without some degree of collective transformation. Once collective evolution reaches a satisfactory state of progress, the present material difficulties of transformation, which seem insurmountable, will likely vanish at once. There is never any impossibility, just the question of whether the right time has come. All obstacles, whatever their nature, always ultimately prove themselves to be helpful auxiliaries of a Truth whose meaning and purpose we do not yet know. To our outer, superficial vision, the transformation seems to be exclusively a physical problem, because we always put the cart before the horse, but all difficulties are actually inner and psychological; the visible and dramatic difficulties of the body's growing accustomed to the boiling Agni may be, as we shall see, less a practical or material problem than one involving the whole terrestrial consciousness. But we are speaking in riddles; the problem Sri Aurobindo and the Mother were soon to confront will be better understood with this simple remark Sri Aurobindo once made to a disciple: *I have been dredging, dredging, dredging the mire of the subconscious... It [the supramental light] was coming down before November [1934], but afterwards all the mud arose and it stopped.* Once again, Sri Aurobindo verified, not individually this time but collectively, that pulling down too strong a light causes all the darkness below to groan and to feel violated. It should be noted that each time Sri Aurobindo and the Mother has some experience indicating a new progress in the transformation, the disciples, without their even knowing anything about it, experienced in their consciousness a period of increased difficulties or even revolts and illnesses, as if everything were grating. Now we begin to understand how things work. If a pigmy were abruptly subjected to the simple mental light of an educated man, it would probably cause in the poor fellow subterranean revolutions that would traumatize him forever and drive him insane. There is still too much jungle underneath. This present world is still full of jungles: such is the problem in a nutshell. Our mental colonization is a very thin crust over a barely dried Stone Age.

(to be continued next week)

Satprem, *The Adventure of Consciousness*,
Chapter 17, *The Transformation*

https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm#064

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 194

Dated: 24-08-2023

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 Aurovilian in writing to auroville.entryservice@gmail.com. We thank you in advance.



Kalaiselvan



Radhika



Savithri



Vengadesan

NEWCOMER ANNOUNCED:

- Kalaiselvan ELUMALAI (Indian) staying in Pour Tous Campus (kuilapalayam) and working at Pour Tous
- Radhika SEILER RAMADAS (Swiss) staying in Needam and working at Verite
- Savithri CHANDRAGASAN (Indian) staying in Humanscapes and working at TAMARAI
- Vengadesan NARAYANSAMY (Indian) staying in Protection and working at Manvasam Farm

CHILD OF NEWCOMER:

- Dario SEILER (Swiss) born on 30/11/2006 (son of Radhika)

NEWCOMER CONFIRMED:

- Gnanavalli SAMIVEL (Indian)
- Michael STEVENS (Belgian)
- Oleg TSYPARYNDA (Ukrainian)
- Roberta ROSATO (Italian)

AUROVILIAN CONFIRMED:

- Marie SCHELLENBERGER (French)

YOUTH TURNED 18 CONFIRMED:

- Eva Chantal Marie MAYSONNAVE MEILHAC (French)
- Praveena BALAGURU (Indian)
- Yam Ahava YARDENI (Israeli)

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 Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovilian is the date of confirmation. A confirmed Aurovilian 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, Grace, Jayanthi, Lakshmanan,
Matilde, Sara, Sonja and Swadha)

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
 - Tuesday & Thursday: Newcomer kits, 2:30—4:30pm
- 0413 2622707, auroville.entryservice@gmail.com
Submitted by William
for The Entry Service

UPDATE FROM ENTRY BOARD

Dear Community, The Entry Board would like to update you all. We have created a new email address: auroville.entryboard@gmail.com

We invite the community to share their observations, feedbacks and suggestions with the Entry Board members regarding any issue of concern.

We would like to reiterate that all feedback is confidential so please continue to send those to auroville.entryservice@gmail.com

Warmly, William
For The Entry Service & Entry Board

Community News

Passing On

AUDREY PASSES

Hello friends of Audrey,

Audrey, who has been visiting in the U.S., found out she had pancreatic cancer on the eve of her intended return to Auroville. She had no real symptoms except sleeping a great deal, 12—16 hours a day, sometimes more. She got very good care from a hospice organization here in Portland, Oregon, where I (her son) live. She, my wife Megan and I had a pretty joyful time. Audrey painted and drew when she could, when she was inspired. Her visit to the U.S. had started at her daughter Barbara's place in Port Townsend, Washington, which was a joyful reunion, full of laughter. She also had visits from her grandchildren during her time here.



Day before yesterday she had a fall in the middle of the night. She never really recovered. Barbara came quickly, and we were all with her when she died—which she did with the same grace with which she lived—yesterday morning. She was in no pain at the end, and seemed to be in meditation when she passed.

All along and through everything she had every intention of returning to her beloved Auroville—her home—and planned again and again to do that with Barbara, but it was not meant to be.

Please know that her heart was with you all.

With love, Peter, submitted by Marlenka

Remembering

ANANDA'S 2ND ANNIVERSARY

26 August, Saturday



Thank you, Michiko and Deepa

AN ETERNAL ARTIST: AUDREY WALLACE TAYLOR

**A Tribute to a fellow artist & curator
by Dharmesh Vikramsinh Jadeja, Auroville**

Audrey's presence in Auroville over the last several years has been very inspiring and rejuvenating for many of us who have been struggling with our artistic instincts and peripheral engagement with arts. Especially for me, who has been running an architectural practice as my mainstay of work life in Auroville, but have always had close interactions with many artists through my work at Kala Kendra over the last two decades.



A water colour by Audrey Wallace Taylor,
gifted to Dustudio, 2012

Audrey's moving to Auroville, with her ever youthful, spirited self, that always was radiant with a smiling presence, energetic art works; Always ready to explore and experiment, her artistic endeavors were an amazing, refreshing change for someone like me. We hit off very early after she

moved to Auroville and we met often in early years, over a cup of tea at the gallery, or simply casually, discussing the future of art, collective ways of working, exhibiting, contributing to public art of Auroville and just engaging with all other artists. Non judgemental, soft and straightforward was her way. Her art was of course delightful, be it her paintings of landscapes, watercolors and sketches, and my favorite was her phase when she was painting cows. She was one of the few artists I have resonated with my radical views on art, especially in Auroville context. This was seen prominently when I put up my controversial installation, *The Sleeping Beauty*, for a show RED, which Audrey curated at Kala Kendra. She supported completely and totally, also organizing some artists' meetings for support, when this work was removed from the Town Hall premises and vandalized during the show at the Gallery. Such was her spirit, open, fearless, strong and yet humble, friendly and all embracing, the diverse ways of art expression..

Fascinated by the forms of nature, landscapes, experimenting with colors, textures and techniques, she reinvented herself, almost every few years. Her presence in almost all the exhibitions that we did together or with other artists, was a constant. Always enriching, enlivening, in the midst of this complex community life of Auroville, with its diversity of views and aesthetics of arts, Audrey made her point with clarity, and invariably the discussions we had were revolving around art and life one enriches through arts. I will be always grateful for her presence at all our shows and programs we organized at Kala Kendra, while setting up a gallery space, interactions and collaborative pieces we did for Sri Aurobindo Auditorium's side entrances with Nele & Audrey will always be my favorite. When she came up a few years ago with an idea of a huge wall mural painting she did with other artists, at the entrance wall of Bharat Nivas, *The Indian Pavilion* (now unfortunately gone by works of other artists, when the management changed), we worked together with a village artisan to create a sleeping calf, amidst the galactic painting she did, that was welcoming with its swirls, fineness and play of colors and textures. Her work life in Auroville as a constant support to anyone who wanted to take the first steps in the art world, by sketching, painting, learning techniques or simply just expressing, will be a unique memory to most of us.

Audrey managed to create her own niche in Auroville, after living a successful full life as an artist in the United States, even in her twilight years. Her energetic presence almost in all the art events, discussions, will be missed forever. Seldom I have seen artists fully devoted and dedicated to their art life, as I saw and knew Audrey Wallace Taylor. My years of connection with her and her work will be eternal.



Audrey with many Auroville Artists,
A Group Show at Kala Kendra, Yatra, 2004-05

Though in the last few years, my personal contact was very little, her presence and smile on Auroville roads, on her moped will be sorely missed. Her making India and Auroville as a playground for the experimental works, classes of art as a therapeutic practice for many young and old, was an immense contribution to make art accessible to all; She made friends with so many of us, with close contact with many of us, by her dedication, consistency and appreciation of art as a life in Auroville. She is an epitome of an

ever youthful, never aging youth of Auroville, where she lived a life full of memories, creativity, beauty and pure joy of being. Audrey, Auroville will forever miss you and your beautiful presence on our roads and art shows; We will hold you close to our hearts forever whenever we will see or learn to appreciate the beauty of daily life in Auroville, in India, be it through a memory of your abstract works of art or your sketches or your adorable paintings of the cows of villages around Auroville, or your work with the ladies and kolam. I am fortunate to have one of your sketches you gifted me with at the opening of my Dustudio, over a decade ago, that was made during your evening walks around your residence, at Creativity. Thank you for leaving us with these wonderful memories. May the Divine hold you close and may your journeys ahead are full of light, laughter and your beautiful presence with which you enriched our lives.

Adieu, Audrey Wallace Taylor. Salutations to your life as an Artist, a wonderful being and making all our lives so special through your presence and works in Auroville...!!

*Forever with Gratitude,
Dharmesh Vikramsinh Jadeja, Auroville*

Awakening Spirit

SAVITRI BHAVAN, AUGUST 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
- **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

- **August 28: Nirod-Da: An Inspiration—Honouring the memory of Nirodbaran.** Nirodbaran (1903-2006) was one of the close disciples and the scribe of Sri Aurobindo. A film by the Gnostic Center, New Delhi. Duration: 36min

Full Moon Gathering

- **Wednesday, 30 August, 7:15—8:15pm** in front of Sri Aurobindo's statue

Dream Divine Series

The goal of the project is to guide newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

- Weekly sessions: every Wednesday 4:30—5:30pm.
- The series will include presentations, films, talks, etc., followed by questions and answers.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 4:30pm:** Mudra-chi led by Anandi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **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:** Monday to Friday 9am—5pm

Everyone is welcome

Submitted by Dhanalakshmi for Savitri Bhavan Team

DREAM DIVINE SERIES 'History of Savitri Bhavan'



A Slide Show Presented by Helmut
Wednesday, 30 August, 4:30—5:30pm



In the Sangam Hall of Savitri Bhavan

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

Everyone is welcome

Dhanalakshmi, for Savitri Bhavan Team

NIROD DA: AN INSPIRATION

Honoring the Memory of Nirodbaran

Monday, 28 August 2023, 4pm at Savitri Bhavan.



Duration: 36min.

Nirodbaran (1903-2006) was one of the close disciples of Sri Aurobindo and The Mother. He was the scribe and personal attendant of Sri Aurobindo from 1938 to 1950 and had abundant exposure to the humor of the Lord.

Nirodbaran's association with Sri Aurobindo began even before birth. When Nirodbaran was born on November 17, 1903, his mother had a vision of a resplendent Rishi standing in front of her, whom she later recognised as Sri Aurobindo.

In 1933, Nirodbaran joined the Ashram. By this time Sri Aurobindo's yoga had entered a phase of sadhana in the physical and subconscious. This meant that things were quite difficult for the sadhaks. Nirodbaran placed each problem related to his nature, small or big, before the Master who then offered His explanations, encouraged him, and gave him the willpower to go on.

Nirodbaran extensively wrote about these communications and experiences in his book *Twelve Years with Sri Aurobindo*. The film was produced by the Gnostic Centre, New Delhi in 2007.

- It is also available on YouTube: <https://www.youtube.com/watch?v=xtC3fN5RQIM>

Submitted by Margrit

UNITY PAVILION: DAILY PEACE MEDITATION

- Unity Pavilion, Peace Hall
- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Thursday, 5 to 5:45pm

Submitted by Arun



BHAKTIYOGAH



भक्तियोगः | bhaktiyogaḥ

विश्व संस्कृत दिवस २०२३
World Sanskrit Day 2023

To celebrate the World Sanskrit Day 2023, we invite all to join for a collective chanting of Chapter 12 of श्रीमद् भगवद्गीता Srimad Bhagavad Gita titled भक्तियोगः bhaktiyogaḥ and a few other Sanskrit mantras. Let us come together with a collective harmonious aspiration and full surrender to the Divine.

Date: Thursday - August 31, 2023

Time: 6:30 am to 7:30 am

Venue: Progress Hall, Bharat Nivas

All are welcome.

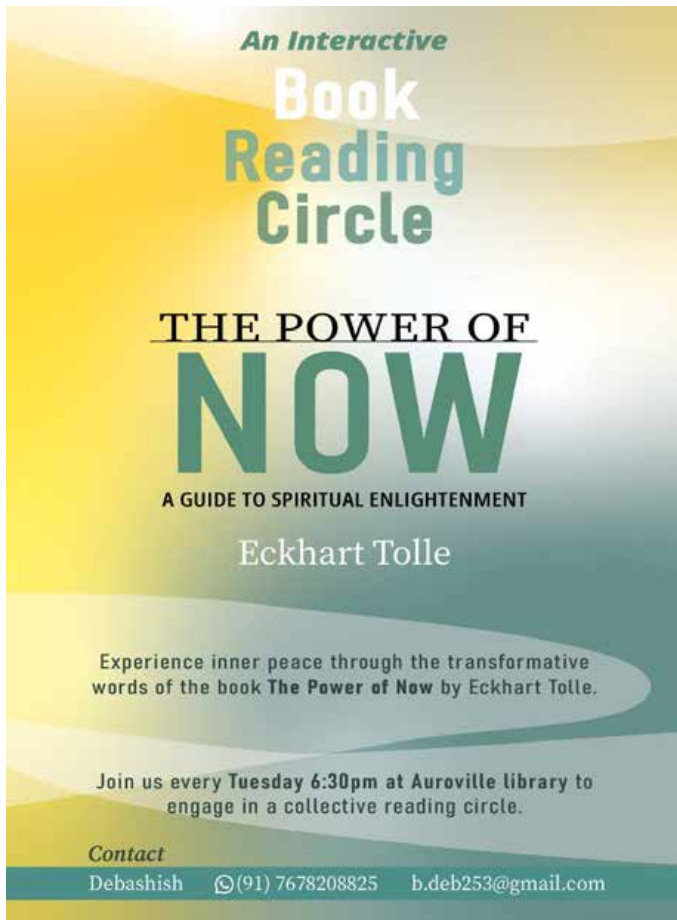
devabhasha@auroville.org.in

Samskritam Auroville Team

Warmly, Deven,
For Samskritam Auroville team

BOOK READING CIRCLE The Power of Now

Every Tuesday 6:30—7:30pm, starting 22 August.



Experience inner peace through the transformative words of the book 'The Power of Now' by Eckhart Tolle. Join us at the Auroville Library to engage in a collective reading circle.

Contact:

• Debashish, (91) 7678208825, b.deb253@gmail.com

Debashish

AUM TAT SAT

On the occasion of 150th Birth Anniversary of Sri Aurobindo

AUM TAT SAT

Nritya Yoga in the Light of Sri Aurobindo

script & music composition: Arnab

choreography: Madhumita, Devasmita & Grace

co-created with 50 artists from Ashram, Auroville, Europe, Russia & US



Date : Wednesday 30th August 2023

Venue : Matrimandir Amphitheatre

Time : 7.00 pm to 8.00 pm

All are cordially invited to arrive by 6.45 pm.
Park your bikes in front of the Office Gate.

Thanks in advance, Antoine

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 5:45pm and until meditation ends.

Surya & Velmurugan



BRAHMANASPATI KSHETRAM

The Mother Sri Aurobindo Centre
Calendar of Regular Events, August

*To my dear little child
Live only for the Divine*

- Every Thursday, 6—6:30pm: Meditation
- Every Wednesday, 5:30—6:30pm: reading 'The Mother's Questions & Answers, Vol-7'
- First Tuesdays at 6:30 pm Full Moon, reciting Sri Aurobindo's Gayatri Mantra for 30 min

Many thanks, Tixon
No.3/134, Kalathu Mettu Street,
Edayanchavadi, Auroville
Kshetram2014@auroville.org.in



Sri Aurobindo's Life Sketch Photo Exhibition at Kalakendra Art Gallery



SRI AUROBINDO- A LIFE SKETCH

Venue: Kalakendra, Bharat Nivas

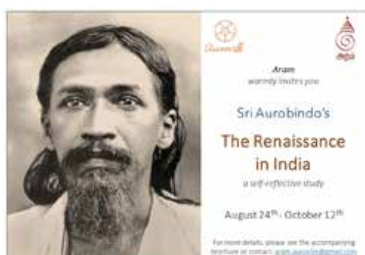
Date: Tuesday 8th August, 2023 to 2nd September 2023

Time : 9 to 4.30 pm

Open daily from 9 am to 4.30 pm Sundays open

THE RENAISSANCE IN INDIA A self-reflective study

15 August is not just the Independence Day of India but also the birth anniversary of Sri Aurobindo; a coincidence that he preferred to see as 'the sanction and seal of the Divine Force' that guided him and not just a 'fortuitous accident'.



It is being stated that we are currently in the middle of an Indic reawakening; that a 'New India' is emerging out of the shackles of the old. But what would the contours of an authentic reawakening be—not just politically but more importantly, culturally and spiritually? Sri Aurobindo has clearly articulated his vision for an awakened India in many of his works. His essays on **The Renaissance in India**, first published in 1918 are perhaps among his most powerful.

In this study, we will be *self-reflectively* engaging with these essays and be observant of what they evoke in us. We will be engaging with one chapter every week and meet for an online Dialogue Circle with other participants. Over five such calls, we will finish the book and also review it once. There will be some allied readings and videos as well along with the text to engage with.

- We'll start with an **online Orientation Call** on **24 August, Thursday, 7—8:30AM IST**.

Subsequently, we will meet every Thursday at the same time until 12 October. Those interested can come to the Orientation Call first and then choose to sign up if they feel called to.

Contributions are welcome, but not mandatory.

- For further details and registrations please write to: aram.auroville@gmail.com

Warmly, Naveen

MUDRA CHI

Every Tuesday at 4:30pm.

At Savitri Bhavan

Facilitator Anandi.ayun.

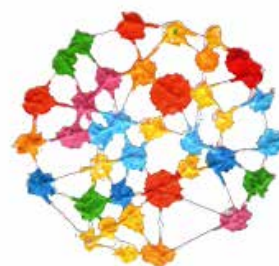
Everybody Welcome!

Submitted by Anandi



Festivals

Auroville Literature Festival



25 to 27 AUGUST 2023
International Zone of Auroville

The Auroville Litfest starts on Friday 25.

- **The inaugural session** will start at 4pm at the Sri Aurobindo Auditorium
- followed by a dance theater performance by Auroville's Surya Performance Lab: *Jaya I Want Life!*
- **Saturday, 26 & Sunday, 27 August** will see full day sessions at the Auditorium & Unity Pavilion. Sunday morning will have the special session on Sri Aurobindo at Savitri.
- Please check aurovillelitfest.org for the programme schedule and details about the authors and other speakers.

Please see the programme attached to the issue/mail.

For young and aspiring writers the session on Publishing with one of India's leading literary agents will be of interest.

Please register via the website or directly at the Registration Desk at SAWCHU

Hope to see you all at ALF 2023!

Anu & Sudha, aurovillelitfest@auroville.org.in

Art for Land

NILOY ASHAN & ROMAN DAS

31 August, 7:30pm, Unity Pavilion



Warm welcome to one and all for a soulful evening of Dhrupad by Niloy Ahsan and Roman Das Unity Pavilion on 31 August at 7:30pm

Regards, Arun

Education

AUROVILLE LIBRARY

Weekly Timings:

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

Story time At the Auroville Library!
Every Saturday, 10—11am: Children's storytime.

- **Contact:** 0413 2622894,
avlib@auroville.org.in
- **Web:** library.auroville.org.in/
Kristen for Auroville Library



TUTORING

Chemistry/Physics
Edexcel, CBSE boards

Please inquire at:
satori.auroville@gmail.com

Sergei (Invocation)



MATHEMATICS WORKSHOPS AND WEEKLY SESSIONS by Enlight Activity.



Dear Reader, Please take a note of the regular offerings by enlight as mentioned below.

Math is a play

- Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.
- **Every Saturday 10am—12pm @ The European House**

These sessions offer a groundwork for middle school and high school math concepts in a playful, non-rigid way. We work together to understand these concepts through various experiences around us which later prove helpful in learning the same concept in a classroom.

These sessions are ideal for parents and children who are long term residents of Auroville.

Please request an appointment to take it further.

Integral Education and Mathematics

- **Every Friday 4—6pm**

An Introductory workshop on Integral Education and Mathematics for short-term residents and visitors.

This two hour workshop is ideal for parents, teachers and anyone above 18 yrs who would like to learn from the writings of The Mother and Sri Aurobindo and how an understanding in mathematics can support an individual on the path shown by them.

To join or enquire

about any of the above activities,

- please connect via email (enlight@auroville.org.in) or phone (Snehal—9529673687)
- To understand our learning approach; please click on the link to listen to our podcast with Auroville radio <https://www.aurovilleradio.org/interview-with-snehal-d-roy/>
- This event is contribution based

Best regards, Arun, Anand and Balaji
For Enlight team

AUROVILLE EARTH INSTITUTE

Open House

AUROVILLE EARTH INSTITUTE OPEN HOUSE

CELEBRATING 34 YEARS

THURSDAY, AUG 31ST | 10AM-4PM

TOURS | DEMONSTRATIONS | EXIBITIONS | REFRESHMENTS

Join us for a day to discover Earthen Architecture !

Training Courses

AUROVILLE EARTH INSTITUTE

TRAINING COURSES 2023

Discover Earthen Architecture like never before!
JOIN THE CLAN!!

SEPTEMBER:
4th-9th: CSEB Production
11th- 16th: CSEB Masonry
18th-23rd: AVD Theory
25th-30th: AVD Masonry

OCTOBER:
9th-12th: Ferrocement
16th-21st: Wind Generator

NOVEMBER:
20th-25th: CSEB Design
27th-2nd Dec: CSEB Intensive

DECEMBER:
4th-9th: AVD Intensive

Contact Us
+91 (0) 413 - 262 3330
+91 (0) 413 - 262 3064

<http://www.earth-auroville.com/index.php>

Warm regards, Satprem

34 YEARS OF EXISTENCE of the Auroville Earth Institute

The Auroville Earth Institute (AVEI) will complete its 34 years of existence next Thursday, 31 August 2023. This date is symbolic, as it corresponds to the date when Satprem Maïni joined Auroville, on 31 August 1989, to found AVEI and to build Auroville. AVEI was officially registered later as a subunit of the Auroville Building Centre.

Despite allegations from WC and FAMC, Satprem goes on managing remotely AVEI—dedicated to its [mission and activities](#), to train people, research and propose low carbon, cost effective and appropriate earth technologies to build Auroville and worldwide. 34 years of endeavor and hard work from a [dedicated team](#), can be summarized as follows.

- Trained more than 14,000 people from 94 Nations (10,250 Indians and 3,848 foreigners). Some of these Indian trainees having been awarded national and international prizes for their works inspired by their time here.
- Representation for the [UNESCO Chair](#) 'Earthen Architecture, Constructive Cultures and Sustainable Development': Satprem was first granted the representation for India in 2000, which was extended in 2005 to Asia.
- Designed a wide range of equipment to build with earth 'Auram', manufactured and sold by Aureka all over the world.
- [Recipient of 15 awards](#): 4 international awards and 11 Indian Awards.
- Finalist for the World Habitat Award 2000 and twice finalist of the Aga Khan Award for Architecture in 1992 and 2007.
- Satprem has worked in 39 countries to transfer his knowledge and promote earthen architecture.
- Satprem has brought back to AVEI more than 1.5 Crores Rs. from his works abroad.
- Created invaluable assets in Auroville with the construction of the [Visitors Centre](#), [Vikas](#), [Mirramukhi School](#) (presently Deepanam), [Realization](#), AVEI premises and many other small projects.
- [Assistance with training courses and building demonstration houses in Gujarat](#) for the rehabilitation after the 2001 earthquake, which resulted in more than 3000 houses built totalizing more than 1 million m².
- [Developed a technology for earthquake resistance](#) with compressed stabilized earth blocks (CSEB), which have been approved by 3 governments.
- Built two temples for Lord Shiva: [Dhyanalunga Temple for Sadhguru/ Isha Foundation](#) near Coimbatore and [Sri Karneshwar Nataraja Temple](#) near Auroville.
- AVEI has published [many articles and papers](#) and its works were features in many publications all over the world, the last one being mentioned on page 46 of the compendium [Prayaas Se Prabhaav Tak](#), released at COP 27 at Cairo, Egypt by the Minister of Environment, Forest and Climate Change.

On 31 August AVEI will offer an open house, where everyone is welcome to see videos, visit our premises and exhibitions, and have some practical hands-on. Refreshments and biscuits will be offered.

Unfortunately, Satprem will not be here that day, as he is in a kind of exile, hopefully not as long as the 14 years that Rama spent in the forest.

Satprem Maïni

FRENCH CLASS FOR KIDS

Saturdays, 5:30—6:30pm @ New Creation School

French class (beginner's level) for kids of age group 6 to 12 years old is happening at New Creation school facilitated by Nivetha.

French is an International language rich in culture and a knowledge of this language is definitely beneficial.



- The class takes place once a week on Saturday evening from 5:30pm to 6:30 pm.
- To join the class send an email to nivethavishva@gmail.com or contact 9843188461

Nivetha

Health Care

SANTÉ SERVICES AUGUST 2023



Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
Ayurveda with Dr.Sonia & Dr.Be: Monday/ Wednesday/ Thursday/ Friday	Physiotherapy with Arun: Monday to Saturday
Acupuncture with Andres: TOS	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: TOS	Functional Medicine with Lize: Tuesday/ Thursday/ Friday

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

Submitted by Dasha for Sante Services

AUROKIYA INTEGRAL EYE CARE @ ARKA

- Aurokiya is happy to share with you that we will function full day from 9am—5pm.

The following services are available

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind eye hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available



You can learn more about Aurokiya by visiting our website: www.aurokiya.com

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com, WA/ Mobile: 8012305151

Warmest Regards,
Aurosugan for Aurokiya Team



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)

Animal Care

PUPPIES NEED A FOSTER HOME

Sunday, 27 August, at 10am @ Auroville Dog Shelter

Due to our clinic's ongoing renovation and upgrades, we had to skip last Sunday's event. We are happy to invite all dog enthusiasts to our upcoming event on Sunday, 27 August, at 10am at the Auroville Dog Shelter

Recently, 7 adorable newborn puppies, aged just 2 to 3 weeks, were dumped like trash near our shelter. These fragile puppies require feeding with a bottle every few hours. On Sunday, we're excited to demonstrate how to properly care for these tiny ones. Those puppies need a foster home. If you are able to take care of them for a while, please contact us!



Our other puppies and dogs are eagerly anticipating their bathing, spa treatments, grooming sessions, and playtime! See you next Sunday at the Auroville Dog Shelter!

Thanks, Arthur

LONG-TERM ANIMAL CARETAKER WANTED!

As we are lifting our dog shelter to a new level of professional animal care, we offer you a unique opportunity to join our ever-expanding team at the Auroville Dog Shelter!



Responsibilities

- Feeding and handling dogs, which includes cutting and handling meat
- Assisting our vets with dog handling when needed
- Sometimes carrying heavy bags and engaging in physically demanding tasks
- Providing extra feeding for our slow for legged eaters
- Bathing, grooming, and de-ticking of our dogs
- Administering daily medication and supplement syrups
- Offering abundant love and care to our furry residents

Requirements

- Genuine love for dogs and fearlessness in handling them
- Team player with a reliable schedule adherence
- Ability to work 5 days a week, 5 hours a day
- Passionate and dedicated to the well-being of our 300 residents

Compensation

We can offer Rs. 8,000 as financial compensation

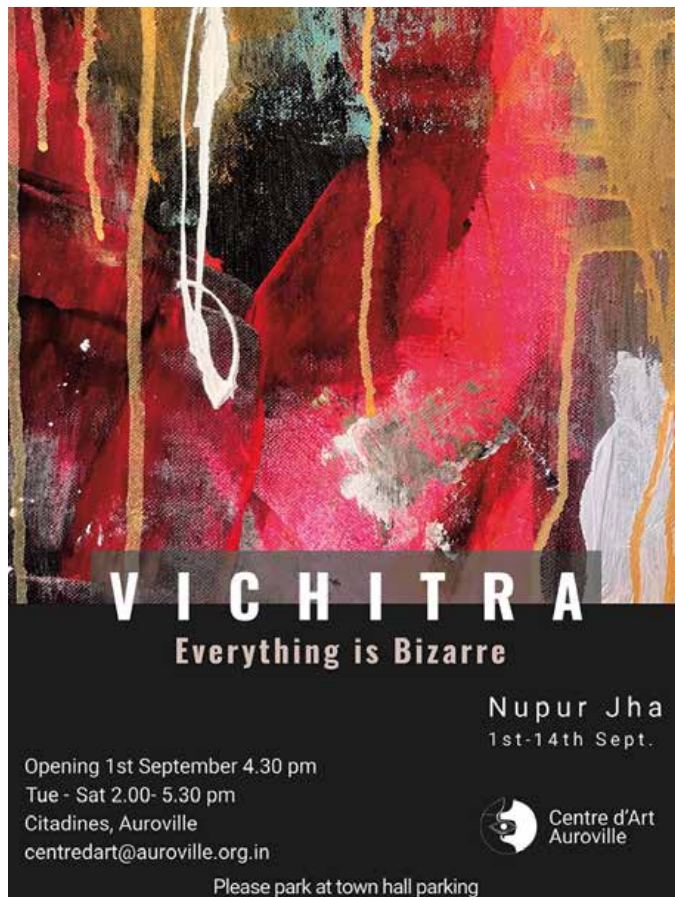
Thanks, Arthur

The Arts

VICHITRA

Opening of the exhibition Vichitra by Nupur Jha
on Friday, 1 September at 4:30pm

Exhibition from 1 to 14 September 2023



Gallery hours Tuesday to Saturday 2—5:30pm

Centre d'Art Gallery, Citadines, Auroville.

Please Park at town hall

Thank you, Marco

A FIRE:

Spiritual Journey of a Nomad

- Where: CRIPA, Kalabhum, Auroville
- When: August 25, 26, 27, 2023 at 7:30 pm.
- Age recommended: 13+



Dear Lovers of Theatre, you can make it happen!

This time, we are on the brink of a new theatrical experience. It's called Immersive Theater, where the audience and the actors are not separated, but take part in the story ...together. Scary? You bet! Thrilling, if we can make it work and arrive, at the end, together, to a new Hope. A new Earth. Auroville!

The play is called **A FIRE: Spiritual Journey of a Nomad**, adapted from the story UN FEU (A FIRE) by Aurovilian Pavitra (Pascal Estrem). By the title, you can guess that we are on the road to self-discovery, when a soul (the Narrator) tells us about his family's amazing journey from the horrors of World War II to a search for our 'brothers and sisters' to arriving ('We are Millions') to a New Earth. A New Creation. Auroville!

- Admission is Free, of course, but ...

If you would like to help us with a donation

We figure the cost to be Rs. 5,46,120 or In Dollars \$7,282, in Euros 6,827. That's our total budget for 3 nights of performance and includes support for the actors, costumes, set design, lighting, food and local transport. If you would like to see the full budget breakdown, please let me know. I can send it to you!

- **Ways to Contribute:** It's pretty painless: Just say it's for a project called A FIRE: Spiritual Journey of a Nomad / the Auroville Theatre Group. Our Financial Service account is # 251067.

- For Donations from India: <https://donations.auroville.org/> or use the handy QR Code. It's easy!

- For Donations from Abroad: <https://auroville.org/page/donate-from-abroad>



Should you have any questions or need further information about our production, please don't hesitate to reach out to me directly at this email address: jill.navarre@gmail.com or +91 9486416173 WA.

Your support, large or small, will truly make a world of difference. We can't do it without you!

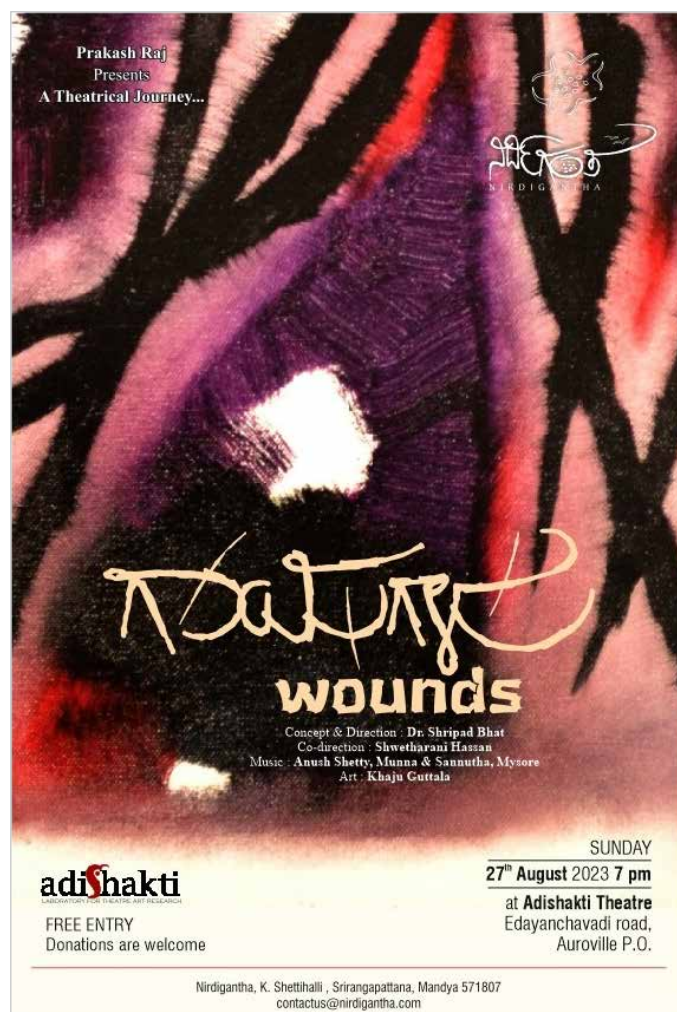
See You At The Theater!

With heartfelt gratitude, Jill Navarre,
www.theaurovilletheatregroup.com
WA +91 9486416173

NIRDIGANTHA PRESENTS

'Gaayagalu' (Wounds)

27 August, 7pm @ Adishakti Theatre
Edayanchavadi Main Road, Auroville P.O.



About the play

The world is in the throes of waging wars. We have blood on our hands as a society. The wounds of masculinity are gutting the women. Even more cruel is racism, which mocks humanity and divides people. These are self-inflicted wounds. There is no release for us unless we come face-to-face with them.

There are countless stories of such injuries. We have selected some of the stories, poems, and plays of war and communal violence weaving them into a string of plays. This work is also being used as a text for theater students who'd like to pursue this form.

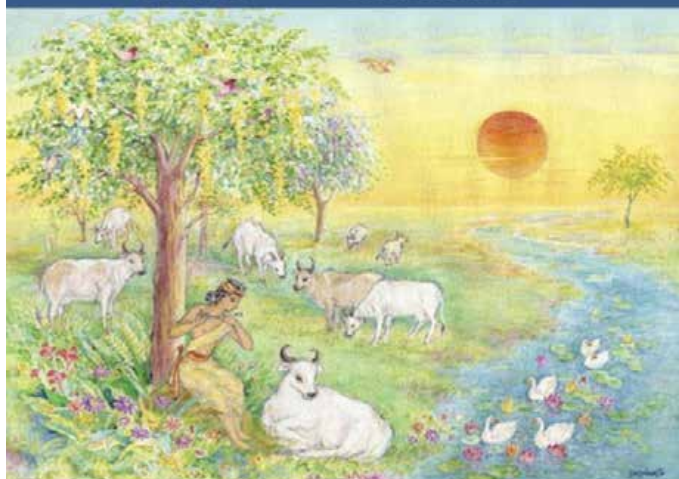
- Entry Free. Contributions welcome.

Warm Regards, Smitha

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

BHARAT NIVAS PRESENTS
Celebrating Sri Aurobindo's 150th Birth Anniversary
An Evening of Folk Songs of India

Celebrating Sri Aurobindo's 150th Birth Anniversary
 Bharat Nivas presents
An Evening of Folk Songs of India
 Singers
 🌸 Gautam Mitra 🌸 Shantanu Verma
 🌸 Sahana U 🌸 Buvaneswari G





All Are Welcome !
 Venue: SAWCHU
 Date: 3rd September 2023
 Time: 7 pm (Duration - 1 hour)
 Contact : Krishna - 9787880211 -Parking Outside the Main Gate

- **Singers:** Gautam Mitra, Shantanu Verma, Sahana U, Buvaneswari G
 - **Venue:** SAWCHU, Date: Sunday, 3 September
 - **Time:** 7pm, Duration 1 hour
 - **Contact:** Krishna, 9787880211
- Parking Outside the Main Gate.*

Sum: A Sarangi and Tabla Duet

Bharat Nivas presents
Sum
 a Sarangi and Tabla Duet
 Shri Sangeet Mishra Shri Lalit Kumar




Venue: Sri Aurobindo Auditorium
 Date: Wednesday 30th August 2023
 Time: 7 pm
 Duration: 1 hour
 Entry for Aurovilian free of charge.
 Guest & Visitors should book here:


- Shri Sangeet Mishra & Shri Lalit Kumar
 - **Venue:** Sri Aurobindo Auditorium,
 - **Date:** Wednesday, 30 August 2023,
 - **Time:** 7pm, Duration 1 hour
 - Entry for Aurovilian free of charge.
 - Guest & Visitors should book here:
<https://in.bookmyshow.com/events/sum/ET00366041?webview=true>
 - **Contact:** Krishna, 9787880211
- Parking Outside the Main Gate.*

Nibedan: Odissy Dance Performance

Bharat Nivas presents
NIBEDAN
 Odissy Dance Performance
 by
 Smt Sonali Mohapatra
 & her Students



All Are Welcome !
 Venue: SAWCHU
 Date: 8th Friday, September 2023
 Time: 7 pm (Duration: 45 minutes)

- By Smt Sonali Mohapatra & her Students
 - **Venue:** SAWCHU,
 - **Date:** Friday, 8 September,
 - **Time:** 7pm, Duration 45minutes
 - **Contact:** Krishna, 9787880211
- Parking Outside the Main Gate.*

*Regards, Vani, BN Cultural Team.
 Thanks, Shakti*

GLASTONBURY—

A TOWN OF MYTHS AND LEGENDS

Photo Exhibition by Franz Fassbender

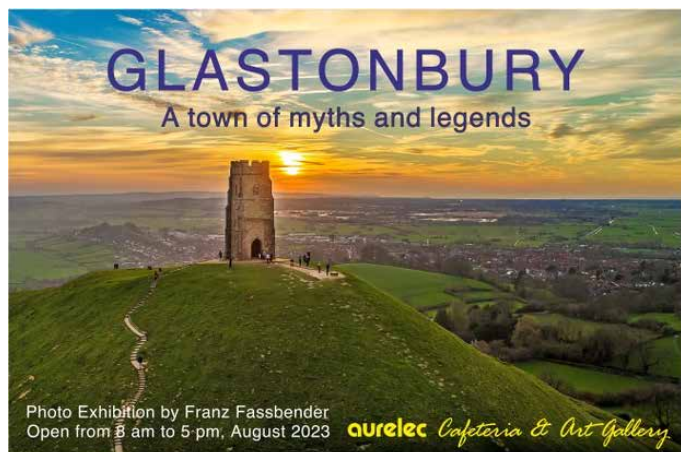
August 2023, 8am—5pm, Aurelec Cafeteria

- **Why is Glastonbury Tor so special?**

It's said that beneath the hill there's a hidden cave through which you can pass into the fairy realm of Annwn. There dwells Gwyn ab Nudd, the lord of the Celtic underworld, with the Cauldron of Rebirth. Later tradition has it that the Holy Grail lies here, brought by Jesus' uncle, Joseph of Arimathea.

- **Why is Glastonbury Abbey so famous?**

From at least the 12th century, the Glastonbury area has been associated with the legend of King Arthur, a connection promoted by medieval monks who asserted that Glastonbury was Avalon. Christian legends have claimed that the abbey was founded by Joseph of Arimathea in the 1st century.



• Why is the Chalice Well sacred?

According to legend the Chalice Well is believed to have sprung from the ground at the location where the chalice (the Holy Grail), that Jesus drank from at the Last Supper and in which drops of His blood were caught during the Crucifixion was placed.

• Chalice Well

Chalice Well is one of Britain's most ancient wells, nestling in the Vale of Avalon between the famous Glastonbury Tor and Chalice Hill. Surrounded by beautiful gardens and orchards it is a living sanctuary in which the visitor can experience the quiet healing of this sacred place.

Franz

SINGING FESTIVAL

Dear community, AV Singing Festival will take place on the 14 and 15 October, in CRIPA. We invite participants from all national backgrounds to join this beautiful event. The theme is Singing Hearts of Auroville.



- Participants are required to fill out a form: <https://tinyurl.com/avfestival>. And prepare your song!
AVSF team: Shakti, Marta, Rolf, Antoine and Ok.

PITANGA

Art exhibition by Hufreesh Dumasia
Whispering Soul, Unveiling the Unseen World



A delicate communication from the soul to the artist. Unveiling suggests an act of revelation, a lifting of the veil to expose what lies beneath. Hufreesh encourages viewers to explore and engage with the mysteries that lie just beyond our grasp through these artworks.

- The exhibition will be open till Thursday, 31 August 31. Monday to Saturday, from 8:30am—12:30pm and 2:30—5:30pm

Andrea for Pitanga Cultural Centre
2622403 / WA 9443902403, info@pitanga.in

MYTHICAL REVEAL



It Matters is delighted to present a cyanotype art exhibition, as a result of a cyanotype workshop. 10 artists from different backgrounds have spent one day exploring the theme of Mythical Reveal.

- The opening is Saturday, 19 August at 4:30pm at Centre d'Art—Citadines, please join us to interpret each myth revealed on paper!
- Exhibition open from 19 to 26 August 2023, Monday—Saturday, from 2—5pm
Please park at the town hall parking.
- More info on instagram: @auroville.curated Bhakti

BHARAT NIVAS PRESENTS

The Blue Light Dance Studio: Exhibition of Odisha Handicrafts

- Dates: ongoing till 28 February 2024



- Opening Hours: 9am to 5 pm—
- Sundays open: 9am to 1pm only

Regards, Vani

Illustrations



Activities

Ilaignarkal Education centre presents **UPCYCLING WORKSHOP**

TEXTILE UPCYCLING -TRANSFORMING OLD FABRICS INTO NEW TREASURES!!

Learn to make beautiful
figures with the textile
scraps and use it as a
keychain and many more!!

Every Tuesday between 10am
to 12noon

Please call to register or
for more details

IEC 0413-262 3773 or
Pachiamma @ 093602 80841

CONTACT US

Ilaignarkal Education centre, Near Townhall,
Auroville



Thank you, Ayyanar,
Ilaignarkal Education Centre Team

The Sound of Bamboo Various Styles of the Indian Flute



Group Classes With Michael

- Kalabhumi Music Studio
- Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
 - Drop in is possible at any time, flutes available to borrow or buy.
- Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required
- More Info: www.the-sound-of-bamboo.com
- To Donate: <https://pay.auroville.org/divine-arts>
- Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>

Warm Regards, Dave, +440 7564119728

djsevens87@gmail.com

SWIMMING CLASS

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

Mani





Dear players,

A new game session is open to everyone. It's in the ARKA dining room. You can bring your favorite games as well. It's also potluck time, then bring what you want to share with others, drinks and savory or sweet snacks. **Just come, no need to register.**

Infos +91 9488512678
See you soon, Veronique

RED EARTH RIDING SCHOOL

Is Offering Free Riding Classes

Red earth riding school is very happy to announce that every tuesday, Red earth riding school is offering free riding classes for Auroville kids, and the timings are mentioned below:

- **Morning:** 6—8am
- **Evening:**
 - 4—5pm (pony walk)
 - 5pm—6pm (riding classes)

You can also choose morning or evening with refreshment and swimming. You are most welcome to explore the riding horses and enjoy the experience.

Office timing

- Morning: 9:30am—12:30pm
- Afternoon: 2—5pm

Contact

- 04132965242, redearthridingschool@gmail.com

Kalivarathan
for Red Earth Riding School



KALPANA GYM

Kalpana Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome, Satyakam

AUROVILLE AIKIDO at Auroville Budokan

Update on Auroville Aikido at Auroville Budokan, Dehashakti near Dana:



Children's classes

(from 8 of age) restarted in July (with Philippe G. and Surya CR.) We welcome children on

- **Monday, Wednesday & Friday: 4—5pm.**

Regular attendance (at least twice a week) required, as part of the school sports' program. Please contact us.

Adults All levels, including Beginners

- Tuesday, Thursday & Saturday, 6—7:30am, with Murugan.
- A new evening class is offered on Wednesday 5.15 to 6.30 pm.

Beginners are mostly welcome on Wednesday evening and Saturday early morning classes. Welcome if you want to watch a class before or join us right away!

Women and young girls

- With Surya on Sunday, 9:15—10:30am.

Notes: Aikido is a Japanese martial art that can be for everybody and usually gender mixed. Its regular and sincere practice makes you work on all your different levels of being: physical, mental, spiritual. There is no competition in Aikido and the practice is non violent, with concrete self-defense elements! We encourage the youth and especially girls and women to come and train with us.

Practice clothes & other info

- To start, beginners can wear a T-shirt & long loose pants (for energy flow, avoid tight fitting clothes) then a white 'keikogi' will be required (we have some). Health Fund or your own insurance necessary. Please be on time, i.e. 10-15 min. before your class! Annual reasonable contribution required from all for the Budokan (activity under LEAD) and a monthly or per class contribution from non Aurovilians.
- **For information,** we will have a **2 week Intensive** this winter with a **French Aikido master**. Better join us & prepare yourself now for this high level teaching!
- **Contact:** Surya 0413 2623813 or 8300189062, or N. Murugan 9952812843—e-mail budokan@auroville.org.in or suryaniworks@gmail.com

Looking forward to see you at the Budokan dojo,

Surya, N. Murugan, Philippe G.
and Cristo for Auroville Aikido.

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



PAINTING CLASSES WITH SATHYA

- **Watercolor Class** By Sathya. Every Monday 5—7pm.
- **Life Drawing Session.** Every Tuesday 5—7pm.

Contact: +91 9486145072 WA



CREEVA
Warmly, Sathya

ABHAYA OFFERS MARTIAL ARTS CLASSES

Abhaya is an Aurovilian Activity that offers classes of martial arts since 2015. Our coaches are former pro-fighters with extensive experience in training and teaching. Our philosophy is to train both the external and the internal aspects of martial arts: test our skill and be confident about the efficiency of the techniques, but also develop an inner sense of progress and become aware of our state of consciousness under pressure, through self awareness and self-discipline. Our classes are open to students of all levels, we have both absolute beginners and students that have already competed in elite tournaments.



Our Regular Classes

- **Monday 5:30pm:** Neijia (internal martial arts) and self defense
- **Wednesday 5:30pm:** Grappling and MMA
- **Friday 5:30pm:** Kickboxing and K1

Contacts

- abhaya@auroville.org.in, 9487340778 WA
- Check our work and follow us here: https://www.instagram.com/giacomo_writer_auroville/



Martial Art Classes For Kids

- **Tuesday, 5:30pm @ Dehashakti Gym.**

Dear Community, Abhaya is receiving a lot of requests about martial art classes for kids.

We are happy to share that we can start offering classes for kids from the age of **7 to the age of 14** for the month of August, every Tuesday at Dehashakti Gym at 5:30pm.



The instructors are Chloe, Brazilian Jiu Jitsu blue belt, and Giacomo, certified instructor of self defense and MMA.

We will mainly offer Brazilian Jiu Jitsu, which is a very safe practice and at the same time one of the most efficient forms of martial art.

- <https://www.youtube.com/watch?v=ZzEB-GtOjys>
- Please contact us to sign up: abhaya@auroville.org.in or 9487340778 WA

Giacomo

One of the best Indian fighters ever, Bharat Kandare

Abhaya has the great pleasure to host one of the best Indian fighters ever: Bharat Kandare, the first Indian UFC fighter in the history of MMA. Do you wanna train with us?

- **Contact Abhaya** via email abhaya@auroville.org.in or via 9487340778 WA for more info.

See you on the tatami



Giacomo

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, bakisa-tadance@gmail.com.



Submitted by Mani



Monday, Class: 7pm intermediates; 8pm beginners

Wednesday, Practica: 7:30pm guided practica
8pm practilonga

Friday, Open Source: 6:30-8pm



Venue: Harmony Hall, Bharat Nivas

No partner required, bring socks or dance shoes and plenty of cheer!

+91 98211 66082, tango@auroville.org.in

Submitted by Aurevan

FEMININE DANCE CLASSES IN CRIPA

Feminine Dance classes in Cripa, based on Tribal Fusion and Belly Dance freestyle and combination With 'Masala' music from all over the world, any woman and girl can dance.

- **Tuesdays: All Levels.**
 - **Girls:** 4—5pm
Starts again on July 11
 - **Women:** 5:30—7pm
- **Saturdays: Beginners,** 11am—12pm
Renana, +91986544472 WA



MOHANAM PROGRAM

Auroville Bio region hub for art , craft and culture to bridge and promote Local Tamil culture for August 2023

Conscious and Cultural Tour, Workshops & Therapy



Make and take hands-on workshops

Bamboo Musical Instrument	Bamboo Jewellery
Bamboo Toys	Clay Modeling
Terracotta	Incense Making
Paper Mache	Lampshade
Kolam Mandala Painting	Palm leaf craft
Coconut shell craft	Stone Carving

Daily: Make and Take, Hands-On Workshops at Bio region Art & Craft Centre (Mohanam , Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079
- **Timing:** 10am—4pm / **Day:** Every day, Except Sundays

Mohanam campus tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, hands on make and take—art and craft workshops at bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, local traditional lunch, herbal tea.

- **Timing:** 10 am—4pm
- **Day:** Every day, Except Sundays

Mohanam Sound healing

Book your sound healing session / south bath for groups at Mohanam village heritage centre. A journey into silence, voice, movement and meditation inspired by nature and rhythmic waves we dive into an inner exploration of embodiment and expression. Union of mind, body and spirit through celebration of sound to enhance the sense of balance and reconnect one to their own consciousness.

- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079
- **Timing:** 10am—4pm / **Day:** Every day, Except Sundays

Saree & Veshti Experience Tour

Let the magic of saree & veshti adorn you!

Choose a saree and Vashti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience Days & Date: All working Days except Sunday.

- **Timing:** 10am—4pm
- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079

Kolam Workshop (every Friday)

Join for Spiritual Kolam walk and let the inner spirit and emotions lead the flow of Kolam. Enjoy the Delicious Tamil breakfast after the small trip inside the village, early in the morning made by local women to support them economically.

- **Meeting point:** Mohanam Heritage Village
- **Day:** Every Friday
- **Timing:** 4 to 6pm
- **Email:** mohanamprogram@auroville.org.in
- **Phone:** 8300949079

Conscious and Cultural Tour & Experience in Auroville

The future of the world (Integral—Consciousness—Responsible—Education—Empowerment—Sustainability)

- Bio region village & temple tour
- Bioregion historical \ monument \ heritage educational tour
- Auroville Forest tour
- Auroville Farm tour
- Auroville North-West experience
- Auroville entrepreneurship tour

Includes Tea and snacks, Duration: 2 hours.

Date: 1-day advance booking is necessary

Day & Timing: Every day 10 am—5pm

Cycle Tour with Bio-Region Youth + Breakfast

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to take advantage of the best routes in and around Auroville using cycles. The route shall include the following destinations-

- Includes Tea and snacks,
- **Duration:** 2 hours.
- **Date:** 1-day advance booking is necessary
- **Day & Timing:** Every Saturday & Sunday, 6am to 8am

Auroville North-West Tour + Lunch

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

- **Date and Time:** Every day 10:30am to 1pm (Except Sunday)
- **Meeting / Starting Point:** Visitor center, 1-day advance booking is necessary for group bookings (for single bookings at least before 10am)
- **For Bookings:** mohanamprogram@auroville.org.in or call us at: +91 8300949079

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services: Aurunachala—Auroville Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

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

- **For more information** contact us: mohanamprogram@auroville.org.in, 8300949079

Thanks and Regards, Guru, for Mohanam

AUROVILLE BAMBOO CENTRE August Workshop 2023

AUROVILLE BAMBOO TOUR!

Discover

- Treehouse
- Bamboo Food
- Bamboo Species
- Bamboo Sound Garden
- Showroom

EVERY SATURDAY
11:30 AM - 12:30 PM
AUROVILLE BAMBOO CENTRE

with
Special Bamboo Lunch!
pre-book at minimal cost*

Our team will be happy and helpful to share bamboo work and its many gifts.

Note: People are requested to manage their own transport & contribution for the tour is mandatory.

Mobile : +91 8300949081
Telephone: 0413 2623806
Email : bamboocentre@auroville.org.in

Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111



- Timings: 11:30am—12:30pm
- Days: Every Saturday
- Registration: One day in advance.

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

Auroville Bamboo Centre presents

MAKE & TAKE WORKSHOPS

An Immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.

JWELLERY, TOYS & MUSICAL INSTRUMENT WORKSHOP

MONDAY TO SATURDAY | **09 AM TO 12 PM**
02 PM TO 05 PM | **3 HOURS**

FURNITURE WORKSHOP

MONDAY TO SATURDAY | **9 AM TO 5 PM** | **FULL DAY**

Mobile : +8300949081
Telephone: 0413 2623806
Mail: bamboocentre@auroville.org.in

FOR REGISTRATION & INQUIRIES:
PREBOOK A DAY IN ADVANCE

Auroville Bamboo Centre
Kottakarai road, Mangalam
Auroville, Tamil Nadu, 605 111

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 Export.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day 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.

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.

Bamboo Jewellery

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

Bamboo 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.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk in Registration available.

Upcomming Workshops

BAMBOO YURTWORKSHOP

28, 29, 30 AUG 2023

-Basic theory related to yurt construction
-Demo of Bamboo harvest
-Practical hands-on construction experience

PRICE: 7000/- PER PERSON
(Inclusive of Lunch and 2 Refreshments per day;
Accommodation and Transportation not included)

Bamboo Centre
Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111.

Phone: +91 8300949081 - 0413 2623806
Email: bamboocentre@auroville.org.in

This workshop focuses on Bamboo Yurt building construction from bamboo and various natural materials. The Bamboo Yurt workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Dates: 28 to 30 August, 9am—5pm

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

- Preferred: bamboocentre@auroville.org
- or +91 8300949081, 0413 2623806

Flexible training dates offered to groups


www.aurovillebamboocentre.org

Murugan

ENLIGHT ACTIVITIES

Pottery Workshop

GET YOUR HANDS DIRTY AND CREATE SOME MAGIC



10:00 AM TO 11:30 AM | MUDDY MONDAYS
03:00 PM TO 04:30 PM | WONDERFUL WEDNESDAYS
SATISFYING SATURDAYS

JOIN US FOR OUR POTTERY WORKSHOPS TO EXPERIENCE WORKING IN CLAY AND GAIN ONE-ON-ONE INSTRUCTIONS ON HOW TO CREATE YOUR PIECE. ENLIGHT OFFERS A NATURAL AND RELAXED ENVIRONMENT TO IMMERSE YOURSELF IN POTTERY.

OUR WORKSHOPS ARE FOCUSED ON POTTERY FOR BEGINNERS, SO NO PRIOR EXPERIENCE IS REQUIRED.

ENLIGHT
Light of Auroville

+91 91594 68946
+91 82700 71581
enlight@auroville.org.in

Thread Art Workshop

Thread art workshop

Every Saturday
10:00 am - 12:00 pm
1 day Prior booking needed






Crochet Macrame Embroidery

ENLIGHT
Light of Auroville


+91 91594 68946
+91 82700 71581
enlight@auroville.org.in

Cooking Class

cooking class

South Indian culinary art

learning to cook is a life skill
'Complete your travel experience by learning the art of south indian cuisine with native women'



Every Saturday and Sunday
10:00 am to 12:00 pm

1 day prior booking need to be done

ENLIGHT
Light of Auroville


enlight@auroville.org.in
9159468946 / 8270071581

Curated Experiences


ENLIGHT
Light of Auroville

Curated Experiences


Have 10 or more people group, call us and let us organize one of these itineraries for you




Wellness Retreat



Spiritual Reset



Adventure Activity



Off Grid Living

Call us for an customised enriching and exciting experience

Email: enlight@auroville.org.in
Mobile: +91 8270071581

For Enlight Team,
Arun, Anand, Balaji.

Help Needed

MAATRAM

Maatram is moving to its new premises in Arka. To make this space conducive, functional and inviting for our work in psychological health and counselling, and to create more therapy rooms, there is a need for some construction/civil work to be done.



As we do not generally receive direct payment/contribution from Aurovilians, Newcomers and volunteers for our services, our available funds are sufficient only for our routine expenses.

For this extra construction work in setting up the space, we are reaching out to the community for support. If you align with the cause and our work, and would like to support us, we would be grateful for any contributions to support this work.

- The amount can be transferred to A/c no. **240001** Unity Fund with, 'For Maatram' in the description.

If you have any more questions, please email us on maatram@auroville.org.in.

You can also visit our website maatram.org.in for more details about our work.

Warmly,
Megha for Maatram

Available

Reliable Housekeeper

Selvi has been known for 2 years as a reliable worker and warm natured person. She understands basic English, does all kinds of housework and can also take care of children. She likes babies very much. Selvi is now available half time and for babysitting in the evenings.



- If you wish to enjoy working with her, contact Urvasi at 9751513906 (no calls!, all messaging providers like Signal, WA etc.) or 2622906.

Ulrike

Hall Available

If you practice an activity in the spirit of Auroville for which you need a temporary space, do not hesitate to contact us!

- Contact 9787468179 or comm4unity@auroville.org.in

Michael for Comm4unity

Work Opportunities

AV PRE-CRECHE IS LOOKING FOR TEACHERS

The AV pre-creche is looking for teachers to replace our ToS team members, with an eventual possibility to continue for longer. Our kids' age group is 1,5 to 3 years old.

- Kindly contact office number 2623161 between 10 and 11, or send a message to 9443215065 or avprecreche@auroville.org.in.



Tatiana
for The AV pre-creche team

CONFLICT RESOLUTION POLICY 3

Coordination

Dear Auroville community, the CRP3C (Conflict Resolution Policy 3 Coordination) group has existed for close to two years and looks into issues falling under section 3 of the Conflict Resolution Policy (<https://auroville.org.in/page/conflict-resolution-policy-2015>).

In order to address more specifically the 'Psychological health issues' and the support these persons need, the CRP3C is looking for additional Resources Persons that could help with the following tasks:

- Accompany people for daily activities (walking, doing errands, sport, etc.)
- Presence and support through: talking, playing games, entertaining, etc.
- Specific support for seniors
- Healing modalities

We expect the resource persons to be able to:

- Commit for a given period of time (minimum 2 months)
- Have a capacity to listen with empathy and in certain cases will need to be in good physical condition
- Be patient and good-willed
- Be reliable

As this new kind of 'support' in Auroville would require a specific set of skills (necessary training can be provided), time and commitment, it would be seen as a full or part-time job and support in the form of maintenance can be considered.

If you have time and are interested in this kind of service and work to support community members, please send an email to crp3.auroville@gmail.com

Thank you for supporting the well-being and growth of our community.
Submitted by Sophie for the CRP3 team

Honorary Voluntary

KUILAI CREATIVE CENTER

Dear Friends, we are looking for people and volunteers who could help and guide in various fields, such as helping in Tailoring, Martial Activities, Painting sessions, and teaching English lessons to adults and children, Sports activities, and to teach Music keyboard to the children.



- For contact: 8608473385 or kuilaicreativecentre@auroville.org.in

With regards, Selvaraj.A from KCC

CALL FOR FARM VOLUNTEERS

At AuroOrchard farm, join us from Monday to Saturday
7am to 9am OR/AND 9:30am to 12pm

- Learn to work with plants and soil
- Observe farming systems in a large and established farm
- Work with a diverse and dynamic group
- Enjoy breakfast with us at 9am with produce sourced from the farm.



No former experience or skill required. Minimum physical ability is needed.

Please contact

- email: auroorchard@auroville.org.in
- voice call: 9882685365 (Anshul)
- WA: 9566631079 (Nidhin)

Nidhin, for AuroOrchard team
<https://auroorchard.auroville.org>

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

Looking forward to welcoming you!

*The Sadhana Forest team,
warmly, Shek*

Looking For

Reliable Housekeeper Needed

Full time job: Looking for a lady to do full time house work in Auromodele/ Fraternity areas. Experience in house-keeping & cooking in Auroville required. Contact 9443413471. *Shama*



Foods, Goods and Services

RAPID CARE SERVICE

Rapid Care Services has been serving the community at its best capacity.

Over the period of 6 months, we have made a lot of improvements with our services and technicians in order to cope with quality, beauty and time, which are the 3 mandatory factors that we work on.

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality.

We make sure the work is completed on an economical budget without compromising quality.

Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.



List of services provided by Rapid Care Services

- Aluminum channel work
- Welding
- Carpentry
- Masonry—renovations and remodulation
- Plumbing
- Painting
- Insect Treatment
- Fencing
- Electrical
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

• Balaji, 8270071581, Arun, 7639810621

• rscrapidcareservices@gmail.com

• rapidcare@auroville.org.in

Balaji and Arun for Rapid Care Team

JOIN DROPZY

Products and services from in and around Auroville.

Dropzy is a mobile app marketplace for Products and Services from in and around Auroville helping to deliver it at your door-step.



Dropzy is a mobile app marketplace for ordering from a wide range of in and around Auroville eateries, grocers, bakers, farms, etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps.

Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your order volume, drive more revenue and improve profitability with help from Dropzy.

Register your Unit/Activity

- Click on this link: <https://shorturl.at/clR67>

Know more about Dropzy on www.dropzy.in

Regards, Sathish

COFFEE

Coffee Learning Community Workshop

Ongoing workshop and classes at Coffee Learning Community

- Foundations of Speciality Coffee
From 28 August—1 September

A holistic introduction to the world of specialty coffee, exploring its many aspects, rather than solely on the final product by tasting and exploring some of the best international and Indian coffees. It covers 6 modules and 1 final assessment and five days of everything about coffee!

Classes will take place from 10am-1pm and 3pm-5pm. at Coffee Learning Community (CLC), First floor Marc's Café



Fermented Drinks Workshop

- Every Saturday 3-5 pm
at Coffee Learning Community (CLC)

Learn how to make delicious Kombucha at home following Matilde's recipes. 2-hour session for beginners that will allow you to make safe fermented drinks at home, learning the basics of fermentation techniques. You will take home 3 unique signature recipes: Tepache, Fruit Soda and Kombucha. The session will end with a tasting from the brewery, a scoby and some tea to take home and kick-start your kombucha making journey.

Coffee Cupping Session

- Every Saturday 10 -12 pm
at Coffee Learning Community (CLC)

2-hour, in-depth introduction to cupping! We will learn how to use The Flavour Wheel, cup a limited selection of speciality coffees from around the world and score them, following the SCA cupping protocols.

Includes a brewing session of the class's favourite coffee, fresh beans of 100g Marc's Coffee for participants to take home.

- For enquiry please contact: contact@marcscoffees.com, 7200881291

Matilde



VEGAN LUNCH IN RED DOT CAFE

Low carb—vegan office lunch in Red Dot Cafe, Upasana Sign-up lunch scheme.

upasanasred.cafe@gmail.com

Uma

ĀDESHA

Arohanam offers its services voluntarily in gratis (Pro Bono) for the below areas only to individuals/ activities who/ which do not have a qualified and experienced in-house resource.



• Focus:

- Startups: Products and Services
- Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
- Email, Instagram, WhatsApp and LinkedIn Marketing, Business Communication and Content Writing—Guidance only

• Contact Details:

- Name: Surajkiran
- Mobile: 98842 04918, Voice and WA
- Email: surajkiranv@gmail.com
- Location: Auroville

Regards, Surajkiran

FOOD LINK BASKET SYSTEM

Dear community, we are happy to share with you that we are offering a basket system where you can place your order one day before and pick up your baskets



- on Tuesdays, Thursdays or Saturdays from Foodlink between 10:30am and 12:30pm.

You can place your order using a google form with the link:

- <https://tinyurl.com/Foodlink-basket>

To facilitate this, we have decided to **stop walk-in shopping at Foodlink from Monday, 31 July, 2023 onwards**. Please keep in mind that the system for milk orders will remain the same and you can come and collect the milk as per your regular order.

These changes are being made to meet the need for quick delivery of food to different outlets once the food reaches Foodlink. For example, PTDC and Solar Kitchen need the produce to reach them as early as possible in the morning. We have noticed that the direct sales of produce from the Foodlink shop slows down our entire morning routine.

Our goal is to optimize this process and make quick deliveries to wherever orders have been placed so that the produce reaches fresh and on time.

This will help us keep the place organised with enough time and space in our hands for the work to be done properly and faster.

We understand that this may be a big change for some of you but hope you will understand our need for it. We are open to feedback and suggestions to make this system work better for all of us.

We are sorry for this short notice and will also share this soon in News & Notes and AuroNet. Please feel free to share this with others who may be interested in ordering baskets from Foodlink.

We appreciate your support and goodwill.

Thank you, Foodlink team,
Angelica & Falguni

ORGANIC QUALITY MILK AVAILABLE

Organic quality milk available, Morning/ Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:
2:30pm—4:30pm



We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

At Her Service,
Kamala For the Freestore team

RUPAVATHI JOY Activities

Bio-region Temple Tour

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



If you want to participate, please book it in advance

Indian cooking

- Every Monday to Friday 12 to 2 noon
Evening 5 to 6:30 pm at Creativity.
- Every Saturday and Sunday,
10am to 5 pm



If you want to participate, please book it in advance

Thai Massage

- 12—2noon, 5—7pm every day at Creativity

If you want to participate, please book it in advance:

Tailoring

Any kind of Dress, Blouse, Kurtis can be done.

Contacts

- +91 8098845200, Voice and WA
- rupavathijoy@gmail.com

Rupavathi Joy

LATEST NEWS FROM INSIDE INDIA

Travel Shop

One can reach our Office via the Crown Road



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 (Monday to Friday). Saturdays only on appointment.

He can also be contacted anytime by phone or by WA: +91 9894598686, or by email: travelshop@inside-india.com

- Emirates offers are available from Chennai to Frankfurt
- Oman airways has special fares from Chennai to Milan and Frankfurt
- Air Vistara has competitive fare from Chennai to Paris
- Lufthansa special fare from Chennai to Amsterdam

Joster

HAIRDRESSER



For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Ahana looks after your and/ or your child's hair and well being.

After everyone who came was happy and content, we are now requesting short and long HAIR MODELS to step forward and try something new and beautiful!

- For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Lovely day, Ulrike Urvasi

AV Radio

AV RADIO

Dear Aurovilians, Your favourite radio is always working for you. Stay tuned!

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts

- [La Vita Divina—Ep.30](#) (Sri Aurobindo)
- [Exploring Education in Arts, Animation and Film-making—Ep.15 'The silent years—Pre-World War I American cinema'](#) (Cinema)
- [Marlenka's weekly Offering—Ep.102](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—447](#) (Integral Yoga)
- [Musical Renditions of Sri Aurobindo's Sonnets by Shakti Balu](#) (Music)
- [Soul Tracks—Se.5 Ep.6 'Sleepless Nights and Poolside Parties'](#) (Music)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovilian wish, make a donation to FS account number **0867**. Thanks for your help!

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

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

Regards, Saipriya , AvRadio team

Voices and Notes

WHAT'S IN A PARK?

Part 3: Contents

Previous parts and other articles [can be found here](#).

I won't go into what buildings could be in the proposed parks as it is not my field but, as you can see from part 1, there are many buildings and functions that can occur in parks. They can be very dynamic and engaging.

But from a vegetation point of view, what's in these parks? Are they formal or wild? Or something in between? Or both? Or gradients of these based on identified natural physical aspects, such as canyons?

Are they highly managed or minimally managed? A combination of both based on what is concluded to make sense? Different parks with different themes?

The great thing about parks, from a vegetation point of view, is that many different experiments can be done and a huge amount of variety of species can be chosen which can be used to promote a theme or idea. For example, despite most highly flowering trees not really providing good shade, they can be incorporated into the landscape in a

flower themed area, another area could portrait the different fruit trees and varieties within those trees (such as different types of mangos). You could even have a few mango trees with [a whole variety of mangoes](#) growing on them. It is really a case of being imaginative.

Despite a good overall annual rainfall, there is usually a period of about six months of drought every year. This should be considered with vegetation choices even if we recycle our 'wastewater'.

Personally, I would say that there should be formal areas maintained as lawns with a tree here and a tree there but, the current recycled wastewater stinks and is unhygienic so such a setting should be restricted to a minimum due to our lack of water, which is necessary for this. Having gradients of formal > less formal > wild/natural is probably more realistic.

I think most people think the native, wild, vegetation in the area is low, thorny, and essentially not very inviting. Actually, it can provide good shade and be open/accessible underneath; it is possible that we have lost the plant species that would have previously grown in the shade of more established areas and that would have rendered it harder to move through. As is it, many areas can be both wild and accessible, once there is enough shade to reduce the number of plants on the ground that could otherwise survive (when there was still enough sunlight reaching the lower areas).



Figure 1 Example of a wild area that is still very accessible and is not even managed to be park-like.

A rather long amount of time (20 years) is required for this vegetation to grow into something rewarding (as most things, no?). But why not use fast growing trees instead? Well, most of those are short lived or need a lot of water, or don't do well in storms, or lose their leaves in the summer or attract pests or don't support the local ecology or some, or all, of the above. There are a few trees that break the trend of course, as nature is not black and white, but there are not many. In many cases, plants considered alien invasive species have been used in Auroville as they were the most adapted to such harsh growing conditions based on what was at hand/understood at the time. They grew fast and improved growing conditions for native species to be able to survive. Now we have a larger choice of species to choose from because of all the work and research that has been done here over the last 30+ years. So, do we need to get rid of those 'alien invasive species'? Not, necessarily. Many will die out or be contained when there is more shade, due to the local vegetation growing beneath and eventually growing above, as is already happening throughout. Does a certain management of them need to occur? Of course. But eradication would be a waste of resources as they are currently resources themselves, in many ways: e.g., timber, fodder, biomass, shade.

Paths can occur in certain wild areas also and such areas are mainly covered (a good example of a wild area that is very accessible is between Gaia and Grace/Surrender. Bliss used to be a good example, unfortunately now it is fragmented and the paths blocked by the 'development' of the Crown).

- To show an example of what local vegetation can look like after 20+ years and the requirements to get there and to maintain, I will be conducting a walk on Sunday, 27 August at 4pm in Espace. Maybe see you there.

Island, Arboriculturist, 7598103616

Poetry

JABBERWOCKY

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe;
All mimsy were the borogoves,
And the mome raths outgrabe.

'Beware the Jabberwock, my son
The jaws that bite, the claws that catch!
Beware the Jubjub bird, and shun
The frumious Bandersnatch!'

He took his vorpal sword in hand;
Long time the manxome foe he sought—
So rested he by the Tumtum tree,
And stood awhile in thought.

And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through and through
The vorpal blade went snicker-snack!
He left it dead, and with its head
He went galumphing back.

'And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!'
He chortled in his joy.

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe;
All mimsy were the borogoves,
And the mome raths outgrabe.

Lewis Carroll

A conversation with Audrey
'You have Light in your eyes.'
'I was in the sun for quite a while.
So I guess I'm giving it out now.'

Warmly, Anandi Z.

MY THOUGHTS

I, who started to think about myself
I, who looks for yourself
It needs to open an old scar
To become somebody's star
Just my thoughts, Love, Ivana

Languages

CLASSES AND COACHING: SPOKEN ENGLISH

Materials, classes and coaching for spoken English offered freely. I have a collection of diverse interesting materials (in English) for 'classes'. The topics include Auroville, science, spirit, human nature, enlightened management, inspiring humor, Savitri. Contact me soon if you would like to pick up these materials or if you have a small group who would like to explore the topics with a native English speaker.

Or, I can participate in an occasional interactive 'class' in simple or advanced English about the purpose, principles and founders of Auroville, or give gentle coaching for actors and presenters.

Patricia at Creativity,
pat@auroville.org.in, 0413 262 3750

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. We are a wireless-free space!

- **Looking for:** If you are a true-blue Malayali and speak Malayalam with an authentic Malayalam accent, please contact us by Whatsapp at +919443631861 or email at tomatis@aurovillelanguagelab.org. We need to record some words & sentences as well as some simple daily life conversations in Malayalam for a research project.

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413-3509932 or 0413-2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

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

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

For those who slipped through the cracks, whose requests we were not able to respond to, we sincerely apologize. Please send us an email if still interested, and we'll get back to you soon!

Current Language Courses at ALL

New: Beginner German with Ben

We are thrilled to announce that Ben has joined us as our new German teacher! A recent newcomer & native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. He is now eager to apply his skills to an in-person classroom. Ben is a language enthusiast and takes interest in translating poetry and studying ways of integral education. Ben's classes will be structured around the Goethe Institute material & will employ a variety of audiovisual tools and interactive elements. While we organize the class structure & timings, we invite you to enquire and book your spot! We hope to start the course mid-September. Timings & days to be announced soon!

New: Beginner Hindi with Alka

We have a new Hindi teacher!

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other fun activities. This three-month beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will be paced to align with each student's comfort!

- The course will start on September 9. Classes will take place Saturdays, 10am to 12noon.

New: Beginner Spanish with Mila

Great news for Spanish learners!

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

- We hope to start on September 5 with an introductory class on August 31 if we have 6-7 confirmed registrations. Classes will take place twice weekly, on Tuesdays and Thursdays, 2:30 to 3:30 pm.

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 now closed for new registrations.

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.

- We need five confirmations to start the course. 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 August 3. Classes take place Mondays & Thursdays, 2:30 to 3:30pm.

New: Italian with Fabio

Fabio will soon start two new Italian courses in August!

• Beginner Italian

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 2-month (16-hour) course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

- This course will start September 4. Classes will take place Mondays & Wednesdays, 2:30 to 3:30pm.

Italian Conversation

This two-month (16-hour) course is for learners who already have a basic knowledge of Italian and would like to explore the language further & polish their speaking skills. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. This is mainly for those who took the Beginner course last time, but is open to all.

- We need 4 confirmed registrations to start this course.

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, 2:30 to 4pm.

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, 10:30 to 11:30am. Enquire now to join!

Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation	TBA	TBA
French	Beginner Started 5 August 2023	2:30—4:30pm	Saturday
	Beginner for Teens To start soon	11am—12noon	
	Conversation Started 3 August 2023	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner To start 12 September	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start September 2023	TBA	TBA
Hindi	Beginner To start 9 September	10am—12noon	Saturdays
German	A1.1 Beginner To start mid-September	TBA	TBA
Spanish	Beginner To start 5 September	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start September	10am—12noon	Saturdays
Italian	Beginner To start September	2:30—3:30pm	Monday & Wednesday
	Conversation To start 22 August	2:30—3:30pm	TBA

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Phone: (0413) 2623661, 2622467, +919843030355
- Email: info@aurovillelanguageclub.org

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

DHRUPAD RETREAT

September 1,2,3, 10am—12pm & 3—5pm



A Sunlit Path, in collaboration with Abhaya, an Auroville activity of ASSA, is happy to bring you another Dhrupad Retreat with Niloy Ahsan on September 1, 2 & 3 from 10am—12pm & 3pm—5pm.

Join us for a 3-day immersion into the meditative and healing vibrations of Dhrupad music! We'll have a mix of vocal classes, active listening sessions, question and answer sessions, exploration of nada yoga as a way to connect to the self as well as private classes with Niloy for those that wish to dive deeper into their musical journey. This retreat is open to those from all backgrounds. While prior training in music and/ or yoga can be useful, it is not a prerequisite.

- **Location:** A Sunlit Path, Auroville
- **For info/registration:** 8870988843 WA

Niloy Ahsan is an exceptional Dhrupad vocalist in the Dagar lineage. For Niloy, music is a play of Prana, an exploration of the sound within, and the practice of Dhrupad is a path to self-awareness.

- Read more about Niloy at <https://www.asunlitpath.org/niloy> and IG @dhrupad_niloy.
- **Mark your calendars also for Dhrupad concert at Unity Pavilion by Niloy Ahsan in the evening of 31 March.**

Warmly, Sudha, Abhaya Team

CREATIVE MOVEMENT

26 August, 9:30am—12:30pm

A Sunlit Path, in collaboration with Abhaya, an Auroville activity of ASSA, brings you a Creative Movement workshop with Deepti Gupta on 26 August, from 9:30am—12:30pm.

- Build connection with your body, express yourself and create joy through creative movement.

This 3-hour workshop will focus on movement that arises spontaneously when you let go and remain present to breath, touch, sound, imagination, rhythm and nature.

Open to everyone interested in discovering themselves anew through the creative and healing aspects of movement.

- **Location:** A Sunlit Path, Auroville
- **For info/registration:** 8870988843 WA



Deepti has studied dance and theater in Canada and India at renowned institutes, and holds an MA (Dance) from York University, Toronto. An established choreographer and performer in the elegant Kathak form of dance, she is trained in the lineage of the Lucknow Gharana by preeminent gurus of India.

- Read more about Deepti at <https://www.asunlitpath.org/deepti>.

Warmly, Sudha,
Abhaya Team

MOVING FORWARD



Warm regards,
Vega

QUIET HEALING CENTER



Woga® (Yoga in Water) Classes with Friederike & Tamara

- Saturday 2, 9 & 16 September, 4:30—6pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C). The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- No previous experience required (also no need to be able to swim)!

Watsu® & OBA® Basic with Dariya & Daniel

- 19—24 September, 1—6pm: 31 hours

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required.

Watsu® Basic with Petra

- 26—27 September, 8:45am—6:30pm: 16 hours

A 2-day course on the surface only. Watsu Basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.

- Prerequisites: no previous experience required.

Watsu® 1 (Transition Flow) with Petra

- 29 September—3 October, 8:45am—6:30pm: 34 hours

A 5-day course on the surface only. Watsu 1 (Transition Flow) teaches to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- Prerequisites: Watsu Basic

Thanks, Guido, Quiet Healing Center Team
www.quiethealingcenter.info/ quiet@auroville.org.in
 Mobile & WA: +91 9488084966

SHIATSU TRAINING HOURS

- Wednesdays, 7—9 am during the months of September and October at Budokan, Aikido Hall, Dehashakti

Time to deepen your learning (of meridians and more), to give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the months of September, October and possibly beyond, we will mainly focus on the practical refinement of the Shiatsu Art of Touch. According to the needs of the participants, we will include a brief look into the extensive theory of Shiatsu as well.



This is a good time for those who ever in their life enjoyed the Study of Shiatsu and wish to practice and deepen with additional inspirations in a supportive environment as well as for those without prior experience who would like to simply get a free feel of this specific Shiatsu-Touch, characterized by 'intentionless intention'.

These hours are also a good way of tuning in and preparing for the soon up-coming Shiatsu Seminars for anyone with (active participant) or without (models) prior experience.

We are looking forward to hearing about your coming as well as hearing your questions, wishes, aspirations.

Contributions required for ensuring future seminars. Kindly give according to your resources.

- Do contact Ulrike Urvasi at mothersworkforthemother-work@gmail.com or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

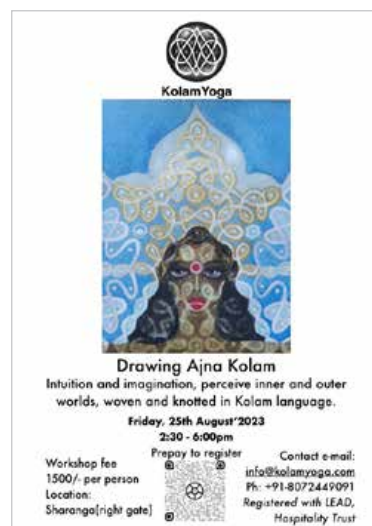
Ulrike

KOLAMYOGA

- Friday, 25th, Ajna Chakra Yantra Kolam 2:30 to 6pm

We start each session together in haranga (right gate) Grace her house with Mental Theorie, Physical warm, to enter into the emotional experience of the theme chosen.

You receive a supporting booklet of reading material, all materials, snacks and my (Grace) step by step guidance is provided for the making of the relevant Kolam.



- WS cost 1500/- this is all inclusive.
- Visit www.kolamyoga.com if you wish to know more about what is a Kolam, What is KolamYoga and who is your host Grace Gitadelila.
- Registration is required to be able to plan and provide the work materials accordingly ... Limited space with quality attention to 6 participants only!
- info@kolamyoga.com or 8072449091WA

I request to please introduce yourself properly, don't be scared and don't limit yourself to just reaching out with an Ola or Hi ... a bit more text helps ;) And is more motivating to answer to.

In her Light, Grace Gitadelila Grace,
 8072449091 WA, info@kolamyoga.com



Vérité

VÉRITÉ PROGRAMS

August 2023

+91 0413 2622045, 2622606,
+91 9363624083, 8489391876

programming@verite.in

www.verite.in

Intensives (pre-registration required)

Day & Date	Intensives	Timings	Presenters
Saturday, 26 August	Sivananda Yoga—Masterclass	9:30am—12pm	Mani

Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
Mondays	Pranayama and Meditation—Re-balance your nervous system	10:30—11:30am	Radhika
	Yin Yoga—Healthy Hips	3:30—4:30pm	Emma
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	9—10am	Mani
	Gentle Vinyasa Flow	10:30—11:30am	Emma
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Wednesdays	Yoga for inner alignment, Asanas for grounding & centring	10:30—11:30am	Radhika
	Yin Yoga—Healthy Spine	3:30—4:30pm	Emma
	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan (contributions are voluntary)	5—6pm	Mamta & Savitri
Thursdays	Sivananda Yoga	9—10am	Mani
	Peace with Pranayama—Nourish your prana	5—6pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Private Yoga Session / Yoga Therapy	Andres
Thai yoga Massage	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Private Yoga Session / Yoga Therapy	Nadia
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja



Vérité

VERITÉ WORKSHOPS

Pre-registration required

Please contact Verité
@ 0413 2622045, 2622606,
9363624083

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

Restorative Yin & Yoga Nidra: Deep Relaxation for Body & Mind with Emma

- Friday, 25 August, 9:30am—12pm

The workshop will be divided into two parts. The first one will include theory and practice, where we will journey through conscious relaxation, exploring a contemplative Yin Yoga practice to restore the natural condition of the deep tissues in the body while releasing tension in the physical, energetic, and mental layers. Then we shall transition into a relaxing Restorative Yoga practice which unwinds deep tension helping you to slowly let go of stress and feel more connected to your body. Finally, we shall experience Yoga Nidra — known as yogic sleep — a form of guided meditation practiced laying down, where we move into a deep state of conscious sleep, which is a deeper state of relaxation, taking us effortlessly into restful balance and harmony.

Master Class-Sivananda Yoga with Mani

- Saturday, 26 August, 9:30am—12pm

The workshop starts with basic breathing and pranayama practices followed by sun salutations and 12 classical hatha yoga poses given by Swami Sivananda and Swami Vishnu Devananda. The asana sequence is framed in such a way that the entire spine is massaged and rejuvenated with free flow of prana starting from cervical, thoracic, lumbar to sacrum. Sufficient relaxation is given between the asanas to balance and maintain the effort and relaxation pattern of the nervous system. This rhythmic alternation between effort and the relaxation pattern of the nervous system will prepare you automatically for the final relaxation more easily and effectively. Finally, the workshop concludes with proper guided relaxation.

The Healing Power of Gayatri Mantra with Sabrina

- Saturday, 2 September, 9:30am—12pm

In this workshop, Sabrina will share with you a very old and powerful tantric healing technique, based on the japa (repetition) of Gayatri Mantra. Gayatri Mantra is the mother of the Vedas, as the Rig Veda opens with these verses, and is one of the most famous and recited mantras in the Hindu and Yogic tradition. One of its many benefits is to connect us with the sun Savitri, who bestows life and gives us the energy to move forward. Another is to purify our body, mind, and intellect. After a short introduction about the mantra, you will learn the mantra and associated mudras (hand postures) to heal yourself and others while connecting to the energy of the mantra.

*Love and Light, Savitri,
Programs Coordinator, Vérité Programming*



ACTIVITIES BY LAKSHMI

Private Transformational Yoga Classes

- Transformational Yoga
- Pranayama to release Fear, Anger and Anxiety
- Pranayama to achieve Peace, Calm, Quietude and Clarity
- Breathwork

Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga. is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit. Powerful, yet gentle, everyone can reap the benefits of this purifying yoga practice.

Please contact for an Appointment:

- 8489764602 Lakshmi or
- lakshmiprem369@gmail.com



Sound Chakras Healing

Guided vibrational sound journey using (Tibetan Bowls and Tuning Forks therapy) to help to Reduce Stress, Anxiety, Depression, Insomnia, stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



Benefits: Peace, Calm and Quietude, Mental clarity, Revitalizing, released, Improve sleep, Emotional and mental balance, Inner silence, Deep relaxation, Grounding,

- Individual session, Couple session, Small group (max 4 people)

Activity offered under Abhaya, an activity of ASSA, under Artisana Trust, Lakshmi

HOLISTIC HEALTH CARE STUDIO



Appointments

- aurovilleholistic@gmail.com,
christinep@auroville.org.in
- +919489805493 WA
- For kinesio only: +33686928426 WA

Ashtanga Yoga W Christine P	@ Yatra Foundation Monday/ Wednesday/ Friday /Saturday
Integrative & systemic psychotherapy W. Christine P	@ Holistic health care studio, Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Scientific meditation with sound healing W. Mradul J	@ Holistic health care studio, Kuilapalayam
Analysis of multiple intelligence/ W. Mradul J	@ Holistic health care studio, Kuilapalayam
Kinesiology W Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

*Christine for Holistic health and well being center
Auroville Main Road, Kuilapalayam
www.auroville-holistic.com*

PITANGA



Classes—Registration required

Iyengar Yoga with Tatiana and Chloé

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

Mondays, 5pm—6:30pm, Level 1, Tatiana

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulderstand) or preparatory stages. Regular attendance is expected.

Tuesdays, 7:30am—9am, Spine class, All levels, Chloé

Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

Wednesdays, 5pm—6:30pm, Level 2-3, Tatiana

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

Saturdays, 9am—10:30am, Restorative Yoga, Level 2-3, Tatiana

Each session includes time for deep work in inversions, back-bends and forward bends with support and deep relaxation on a physical and mental level. Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

Saturdays, 11am—12:30pm, Mixed Level, Tatiana

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners.

Art Therapy class with Gala

Thursdays, 3—5pm, for adults

Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before.

Date	Activity
Mondays, Wednesdays, 4—5pm	Asanas for teenagers, with Lisbeth
Saturdays, 9—10am	Yoga for children, 5—8 yrs., with Gala
Saturdays, 10—11am	Yoga for children, 7—9 yrs., with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs+, with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs +, with Gala

Healing Space By appointment, 262403, 9443902403

Acupuncture by Heidi

Cranio Sacral Therapy by Anne H.

Thai Yoga Massage by Juan

Drop-In Classes		
	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Tuesdays		
No drop-in class on this day.		
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Rosa's ATB special for seniors with Rosa	Seniors
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
No drop-in class on this day		

New activities

Weekly Readings of the Life Divine with Balvinder

- Fridays, 4:30—5:30pm, Resumes 1 September.

The weekly reading sessions of The Life Divine are led by Balvinder, an Aurovilian and lifelong student of Sri Aurobindo's writings. Each session will proceed with Balvinder reading and giving explanations of the English prose.

No prior knowledge of The Life Divine is necessary, just an openness to experiencing the beauty and wisdom of Sri Aurobindo's masterpiece. All are welcome to join. Feel free to come and listen even once to see if this is for you.

- No registration is necessary.

Workshops

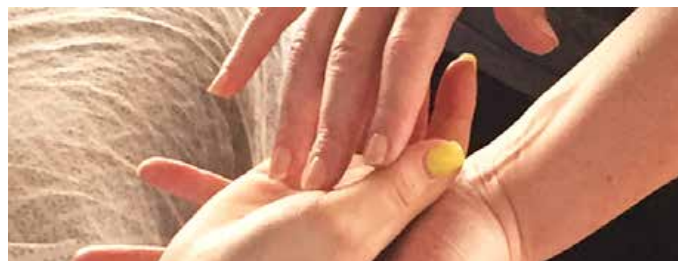
Professional Training: Advanced Massage and Bodywork, Module 3, with Shari

- Weekly twice, for 8 weeks (48 hrs)
- 4 September to 25 October 2023,
- Mondays & Wednesdays, 10am—1pm

We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/mind/spirit as the vehicle for doing bodywork, intimacy and moving deeply into the essence of healing. This will include deep listening, integration, and loving/compassionate touch.

We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions, and contraindications.

This is the third in a series of 4 eight-week courses with the intention of going deeply into what it means to be a successful professional in this field.



- Contribution requested.
- Certificate of Completion will be offered.

There are some seats available in this course and it is possible to join the 3rd module without having participated in the previous ones.

- New interested persons will be interviewed by Shari and could receive a special 'catch up' class, if needed.
- For registration, please contact Shari: +91 73059 41614

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 !

Love, Andrea

NATURE CURE



Welcome to a 7-day health camp with Dr Arun Sarma (IMANAH) on:

NATURE CURE

स्वाधीन स्वास्थ्य महाविद्या



1-7 SEPTEMBER, 2023

7:30 AM TO 6:00 PM

TIBETAN PAVILION, AUROVILLE

For details and registration, please visit:

tinyurl.com/avnc2023

Welcome to a 7-day Health Camp on Nature Cure/स्वाधीन स्वास्थ्य महाविद्या with Dr Arun Sharma in Auroville from 1—7, September.

- More details are here: <https://tinyurl.com/avnc2023>

Feel free to contact Deven (Samskritam Auroville) on dev-abhasha@auroville.org.in and Sivaraj (Martuvam Auroville) on martuvam@auroville.org.in

Dhanyavaad, Nandri





ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities August 2023

Treatments

Treatment	Therapist	when
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Hair-cuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday Morning: 9791719387 +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413-2623767 antarcalli@yahoo.fr

Classes

Classes	Teacher	when
Acro Yoga	Damien	Monday: 3—4:30pm, Tuesday 5—6:30pm or by Appointment: 9047722740
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am, Friday 5:30—6:30pm by Appointment: 7867998952
Iyengar yoga (TOS)	Olesya	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743
Sound Chakras healing	Lakshmi 8489764602	by Appointment
Heartful Meditation	Avanthika 6380238326	Thursday: 9—10am

Thanks & Regards, Ramana, Arka
0413 2623799

SATYAYUGA

Location: near Auroville Bakery Can move on demand

Satyayuga - in collaboration with Auroville Art Service

WA: +91 76397 61930 - jlmalor@yahoo.fr

FB: Satyayuga Energy Vibration

Energy Vibration

- **Reiki with Kototamas:** give energy for the wellbeing and struggle against stress
- **QiGong:** work on the rejuvenation of the body & automassage and Yoga facial. 7 people max
- **Personal trainer:** using Karla Kattai, conscious muscular exercises and stretching of articulations 1 to 3 people

- **Reflexology:** Manual and natural method centered on the selfregulation of human body by pressing reflex zones & Vibrational massage with bowls
- **Nada Yoga Ananda:** Connect to your inner self through Vibrating Chants, @ 4pm for about 2hours.
 - Ecstatic Wednesday
 - Shamanic Friday
 - Sacred Sunday
- **Gongs, Tibetan Bowls & Didgeridoo meditation for Full Moon and New Moon.** Working with the energetic forces of the Moon, we will create an energetic field to power your intention. @ 7pm for around one hour
- **Tibetan bowls. Gongs. Five Elements Sound Massage.** Connect to your inner self through Sound Massage and Vibrating Chants & find peace in a Sound Cocoon
- **Shamanic journey.** A four hour Workshop to connect yourself to the Source. Experience a powerful Sound Journey in your inner self thanks to energetic exercises and transformative sounds. Every Friday, near Auroville Bakery, 10am—12noon & 3—5pm. 7 people max, possibility to split

Warmly,
Satyayuga (Jean-Luc Malor)

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00** Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30** Tour of Sadhana Forest
 - 18:00** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30** Eco Film Club begins with 'previews' of short Sadhana Forest films
 - 20:00** Dinner is served
 - 21:15** Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.



****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday 1st September

Unique Earth: The Essence of Water

2022 / 52 minutes / Jens Hahne, Larissa Richter

No other substance has been so studied and yet still holds so many questions as water. Scientists try to unlock the secrets of Water. 70% of the earth's surface is covered by liquid water. The documentary gives us insights into the fascinating landscapes created by water: Underwater worlds, interesting ice worlds and unknown caves. But it also shows us the importance of water for the forest ecosystem and for us as living beings.

Submitted by Shek



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
28 August 2023 to 03 September 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice. *To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.*

Indian and diaspora—Monday 28 August, 8pm
POLITE SOCIETY

UK, 2023, Writer-Dir. Nida Manzoor w/ Priya Kansara, Ritu Arya, Renu Brindle, and others, Action-Comedy, 104mins, English-Urdu w/ English subtitles, Rated: PG-13

A merry mash up of sisterly affection, parental disappointment, and bold action! The story follows martial artist-in-training Ria Khan who believes she must save her older sister Lena from her impending marriage. After enlisting the help of her friends, Ria attempts to pull off the most ambitious of all wedding heists in the name of independence and sisterhood. We are rescheduling this film because many have missed this due to rain.

Potpourri—Tuesday 29 August, 8pm
THE MASTER

USA, 2012, Dir. Paul Thomas Anderson w/ Joaquin Phoenix, Philip Seymour Hoffman, Amy Adams and others, Drama-History, 138 mins, English w/ English subtitles, Rated: R
 Freddie Quell is a troubled, boozy drifter struggling with the trauma of World War II and whatever inner demons ruled his life before that. On a fateful night in 1950, Freddie boards a passing boat and meets Lancaster Dodd (), the charismatic leader of a religious movement called the Cause. Freddie tries hard to adhere to Dodd's weird teachings and forms a close bond with his mentor, even as other members of Dodd's inner circle see him as a threat.

Interesting—Wednesday 30 August, 8pm
RUBARU ROSHNI (Unbroken)

India, 2019, Dir. Svati Chakravarty Bhatkal w/ Amir Khan and others, Documentary, 110mins, Hindi w/English subtitles, Rated: NR (PG)

The film is a beautiful compilation of three separate stories of killers and their victims, where the victims undergo a harrowing journey towards finding love, empathy and finally forgiveness which redeem the lives of the criminals who had assassinated, murdered and killed their family members in acts of mindless violence often underscored by political motives. Most importantly it is a humane story related through realities.

Selection—Thursday 31 August, 8pm
TÔI THAY HOA VÀNG TRÊN CỎ XANH
(Yellow flowers on the green grass)

Vietnam, 2015, Dir. Victor Vu w/ Thinh Vinh, Khang Trong, Lam Thanh My and others, Drama, Vietnamese w/English subtitles, 103 mins, Rated: NR (G)

After an act of violence leaves his brother Tuong paralyzed, Thieu discovers the true meaning of brotherhood. Set in the countryside village of Vietnam, is a touching tale of innocent love, friendships and brotherhood.

International—Saturday, 2 September, 8pm
SHE SAID

USA, 2022, Dir. Maria Schrader, w/ Lola Petticrew, Katherine Laheen, Zoe Kazan and others, Drama-History, English w/ English subtitles, 129 mins, Rated: R

New York Times reporters Megan Twohey and Jodi Kantor break one of the most important stories in a generation—a story that helped ignite a movement and shattered decades of silence around the subject of sexual assault in Hollywood and impelled a shift in American culture that continues to this day.

Children's Matinee—Sunday, 3 September, 4:30pm
THE TALE OF DESPEREAUX

UK-USA, 2008, Dir. Sam Fell, Robert Stevenhagen w/ Matthew Broderick, Emma Watson, Dustin Hoffman and others, Animation-Comedy, 93 mins, English, Rated: G



The tale of three unlikely heroes—a misfit mouse who prefers reading books to eating them, an unhappy rat who schemes to leave the darkness of the dungeon, and a bumbling servant girl with cauliflower ears—whose fates are intertwined with that of the castle's princess.

Classic Film Festival@ Ciné-Club:
Ciné-Club Sunday 3 September, 8pm
THE TREE OF LIFE

USA, 2011, Dir. Terrence Malick, w/ Brad Pitt, Sean Penn and others, Drama-Fantasy, 139 mins, English w/ English subtitles, Rated: PG -13.

The impressionistic story of a Texas family in the 1950s. The film follows the life journey of the eldest son, Jack, through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Jack finds himself a lost soul in the modern world, seeking answers to the origins and meaning of life.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available. For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.

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

Accessible Auroville Public Bus

AUROVILLE ACCESSIBLE PUBLIC BUS Out for Servicing 21—27 August

Dear Friends, We are here to inform you that Auroville Accessible Public Bus will not function from 21 to 27 August, due to mechanical works to be completed for the renewal of annual vehicle fitness certificate.



Like repainting the vehicle, renewal of insurance, tyre replacements and general mechanical works. It needs a minimum of a week.

Sorry for the inconvenience caused from our service for this week.

- We will be happy to see you back at the bus stops on **28.08.2023**

Regards, Raju for AAPB Team
avbus@auroville.org.in, +91 9443074825

Cinema

AUROVILLE FILM INSTITUTE

Auroville Film Institute is delighted to introduce the 1st of the Indian New Wave Series:



- Mani Kaul and Search for New Cinematic Form through Theater: 'Ashad Ka Ek Din' (A day in Monsoon)

Film Scholar Deb Kamal Ganguly will hold this Cinema Study Circle—viewing and analysing Mani Kaul's stunning experimental cinema—'Ashad Ka Ek Din' made in 1971—based on the famous play by the same name, made by modernist Hindi litterateur Mohan Rakesh, written in 1958. Sanskrit literature from the classical era, 'Meghdut' by Kalidasa, will also be referred to, locating its surrogate presence in the cinematic search of Mani Kaul.

- On 2nd and 3rd September; 1430 to 1830 IST _Online.

Auroville Film Institute's Cinema Study Circle attempts transdisciplinary discourses—exploring the cinematic arts practices intersecting psychoanalysis, philosophy, cultural and human ecology studies.

- To know more, please visit: <https://filminstitute.auroville.org/2023/08/09/mani-kaul-and-search-for-new-cinematic-form-through-theater-ashad-ka-ek-din/>
- To donate to Auroville Film Institute's Study Circles, please visit: <https://donations.auroville.org/filminstitute>

Warmly, Richa

INTENSIVE ACTORS & DIRECTORS

Collaborative Workshop

A'Join Anupam Barve for a 12 days intensive Actors & Directors Collaborative Workshop—Learn the dynamics of the actor-director relationship towards conceiving and catalyzing convincing performances—take back home your own screenworks.



- 18 to 29 September in Auroville.

To know more, please visit:

- <https://filminstitute.auroville.org/2023/08/03/directing-actors-and-performing-for-camera/>
- Or call / message +91 9969879319 (WA, Telegram)
- https://youtu.be/99-6M7KzdLs?si=n_i9exDTjp-Dq718W

Warmly, Richa

News & Notes Guidelines



Hard deadline for submissions TUESDAY 3pm

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

Disclaimer:

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

Roy & Agnijata, News & Notes,
Media Centre, Town Hall,
NewsAndNotes@auroville.org.in, 0413 2622133

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