



# PITANGA

## Program for December 2021

### For guests of Auroville

Classes highlighted in grey are open to regular practitioners. Participation in these classes needs to be discussed with the teacher.

#### Y O G A

	For:	Program type:	Level:	Day:	Timing:	Teacher
<b>Gentle Yoga Practice</b>	Adults	Drop-In-Anytime	Beginners	Mon / Wed / Sat	7.30 - 9.00 am	Rachel
<b>Yoga Asanas</b>	Adults	Drop-In-Anytime	Mixed	Thur Tue / Thur Fri	10.30 - 12.00 pm 3.00 - 4.30 pm 9.00 - 10.30 am	Rachel
<b>Asanas on alignment</b>	Adults	Regular	Intermediate	Mon / Fri	5.00 - 6.30 pm	Rachel
<b>Hatha Flow</b>	Adults	Drop-In-Anytime	Intermediate	Tue Wed Sat	10.30 - 12.00 pm 5.00 - 6.30 pm 3.00 - 4.30 pm	Rachel
<b>Yoga Therapy</b>	Adults	Drop-In-Anytime	All	Mon / Wed / Fri	8.30 - 10.00 am	Gala
<b>Asanas</b>	Teenagers	Regular		Mon / Wed	4.00 - 5.00 pm	Lisbeth
<b>Asanas</b>	Children 7-9 yrs	Regular		Sat	10.00 - 11.00	Gala
<b>Private Yoga lessons</b>	Tailored one-to-one sessions for individual needs			Available on request		Rachel

#### B O D Y - M I N D - S P I R I T

<b>Maitri Tunes</b>	Adults	Drop-In-Anytime	All	Monday starts 13/12	5.30 - 6.30 pm	Sheetal
<b>Flow Game</b>	By appointment Please book your slot with Sheetal sheetal@auroville.org.in			Thursday	9.30 - 12.30 pm	Sheetal
<b>Self-Shiatsu</b>	Adults	Drop-In-Anytime	French / English	Mon	4.15 - 5.30 pm	Patricia
<b>Self-Shiatsu</b>	Adults	Regular		Wed	5.15 - 6.45 pm	Patricia
<b>Taoist Qigong</b>	Adults	Drop-In-Anytime	Beginners	Tuesday Saturday	9.30 - 11.00 am 7.00 - 8.30 am	Elisa T.
<b>Aviva Exercise</b>	Women	Drop-In-Anytime	All	Thur	4.30 - 5.30 pm	Suriyagandhi
<b>Pranayama</b>	Adults	Regular		Fri	6.45 - 8.00 am	François & Namrita
<b>Energy games &amp; Art class</b>	Children 7-9 yrs	Regular		Sat	11.00 - 12.00	Gala
<b>Odissi Dance</b>	Adults	Regular		Fri	3.30 - 5.15 pm	Rekha

#### H E A L I N G S P A C E S

Please book your appointment for a healing space by phone: (0413) 262 2403

<b>Thai Yoga massage</b>	Juan	<b>Self-Healing –</b> based on Craniosacral Therapy	Kirtan
<b>Chi Nei Tsang</b>	Juan	<b>Shamballa Reiki</b>	Pierre S.

**Note for yoga practitioners:** Please bring your own yoga mat, piece of cloth to cover the yoga props and your own yoga belt (if you have).