

Auroville

NEWS & NOTES

No 994 - A weekly bulletin for residents of Auroville

28 September 2023



PONDERING

Auroville should be at the service of Truth, beyond all social, political and religious convictions. Auroville is the effort towards peace, in sincerity and Truth.

20.9.1966

The Mother on Auroville - page 1

<https://motherandsriaurobindo.in/The-Mother/books/compilations/the-mother-on-auroville/>



HOUSE OF MOTHER'S AGENDA

(continued from last week)

Accepting life, he [the seeker of the integral yoga] has to bear not only his own burden, but a great part of the world's burden too along with it, as a continuation of his own sufficiently heavy load. Therefore his Yoga has much more the nature of a battle than others'; but this is not only an individual battle, it is a collective war waged over a considerable country. He has not only to conquer in himself the forces of egoistic falsehood and disorder, but to conquer them as representatives of the same adverse and inexhaustible forces in the world. Their representative character gives them a much more obstinate capacity of resistance, an almost endless right to recurrence. Often he finds that even after he has won persistently his own personal battle, he has still to win it over and over again in a seemingly interminable war, because his inner existence has already been so much enlarged that not only it contains his own being with its well-defined needs and experiences, but is in solidarity with the being of others, because in himself he contains the universe.

Will the end of the work ever be reached? We might conclude that the subconscious is an endless sewer – the rishis themselves called it "the bottomless pit" – and that if we have to wait for it to be totally cleansed before we can achieve a supramental transformation, we might have to wait for a very long time, indeed. But this is only an appearance. The birth of a new individual does not bring with it a new load of subconscious or unconscious material; that individual merely draws from the common source, repeating the same vibrations which circle endlessly through the earth's atmosphere. Man cannot create new darkness any more than he can create new light. He is only an instrument – whether conscious or unconscious – of the one or of the other (though most often of both). No new vibrations can be brought into the world except those of the superconscious Future, which gradually become the present ones and dissolve or transmute the vibrations from our evolutionary past. Today's Subconscious and Inconscious are obviously less subconscious and unconscious than they were two thousand years ago, and we have all paid to bring about this result. This descent of the Future into the present is the key to the transmutation of the world. Yoga is the process of accelerating the Future, and the pioneer of evolution is the instrument who brings down more and more powerful vibrations. The task of the seeker, therefore, is not so much a negative endeavor of scouring the Subconscious as it is a positive one of calling the light and bringing down the vibrations of the Future to accelerate the cleansing or purification process. This is what Sri Aurobindo calls "descent," which is the main characteristic of his yoga, as has been said earlier. If there is a descent in other Yogas, yet it is only an incident on the way or resulting from the ascent – the ascent is the real thing. Here the ascent is the first step, but it is a means for the descent. It is the descent of the new consciousness attained by the ascent that is the stamp and seal of the sadhana... here the object is the divine fulfilment of life.³⁸² When Sri Aurobindo speaks of "descent," he does not mean a sharp and quick movement upward followed by a sharp and quick movement downward. He does not mean coming down for a brief stint of hard labor to sweep up the dust; he means that the bottom must actually cease to be the bottom.



To take an example, a very prosaic one – and as one soon learns, the transformation process is prosaic enough – we may be shopping at the grocery store amid a rather opaque and gray humanity, or we may be visiting at night rather noxious regions of the subconscious, yet do both things with the same intensity of consciousness, light, and peace as when we are sitting alone in our room, eyes closed, in deep meditation. This is what is meant by "descending." No longer is there any difference between the high and the low; both have become equally luminous and peaceful. Too, this is how the transformation works on a world scale, for the oneness of substance in the world works both ways. We cannot touch a shadow without touching all the corresponding shadows in the world; but the opposite is equally true: we cannot touch a light without affecting all the surrounding shadows. All vibrations are contagious, including the good ones. Every victory is a victory for all. It is all the same Being! exclaimed the Mother. There is but one consciousness, one substance, one force, and one body in the world. This is why Sri Aurobindo could say of the Mother and of himself: If the Supermind comes down into our physical, it would mean that it has come down into Matter and so there is no reason why it should not manifest in the sadhaks [disciples].

The higher the seeker reaches, the wider his access to the regions below – the Past he can come into contact with is exactly in proportion to the Future he has discovered – and the greater his capacity for collective transformation. Until now, the only power brought down was a mental power, or overmental at best, which was incapable of touching the bottommost layers, but now that a supramental or spiritual power has descended into the earth-consciousness through Sri Aurobindo's and the Mother's realization, we can conceivably expect this supreme Future to touch the supreme Depths and hasten the cleansing, that is, ultimately hasten the evolution of all humanity. Yoga is a process of accelerated evolution, and the progression is geometric: *The first obscure material movement of the evolutionary Force is marked by an aeonic graduality; the movement of Life progress proceeds slowly but still with a quicker step, it is concentrated into the figure of millenniums; mind can still further compress the tardy leisureliness of Time and make long paces of the centuries; but when the conscious spirit intervenes, a supremely concentrated pace of evolutionary swiftness becomes possible.* We have now reached that very point. The convulsions of the present world are undoubtedly a sign that the descending Pressure is increasing and that we are approaching a true solution.

(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#066

With love and gratitude,
Gangalakshmi (HOMA)



HARD DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

How to submit material:

- Max size of posters should be 1 MB, in JPEG format. Bigger posters will be reduced or cropped to fit.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to **newsandnotes@auroville.services**
- Articles for the Notes section should ideally be no longer than 500 words.
- 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 5pm.**

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team
newsandnotes@auroville.services

LIST OF ACRONYMS:

AVF (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

Working groups selected by the Residents Assembly:

Working Committee (WCom)
Funds and Assets Management Committee (FAMC)
Budget Coordination Committee (BCC)
Town Development Council / L'avenir d'Auroville (TDC)

Auroville Council (AVC)
Entry Service (ES)

FO selected groups:

Working Committee (WC)
Funds and Assets management Committee (FAMC)
Budget Coordination Committee (BCC / BCS)
Auroville Town Development Council (ATDC)

Housing Service (HS)
Land Board (LB)

NOTE FROM THE EDITORS

Dear Community,

Important call for support:

The RA Edition of the News&Notes (RA N&N) is made by and for the residents, and can only exist with your support. So far, printing and distribution costs have been covered by private donations but we are now facing a shortage of funds. We call for the community's **solidarity** and **financial support** to fund the printing and distribution of our News&Notes.

To contribute to the RA N&N, you can do so by donating to: "NEWSLETTER COLLECTION" **FS #252150**. Gratitude in advance for the support!

Reminder:

- If you wish for your events, workshops, and other content to be published in the RA N&N please send it to: newsandnotes@auroville.services.
- Please do NOT write to us from an @auroville.org.in mail ID, your submissions will not reach us. If you only have an auroville.org.in mail ID, please use this [FORM](#) to send us your content.

We look forward to continuing to serve the over 3000 readers who receive the RA N&N as well as serving the Auroville community as a whole by providing a platform for all perspectives to be shared with respect.

In community,

The RA Community Edition News and Notes Team

WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 199 DATED: 28-09-2023

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.entryboard@gmail.com OR auroville.entryservice@gmail.com.

We thank you in advance.

NEWCOMER ANNOUNCED:

- **Catherine Renee FOUCHE (South African) staying in Maitreya (Martin's house) and working at Sanskrit Research Institute**



- **Malaika JOSHI (Indian) staying in Discipline (Joster's house) and working at Baraka**



- **Mikhail SOKOLIN (Russian) staying in Kalpana and working at Last school**



- **Priyanka (Indian) staying in Arka and working at Aurokiya eyecare**



- **Shaheen FATHIMA (Indian) staying in Humility (Lhamo's house) and working at Svaram**



- **Shaily SHAH (Indian) staying in Prayatna (Merry's house) and working at Nandanam kindergarten**



- **Victoria BONNEAU (French) staying in Svedame and working at BCC office**



NEWCOMER CONFIRMED:

- **Lakshmi RAJNIKANTH (Indian)**
- **Ponnammal VENKATESAN (Indian)**
- **Sergei NIKOLAEV (Russian)**
- **Yuvana JAYAALASAMY (Indian)**

NOTE:

- The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.
- A Newcomer becomes an 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. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- 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

Contact: 0413 262-2707, auroville.entryservice@gmail.com

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

FROM THE AV COUNCIL

RAS MEMBERSHIP

Dear Community,

The 3 months trial period for the new members of the Residents Assembly Service (RAS) is now completed, here is the final update:

Mandakini, Robert, Sandeep and **Satprem** have decided not to continue as RAS members. Giovanni has also expressed that he will step down as of 30th of September.

Manas, Tatiana and **Veronique** will continue as RAS members.

With appreciation and gratitude for the RAS' work.
Auroville Council

COMMUNITY NEWS

Auroville

Residents Assembly

GENERAL MEETING

At Kalabhumi

MONDAY 02.10.2023
Starts at **4:00pm**

- Brief update by the Working Committee selected by the RA
- Matrimandir Lake: Present Situation, Future Plans and issues to be addressed, such as Planning Approval, what is possible and not in light of the NGT judgement, Environmental & bioregional impacts, etc. Call for a RAD.

Stay on for community time over light refreshments.
Looking forward to seeing you all!

COMMUNITY SHARING



AUROVILLE NEWS PODCAST - EPISODE 4

AUROVILLE
News
PODCAST

Dear community,

The fourth episode of our Auroville News Podcast has been released!

In today's episode we'll be discussing several key developments, including proposed land exchanges by the Office of the Secretary, troubling Housing Service actions, and more.

You can find this 4th episode on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and on auroville.media/podcasts

We take this opportunity to thank everyone for listening. We are in this together.

Feel free to send question, comment or feedback at media@auroville.services and until next time, stay tuned!

Warmly,

The Auroville Media Liaison service.

HEART WEAVING ANNOUNCEMENT

Dear Friends,

As some of you might remember, *Heart Weaving* was started in December last year in an effort to deepen our capacity for dialogue in Auroville and to be able to truly listen to each other across differing perspectives and opinions. The process was anchored by Raghu Ananthanarayanan and a cohort of nearly 30 Aurovilians & Newcomers had chosen to be a part of it. Over the last ten months we have been exploring the *Samudra Manthan*/The Great Churning and enquiring into how this might be playing out inside each of us and as a result in Auroville as well.

Heart Weaving is primarily a space to support and nurture practice. In the spirit of which, some of us have also made small attempts at enabling deep dialogue and building bridges and brought our learnings and challenges back to the group for everybody to learn from. We are now ready to expand the circle and bring new members into the process. Any long term resident of Auroville, aspiring for harmony and truly keen on serving The Mother's Dream is most welcome to be a part of the journey.



Kindly get in touch with us by **4th October** if you feel called to be a part of *Heart Weaving* going forward. More details and next steps would be shared directly with the friends who get in touch.

Email: heartweaving.auroville@gmail.com

Phone: (+91) 94895-27893 (WhatsApp/Telegram only please)

Warmly,

Deven, Carla, Suzie, Iris, Sudha, B, Giovanni, Alexey, Naveen & Others

(For the *Heart Weaving* Circle)

MONTHLY TRANSPARENCY REPORT - SEPTEMBER

As part of our commitment to transparency, we are happy to present our report for September.

Overview

New admissions: 21

Dogs dumped at the shelter: 11

Rabies suspect cases rescued: 3

Parvo Virus cases rescued: 0

Canine Distemper dogs rescued: 1

Rescue dogs and shelter dogs deceased: 4 (3 shelter dogs, 1 rescue)

Successful adoptions: 6 (total 58 since April)

Dogs rehabilitated and released post-treatment: 4

Vaccinations administered: 15 adults, 5 puppies (Rs. 260 per vaccination, puppies Rs. 389)

ABC shelter dog sterilizations: 23, 14 female, 9 male (Rs. 36.900 total costs!)

Deworming: 19 doses



Donations

This month we did not manage to receive enough donations to fully cover our running costs of more than Rs. 3 lakh a month. We received Rs. 241.194 in monetary contributions which includes Rs. 50.000 funds from BCC.

Milaap Fundraiser

– Help Us to Build 30 Dog Houses –

Our fundraiser to construct individual dog houses for our dog population to shield them from the coming monsoon rains has so far only achieved 25% or Rs. 30.325 of the Rs. 1.2 lakh donation goal. Still, we have a few more days until October 5th to hopefully turn this fundraiser into a success to keep our dogs dry during the rainy season. Please help us to raise the necessary funds either through Milaap Donation Gateway <https://milaap.org/fundraisers/support-auroville-dog-shelter-3/> or through your donation to our FS Account 251391

Donations in kind

We are very grateful that our Thursday donation pick-up drives continue to be a resounding success. As we have many small puppies in the shelter and only inadequate housing facilities, we rely on donations of cloth, cardboard, and paper to keep them warm and alive through the monsoon season. Several Aurovilians have contributed and donated to us a used PC, monitor, and even a printer so that we finally have an office system to be able to host electronically our dog database and inventory. We are deeply moved and grateful for the generosity of fellow dog lovers. Thank you very much.

Expenditures

Animal Food: This month we fed our dogs: 1.600 kg of rice, 1.950 kg of chicken, 50 kg of beef, 200 kg of pedigree, and 700 eggs, supplemented with donated food with a total cost of Rs. 1.1 lakh. We still have a lot of small puppies to feed which requires expensive milk powder. Thanks to our special feeding program almost all of our dogs have finally regained their perfect weight and their health has improved a lot. If you want to contribute, why don't you sponsor a **ONE-DAY-FOOD-PARCEL** for our dogs for Rs. 3.500? It would make our dogs very happy!

Animal Health: We paid in September Rs. 92.838 on necessary medicine and supplementary syrups which includes a huge shipment of 500 bottles of rABC for which we had raised the funds last month to cure anemia in all our dogs. Additional five blood tests for a total of Rs. 5.000 have been conducted for several dogs so that we have the medical data necessary to evaluate the result after one month of treatment against anemia. This month we were able to perform ABC surgeries on 23 dogs and we spent Rs. 36.900 for sterilisations. Sterilisations are costly but very important, please support us! We have applied 20 vaccinations for a total of Rs. 5.845

Staff Costs: Veterinary Salary, workers, staff members, and animal handlers amount this month to Rs. 91.000

Rabies instant testing kits

We are now able to conduct instant post-mortem rabies testing using brain tissue samples from deceased rabies suspect dogs. This new testing method provides initial results with a 70% - 80% accuracy rate within a matter of minutes. End of this month, we received two dogs from Bharat Nivas that tested positive for rabies. These dogs were infected during the Literature Festival end of August by other rabies dogs in the area, some of whom we were able to catch. In light of the ongoing presence of rabies in Auroville, we are seeking to acquire immediately 20 instant rabies testing kits. These kits are only available in packs of 10 tests, with each test priced at Rs. 600. Therefore, we kindly request the support of the AV community to help us raise Rs. 12.000, which will enable us to purchase these crucial instant tests. Our FS account is 25139

Change of Executives

In light of Lore's expressed desire to pursue her studies towards becoming a veterinarian, she has decided to step down from her role as executive of the Auroville Dog Shelter. We extend our appreciation to Lore for the unwavering passion and dedication she has poured into the care and welfare of our beloved dogs. We wish her the very best for her future! At the same time, the team is delighted to welcome Mar Silverio Pardo as the new executive of our shelter.

New Auroville Dog Shelter

This month we received a surprise inspection visit from the Animal Welfare Board of India (AWBI). This inspection was conducted by the same members who had previously cited numerous violations of guidelines and regulations during their last visit in March 2023 while the former IACC management was still in place. This visit from the AWBI followed another inspection conducted by the Department of Animal Husbandry just two weeks prior. We are pleased to share that both recent inspections have yielded the most favorable outcomes imaginable. In just five months our team has shown that positive change is not only possible but achievable. Moreover, it was acknowledged by the inspection teams that the shelter has not only met but exceeded the minimum government-mandated standards and regulations. We have received informal indications from both inspection teams that they intend to recommend financial support in the form of grants, in alignment with the AWBI and the Department of Animal Husbandry guidelines, to assist in the construction of the new Auroville Dog Shelter.

Auroville Dog Shelter Fair

To celebrate the successful first six months of the Auroville Dog Shelter and to generate funds for the construction of the new dog shelter, we are excited to invite everyone to join us for the first-ever Auroville Dog Shelter Fair, scheduled for Sunday, October 15th. Stay tuned for more details, and look forward for an exciting event!

We thank you for your continued support!

Auroville Dog Shelter Team

Lore, Coco, Caroline, Arthur, Kiran, Mar

VOICES AND NOTES



ORCHID GROWERS IN THAILAND

On our visit to Thailand in the mid 1970's we met many brilliant orchid growers. Their plots were filled with orchids in full bloom and they were always sharing pollen or seeds with each other. There were many orchid growers with their small pieces of land and it was a delight to see the harmony in which they worked with each other as well as growers from farther away.

One grower whose company was Kultana Orchids shared one of their innovative techniques to keep orchids flowering almost all year. The instructions for flowering orchids are usually very simple. One puts a small amount of fertilizer in a sprayer with water and fertilizes the leaves and the entire plant. The orchid fertilizer with which I am most familiar recommends 1 teaspoon of fertilizer every two weeks. Now what the Thai growers did was to divide that one teaspoon in 14 parts and fertilize each day with one fourteenth of the fertilizer and found that fertilizing in the morning and watering any excess off in the evening would produce copious amounts of blooms.

The Thai growers gave us gift of many plants for the Matrimandir Gardens and we will always be grateful for their openness and generous sharing.

Narad

VOLUNTEERS REQUIRED

Volunteers are indeed required, on another level...

Refocusing from an Aurovillian brother's sharing wherein the Mother states:

"Keep this attitude—never side with anybody nor take up any personal quarrel—think only of the Divine Peace, Harmony, Light and Happiness and become more and more their purified and quiet instrument." 1

The advice of the Mother not to take sides must be fully understood in the context of being instruments for the Supramental transformation. These fully conscious, totally surrendered instruments to the Divine Consciousness will undergo a psychophysical transformation, an intense transmutation process that may happen in one's lifetime or not, that will eventually result in the Divine Manifestation of the new apex species the Supramental beings that will have a Direct Will over matter-life-mind (prakriti) ushering in a Life Divine on Earth.

These petty quarrels happening all over Earth are still the workings of the old gross mental-vital cosmic forces pitting their human puppets against each other as either for fodder or entertainment.

Not that petty actually as the level of brutality of the pain and suffering inflicted at each other, on other living, sentient beings, even to one's self, are appallingly horrendous. The insanity has rendered most humans numbed and desensitised, zombified to say the least. This is crystal clear obvious to the superconscious and cannot continue.

And so it is not just a "quarrel", but The Great Cosmic War.

The Supramental Avatars Sri Aurobindo and the Mother came to usher in the end of the Reign of Mind. Even leaving us all the revelatory instruction manuals to continue on with the Supramental transformation and an Auroville as a collective sanctuary, a Deva Sangha in the making. One may note how perfect the timings of events and circumstances were since the Avatars' births, as the Earth would have been obliterated by World War I and II and the cold nuclear war if they were not mitigated and prevented. The threat is not yet finished as now we have entered the weaponry age where lasers, higher frequencies of the electromagnetic spectrum, AI and robotics are used, Star Wars magnitude.

One may ask why these monstrosities need to happen. The fact is that whatever is happening is happening, and we have to proceed from that. With the terms "Eternal" and "Infinite", "Absolute" and "Relative" to describe the Indescribable, it is therefore obvious that in a multidimensional cosmic existence of limitless possibilities, all possibilities must emerge in the full spectrum of dark and light.

Well, something has to compel a few humans to be willing servitors of the Divine Consciousness (in the realm of relativity, that implies an opposite, the undivine consciousness, requiring a "choice", thus "willing servitor" of either Dharma, the Divine Truth of Oneness or adharma, the undivine falsehood of separateness). These few highly conscious, awakened humans must lend themselves fully as psychophysical instruments for the Supramental transformation in total equanimity, samata, seeing the indivisibility of the players in the Great Cosmic Play of the One and Its infinite many.

A few egoless "guinea pigs", "imbeciles" as the Mother revealed, devoid of any gross mental-vital perturbations are required. Are you up for it? Not that easy, isn't it? Do you feel the ego immediately objecting?

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent." 2

These egoistic mental-vital cosmic forces from the Overmind realms below are what will be either transformed or dissolved back to Source when the New Supramental World has fully manifested under the governance of the new apex species the Supramental being.

We call this the Golden Age or Satya Yuga.

Any egoless volunteers from the so called [True Aurovilians](#) of Auroville, the City of Dawn, cradle of the transitional beings?

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1. <https://incarnateword.in/cwm/14/quarrels>
2. <https://auroville.org/page/a-true-aurovilian>

Zech, 2023.09.26

HEALTH

PITANGA - TALKS ON HEALTH BY LIZE

FRIDAYS 3-4PM



PITANGA
CULTURAL CENTRE

For info & registrations:
info@pitanga.in, 0413 2622403 / 9443902403 WA

- **6 October: Prevention and reversal of cognitive decline** Learn how to protect your brain from declining function and cognitive impairment.
- **20 October: Healthy to 100** Stay mentally and physically healthy and vibrant as you age.
- **3 November: Resilience** Tools to stay mentally, emotionally, and physically resilient through difficult times.

All are welcome. No registration is necessary.

Lize is a Functional Medicine Practitioner and volunteers at Santé Clinic and Pitanga.

The talks are organised in collaboration with Santé Clinic.

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 !

CULTURAL ANNOUNCEMENT

SINGING FESTIVAL

14TH & 15TH OF OCTOBER

Dear Music Lovers.

We are preparing the Auroville **Singing Festival for 14th & 15th of October in CRIPA**. The theme of the festival is **"Singing hearts of Auroville"** and our aspiration is to create Unity in the beautiful diversity of voices from Auroville, by presenting our native souls and expressing ourselves through songs.

As there are no funds available for Cultural events in 2023 we invite you to support this event with a donation toward **Financial Service Acct. 0250 Auroville Artist Group**.

With love,
Shakti, Marta, Antoine, Ok and Rolf



CENTRE D'ART EXHIBITION

TEMPORAL DIMENSIONS by Obayya

Centre d'Art Citadines

Exhibition open till **7th October 2023**

Gallery hours Monday to Saturday 10am - 12 pm & 2 - 5.30 pm
Please Park at town hall parking.



AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 3rd October, 9 am - 12 noon
Focus: The Synthesis of Yoga

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



ONE CANNOT STOP

Why one can't stop in the transitional human stage?

Here are Sri Aurobindo and the Mother:

<https://incarnateword.in/cwm/09/19-march-1958>

Remember, 29th February 1956 and subsequent Supramental descents have already happened and intensely hastened transitional transformations are happening everywhere. So the Supramental emergence is now unstoppable, however one wants to believe otherwise.

["And the thing is DONE."](#)¹

["The change IS DONE."](#)²

["It is DONE."](#)³

The best choice is to take the easiest and most joyful Sunlit Path of Surrender to the Divine, which obliterates the ego. This is to save you from all the psychological-emotional-physical sufferings resulting from the still ongoing but futile collective resistance to change of the old crumbling perverted mental world.

And no one else can make that consenting choice for you. That conscious choice must be yours and yours alone. Go within...

Om Namo Bhagavate ♡

1. <https://incarnateword.in/agenda/03/april-13-1962>

2. <https://incarnateword.in/agenda/11/march-14-1970>

3. <https://incarnateword.in/agenda/13/march-8-1972>

Zech, 2023.09.18

A MERE PUPPET?

Q&A on the Great Cosmic Play:

How to rise beyond being a mere puppet of cosmic forces?

"Every standpoint, every man-made rule of action which ignores the indivisible totality of the cosmic movement, whatever its utility in external practice, is to the eye of spiritual Truth an imperfect view and a law of the Ignorance.

Even when we have arrived at some glimpse of this idea or succeeded in fixing it in our consciousness as a knowledge of the mind and a consequent attitude of the soul, it is difficult for us in our outward parts and active nature to square accounts between this universal standpoint and the claims of our personal opinion, our personal will, our personal emotion and desire. We are forced still to go on dealing with this indivisible movement as if it were a mass of impersonal material out of which we, the ego, the person, have to carve something according to our own will and mental fantasy by a personal struggle and effort.

This is man's normal attitude towards his environment, actually false because our ego and its will are creations and puppets of the cosmic forces and it is only when we withdraw from ego into the consciousness of the divine Knowledge-Will of the Eternal who acts in them that we can be by a sort of deputation from above their master. And yet is this personal position the right attitude for man so long as he cherishes his individuality and has not yet fully developed it; for without this view-point and motive-force he cannot grow in his ego, cannot sufficiently develop and differentiate himself out of the subconscious or half-conscious universal mass-existence."

Sri Aurobindo

<https://incarnateword.in/cwsa/23/standards-of-conduct-and-spiritual-freedom>

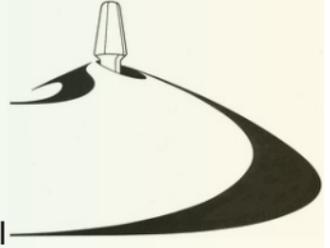
ॐ Zech, 2023.09.23

AMPHITHEATRE - MATRIMANDIR

Every THURSDAY at sunset
(weather permitting)

Meditation with Savitri,

Sri Aurobindo's long mantric poem read
by Mother to the incredible music of Sunil



The season changes, we follow the sun... New timing will be:

From September 21st onwards: 5.30 to 6.00 pm

Let's gather under the beautiful open space, with 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 5.15 pm and for the meditation time.

Thank you,
Surya and Amphitheatre Team

ONE'S SPIRITUAL JOURNEY, A CALL TO RESIDENTS.

Since "To be a true Aurovilian" requires one to first search for our Inner Being, one could wonder what this really means.

For a lot of people, finding this "Psychic Being" remains a rather vague and unknown goal that we might reach one day or not.

Encouragingly, many among us, and not only elders, believe that this new vehicle for the Soul isn't just an out of reach abstraction but indeed it is very concrete and knowable, although not easily distinguishable from the other parts of our being.

Also, although the present situation in Auroville does not seem to provide the circumstances to get close to this secret part of ourselves, there is also the acknowledgement from a few that they have consciously witnessed their spiritual part growing within them.

It would be helpful to those who do not know how to start this quest, or having started long ago still struggle to distinguish clearly in their behaviour what belongs to the ego and what belongs to the Psychic Being, to gain more clarity on the concrete aspects and practicalities, with the lived experience of their more advanced companions on this spiritual journey.

Would you be willing to share your progress and insights with us through a recorded interview?

No quotes, no lectures! Just looking inside and share with us, perhaps with the help of the possible following questions.

- Are you in contact with your Psychic Being? How does it manifest?
- What does it imply in your daily routine?
- Did you have to develop certain abilities to do this?
- Could you share with us a significant moment that happened in your quest?
- What about the traps on your path?

We would like to make 10-minutes audio-recordings of these responses. These will then be collected and shared later, with your prior consent, to the community through a booklet or podcast. Could also be envisioned later to organize talks on the topic.

If you wish to contribute, please, send an email to dan.auroville@gmail.com

I thank you for your collaboration, Dan

A SATSANG ON THE INTEGRAL YOGA

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

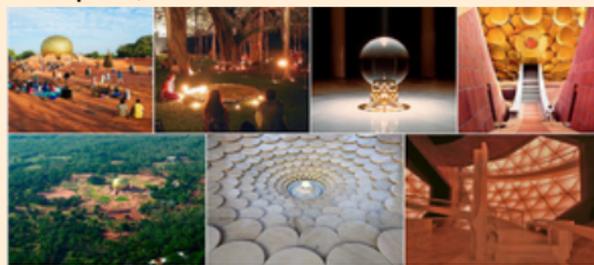
"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville." — The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

Facilitated by Zech Joya

Schedule: **Tuesdays and Thursdays, 5:30-7:00pm**

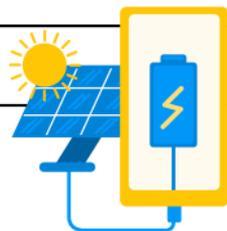
Venue: Conference Room, G/F SAIER Building, Town Hall Complex, Auroville



[Please click this link for details](#) or scan the above QR Code

HELP NEEDED

BATTERIES FOR SOLAR SYSTEM NEEDED



Dear fellow Aurovilians,

After 9 years of faithful service, the batteries from our solar system are at their end.

We consider ourselves lucky that they have lasted this long! ❤️

A new battery set has been ordered via Sunlit Future with a price tag of rs 2.12 lakhs.

We already have 1.35 lakhs, with donations from the Solar Fund, our own funds and the estimated resale value from the old batteries.

We are grateful for any donations that the community could support us with, to cover the remaining amount of rs 77000.

We have opened an account at the Financial Service, **252625 Stefan and Ancolie Solar Batteries** for the donations.

Thank you all very much in advance for helping us out. ❤️

Much love and gratitude,

Stefan and Ancolie.

Evergreen.

TAXI SHARE



CHENNAI AIRPORT OCT 4TH

A friend will arrive from England on **Wednesday, Oct. 4th, at 10 a.m. at Chennai airport.**

He is an older man.

Is there anyone that wants to share the taxi with him?

or whose taxi will arrive before that at the airport and can be taken on the way back to Auroville?

If yes, please contact Shanti at shanti@auroville.org.in or call my landline at 0413 2623 314.

Thanks,

Shanti (*Anand Shanti*) Samasti

POETRY

A GRAND REUNION

Thank you ego-mind for experiencing all your infinite forms and expressions however lovely or brutal you may be. You made us see your individual beauty even in the ugly. Your individualisation has prepared us well for this coming Life Divine. Now we move on with a unity perception, a new Supramental condition, seeing and experiencing every unique being and becoming as One.

For anyone needing an elaboration:

Fundamentally we are all one,
Dancing in perfection
Towards a new dawn
Of diviner expressions
Beyond the separative perception
Of the limited animal senses of the human.
Now that we can see, even hazily
With this consciousness of unity
That there is actually no other,
We are all sisters and brothers,
Atomically, energetically, vibrationally,
One eternal being, a single entity
Expressing ourselves in infinite forms
For the joy of individual manifestations.
Oh how wonderful, how magical to even be
This inexplicable existence of We.
It is nothing else but miraculous,
The marvellous beyond words,
A pure bliss of oneness.
Infinitely distinct, yet one,
Ever moving, always in transformation,
Preparing for a beautiful something
Amidst the discombobulating commotion:
A Grand Reunion
Of all who have forgotten
That we were always One.
A remembering,
A sacred gathering,
A celebration
Of a Life Divine.

ॐ

Zech, 2023.09.20

FEEDBACK

**Not to avoid, allude or auto-play
In muted mutual dissatisfaction**

**Not to flatter, flatten or feed
The ego, subtle or overt**

**Not to pry, pick or prick
Loopholes in "others"**

**Not to demonstrate
Right or wrong
Better or worse**

**But to give and receive
In growing goodwill
A trusting incubation
Full of candid calm
And comprehending compassion
Of crescent co-travelers
Careful in the art and act
Carefree in what comes
In the dance of Two in One**

-Anandi Z.



EDUCATION

SPOKEN ENGLISH AND HINDI

Hi! My name is Ashwini and I have an experience of 20 years as a Spoken **English, Hindi, Kannada and Marathi** language trainer for all levels. If you are interested in learning one of the above languages either in oral or written form please contact me on my WhatsApp 8270512606.

TUTION GRADE 1-12

Tution classes open for students from grade 1 to grade 12. Please contact on my WhatsApp 8270512606. Ashwini



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!

Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 0413-3509932 or 04132622467 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-sBMlywZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Language Courses at ALL

New: 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 is offering two courses:

Beginner German:

This course is now closed to new registrations.

German Conversation:

This 2-month course is for those who already know a bit of German and would like to further polish their speaking skills.

- This course will start as soon as we have 4-5 registrations. Classes will take place **Tuesdays & Thursdays, 4 to 5pm.**

New: Spoken Tamil with Saravanan

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

- Classes take place **Tuesdays & Fridays, 9:30am to 10:30am.** Course started on **September 12** comprising 24 hours of teaching over three months..

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 interactive modes. This three-month (24-hour) 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 also make use of the material put together by the Landour Language School, one of the oldest Hindi language schools of India. The course will be paced to align with each student's comfort.

- The course started 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 as soon as 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.

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**.

Italian with Fabio

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. This course will close at 4 registrations.

- This course started on **September 12**. Classes will take place **Tuesdays & Thursdays, 2:30 to 3:30pm**.

Intermediate Spanish with Susana

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

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

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

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

To join or enquire:

Please fill out our form at

<http://register.aurovillelanguagelab.org/>

You may also drop us an email at

info@aurovillelanguagelab.org,

call us at **2623661** or **come visit us!**

Please Note:

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

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 Started 12 September 2023	9:30 – 10:30am	Tuesday & Friday
Sanskrit	Beginner To start September 2023	TBA	TBA
Hindi	Beginner Started 9 September 2023	10am – 12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30 – 11am	Monday & Wednesday
	German Conversation To start soon	4 – 5pm	Tuesday & Thursday
Spanish	Beginner To start September 2023	2:30 – 3:30pm	Tuesday & Thursday
	Intermediate	2:30 – 4pm	Tuesday
Japanese	Beginner To start November 2023	TBA	TBA
Italian	Beginner TBA	2:30 – 3:30pm	Monday & Wednesday
	Conversation Started 12 September 2023	2:30 – 3:30pm	Tuesday & Thursday

The Language Lab is open:
Monday – Saturday, 9am - 12pm & 2pm - 5pm

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

Contact:
Phone: (0413) 2623 661, 2622467, +919843030355 Email:
info@aurovillelanguagelab.org

WORK OPPORTUNITIES

HR HUB INITIATIVE

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

Office assistant (full time)

A pottery studio is looking for someone that can handle invoicing/billing, filing, stock checking, taking the orders and maintaining the orders.

Keeping the stock room clean and sometimes packing. The applicants should be optimistic and should be involved in all kinds of work.

Two work positions at a Farm:

- Looking for a passionate **farmer** that can focus on: irrigation work, biomass management and pest management - main pre-requirement for the work is openness to learning and commitment.
- Farm **Outreach communication** through social media platforms and other community media: prerequisite for the work are some experience in social media management; good writing and communication skills and social networking capacities.

Construction Work - welding, electrician, carpenter, masonry (part or full time)

A unit of Auroville is looking for someone that has a good work ethic, motivation; that has a minimum experience in the construction field and wants to improve knowledge and training with professional people.

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

hr.hubauroville@gmail.com

HR Hub Team

LONG-TERM CORE STAFF MEMBER POSITION AVAILABLE - 1/2 MAINTENANCE OFFERED



The Auroville Dog Shelter is in a phase of expansion, and to match our growth, we are offering an opportunity for a dedicated dog lover to join our permanent core staff team. This role entails assuming responsibilities and necessitates your ability to work within our team.

In exchange for 25 hours of work per week (spread across 5 days), we are able to offer 1/2 maintenance to Aurovilians or Newcomers, who are willing to work hand-in-paw with us to elevate the dog shelter to new heights. Beyond caring for our cherished four-legged residents, you will share responsibilities as an integral part of our core team. This role may also involve participating in dog rescues (holding a valid driver's license is a big bonus) and assisting our veterinarian.

Given the training, dedication, and responsibilities involved, we request a commitment of a minimum of one year following a trial period. This position requires the ability to handle stress, engage in physically demanding tasks, maintain a disciplined work ethic, and, above all, you need to show a profound love for animals.

For further details and to arrange an interview, please feel free to contact Coco at (+33672046070) or Arthur at (8122225266) via WhatsApp. We look forward to welcoming you to our core staff team in the near future.

KUILAI CREATIVE CENTRE AUROVILLE



Dear friends, we are looking for...

Volunteers who could help in **Teaching English** lessons to Beginners and Inter-mediate (Children and Adults) and **Tailoring lessons** during Monday to Friday. Also, people who are willing to teach **Hindi** and **French**...

Kindly contact: kulaicreativecentre@auroville.org.in Or kulaicreativecentre.auroville@gmail.com

For WhatsApp: + 91-8608473385/9843195290
Selva from KCC

CLASSES, WORKSHOPS & HEALING ARTS

NEW CREATION GYM SCHEDULE

Monday	
8:30am - 9:30am	Aikiyam ATB (Isora)
3:30pm - 4:45pm	Ballet Teens (Fleur)
5:00pm - 6:00pm	Pilates Intermediate (Savitri)
6:00pm - 7:00pm	Zumba (Preethi)
Tuesday	
11.00am - 12:30pm	Aikiyam ATB (Isora)
5:00pm - 6:00pm	Dance Fitness Intermediate (Elodie)
6:00pm - 7:00pm	Salsa (Mani)
Wednesday	
10:00am - 11:30am	Animal Flow (Dev)
Thursday	
5:00pm - 6:00pm	Fitness on Swiss Ball (Savitri)
Friday	
5:00pm - 6:00pm	Low Impact Toning/Strengthening - ALL levels (Elodie)
Saturday	
7:30am - 8:30am	Pilates Basic (Savitri)
9:00am - 12:00pm	Ballet Teens (Fleur)
6:30pm - 7:30pm	Salsa (Mani)

VIPASSANA

Every Sunday at Udavi school



All old students of Vipassana meditation as taught by S.N. Goenka (www.dhamma.org) having attended at least one 10 day course are welcome to attend a half-day Vipassana course at Udavi School in Auroville.

Date: **Every Sunday**

Timings: **8:30 AM – 12:30 PM** but you can also drop in and join as long as you wish.

Venue: **Udavi School** (building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville).

No registration is required.

Contact: Sanjay Tumati, +91 8790982210
(available on WhatsApp)
sanjay@auraauro.com



VÉRITÉ WORKSHOPS AND THERAPY

Pre-registration required

Please contact Verite @
0413 2622045, 2622606, 9363624083 or
programming@verite.in, www.verite.in



Understanding pranayama and its practice in asanas and meditation- with Radhika Friday, 29 September, 9:30am – 12:00pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Energy Cleanse through Yoga Kriyas - with Mamta Saturday, 30 September, 9:30am – 12:00pm

Purify your energy channels with 3 Hatha Yoga Kriyas: Jalneti (saline nasal rinse), Trataka (Fixed gaze) & Kapalabhati (Skull shining breath). They cleanse your body from the inside out, develop immunity & steadfastness, paving the way for evolution of consciousness. Anyone registering for this workshop must either bring their own Jalneti pots or buy it from us at the registration desk for Rs 50/-

Balance your Koshas (Bodies) through the Practice of Yoga - with Sabrina Saturday, 30 September, 9:30am – 12:00pm

Long version: According to the Taittiriya Upanishad (Yajur Veda), the human being is composed of 5 sheaths called "Pancha koshas", from gross/physical to the more subtle bodies.

In this workshop, Sabrina will guide you through 5 different yogic practices to balance each of your 5 koshas:

1 asana sequence, 1 pranayama set, 1 mantra Japa, 1 pratyahara practice and 1 meditation

Hence you will experiment and explore the effects of each practice. This will give you tools to bring back to your everyday life, that help to maintain harmony and balance in your being. Expect to feel a deep sense of grounding, balance, and inner peace. A beautiful session, open to all levels Can be done independently from the workshop "Explore your Koshas."

Restorative Yin & Yoga Nidra: Deep Relaxation for Body & Mind - with Emma Friday, 6 October, 9:30am – 12:00pm

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 - Mantra, breathing & Asanas for internal Organs - with Andres Saturday, 7 October, 9:30am – 12:00pm (theory booklet included)

A workshop to help you understand the relationship between emotions and organs, and the effect of asanas on our internal organs through specific breathing techniques, asanas and mantras that bring equanimity to your emotions and well-being to your internal organs.

Explore Your Five Bodies (Koshas) through the Practice of Yoga with Sabrina
Saturday, 7 October, 9:30am – 12:00pm

Through a specific Hatha Yoga practice Sabrina will guide you to become aware of our bodies, develops inner clarity and discrimination and sharpens our yoga practice. As attention is strengthened and awareness expanded, better understanding of ourselves and self-management can occur in our everyday life.

VÉRITÉ REGULAR EVENTS -
OCTOBER 2023

CLASSES

Contact Vérité @
0413 2622045, WA +91 9363624083
or e-mail programming@verite.in



Sivananda Yoga - with Mani

- **Monday, Wednesday 9:30 – 10:30am &**
- **Saturday 5:00 – 6:00pm**

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), Increasing the pranic energy level, Channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation.

Pranayama and Meditation - with Radhika

- **Monday 11:00 – 12:00am: Re-balance your nervous system**

you will be guided in breathwork techniques such as Suka, Nadi Shodana and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

Yin Yoga – Healthy Hips – with Emma

- **Wednesday 3:30 - 4:30pm**

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

Deep Sound Bath with Satyayuga

- **Monday 5:00 - 6:00pm**

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

Hatha Vinyasa Yoga - with Andres

- **Monday, Wednesday & Friday 5:00 - 6:00pm**

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

Gentle Vinyasa Flow – with Emma

- **Tuesday 11:00 - 12:00am**

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

Face & Eye Yoga - with Mamta

- **Tuesday 3:30 - 4:30pm**

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Holistic Hatha Yoga – with Sabrina (no class 24, 26, & 31 Oct)

- **Tuesday & Thursday 5:00 - 6:00pm**

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

Vinyasa Flow - with Rebeca

- **Tuesday & Thursday 5:00 - 6:00pm**

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

Yoga for inner alignment, Pranayama & Asanas - with Radhika

- **Wednesday, 11:00 – 12:00am**

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

Yin Yoga – Healthy Spine – with Emma

- **Wednesday 3:30 - 4:30pm**

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

Kirtan – Songs for the Soul (*contributions are voluntary*) – with Mamta & Savitri

- **Wednesday 5:00 - 6:00pm**

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

Peace with Pranayama – with Mamta

- **Thursday 11:00am - 12:00pm**

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices like Pranayama help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will the meaning of Prana & Pranayama, it's references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath.

Open Heart Space Meditation – with Samrat

- **Thursday 3.30 - 4.30pm**

A simple practice to help dissolve habitual patterns and become aware of what is. Learn to embrace and let go of experiences, to quiet the mind and to sink into open heart-space, where the inner and outer worlds meet.

Free Flow Dance and Movement – with Vega

- **Friday 5:00 - 6.30pm**

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

Mindful Flow – Awaken in Movement & Stillness – with Savitri

• **Saturday 5:00 - 6:00pm**

A guided session in which we first ground ourselves and bring awareness to our bodies with the help of sound and music. Then we explore slow, small, movements of the body, from head to foot, bringing attention to sensation. Next, we expand outward, with intention, moving both freely and mindfully—with awareness of our sensations and surroundings, as well as of others. Finally, we bring our focus inward, shifting into stillness to heighten awareness of subtle sensations and the natural flow of our body and breath. We close with a circle for sharing and appreciation.

TREATMENTS AND THERAPIES

By Appointment:

Call 0413 2622045, 2622606, WA 9363624083

or e-mail treatments@verite.in



Private Yoga Sessions - with Andres

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga.

Thai Yoga Massage - with Andres

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

Individual Self-work with Clay - with Megha

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

Biodynamic Craniosacral Therapy - with Mila

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

Private Yoga Sessions / Yoga Therapy - with Nadia

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

Integrated Craniosacral & Foot Reflexology - with Radhika

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

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

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

Private Yoga Sessions / Yoga Therapy - with Sabrina

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

THREE WORKSHOPS

Dr. Sehdev Kumar

I. Yoga of Forgiveness

Saturday, Oct 14, 2-4:30 pm

II. Freedom from Fear

Saturday, Oct 21, 2-4:30 pm

III. Peace Within: Peace Without

Saturday, Oct 28, 2-4:30 pm



Vérité, Auroville, Register: +91 7867805812

YOGA OF FORGIVENESS

with

Dr. Sehdev Kumar



**From the Darkness of Hatred & Indifference
To the Light of Forgiveness
From Fear & Festering Revenge
To the Courage of Being**

Location: Vérité, Auroville

Saturday, 14 October, 2023

2 to 4.30 pm

Register: +91 78678 05812

An Exploration of the dynamics and power of Forgiveness in Families, between Friends and among Nations.

Video Link: <https://youtu.be/p18qUDakJEM>



VÉRITÉ PROGRAMS - OCTOBER 2023

Phone:+91 413 2622045, 2622606
Whatsapp:+91 9363624083 / 8489391876
Email: programming@verite.in
Website: www.verite.in

View the full program [HERE](#)

VÉRITÉ YOGA & RE-CREATION PROGRAMS			
Days	Drop-in Sessions	Timings	Presenters
Mondays	Sivananda Yoga	9:30am - 10:30am	Mani
Mondays	Pranayama & Meditation	11:00am - 12:00pm	Radhika
Mondays	Yin Yoga - Healthy Hips	3:30pm - 4:30pm	Emma
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Gentle Vinyasa Flow	11:00am - 12:00pm	Emma
Tuesdays	Face & Eye Yoga	3:30pm - 4:30pm	Mamta
Tuesdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Tuesdays	Holistic Hatha Yoga (no class 24 & 31 Oct)	5:00pm - 6:00pm	Sabrina
Wednesdays	Sivananda Yoga	9:30am - 10:30am	Mani
Wednesdays	Yoga for Inner Alignment - Pranayama & Asanas	11:00am - 12:00pm	Radhika
Wednesdays	Yin Yoga - Healthy Spine	3:30pm - 4:30pm	Emma
Wednesdays	Kirtan Songs for your Soul	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Peace with Pranayama	11:00am - 12:00pm	Mamta
Thursdays	Open Heart Space Meditation	3:30pm - 4:30pm	Samrat
Thursdays	Holistic Hatha Yoga (no class 26 Oct)	5:00pm - 6:00pm	Sabrina
Thursdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement	5:00pm - 6:30pm	Vega
Saturdays	Sivananda Yoga (No class on 7th Oct)	5:00pm - 6:00pm	Mani
Saturdays	Mindful Flow - Awaken in Movement & Stillness	5:00pm - 6:00pm	Savitri
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, October 6	Restorative Yin & Nidra Yoga	9:30am - 12:00pm	Emma
Saturday, October 7	Master Class - Mantra, Breathing & Asanas for Internal Organs	9:30am - 12:00pm	Andres
Saturday, October 7	Explore Your Five Bodies (Koshas) through the Practice of Yoga	9:30am - 12:00pm	Sabrina
Friday, October 13	Energy Cleanse through Yoga Kriyas	9:30am - 12:00pm	Mamta
Friday, October 13	Sivananda Yoga - Masterclass	9:30am - 12:00pm	Mani
Saturday, October 14	Purify your Koshas (Bodies) through the Practice of Yoga	9:30am - 12:00pm	Sabrina
Saturday, October 14	Yoga of Forgiveness	2:00pm - 4:30pm	Dr Sehdev
Friday, October 20	Master Class on Energy Pathways: Restore Flow of Prana through Mantra, Pranayama, Asana, and Prana Nidra	9:30am - 12:00pm	Andres
Saturday, October 21	The Shoulder in Yoga: Theory & Practice	9:30am - 12:00pm	Rebeca
Saturday, October 21	Balance your Koshas (Bodies) through the Practice of Yoga	9:30am - 12:00pm	Sabrina
Saturday, October 21	Freedom from Fear	2:00pm - 4:30pm	Dr Sehdev
Friday, October 27	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am - 12:00pm	Radhika
Saturday, October 28	Awareness Through the Body	9:30am - 12:00pm	Amir
Saturday, October 28	Yearnings for Peace: Peace Within, Peace Without	2:00pm - 4:30pm	Dr Sehdev
Therapies (by appointment only)		Therapist	
Thai Yoga Massage		Andres	
Private Yoga Session / Yoga Therapy		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 Ayurv. Acupressure, Deep Tissue & Heart Healing Massage		Raja	

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



Regular Classes

Hatha Yoga with Ramesh - Restarting from Saturday 30th September

Wednesday from 5.30 to 6.30pm and Saturdays 7:30 to 8:30am, drop in class.

Ramesh offers hatha yoga classes, incorporating elements of vinyasa, pranayama, and meditation. His style is gentle, adaptive and progressive, blending passive, gravity-assisted poses with dynamic, energizing poses. He places emphasis on mindful breathing and body awareness throughout the practice. Classes are well-suited for beginner to intermediate-level practitioners. They are on a "drop-in" basis and by donation, although a minimum contribution is expected, depending on your means.

Traditional Sanskrit Mantras with Sonia

Thursday from 9 am (Drop in class); Friday from 5 to 6pm (Regular Students).

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Therapies

Shiatsu Massage with Sara

On appointment only (Sara +91 9443617308)



Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. Although shiatsu means 'finger pressure' in Japanese, a practitioner also uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. Like acupuncture, shiatsu stimulates the body's vital energy (Chi) using the points and meridians of acupuncture as well as massaging the muscles, joints and circulation with strokes like kneading or effleurage. It is characterised by extensive use of pressure techniques over acupuncture points often done using thumb or palms. Shiatsu does not use instruments or oils. During a session, individuals are fully clothed and traditionally lie on a futon mat placed on a floor.

Expressive Arts with Anjali

On appointment only (+91 95600 26678)

The key purpose of Intermodal Expressive Arts sessions is to build our relationship with an art process in an experiential and embodied way through multiple art forms such as visual, writing, photography, dance, movement, music, or drama. By moving away from the result, into paying attention to the creative process, we allow ourselves to connect deeper to the resources we hold within us. The sessions will emphasize creative imagination, mindfulness through art, and connecting with our deeper selves. This space will also allow you to connect with your authentic forms of expression, as you explore the arts and access inner resources otherwise untapped. The sessions typically last for 60-90 minutes.

Tarot Reading with Anjali

On appointment only (+91 95600 26678)

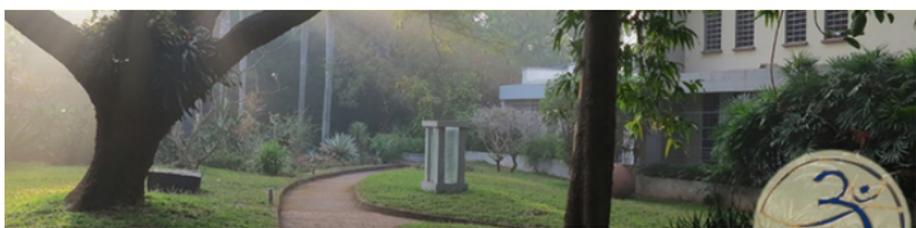
Tarot, oracle and angel cards are tools of divination and exploration which can be used to gain insight, work through life's challenges and understand ourselves on a deeper level. The messages in these cards are used not to predict the future, rather to connect ourselves with our own inner knowing and wisdom to channel our resources in the right direction. The overall aim is to promote growth and well-being. Anjali uses the tool of tarot as an opening to connect with imagery, archetypes and intuition. The insight gained from the cards are delivered as a storyline or guidance which promotes deeper reflection. Anjali is certified by the Psychic Healing Academy led by Sal Jade, Tarot Instructor and Intuitive Healing Coach, and also by Academy of Tarot by Mehakleen, Tarot and Manifestation Coach. Her approach is also based in intuitive and spiritual practice. She combines her tarot practice with techniques from Pranic Healing and Expressive Arts.

Pranic Healing with Anjali

On appointment only (+91 95600 26678)

Pranic Healing is a revolutionary and comprehensive system of natural healing techniques that uses prana (life energy) to treat illness and improve well-being. It is a synthesis of ancient, esoteric healing methods that have been rediscovered, researched and tested over decades with proven success by the founder of Modern Pranic Healing, Grand Master Choa Kok Sui. Anjali has been practicing Pranic Healing since 2018 and she has been certified in Basic Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy, Achieving Oneness with the Higher Soul, Pranic Crystal Healing, Psychic Self Defense and Arhatic Yoga Prep, accredited by World Pranic Healing Foundation, Manila.

Pranic Healing has been described as a simple and yet very powerful technology that can be employed with immediate benefits to the patient. It is a no-touch healing modality. Pranic Healing corrects imbalances in the body's energy field and energy centers (chakras) and transfers life force to the patient. Pranic Healing can facilitate healing for specific diseases and conditions including physical, mental, emotional and psychological ailments.



PITANGA
CULTURAL CENTRE

For info & registrations:
info@pitanga.in, 0413 2622403 / 9443902403 WA



Program until 7 October 2023

During school holidays our program changes:

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 with Tatiana | Level 1

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

Wednesdays 5pm – 6.30pm with Tatiana | Level 2-3

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

Saturdays 9am – 10.30am with Tatiana | Restorative Yoga | Level 2-3

Each session includes time for deep work in inversions, backbends 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 with Tatiana | Mixed Level

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

DROP-IN CLASSES

Join without prior registration!

Mondays (holiday on 2/10)

7.30am – 9am | **Asanas** with Rachel | All levels

Tuesdays

No drop-in class on this day

Wednesdays

7.30am – 9am | **Asanas** with Rachel | All levels

Thursdays

4.30 – 5.30pm | **Aviva** Exercise with Suriya | For women

Fridays

6.45am – 8am | **Pranayama** with François & Namrita | For former "The Art of Living" course participants

7.30am – 9am | **Asanas** with Rachel | All levels

9am – 10am | **Rosa's ATB special for seniors** | (Not on 29/09, 6/10)

4.30pm – 5.30pm | **Reading of the Life Divine** with Balvinder | All are welcome to join.

5.15pm – 6.15pm | **Feldenkrais class** with Shari | All levels

Saturdays

11.00am – 12.30pm | **Iyengar Yoga** with Tatiana| Mixed Level, open to beginners

HEALING SPACE - BY APPOINTMENT

- Acupuncture by Heidi
- Cranio Sacral Therapy by Anne H.
- Shiatsu by Ulrike
- Thai Yoga Massage by Juan

Bio-Resonance (with Bi-Com machine) with Afsaneh

Bio-Resonance therapy is a complementary or alternative medicine therapy. It uses a device to determine the frequency of energy wavelengths emitted by the body. These measurements are then used to provide a diagnosis of a disease.

All body cells emit electromagnetic vibrations. During illness or injury these vibrations become disharmonious.

The Bi-com equipment can read these vibrations and transmit complimentary electromagnetic vibrations to restore harmony in the body.



The Bi-com equipment has computerized programs to make an energy diagnosis and to determine which therapies are appropriate for specific symptoms, organs, and meridians.

Bio-resonance therapy can be used for both diagnosis and treatment.

Chiropractic Adjustment by Afsaneh

Chiropractic is a health care modality that emphasizes diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system, especially the spine.

The main chiropractic treatment technique involves manual therapy, including manipulation of the spine, other joints, and soft tissues; treatment also includes exercises, and health and lifestyle counselling. Most who seek chiropractic care do so for lower back pain. This healing modality offers at the same time a journey to discover oneself and the deeper functioning of our emotions.

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 !

*Pitanga Cultural Centre
2622403 / WA 9443902403
info@pitanga.in*

CAPOEIRA- MARTIAL ART AND MUSIC WITH GINGA SAROBA

Afro-Brazilian martial art that combines elements of dance, acrobatics, music and movements. More than 500 years old, Capoeira is a constantly evolving art form, come connect and express yourself. Join us for

Adult Classes :

**Monday & Thursday - 6:00 PM
Deepanam School**

Contact: 7598446327
Kiran for Ginga Saroba



CAPOEIRA WORKSHOP

6TH OCTOBER 2023



We are happy to inform you that YouthLink is offering you a **Capoeira workshop** happening at Deepanam School!

YouthLink
AUROVILLE

Taking place on **Friday the 6th October 2023** taught by **Ginga Saroba Group**.

Afro-Brazilian martial art incorporating music, dance and movements.

It was developed in Brazil during the 18th century. Derived from traditions brought across the Atlantic Ocean by enslaved Africans and fueled by the burning desire for freedom. It soon became widely practised on the plantations as a means of breaking the bonds of slavery, both physically and mentally.

Join us to discover a piece of history through a fun and beautiful martial art.

This workshop starts at **5 pm until 7pm**.

To register email us at youthlink@auroville.org.in or come to our office in Town hall between 9.30am to 12pm and 2pm to 4pm to sign up.

The Sound of Bamboo

Various Styles of the Indian Flute



Bansuri (Flute) Group Classes With Michael

Kalabhumi Music Studio

Every Friday (Beginner: 11am-12pm, Advanced: 12pm-1pm)

Drop in is possible at any time, flutes available to borrow or buy.

Contribution:

- Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Guests: 500 INR

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

M: +44 (0) 7564 119 728 / E: djsevans87@gmail.com

STUDIO BASED ART THERAPY AND COUNCELING

tialovesart@gmail.com / www.createandtransform.org

WA 7094007610

CREATE AND TRANSFORM

STUDIO BASED ART THERAPY AND COUNSELING

individual * group * family



Therapy can be creative and non-threatening for help with:

- Anxiety
- Depression
- Trauma
- Life Issues

Trauma Informed Art Therapy & Counseling:

- Client Centered,
- Strength Based,
- Solution Focused,
- Incorporating CBT and a creative, eclectic tool box.



Tia Pleiman, MA, ATR, NCC, LPC

tialovesart@gmail.com

www.createandtransform.org

WA 7094007610

Aurelec, Kulapalayam, Auroville

NON VIOLENT COMMUNICATION WORKSHOP

SEPTEMBER 30TH & OCTOBER 1ST

We are happy to inform you that YouthLink is offering you a 2 days Nonviolent Communication workshop happening at Tibetan Pavillion !



Taking place on **Saturday the 30th September** and **Sunday 1st October 2023** facilitated by Stefan (CNVC-certified trainer) and Team.

The basics of Nonviolent Communication involve expressing ourselves with clarity, compassion, self-responsibility, empathy and the common good in mind, which is the exact opposite of what violent communication is.

Join the workshop to discover the tool to enable you to express your needs and feelings in a conscious way, for the person in front and for yourself!

This workshop starts from 9am to 12pm, Lunch Break (12pm to 2pm) and afternoon session from 2pm to 4:30 pm.

To register email us at youthlink@auroville.org.in or come to our office in Town hall between 9.30am to 12pm and 2pm to 4pm to sign up.

TAI CHI HALL @ SHARNGA

Offers regular Tai Chi Chuan classes from Mon-Sat.

Monday & Saturday:

- 7:30-8:30 Chi
- 8:30-9:30 Form

Tuesdays - Fridays:

- 7:30-8:00 Chi
- 8:00-9:00: Form



All are welcome

Contact: taichi@auroville.org.in / 0413 2623187



SEVEN STEPS TOWARDS GLOBAL PEACE

Prof Sehdev Kumar

Radiation Physicist, Historian of Science

Zoom Session #1: Ushering of Atomic Age & Moral Dilemmas

<https://youtu.be/dS7g8k0NSeQ?si=oVO2smsCRnpS8hulk>

Zoom Session #2: World Beyond Wars: Seven Steps Towards Global Peace

<https://youtu.be/piNMttw9SKk?si=nz81Bu-rmS2J-4Call>



BHAKTI MOVEMENT IN INDIA

Prof. Sehdev Kumar

Celebration of Divine Love

Kabir, Mira, Nanak

Video Link: <https://youtu.be/y4td9i6fhFg>

FOOD FOR THOUGHT

ERRATA N&N 993 - HERE WITH THE CORRECT LINK

LIFE IN COMMUNITY THE YOUTH CENTER AUROVILLE OFFICIAL DOCUMENTARY FILM



<https://youtu.be/sVSbenhU8lg?si=Vspua9f11Ma6tFK>

A TAMIL PROVERB

சிவன் சொத்து,
குல நாசம்.

Sivan Soththu
Kula Naasam

Those who usurp public property and property belonging to temples will not only perish, but their generation will also perish.

ACTIVITIES



**PRESENTATION BY PAULA &
MORNING STAR TEAM**
5TH OCTOBER 2023



Integral Freedom Includes Freedom In Birth

Presentation By: **Paula Murphy and Morning Star Team**

Day: **Thursday 5th October 2023**

Venue: Multimedia Center (Town Hall, Auroville)

Timing: 4pm to 6:30pm

Morning Star is a unit under Health and Healing trust, run by midwives and doulas to support pregnancy, child birth and women's wellness care in Auroville. Our services include consultations, classes and research on the subjects of respectful maternity care, fathers involvement.

This presentation on "**Integral Freedom Includes Freedom In Birth**" is to explore the connection of spiritual concept of freedom as described by Sri Aurobindo and how it is being applied to birthing women in Auroville. It will also include global human rights and the rights of women written in the constitution of India. Towards the end of the presentation the team will present the dream vision for birth in Auroville.

The presentation is open for the community and the target audience are women, men and youth who are 15+ years of age- Mature themes- Parents be aware.

We warmly welcome you all to participate!

ECOLOGICAL HORTICULTURE COURSE

AUROVILLE BOTANICAL GARDENS

ecologicalhorticulturecourse@gmail.com

**Applications
open!**

ECOLOGICAL HORTICULTURE COURSE
DEC 2023 - MAR 2024

To fill the form:



For queries :
ecologicalhorticulturecourse@gmail.com

LAST DATE TO APPLY!
15TH OCT'23

AUROVILLE
BOTANICAL
GARDENS

ECO FEMME OPEN HOUSE

ECO FEMME OPEN HOUSE

Every Thursday morning
from 10:30 AM



Dear friends,

Join our open house at our office in Auroshilpam every **Thursday morning at 10:30 AM till 12 AM.**

Come and learn about:

- Sustainable menstrual products (cloth pads, cups and period panties),
- Menstrual cycle awareness and,
- Our not-for-profit work.

You can also pick up discounted cloth pads, cups, period panties and cloth nappies.

See you soon!

The Eco Femme Team

VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

 AuroOrchard

 **Volunteer and learn farming hands-on!** 

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce.

JOIN US! PLEASE REACH OUT TO US FOR ANY QUERIES!

MONDAY to SATURDAY
7AM to 9AM and/or
9AM to 112PM

EMAIL: auroorchard@auroville.org.in
WHATSAPP: +91 9566631079 (Nidhin)



JOIN AUROVILLE BOTANICAL GARDEN'S GUIDED TOURS

Come and discover the beautiful gardens on **Wednesdays and Fridays.**

We start at **9:30.**

Please book your walk at avbg tours@gmail.com

From the 11th
of August to
the 11th of
October 2023



Come walk with us!
Guided Garden Tour

NEW CREATION DANCE STUDIO

ZUMBA WITH PREETI

New Creation Dance Studio

Sweatout & Smile

ZUMBA

Every Mondays!



For regular classes

DM: 8281746763

RUPHAVATI JOY ACTIVITIES

BIO-REGION TEMPLE TOUR

Interested in learning more about the religious heritage in and around the bio-region?

Come take a guided tour of temples around the bio-region.

Starting point from Solar Kitchen.

Can be scheduled anytime throughout the week.

Please contact in advance for more information and booking: 8098845200



SOUTH-INDIAN CUISINE - COOKING CLASS

Learn to cook some delicious delicacies of south India with Rupavathi.

**Monday to Saturday
between 10AM and 5PM**
at creativity.

Please book sessions in advance.



THAI MASSAGE

Monday - Saturday between 9AM and 5PM

To book massage sessions or for more information, please contact personally.

TAILORING

We can tailor and customise any kinds of dresses, sari-blouses and kurtas.

For any of the above services, contact information below:
Phone/WhatsApp - 8098845200
Email - rupavathijoy@gmail.com

AUROVILLE: ONE DAY & HALF DAY TOURS

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints.



We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

Pre - Registration is required.

Contact us to know more details:

youthlink@auroville.org.in or WA: +91 85248 25120

Here is the link for the itinerary, fee and other important details:

[https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUIAJomDU?](https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link)

[usp=drive link](https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link) or

please scan this code to know more:



CHANTING CLASS - SERENDIPITY



**Traditional
Mantras & Stotras
Chanting Classes**

at Serendipity Community

Thursday 9:00 AM (drop-in class)
Friday 5:00 PM (regular class)

with Sonia Novaes



Email: serendipityauroville@gmail.com / WA: +91 8940288090

FOODS, GOODS & SERVICES

AUROVILLE LIBRARY TIMINGS

Auroville Library opening timings:

Mon - Sat: 9am - 12.30pm

Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm

Tues: 4pm - 6.30pm



Every **Saturday** between 10am -11am: **Children's storytime!**

REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.

You may contact him via phone
/ SMS or whatsapp
+91 94434 93025



GOYO - KOREAN SILENT RESTAURANT

TUESDAY & FRIDAY - 12:30PM

goyo@auroville.org.in / +91 94896993809



Goyo
korean silent restaurant
Tuesday & Friday
12:30p.m

+919489693809
goyo@auroville.org.in
luminocity, Auroville 605101

please book for lunch
minimum a day before

TASTE OF KOREA

HEMPLANET

Discover the Magic of Hemp at Hemplanet!

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!

Hemp Food Selection:

- Hemp Hearts
- Hemp Seed Oil
- Hemp Protein Powder
- Hemp Granola Bars
- Hemp Pasta & more!
- Hemp Seasonings

Hemp Body Care Treasures:

- Hemp Soaps
- Hemp Shampoos
- Hemp Balms
- Hemp Body Butter
- Hemp Seed Oil

Visit Us: Mon-Sat, 10am - 4:20pm

Location: Reve Area, 1st Floor, Building 1, Auroville

Step into the Hemp Haven and embrace nature's gift!



HEMP STORE



Hemp Foods Body Care & Wellness



Open Mon - Sat
10:00AM - 4:20PM
Come Now

 Reve Compound, Building 1, Auroville

  www.hemplanet.in
 @hemplanet_auroville

 SCAN ME

JOIN DROPZY

Products and services from in and around Auroville.

Dropzy is a mobile app platform for Products and Services from in and around Auroville helping to deliver it at your convenience.

Developed by 



Dropzy is a mobile app platform 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 convenience.

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: www.dropzy.in/join-dropzy.

Know more about Dropzy on www.dropzy.in

Regards, Sathish Arumugam for Dropzy

RAPID CARE SERVICES RCS

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

rapsrapidcareservices@gmail.com

rapidcare@auroville.org.in

SOLITUDE FARM - 2023

Farm



Solitude has a small farm shop which is stocked daily with fresh seasonal produce.

There are also some ayurvedic powders such as giloy or guava leaf and also chilli powder, turmeric, pickles and dried flowers. Solitude also runs a C.S.A. fruits and vegetables basket service where people sign up in advance for a basket of seasonal produce.

- Papayas
- Assamese giant lemons
- Pineapple
- Plantain
- Bananas
- Wild spinach
- wild salad greens
- sundakkai
- banana stem
- banana flower

Cafe

The cafe runs from Monday to Saturday serving a local food vegan thali.

We also serve farm salads, smoothies, desserts, vegan coffee etc...

The cafe runs a lunch scheme.

Education

Solitude farm runs mini permaculture workshops during the week (Wednesdays and Fridays) and longer weekend workshops on a monthly basis. Pricing is flexible for Aurovillians.

Tour

Every Saturday we offer a free tour of the farm sharing the narrative and philosophy in practice of how a food forest can emerge through natural farming and permaculture.

Volunteers

Solitude Farm is happy to welcome volunteers.

Timings 8:00 am -12:30 pm

We offer breakfast, tea and lunch.

Opportunities

Solitude Farm Cafe is looking for a serious person to manage the POS and accounts, stock, excels etc for the cafe and farm. Replying to emails and calls.

Solitude Farm is looking for people to help with the educational workshops.

To find out more:

email: solitudepermaculture@gmail.com

whatsapp: 9843319260

Solitude farm & café

Auroville



Solitude Farm

AIRCON CLEAN OFFERS COMPREHENSIVE AIR CONDITIONER CLEANING SERVICE KNOWN AS "JET SERVICE".



The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact **AIRCON CLEAN** now at 9786809518 or email us at airconclean.av@gmail.com

Regards, Julien.

SURABHI SUPPLIES

Dear Auroville Community,

Surabhi Supplies is dedicated to aiding individual community members, units, and projects in **acquiring a wide range of materials and equipment**, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices** achieved through **bulk purchases** and **volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

If you have any inquiries, please don't hesitate to reach out to us at:

Email: surabhisupplies@auroville.org.in

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies

OFFERING IT SERVICES

I am Ramakrishnan Aurovillian experienced in the fibre internet field (Ftth) for 8+ years and gained more knowledge in creating on new fibre internet infrastructure and IT troubleshooting work for our Auroville community Since 2015

And I am happy to provide the below services to our Auroville community

- Internet speed; Boosting up for dual bands 2.4 GHz or 5 GHz
- Wired/wireless; Fibre ONT modems, Routers, Switches installation/repairing work
- Fibre optic cable; Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- CCTV; Configuration/Installation/repairing work inside and outside your house
- Smart-TV/laptops/printers; Configuration/Installation/repairing
- Other network communications devices; Configuration/Installation/repairing

For any internet-related issues/complaints,

Please feel free to contact me: Ramakrishnan, 9943919899, rkrish651@gmail.com

OBITUARY

LEO MICHAEL BOSEMAN

Leo, who spent much of his childhood in Auroville and Pondy, had come back a year ago with the wish to join Auroville.



On Friday afternoon, the 22nd of September, Leo met with a road accident, was rushed to Jipmer and underwent surgery. He was then shifted to the I.C.U. ward where he passed away on Saturday 23 September at 11.10 pm.

As per the wishes of his sister Malaika, the cremation was to take place in the afternoon of Wednesday 27 September at the Karuvadikupam cremation grounds in Pondy, as arranged for by the family that cared for them as children.

Until that time, Leo's body remained in Farewell where those who knew him were able to bid him goodbye.

May he rest in peace.

OM~

LOOKING FOR

LONG TERM HOUSE-SITTING

Hello

This is Ritu.

I am looking for a long time house-sitting from mid October. I am an Aurovillian and have been in Auroville for a little over 5 years. I work full time at the Auroville Botanical Gardens. I prefer a quiet environment and would keep the place clean. I can take care of animals and or a garden if needed. Please write to me at rituparna.sarkar1@gmail.com or contact me on 9791481800. Thank you!



AV RADIO



AurovilleRadio

The voices of Auroville

Dear Aurovillians,

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. 33](#) (Sri Aurobindo)
- [Exploring Education in Arts, Animation and Film-making – Ep. 19 “How Do I Make My Drawings Not Look Flat?”](#) (Cinema)
- [Exploring Education in Arts, Animation and Film-making – Ep. 18 “The silent years – Pre-World War I European cinema”](#) (Cinema)
- [Teens Connect – Ep. 7](#) (Integral Education)
- [Marlenka’s weekly Offering – Ep.104](#) (Literature)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovillian wish, **make a donation to F.A. number 0867.**

Thanks for your help!

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

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

Peace and love

Regards, AvRadio team



CINEMA

AUROFILM

Presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

Reminder: **FRIDAY 29 SEPT, “TULPAN”** by Sergey Dvortsevov, Kazakhstan, 2008

and

FRIDAY 6th OCTOBER, 8:00 pm

“FULL TIME” original title: **À PLEIN TEMPS**

Directed by **Éric Gravel**, France, 2021

With: Laure Calamy

Synopsis: Julie can't catch a break. For a single mother raising two children in the suburbs of Paris but working in the city, the train is a lifeline, and it's suddenly severed during a strike. Without the train, Julie can't get to her job at the hotel, or to the interview for a better job she has lined up... "A more straightforward "issues" film might have thrown in a catastrophe, a cataclysmic moment when everything goes wrong. But Gravel's script understands it doesn't need fireworks. Everyday life is enough..."

Original French version with English Subtitles. Duration 1h.28'

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

- Monthly Rs. 800: Aurovilians & Newcomers, No validity
- Student Pass Rs. 1200 per month/ 24 days round trip
- Rs. 150 Round trip for Aurovilians & Newcomers
- Rs. 200 Round trip for guests

Bus passes are available at
Auroville Vehicle Service,
Town Hall, Auroville, 0413 2623302



EMERGENCY NUMBERS



Ambulance (24/7):

Auroville 9442224680	PIMS 0413 2656271		
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Security (24/7):

AV Safety & Security Team 9443090107	Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
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Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 02 October 2023 to 08 October 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 2 October, 8:00 pm:

• YEH BALLETT (This Ballet)

India, 2020, Writer-Dir. Sooni Taraporevala w/ Julian Sands, Sarah Jane Dias, Jim Sarbh, and others, Drama-Musical, 117mins, Hindi w/ English subtitles, Rated: NR (PG)

Based on a true story, in this film Asif and Nishu, both underdogs, are talented dancers. Being sons and that of an auto driver and a welder respectively they have little opportunity and indulge in the dance form that is in general considered for the rich. What the duo lacks they can perhaps compensate for with talent. When international ballet teacher Saul Aaron comes to scout for talent in Mumbai, do they make the cut? It is an heart-warming tale. A must watch!

Potpourri – Tuesday 3 October, 8:00 pm:

• BENEDETTA

France-Belgium, 2021, Dir. Paul Verhoeven, w/ Virginie Efira, Charlotte Rampling, Daphne Patakia and others, Biography-Drama-Romance, 131mins, French-Latin w/ English subtitles, Rated: NR (R)

A 17th-century nun in Italy suffers from disturbing religious and erotic visions. She is assisted by a companion, and the relationship between the two women develops into a romantic love affair.

Interesting – Wednesday 4 October, 8:00 pm:

• FANTASTIC FUNGI

USA, 2019, Dir. Louie Schwartzberg w/ Brie Larson, Andrew Weil, Giuliana Furci, Documentary, 81mins, English w/English subtitles, Rated: NR (PG)

This acclaimed film is a descriptive time-lapse journey about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth that began 3.5 billion years ago. Our screening is to celebrate World Fungus Day celebrated in October.

Selection – Thursday 5 October, 8:00 pm:

• CYRANO

UK-Canada, 2021, Dir. Joe Wright, w/ Peter Dinklage, Haley Bennett, Kelvin Harrison Jr. and others, Musical-Romance-Drama, 123 mins, English w/ English subtitles, Rated: PG13

A man ahead of his time, Cyrano de Bergerac dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne, Cyrano has yet to declare his feelings for her and Roxanne has fallen in love, at first sight, with Christian.

International – Saturday 7 October, 8:00 pm:

• **RE GRANCHIO (The tale of king crab)**

Italy-Argentina, 2021, Dir. Alessio Rigo de Righi, Matteo Zoppis, W/ Gabriele Silli, Maria Alexandra Lungu, Ercole Colnago and others Adventure-Drama, Italian-Spanish w/ English subtitles, 105 mins, Rated: PG13

In the 19th century, a wandering drunkard in Italy is cast out of his village for a crime. He is exiled to Tierra del Fuego, where he searches for a mythical treasure, paving his way toward redemption.

Children's Matinee – Sunday 8 October, 4:30 pm:

• **STORKS**

Canada-USA, 2016, Dir. Nicholas Stoller, Doug Sweetland w/ voices Andy Samberg, Katie Crown, Kelsey Grammer and others, Animations-adventure-Comedy, 87mins, English w/ English subtitles, Rated: PG

Storks have moved on from delivering babies to packages. But when an order for a baby appears, the best delivery stork must scramble to fix the error by delivering the baby.

ROBERT ALTMAN FILM FESTIVAL@ Ciné-Club:

Altman has frequently been a favorite with most of the best critics and many actors and actresses, and some of his films have been highly successful at the box office. He worked in Hollywood but never exactly a part of it; his films have a distinctive style and significantly different from the Hollywood work that preceded his.

Ciné-Club Sunday 8 October, 8:00 pm:

• **THAT COLD DAY IN THE PARK**

USA, 1969, Dir. Robert Altman, w/ Sandy Dennis, Michael Burns, and others, Drama – Thriller, 113 mins, English w/ English subtitles, Rated: R.

Based on the novel of the same name by Richard Miles. Frances Austen is a lonely young woman living alone and stuck in a world occupied by her parents' friends. During one particularly boring tea party she spies a boy sat alone in the park in the pouring rain. After the guests leave, she invites him in. Despite him not speaking a word she becomes attached to him, allowing him to remain in her apartment and buying him gifts.

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.**

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

