

POETEA

Cows never hurry
Walk or milk
∞
Two pairs of eyes
Lock gazes
∞
"Will you come in?
Or shall I get out?"
∞
I ask the cow
Across gate and fence
∞
I chase cows out of fence
And welcome them into my heart
∞
Piles of cow dung
Excretions of the past
Abundant compost
For a new dawn
∞
A herd of cows
On the road
∞
Time to slow down
And snail the way back home
Amid bodies of light and might
Anandi Zhang



In this evolving eternal Now
In this Supramental Age
With many co-selves
Breaking out
From the mental cage
Experimenting on new ways
For our Psychic rebirth,
Not anymore an animal birth,
But the direct awakening
Of our cells and atoms instead.
Soon on Earth
A Life Divine.
Om Namō Bhagavate
Zech, 27.03.2022

CLASSES, WORKSHOPS, HEALING ARTS & REGULAR EVENTS

SWIMMING CLASSES WITH MANI

THE RENDING OF THE VEIL

Thus the illusion
Of separation,
The false mental projection
That one is separate
From the play of opposites,
Is what one sees after
The rending of the veil,
The Veil that is
The Ignorance
Born from mind.
"Neti neti"
I am not this nor that
Is only the first stage
Of realisation
That you are That:
Tat Tvam Asi.
When you come back
Laughing out loud
To your own play,
This then you can say:
"Iti iti"
I am this and that,
Aham Brahmasmi,
However still self-limited
In The Great Cosmic Game
You have initiated.
And Your Divine Play
Continues on unabated
Where We find
Our Ones without seconds

CENTER FOR RESEARCH EDUCATION EXPERIENCE IN THE VISUAL ARTS

Art class and sessions for April and May 2022.

Confirm your presence with us at least a day before the class.

- Watercolour Painting Class by Sathya. Monday 5:30 – 7:30pm.
- Explore Colour Or Drawing by Audrey. Wednesday 9:30 – 11:30am.
- Life Drawing Session. Friday 9:30 – 11:30am.
- Clay Sculpture by Sangaraparanan (9047722987) Saturday 2 – 3:30pm.



"Open Studio" is the space for those who thirst to explore inner creativity!

Contact for more information:

- Audrey 9489408358,
- Sathya 9080371145.
- creeva@auroville.org.in

Warmly, Sathya

SN 916 - 3 April 2022

BIRTHDAY COMES SOON

Potluck on Sunday at Terrasoul from 12noon to 3-4pm
Bonfire & Jam at Lotus Garden on Monday evening



Hello kind beings, this is Mar. My birthday is coming soon and, although I usually don't celebrate it much, because I would probably leave for a while, kind of soonish, I would love to celebrate with whoever feels like joining me.

Will probably have a potluck reunion for lunch on Sunday at Terrasoul from 12noon to 3-4pm and a bonfire at Lotus Garden on Monday evening and, if people come, there might be some jamming. The most important thing is your presence.

On a side note, I am giving Thai massages on a contribution basis. If you are interested please send me a message at 8525848963. Otherwise I would appreciate it if you can just spread the word too. Enjoy every day you have.

Mariana

SOUND CHAKRAS HEALING

Guided vibrational journey using (chakras mantras, Tibetan bowls and tuning forks) to help to reduce stress, anxiety, depression, stimulating the natural cellular healing process, re-balancing the emotions & reconnecting with your true essence.



Individual session, couple or small group (max 4 people) **on Request.** Please contact me for an Appointment :)

Lakshmi 8489764602 or lakshmiprem369@gmail.com

Under Synthesis activity of ASSA trust

TRANSFORMATIONAL YOGA WORKSHOP

5 days: Monday, 4 – Friday, 8 April, 9am – 10:30am

Hello dear Friends, come and join this Intensive workshop to purify the mind, body, emotions and prana. We will practice asanas along with Pranayama, Raja & Mantra yoga and Meditation. Designed for those who want to work on the self-discovering & inner Progress

You will learn:

- hatha yoga asanas,
- how to breathe,
- achieve clarity, peace and stillness,
- improve balance,
- boost positivity,
- stabilize emotions,
- self-love, self-esteem and self-compassion,
- to be present,
- deepened relaxation,
- greater self-esteem.

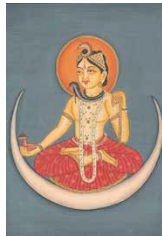
Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga teachings. Transformational Yoga is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit.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

For registration please contact Lakshmi

Lakshmiprem369@gmail.com or 8489764602

Under Synthesis activity of ASSA

Thank you, Lakshmi



VIBRATIONAL SOUND BATH: RELAX – RETUNE – RECHARGE



Experience deep interiorisation, tranquility and self-healing invoked by harmonious resonating sounds of the unique musical instrument from Russia. Silent listening to the play of deep tones and resonances induces a meditative state of quietness in the mind, peace in the heart and happy relaxation in the body. Base frequencies of the Russian Singing bells create space for deep psychological experience and help to reset the whole system to its original equilibrium, bringing the feeling of completeness, centering and integration.

- Duration 1h30.
- Monday, Tuesday, Wednesday, Thursday, Friday, Sunday 3pm, Saturday 11am and 2pm.
- Limited number of participants. **Please Register** in advance: phone/WA/Telegram 9489147202, 948624 7202

WEEKLY WEED WALK



SAVITRI BHAVAN REGULAR ACTIVITIES

Savitri
B H A V A N

- **Sundays 10:30 – 12noon:** Savitri Study Circle
- **Mondays 3 – 4pm:** Psychic Awakening led by Dr.Jai Singh
- **Tuesdays 3 – 4pm:** Yoga and the evolution of man led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4-5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 5 – 6:30pm:** Introduction to 'Hymns to Mystic Fire' by Sri Aurobindo led by Nishtha
- **Fridays 3 – 4pm:** Readings of the Mother's commentary on Dhammapada led by Dr.Jai Singh
- **Saturdays 3 – 4pm:** Introduction to Integral Yoga, led by Ashesh Joshi
- **Saturdays 4 – 5.15pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am – 5pm
- **Library** is open Monday to Friday 9am – 5pm
- **The Digital Library** can be accessed on request Monday to Friday 9am – 4pm

Everyone is welcome

HOLISTIC: HEALING AND CONSCIOUSNESS



About the Ashtanga Yoga classes

Join us for the new batch of the Ashtanga yoga classes, Mysore style For three weeks and learn all the tools you need; deepen & expand your practice, starting on 28 March

Registration

You need to register & make the payment upfront.

Contact for registrations & more information

+91 9489805493 or christine@auroville-holistic.com

Timing

- On **Mondays, Wednesdays and Thursdays** classes will start at **6:30am**. Be in the shala 10 min before for your first time.
- On **Saturdays** classes will be at **7am**
- Conference with questions answers on **Saturdays at 10:00am**



Benefits you can expect

Beginners as intermediate or advanced students are welcome and will get benefit from these classes

It will help you to go deeper in your practice for students who already practice ashtanga and get more understanding about it. For beginners, you will learn the beginning of the primary series and will be able to go on with a personal practice.

Prerequisite

The classes are For students interested to learn the science of Yoga and understand the all system as taught by Krishnamacharya and by Sharath Jois from Patthabis Jois institute. Our purpose is to teach as the tradition wanted and to help each student to understand the discipline and rules, and their benefits.

Ashtanga yoga includes 8 limbs: and every student while practicing the Asanas must be aware about Yama and Nyama. Our teaching is to help each student through the study and understanding of the system to overcome their fear, to increase their equanimity and to be able to purify their body.

Venue Holistic Studio, Kuilapalayam- Opposite Blue basket supermarket, Orange building, 1st Floor.

- **Bring your own mat + one towel**

Schedule: April 2022



- **Ashtanga Yoga Classes, Mysore style, with Christine P.** Everyday From Monday to Saturday at 7:30am

For beginners, advanced students. The teaching is adapted to each one and his (or her) own issue (So you can join even if you have physical issue)

- **Hypnotherapy** with Christine P. Any time on appointment, last 2h: Hypnosis, healing purpose / regression.
- **Workshop: De-stress your mind with Scientific Sound & meditation.** Tuesday & Thursday at 4pm, Saturday & Sunday at 11am. Last 1h15 min. For the purpose of deep relaxation.
- **Reiki Session** with Mradul, on appointment .
- **Health & Life Coaching** with Christine P., on appointment. Improve work performance & qualities. Goal setting, relationship issues, etc. Healing purpose.

- **Health & consciousness program** with Christine P. & Mradul J. Contact us for details and appointment. Involvement in the therapy and advises given are required. Talk one to one session/CBT/NLP/Meditation/Systemic Therapy.

- Looking for your next step in your life?
- Difficulty to make a choice or take decisions.
- Suffering from panic attack, anxiety, sleeping disorder, depression, etc.
- Anyone, who wants to enhance his (or her) relationships, etc.

- **AMI: Analysis of multiple Intelligence** with Mradul J., on appointment basis. 1st appointment last 20 min: to take the finger print. 2nd appointment is for the counseling(1h). Scientific way to discover your hidden talent and potential.

- **Acupressure therapeutic massage** with Christine P. Any time on appointment. Lasts 1h30 min. For any health issue or emotional blockage. Rebalancing the energy and harmonization of the chakra.

- **Mindful Meditation** on Mondays & Wednesdays at 5pm

WORKSHOP ON MUDRA-CHI LED BY ANANDI



Saturday, April 30, at 4:30pm

FACIAL, PEDICURES AND MORE



We would like to offer the following services for Aurovilians & Newcomers with a small contribution.

- Facial, Pedicure and manicure, Waxing, Hair Cut, Bridal Makeup, Hair coloring.
- And also offering classes: Embroidery, Kolam, Wooden earring painting, Glass Painting.

Please support us and don't hesitate to contact us: WA 9514062291 or 8098782233.

Regards, Valli



VÉRITÉ INTENSIVES

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

programming@verite.in, www.verite.in

treatments@verite.in

Registration required for the following intensives

Yoga Therapy For Back Pain With Bijou

Friday, 8 April, from 9:30am to 12noon

A complete physio session through yogic movements and holds, aimed at helping to correct spine and core imbalances, and to ease upper-mid-lower back pain and shoulder & neck stiffness.

Speaking From The Heart – Non-Violent Communication With Vega

Friday & Saturday, 8 & 9 April, from 9:30am to 1:30pm

Learn the basics and principles of Non-violent Communication, a practice that helps to restore

Connection to and communication from the heart, which is our nature.

Somatic Movement Workshop – Feel & Move Better! With Maggie

Saturday, 9 April, from 9:30am to 5pm

Learn how to release tension in your body and a daily practice to improve flexibility, coordination, balance, and wellness, resulting in a decrease of aches and pains commonly attributed to stress, injury and ageing. Somatics allows you to move through life with more comfort, so you can enjoy the activities you love to do. (Side effect: you may become happier!) Somatics enhances any kind of exercise such as a yoga, dance or sport and will improve your performance. Somatics is a system of gentle, mindful movements based on neuroscience and accessible to all.

Freedom From Fear With Dr. Sehdev

Saturday, 9 April, from 2 to 4:30pm

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

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

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

Vipassana Meditation Refresher Course With Archana Sekhar

Sunday, 10 April, from 8am to 12:30pm

Half day Vipassana Meditation course – for experienced students (those who have done at least one ten-day Vipassana course as taught by SN Goenka). Kindly register at dhamma@auroville.org.in

Introduction To Vipassana Meditation & Short Anapana Practice With Archana Sekhar

Sunday, 10 April, from 4 to 5:30pm

Introductory session on Physical and Mental health through Vipassana Meditation. Also learn the first step of Vipassana Meditation in a practice session. Kindly register at dhamma@auroville.org.in



VÉRITÉ PROGRAMS APRIL 2022

Phone: +91413 2622045, 2622606,
Mobile: 7867805812

programming@verite.in, www.verite.in

Yoga & Re-creation Programs

Social distancing practiced in all programs

Drop-in Sessions

Days	Drop-in Sessions	Timings	Pre-senters
Mondays	Hatha Yoga: Sun & Moon	8 to 9:20am	Tahir
Mondays	Yin Yoga	5 to 6pm	Bijou
Mondays	Vocal Yoga (starts 11 April)	5 to 6pm	Ludmi
Tuesdays	Chandra Flow Hatha Yoga	8 to 9:30am	Sabrina
Tuesdays	Chandra Flow Hatha Yoga	5 to 6:30pm	Sabrina

Days	Drop-in Sessions	Timings	Pre-senters
Wednesdays	Wellness Wednesday	11am to 12noon	Maggie
Wednesdays	Yoga Nidra	3 to 4 pm	Bijou
Wednesdays	Somatic Explorations	5 to 6:15pm	Maggie
Thursdays	Chandra Flow Hatha Yoga	9 to 10:30am	Sabrina
Thursdays	Chandra Flow Hatha Yoga (Focus on Back)	5 to 6:30pm	Sabrina
Fridays	Vinyasa Flow Yoga (no class 29 April)	5 to 6:20pm	Tahir
Fridays	Yoga Asana – Create Some Space (starts 8 April)	5 to 6:15pm	Sheida
Saturdays	Ecstatic Dance: Conscious Movement	5 to 6:40pm	Tahir

Intensives (pre-registration required)

Day & Date	Intensives (pre-registration required)	Timings	Pre-senters
Friday, 1 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday – Sunday, 1-3 April	Self Love & Awareness: Inner Journey – Meditation Retreat	9:30am to 4:30pm	Ananda
Friday, 8 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday & Saturday, 8 & 9 April	Speaking from the Heart – Non Violent Communication	9:30am to 1:30pm	Vega & Edo
Saturday, 9 April	Somatic Movement Intensive: Feel & Move Better	9:30am to 5pm	Maggie
Saturday, 9 April	Freedom from Fear	2 to 4:30pm	Dr. Sehdev
Sunday, 10 April	Vipassana Meditation Refresher Course (For experienced students who have completed at least one 10-day course as taught by SN Goenka.)	8am to 12:30pm	Archana Sekhar
Sunday, 10 April	Introduction to Vipassana meditation and short Anapana practice	4 to 5:30pm	Archana Sekhar
Friday, 15 April	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12noon	Bijou
Saturday, 16 April	Yoga of Forgiveness	2 to 4:30pm	Dr. Sehdev
Friday, 22 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday, 29 April	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12noon	Bijou

Therapies (by appointment only)

Heart-Centered Resilience	Susan
Yoga Therapy for Inguinal Hernia	Bijou



JIVA – your journey in healing and transformation
www.auroville-jiva.com, WA 9626006961
contact@auroville-jiva.com, [Facebook](#), [Youtube](#)

We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Fast-ing Natural Horsemanship, Horse Assisted Therapy, Medical Clowning, Yoga Nidra, Gentle Birth & Peggancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

Dynamic QiGong with Andres

- Tuesday, Thursday, Saturday
7-8am, Gaia Frisbee field behind Kalabhumi



Natural Horsemanship

- Individual and group sessions ongoingly

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



Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and it’s just fun time to BE with a sensitive, naturally trained horse! Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfils her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care, riding and therapy!

Contact: WA 9626565134, contact@auroville-jiva.com

Past and present life

Session in integral regression therapy with Sigrid Lindemann



Explore and transform past imprints to live centered in your present moment. Unsolved questions and repeated behaviour, as well as unexplainable affinities may point to early childhood memories or past life experiences being active in your space today.

If you are ready for change, take off on a vision journey diving into the your experience and find healing with deep release and re- evaluation of conclusions, and get to the wisdom of NOW.

Yes, its possible – through your own inner journey, with skilled yet unobtrusive facilitation.

Sigrid Lindemann, faculty and practice of “integral regression therapy” and hypnotherapy, trained in transpersonal regression therapy (tasso.ekaa.in), trauma therapy, and faculty in classical homeopathy “Sensation Method”

Explore your mind

- 3-day workshop in hypnotherapy
- 8,9,10 April

“The answers you seek never come when the mind is busy, they only come when it is still” What is hypnosis? How do the right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax! Meditate with ease! Expand your therapeutic toolbox!



Apply Selfhypnosis Workshop combining experiential learning and “Theory of the Mind “Certified course from EKAA www.ekaa.co.in

- 8 April, Friday 4 – 7pm,
- 9 & 10 April, Saturday, Sunday 9- 5pm
- at Sharnga Guesthouse Yogahall

Trainer: Sigrid Lindemann Certified Faculty in Hypnotherapy, Regression Therapy and Classical homeopathy, Germany and Auroville

Venue: Sharnga Guesthouse Yogahall, www.sharngaguesthouse.in

Journey of the Soul, 4 April, 10am – 2pm

- Venue: Sharnga Guest House Yogahall

A 1 day workshop to explore the “Layers of the heart”, an inner journey described by the Mother, and more recently by Soleil Lithman, a long term associate of Auroville. After a short Intro, we will follow a guided meditation . This workshop is an opening toward the dimensions of inner work proposed by The Mother. A workshop for all.



Facilitator Sigrid Lindemann, an Aurovilian researcher for over 20 years, international faculty in integral regression therapy. contact@auroville-jiva.com

YEP

- We do offer adventure camps with kids programs, <https://www.facebook.com/YEPAV> parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

QUIET HEALING CENTER



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

+91 413 2622329/+91 9488084966, 9488079871

Yoga (Yoga in Water) Classes with Maggie Monday 4, 18 & 25 April 2022, 4 – 5:30pm

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)!

KaHuna Massage Training with Claudia & Sang

- **Basic Course:** Wednesday 6 – Sunday 10 April, 50 hours
- **Intermediate Course:** Wednesday 13 – Sunday 17 April, 50 hours
- **8am – 8pm** (lunch & snacks included)

KaHuna is an ancient massage technique, which originated in the South Pacific. KaHuna body workers use their hands, as extension of the heart, as well as forearms and elbows in long fluid strokes, while performing traditional dance steps. Dance work or hula movements, combined with the breath work of the practitioner are also important and form an integral aspect of KaHuna. The movements are important to assist the energy flow both within the practitioner and the recipient.

The training consists of two 5-day courses during which you'll learn the magic of KaHuna in the beautiful surroundings of the Quiet Healing Center. The basic course includes Meditation and Yoga, Chantings and Prayers, Huna philosophy, traditional Hula dance steps, and lots and lots of massages.

The intermediate course is a continuation of KaHuna Basic. We'll focus on new techniques such as Polynesian floor work, under-body work, deepening of the Huna philosophy, and much more.

You can attend only the basic course, if you are not able to join both!

Residential Retreat: Liquid Flow Essence with Dariya & Daniel

Friday 8 – Thursday 14 April

Starts on first day at 8:45am and ends on last day at 6pm

Prerequisite: Watsu Basic & OBA/Liquid Flow Basic

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.

This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, water work.

Liquid Flow Essence is the favorite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilization possibilities in a flow with ease and continuity. Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection to ALL.

To make it an even deeper experience, this course is exceptionally offered as a **residential retreat**, so that all participants will stay on the premises without needing to leave the center during those 7 days.

Birenda Massage Course with Jean-Louis & Sivacoumar

**Thursday 21 – Sunday 24 April
& Saturday 30 April – Sunday 1 May, 36 hours**

9.00 am – 5.00 pm (lunch included)

Birenda massage is a soft and profound wellness therapy, which leads the client into a state of deep relaxation in which the body is fully felt and experienced. At the same time, it provides an inner journey within oneself during which energy blockages and tensions are revealed, so that they can be recognized, released and transformed.

Birenda, a Bengali with 50 years of experience, developed this massage therapy and transmitted his unique approach to Jean-Louis in person. Jean-Louis, who has been offering Birenda Massage over the past 25 years, has committed himself since several years to teaching this innovative body

treatment to both beginners and experienced therapists in India and abroad. Sivacoumar has been working as a Birenda massage therapist for the past three years. During this period, he was personally trained by Jean-Louis to become a Birenda massage instructor and co-teaches this course together with him.

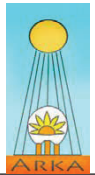
The course consists of 3 sections of 2 days each: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms, abdomen and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

You'll receive a manual with detailed instructions – both in text and color pictures – for practice on family members and friends. A certificate is provided upon completion of the full course.

quiet@auroville.org.in

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**ARKA WELLNESS CENTER &
MULTIPURPOSE HALL**
Regular activities, April 2022



Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage.	Silvana, by appointment 9047654157	Monday to Saturday
Ayurvedic Massage	Roberto, 393803614902, 8489202450	Monday to Friday
Holistic Reflexology, Full body Massage.	Meha, by appointment, 9443635114	Monday to Saturday
Orthopaedist & Naturopath offering Foot Reflexology & Metamorphic treatment following Haptosynesia.	Alexandre, 9500278523	Monday to Saturday
Shiatsu, Thai Yoga Massage, OsteoThai, Somatic Bodywork.	Marco, 8778839827	Monday to Sunday
Chinese Fire Cupping and Moxibustion Therapy	Chun, 8098900708	Monday to Saturday
Tarot, Oracles and Akashic Records Reading	Valentina, 9791719387, +393462258049 (WA)	Monday to Friday, Morning
Ayurvedic Massage, Garshana with wool and silk gloves, Chinese Anmo and Energy Techniques	Mukta, 9655422346	Monday to Saturday

Classes

Classes	With Whom	When
Acro Yoga	Damien- 9047722740	Monday to Saturday
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30-8:30am. Wednesday 4:15pm Friday 5:30pm, Appointment.
Iyengar yoga	Olesya, 9159052743	Monday, Friday, Saturday, 6:30-8am. Monday, Thursday, Saturday, 5-6:30pm.



COVID 19 Prevention

When you access the Language Lab, please observe the following actions:

- Please take your temperature and sign the Covid tracking book
- Clean your hands with Sanitizer
- Wear a mask
- Maintain social distance

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

Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 4036922 or email us at tomatis@aurovillelanguagegellab.org to schedule your Listening Tests & Consultations

For more information about the Tomatis program, please

**ALFRED TOMATIS
METHOD**

BETTER LISTENING BENEFITS EVERYBODY

**LEARN
LANGUAGES FASTER**

AUROVILLE LANGUAGE LABORATORY
0413 2623 661 / 4036920 / 22 tomatis@aurovillelanguagegellab.org www.aurovillelanguagegellab.org

have a look at the following links:

- <https://www.aurovillelanguagegellab.org/tomatis-method.php>
- <https://www.aurovillelanguagegellab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New Language Courses In April

Spanish With Mila

Start Date: 18 March 2022

Class Days: Tuesdays and Fridays

Timings: 02:30pm – 03:30pm

This 3-month Spanish Course is meant to those students who attended the beginner course based on the book "Madrigal's Magic Key to Spanish: A Creative & Proven Approach", a number one book to learn Spanish in USA – Until chapter 15.

Or those students who have a basic knowledge of Spanish Vocabulary and know past and future tenses. Our teacher Mila, will continue to follow the above-mentioned book.

During the 3-month course, teacher will extend the following contents:

- Listening & reading skills,
- Extensive vocabulary (more than 1000 Spanish words) that derives from English by simple rules,
- How to create verbs from nouns, learning a large set of Spanish verbs,

- Verb conjugations for past, present & future tenses for regular verbs,
- Adverbs, adjectives, & formation of sentences,
- To write and speak using all the material learnt

A New Beginner Hindi Course With Vatsla In April Every Saturday, 10am to 12pm, for 3 months.

Happy to announce that, after the great feedback from the first beginner group of students, we are going to start a new group for Beginner Hindi on 23rd April 2022 with Vatsla.

In this 3-month course, the content is:

- Building confidence in conversation
- Introduction to grammar
- Reciting poems
- Playing Antakshari
- Singing & relishing the beauty of the Hindi language

Italian Elementary Level With Davide From April

Start Date: 1 April 2022

Class Days: Wednesday and Fridays

Timings: 4pm – 5pm

Full Duration of Course: 3 months

Our teacher Davide is happy to continue his successful Italian Course, from 1st April 2022!

This new course is meant for those students who already know a bit of Italian or willing to catch with basic notions taught in the beginner's batch which is going to end. Davide will give full support and material in case if you are committed to learn this beautiful language with fun.

The teacher will extend the following contents:

- Alphabet & Phonetics
- Introduce yourself in a simple way and introduce someone else
- Spoken grammar tips: main verbs, pronouns, sentence structure, gender, singular & plural, punctuation
- Exchange simple information about your family, work, outings, plans, holidays, home, etc.

Talk about your everyday activities and your hobbies

Ask and answer questions in a simple way about ordinary things: shopping, restaurants, cafés, etc.

A range of different topics can be explored based on the interests of the students

French Update

Our teacher Julien will be happy to start the following French classes:

Days: Mondays & Thursdays

Time: from mid-April 2022

- **2 to 3pm:** one group of Beginner French
- **3:15 to 4:15pm:** one group of Elementary French (Those students who already have a basic knowledge of the language)

The timings can be reversed in case: let us know which one is more suitable for you.

Full duration of these 2 courses: 3 months (commitment needed for the whole period)

From 21 March onward:

4:30 to 5:30pm: one group of Beginner French for Children (under 12 years old). This is going to be a 1-month course

Full duration of this children course: 1 month (commitment needed for the whole month)

Tamil Written & Spoken Update

This course will take place **Tuesdays & Thursdays, 4 to 5pm**. Murugesan is ready to start a new Beginner Written & Spoken Tamil Course, as soon as we have a minimum of 4-5 students.

This 3-month course will feature:

- Alphabets, numbers & seasons
- Two letter words, three letter words, etc...
- Exploration of the difference between spoken & written Tamil through books & videos
- Developing listening & reading skills with Tamil audio songs with lyrics
- Grammar will be taught with an emphasis on practical usage

If you are interested:

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

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

ALL: Schedule Of Classes as of 28.03.2022

Language	Level	Time	Day(s) of Classes
English, Always Ongoing,	NEW To Start, Total Beginners!	3 – 4pm	Tuesday & Thursday
	Beginner & Pre-Intermediate	10:15 – 11:15am	Tuesday & Thursday
	Beginner & Pre-Intermediate, Group 2	10:15 – 11:15am	Wednesday & Friday
	Intermediate, ON HOLD	2:30 – 3:30pm	Wednesday & Friday
French	Beginner, Group 1, Started on 10 January 2022	2 – 3pm	Monday & Thursday
	Beginner, Group 2, Started on 10 January 2022	3:15 – 4:15pm	Monday & Thursday
German	A1.1 Beginner Online, Started on 11 January 2022	7:30 – 8:30am	Tuesday, Wednesday & Thursday
Hindi	Beginner, Started on 8 January 2022	10am – 12noon	Saturday
Tamil	NEW, Spoken Beginner, Started on 4 March 2022	9:30 – 10:30am	Tuesday & Friday
	Written & Spoken Beginner, Started on 1st February 2022	3 – 4pm	Tuesday & Thursday
Sanskrit	Beginner, Started on 3 March 2022	2:30 – 4:30pm	Thursday
Spanish	Beginner Advanced, Start date 22 March 2022,	2:30 – 3:30pm	Tuesday & Friday
Japanese	Beginner Advanced, Start date 11 March 2022	2 – 4pm	Friday
Italian	Beginner, Started on 17 December 2021	4 – 5pm	Wednesday & Friday

The Language Lab's Opening Hours

Monday – Friday:

9:00am – 12:00pm & 2:00pm – 5:00pm.

Saturday:

9:00am to 12:00pm.

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

Phone: (0413) 2623 661, 4036920/22.

Email: info@aurovillelanguage.org

Find us on    @aurovillelanguagelab
Auroville Language Lab Tomatis Research Centre

CINEMA

SRI AUROBINDO'S UTTARPARA SPEECH

Monday, 4 April 2022, 4pm at Savitri Bhavan.

Duration: 33min.

Savitri
B H A V A N

On 4 April 1910 Sri Aurobindo took refuge in the French settlement Pondicherry. His inner guidance gave this advice to avoid the persecution of the British Government. This day and event are held in high esteem by devotees in the Ashram and in Auroville. And we honour this day by presenting a beautiful reading and recording of Sri Aurobindo's Uttarpara Speech.

Sri Aurobindo's Uttarpara Speech was first published in the Bengalee, an English newspaper in Calcutta, on 1 June 1909 and then thoroughly revised by Sri Aurobindo and republished in the Karmayogin on 19 and 26 June 1909. Later, it was included in Sri Aurobindo's Tales of Prison Life.

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

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

The Uttarpara Speech is a very special document about Sri Aurobindo's experiences as an undertrial prisoner in Alipore Jail from 1908-1909, about his political work for India's freedom and the inner guidance he received from his Master of Yoga. It also discusses the very essence of India and her mission in the world: to live and to bring the eternal wisdom of the Sanatan Dharma to humanity. For India, Sanatan Dharma is nationalism. It is the only religion which does not separate life from religion even in the smallest detail. It knows what immortality is and has totally canceled death. Sanatan Dharma is life itself.

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

[One can also see it on YouTube.](#)



SAVITRI BHAVAN
April 2022, Mondays 4pm



• **April 4: Sri Aurobindo's Uttarpara Speech**

Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma

as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. **Duration:** 33min.

• **April 11: Meditations on Savitri, Book 1 – The Book of Beginnings, Canto 2: The Issue**

This meditative film is about the hero of Sri Aurobindo's epic poem Savitri, a Divine incarnation which has taken birth as a human being in response to the deep need of the Earth and by the yoga of her human father King Aswapati. Savitri's tasks are to burst the bounds of consciousness and Time and to conquer Death. **Duration:** 26min.

• **April 18: Meditations on Savitri, Book 1 – Canto 3: The Yoga of the King: The Yoga of the Soul's Release.**

In this film we get to know about the yoga of King Aswapati and that the Divine Mother blessed him. Aswapati's soul is liberated from Ignorance and his mind and body are transformed which enables him to draw the energies that can transmute the entire humanity. **Duration:** 29min.

• **April 25: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920 – 2020)**

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

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 8 April

The Great Bee And What To Do

2021 / 42 minutes / Elsa Putelat

Bees have been around for more than 100 million years. There are 20,000 different types, all working to pollinate a huge array of plants. But researchers have noticed a global population decline in recent years. What are the causes? And how can it be stopped? There are many possible solutions. Some are already ubiquitous, others are futuristic. This film takes us on a trip around the world, to meet a variety of people all dedicated to saving the bees.

JOAN OF ARC, ODIN AND THE RENAISSANCE

The French Pavilion presents
Saturday, 2 April, 5pm, Town Hall – Cinema Paradiso
Documentary directed by Oleg de Normandie
in French only, duration: 86 min



In this film we learn that the castles of the Renaissance, and François 1er himself were Odinic, an emancipatory religion which only fought against inquisitorial religions. The castles of Chambord, Chenonceau, Villandry and Fontainebleau, among others, are books of stone built by Odinic builders, descendants of the Odinic builders of Gothic cathedrals. The Valois kings since Charles VII, thanks to the help of Joan of Arc and her goths, were able to continue to reign, but it was on the condition that they re-accept Odinism as a religion and put an end to the 'Christian Inquisition. Joan of Arc saved the Frankish kings, but above all France from freedom, Gallic and Odinic France.

AUROFILM PRESENTS

At Multi Media Centre Auditorium
(MMC, Town Hall)

Friday, 1 April, "The Seventh Seal"

by Ingmar Bergman, Sweden, 1957

Friday 8 April, 8pm, "Copying Beethoven"

Director: Agnieszka Holland, US/Germany/Hungary, 2006

With: Ed Harris, Diane Kruger, Matthew Goode

Synopsis: Vienna, 1824. In the days leading up to the first performance of the Ninth Symphony, Beethoven needed help copying out his scores. A promising 23-year-old composition student, Anna Holtz, was sent to help. During the last two years of Beethoven's life, Anna will assist the deaf, capricious and sick man. In return, he will give her composition lessons and explain to her the ideas and principles of romanticism. Anna will become "the ears of genius"... Original English version, with English subtitles – Duration: 1h44'

Covid 19, please follow the current SOP at MMC, please bring your mask, it is still mandatory!



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
04 April 2022 to 10 April 2022

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. It is open to all. **However, temperature check, registration and Mask (and not scarves etc.)** is a must even now. Please come prepared and enjoy the films. To organize seminar/program please contact us via email. If as per regulation, there are any changes we will let you know.

Indian- Monday 4 April, 8:00 pm:
PAGGLAIT (A person who listens to the heart)

India, 2021, Writer-Dir. Umesh Bist w/ Sanya Malhotra, Sayani Gupta, Sheeba Chaddha, and others, Drama-Comedy, 114mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Sandhya became a young widow soon after her marriage. Situation is depressing as her late husband Astik was his family's sole financial support. As the extended family gathers to mourn Sandhya herself seem rather unaffected – with active presence on the social media. The family is puzzled. Amidst speculation of an affair late Astik may have had – the family discovered that he has left a life insurance policy worth Rs.50lakhs for Sandhya. Now the family wants her to transfer the policy to her father-in-law so that he can clear his debts.

Potpourri – Tuesday 5 April, 8:00 pm:
DISTRICT 9

South Africa, 2009, Dir. Neill Blomkamp w/ Sharlto Copley, Jason Cope, Nathalie Boltz, and others, Action-Sci-Fi, 112 mins, English-Nyanja-Afrikaans w/ English subtitles, Rated: R

Some 28yrs back, a massive starship bearing a bedraggled alien population appeared over Johannesburg. The aliens were confined to a refugee camp called District 9, where a munitions corporation is contracted to forcibly evict the population. When Agent Wikus is exposed to a strange alien chemical, he must rely on the help of his two new 'Prawn' friends.

Interesting – Wednesday 6 April, 8:00 pm:
MISHA AND THE WOLVES

Belgium-UK, 2021, Writer-Dir Sam Hobkinson w/ Misha Diefonseca, Kren Schulman, Jane Daniel, Documentary-Drama, 90mins, English-French w/ English subtitles, Rated: R

It is a dramatic tale of a woman whose holocaust memoir took the world by storm, but a fallout with her publisher – who turned detective – revealed an audacious deception created to hide a darker truth.

Noteworthy films from Auroville Film Festival (AVFF) 2022
AVFF 2022 – Thursday 7 April, 8:00 pm:
HEARTS AND BONES

Australia, 2019, Dir. Ben Lawrence w/ Hugo Weaving, Andrew Luri, Hayley McElhinney and others, Drama, 111 mins, English w/ subtitles, Rated: PG-15.

Daniel, a renowned war photographer, is preparing an exhibition of his work from the world's war zones. When Sudanese refugee Sebastian learns that this exhibition may display photographs of a massacre in his village, he finds Daniel and appeals to him to exclude them.

International – Saturday, 9 April, 8:00 pm:
WALKING ON SUNSHINE

UK-USA-Italy, 2014, Dir. Max Giwa & Dania Pasquini w/ Annabel Scholey, Greg Wise, Giulio Berruti, and others, Comedy-Musical, 97mins, English-Italian w/ English subtitles, Rated:NR (PG)

Set to the music of popular hit songs from the 1980s. A beautiful coastal village, present day Italy. After a whirlwind romance, Maddie is preparing to marry gorgeous Italian Raf, and has invited her sister Taylor to the wedding. Unbeknownst to Maddie, however, Raf is Taylor's ex-holiday flame, and the love of her life...

Children's Matinee – Sunday, 10 April, 4:30 pm:
FLORA & ULYSSES

USA, 2021, Dir. Lena Khan w/ Matilda Lawler, Alyson Hannigan, Ben Schwartz, and others, Adventure-Comedy, 95mins, English w/ English subtitles, Rated: PG

After rescuing a squirrel, she names Ulysses, 10yrs old Flora is amazed to discover he possesses unique superhero powers, which take them on an adventure of humorous complications that ultimately change Flora's life and her outlook forever.

Michelangelo Antonioni Film Festival @ Ciné-Club
Sunday 11 April, 8:00 pm:
IL DESERTO ROSSO (Red Dessert)

Italy-France, 1964, Dir. Michelangelo Antonioni w/ Richard Harris, Carlo Chionetti, Monica Vitti, and others, Drama, 117 mins, Italian w/ English Subtitles, Rated: NR.

In a bleak rundown industrial area, a young woman, Giuliana, tries to cope with life. She's married to Ugo the manager of a local plant but is soon having an affair with one of his co-workers, Corrado Zeller, who is visiting. Giuliana is unstable, not quite knowing anymore just what her role is, whether that be a wife, a mother or just another person. Her escape from life is short-lived however as Zeller is simply using her to satisfy his own needs and desires.

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. Please donate to "Cinema Paradiso" (account #105106) or set up for a monthly contribution. We need it now more than ever.

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

AUROVILLE FILM FESTIVAL SCREENING
Thursday, April 07, Cinema Paradiso, 8pm

**AUROVILLE
7TH FILM
FESTIVAL 2022**

The Auroville Film Festival is pleased to do a public screening of an award-winning feature film from the festival.

Hearts and Bones

2020, Australia, Drama, English, 1hr 51min

Dan, a renowned war photographer struggling with PTSD, forms an unexpected bond with Sebastian, a Sudanese refugee, until one of his photographs unearths a dark secret from Sebastian's past.

Screening / Awards: Toronto International Film Festival Toronto September 7, 2019 North American Premiere Canada



Director: Ben Lawrence

Writer: Matt Reeder

Cast: Hugo Weaving, Andrew Luri, Hayley McElhinney, Bolude Watson

Appendix

ACCESSIBLE AUROVILLE PUBLIC BUS

 Auroville TO PONDICHERRY				
	Trip 1	Trip 2	Trip 3	Trip 4
Svaram	7:00	9:30	14:15	17:00
Verite Udayogam Junction	7:02	9:32	14:17	17:02
Auroshilpam Youth Center Junction	7:04	9:34	14:19	17:04
Town Hall Parking	7:06	9:36	14:21	17:06
Mahalakshmi Home	7:10	9:41	14:27	17:11
Vikas Radial Junction	7:11	9:43	14:30	17:13
Solar Kitchen (Round About)	7:12	9:44	14:32	17:14
Certitude Enterance	7:15	9:47	14:34	17:17
New Creation Road	7:19	9:52	14:39	17:22
SBI Bank / Kuilapalayam	7:20	9:54	14:41	17:24
Handy Market (ECR Junction)	7:24	9:59	14:46	17:29
Quiet Healing Center – Junction	7:27	10:04	14:49	17:33
Lotus Hotel, SV Patel Road	7:37	10:16	15:01	17:50
Ashram Road Junction	7:40	10:20	15:05	17:55
Ashram Dinning Hall	7:45	10:20	15:05	17:55
 Pondicherry TO AUROVILLE				
	Trip 1	Trip 2	Trip 3	Trip 4
Ashram Dinning Hall	8:00	13:00	15:30	18:10
Ashram Road Junction	8:02	13:02	15:32	18:14
Lotus Hotel, SV Patel Road	8:06	13:06	15:36	18:18
Quiet Healing Center – Junction	8:18	13:18	15:48	18:30
Handy Market (ECR Junction)	8:21	13:21	15:51	18:33
SBI Bank / Kuilapalayam	8:26	13:26	15:56	18:38
New Creation Road	8:28	13:28	15:58	18:40
Certitude	8:35	13:35	16:03	18:45
Solar Kitchen (Round About)	8:38	13:38	16:06	18:48
Vikas Road Junction	8:39	13:39	16:07	18:49
Mahalakshmi Home	8:40	13:40	16:08	18:50
Town hall Main Parking	8:45	13:45	16:13	18:55
Auroshilpam Youth Center Junction	8:47	13:47	16:17	18:57
Verite Udyogam Junction	8:49	13:49	16:19	18:59
Svaram	8:50	13:50	16:20	19:00

Bus Charges

- Monthly Rs.550 (Aurovilians & New comers)
- Rs.100 one way for Aurovilian & New comers
- Rs.150 one way for Guest

Email: avbus@auroville.org.in

Phone: +91 94430 74825



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 / 0413 2623937
- Farewell – 8903836246

Mental health 24/7 support:

- Matram – 9487746051

India Emergency Response Service (24/7)

- 108

IMPORTANT INFORMATION ABOUT NEWS & NOTES



Hard deadline for submissions or cancellations: Tuesday 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a "Reply" to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.

Visiting hours: call or email for appointment.

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 offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre, Town Hall, 0413-262-2133