

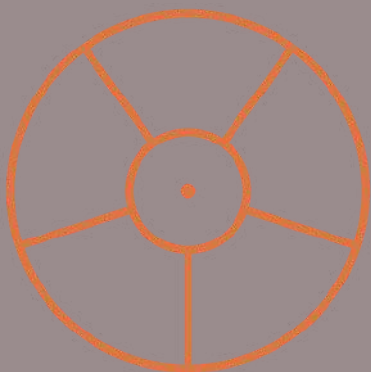
*Auroville*

# NEWS & NOTES

No 1008 - A weekly bulletin for residents of Auroville

4 January 2024

**RA EDITION**



## PONDERING

„Whatever fadings of the Light, whatever periods of darkness may afflict the soul, it can never irretrievably lose what it has once held“

- Sri Aurobindo

Sri Aurobindo - The Synthesis of Yoga

<https://motherandsriaurobindo.in/Sri-Aurobindo/books/sabcl/the-synthesis-of-yoga/>



Yesterday, someone wrote to me and asked:

*"After all, what is the Divine?"*

I answered.

I told him that I gave one answer to help him, but that a hundred could be given, one as good as the other:

*"The Divine can be lived, but not defined...."*

Here, I added, *"But anyway, since you ask me the question, I will answer you."*

*"The Divine is an absolute of perfection, eternal source of all that exists, whom we grow progressively conscious of, while being Him from all eternity."*

Once, Amrita told me too that for him it was something simply unthinkable. So I answered him, *"No! That way doesn't help. Just think that the Divine is everything (to the fullest possible extent, of course), everything we want to become in our highest, most enlightened aspiration. All that we want to become—that's the Divine."* He was so happy! He told me, *"Oh, that way it becomes easy!"*

But when you look at it—when you emerge from mental activity and look at the experience you have, you wonder, *"How to say it? How to explain it?"* ... The nearest, most accessible, is this: into that *"something"* we aspire to become, we instinctively, spontaneously put everything we want to exist, all the most marvellous things we can imagine, all the objects of an intense (and ignorant) aspiration, all of that. And with all that, you draw near *"something"* and ... In fact, you don't get the contact through thought; you get the contact through something IDENTICAL in the being, which is awakened by the intensity of the aspiration. So, as soon as you have got for yourself, be it for one second, this contact—this fusion—there's no more need to explain: it's something that imposes itself in an absolute way, and that is outside and beyond all explanation.

But to get there, everyone puts into it all that makes it easier to lead him there.

And when you have the experience, at the time of this fusion, this junction, to the consciousness it's obvious that the identical alone can know the identical, and that consequently it's proof that That is there (*Mother points to the heart centre*). It's a proof that That is there. And through the effort of aspiration, It awakens.

When I was given the question, it was just as if that person were saying to me, *"Yes, yes, that's all very fine, but after all, what IS the Divine!"* So I read his letter, and there was that total silence, of everything, and a sort of SINGLE gaze—a single gaze encompassing everything—which wanted to see ... I remained like that, looking, until the words came. Then I wrote: *"Here is ONE answer"*—there could be a hundred ... which would be just as good.

And at the same time, when there was that look at the *"something"* which had to be defined, there was a great silence everywhere and a great aspiration (*gesture like a rising flame*), and all the forms that that aspiration has taken. It was very interesting.... The history of the aspiration of the earth ... towards the marvellous Unknown we want to become.

And each one—each one who was destined to effect the junction—believes in his simplicity that the bridge he has walked is the only one. The result: religions, philosophies, dogmas, creeds—battle.

Seen as a whole, it's very interesting, very charming, with a Smile that looks on. Oh, that Smile ... looking on. That Smile seems to be saying, *"How complicated you make it! When it could be so simple."*

To put it in a literary way, we could say, *"So much complication for something so simple: to be oneself."*

*(silence)*

*(to be continued next week)*

— The Mother . Agenda . May 24, 1967

<https://incarnateword.in/agenda/8/may-24-1967>

With love and gratitude,  
Gangalakshmi (HOMA)





**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, 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**

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### 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,

Welcome to a New Year!

### Here some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can done at this account Nr: **FS #252150**.
- You now find the Tamil and French versions of the N&N to download in every weeks issue.
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).

Thank you for your continued support!

In community,  
The RA Community Edition News and Notes Team

## WORKING GROUPS NEWS

### FROM THE RA WORKING COMMITTEE

#### **REPORT ON THE MATERIAL DEVELOPMENT OF AUROVILLE AND DOSSIERS ON THE ONGOING TAKEOVER**

Dear community,

We would like to share with you that, at our request, a team of resource people have been preparing a report called The Development of Auroville's Assets - Decades of Dedication by the Auroville Community.

This document offers a general overview of Auroville's material development and highlights some specific case-studies of this to date, across key areas.

It can be found at the following link: <https://auroville.media/achievements/>

In addition, over the past year and a half, three detailed Dossiers on the ongoing takeovers have been prepared by another team of resource people.

These three Dossiers each cover a specific topic, namely:

- Dossier 1: Takeover of Auroville's Internal Governance
- Dossier 2: Censorship & Takeover of Communication Platforms
- Dossier 3: Mismanagement of Auroville Assets & Finances, Natural & Human Resources

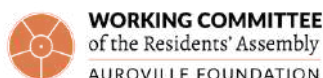
They can all be found at the following link: <https://auroville.media/crisis/dossiers/>

We would like to thank all those who worked on the compilation, write-up, editing and layout of these highly valuable documents.

This is shared with you for your information and as a matter of transparency.

Please feel free to circulate these documents widely.

In community,



Your RA Working Committee  
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli

## OBITUARY

### GIORGIO LUCIANI



Giorgio visited Auroville the first time in 1988 for a few months and returned in 1991. In 1995, he and his wife Diana moved to Auroville and soon after that their daughter Divya was born.

Sri Aurobindo and The Mother were a central inspiration in his life. He felt all answers to life's questions were given by them, and he kept their books on his bedside table. He believed in the transformation of the human being.

Friends remember him fondly as a cheerful person with a positive outlook who had a strong life energy, was never spiteful and always forgiving of others' mistakes or flaws. He was an active sportsman, who played tennis and football and was fond of cycling. With his generous and caring nature, he researched and implemented practical everyday solutions wherever needed, which over the years was much appreciated.

Giorgio had worked in Italy in a company that built private pools for the affluent, so it was natural to continue working in this business in Auroville. He started EcoTeco Pools, an Auroville unit that designs and builds pools and supplies its components. Over the years the main activity became to supply pool components for water purification and international standard pool products. Eco- friendliness was an ongoing concern for Giorgio. However, Giorgio considered that EcoTeco engaged only one aspect of his personality: he never saw himself as a businessman, an administrator, or the fact that what he does was part of the 'global system' as he called it. He loved "to work with my hands – not really in an artistic sense, but in the sense of materialising something to perfection."

In an interview with Auroville Today he expressed the wish to be more involved with other community members than solely running the unit. "We all seem to be isolated in our little cells. But the people around you are important. If you have a problem, you should be able to go and meet your neighbour, whoever it is, and talk about it and vice-versa." He dreamed of more communities having a place to gather, interact, and eat together.

Giorgio had a deep love for travel, especially the mountains and ocean with not much civilization called him. He was known to be off at times for a spontaneous adventure. With friends he dreamed of sailing around the world, - may he now sail in Her Light.

Our deepest condolences go out to Diana and Divya, and to his family in Italy and friends all over the world.

OM



## SELVAM NADESAN

Mr Selvam Nadesan, born on 1st January 1963. He passed away on 25.12.2023 at around 11 AM in a Hospital in Pondicherry, due to his physical inabilities and health issues.



He has been a great carpenter and has been doing a lot of community services. He officially joined the community in 2018.

He was not only a skilled carpenter but also dedicated himself to numerous community services. His official association with the community began in 2018.

The burial was on 26.12.2023.  
Farewell Selvam.  
OM

## TATIANA TOLOCHKOVA



The Pitanga team, our facilitators and practitioners are mourning the loss of our much loved Iyengar Yoga teacher, Tatiana Tolochkova.

Tatiana left her body in the early hours of the New Year at the age of 54.

Tatiana taught at Pitanga since 2007 and guided countless practitioners of all levels with such dedication and skill. As an executive of Pitanga she was in charge to oversee the development of professional Yoga practice in Pitanga. She will be greatly missed by all of us.

Thank you, dear Tatiana, for enriching our life!

For more details on the farewell process, please read the massbulletins. Pitanga will be publishing a more detailed obituary soon.

We send our deepest condolences and love to Daniel and Andrey.

Pitanga Team

## TATIANA: PERFECTION, PURNAYOGA. AND THERE IS NO DEATH.

Tatiana had returned to Auroville, teaching again for a while; could I suspect that she would die of cancer, in PIMS, choosing exactly New Year's night?

Like my previous Iyengar teacher, Nolly, Tatiana too was a master; when Nolly quit it took me years to accept someone else. I met a few others giving classes, but for them, Iyengar was something external, not an inner discipline. Whereas for both, Nolly and Tatiana, the body was a vehicle to achieve perfection, the same perfection down to the most minute detail Sri Aurobindo and the Mother expect from their sadhaks. A master can make you do things seemingly impossible, this is the beauty: there are no limits. Once with Nolly, entering an abstruse posture (on top, wrong), I passed into samadhi, in front of all. When I resumed consciousness I felt so embarrassed that it took me one year to return to her classes.

I went to see Tatiana. Even in death, she is a master. Fully in control. She leaves behind a husband and a son, the loss is terrible; but in that glass case I did not see the woman, I saw the master. She was dressed in a black overall and a T-shirt with the logo; her body was fully stretched, in a perfect ultimate posture. What struck me the most was the incredible arch of her feet, the feet of a ballet dancer performing even in death. She was a ballet dancer before becoming an Iyengar teacher, T. confirmed. Then I saw my mother, a sacred dancer and a choreographer enacting sacred mysteries in arenas with 400 dancers... dead of cancer at 44, seemingly alive... What mystery did these two women, achieving bodily perfection and dying, without looking dead despite the cancer killing them, live?

Integral Yoga is perfection, purnayoga. Maybe it is impossible for humans, at the stage we are, to achieve perfection. Death ensues. But perfection is the ultimate goal and there is nothing in between, whatever the cost. Tatiana, like my mother, pursued her path in full; no matter how short their life has been it was well spent, living the utmost. Hatha yoga for one, sacred dance for the other, this was their mission and reason to be. They never gave up, never compromised. Perfection is the ageless and the eternal.

Each of us has a Path. What counts is perfection, purnayoga: this was my last class with Tatiana.

And there is no death.



Isadora Duncan, the teacher of my mother's teacher, was instantly killed by the tightening of the scarf around her neck, when she fell to the stone pavement from an open automobile. She was 50.



On her deathbed, Tatiana too danced, and sacrificed, to Perfection.

- Paulette

## COMMUNITY SHARING

### MONTHLY TRANSPARENCY REPORT (DECEMBER 2023) YEAR-END REPORT (MAY TO DECEMBER)

As part of our commitment to transparency, we are happy to present our report for December and the 8 months since we took over responsibility for the shelter in mid-April this year.

#### Yearly Overview (December)

New admissions: 172 (6 in December)  
Rabies suspect cases rescued: 12 (0 in December)  
Adoptions, rehoming: 91 (10 in December)  
Vaccinations administered: 388 (20 in December)  
ABC shelter dog sterilisation: 67 (0 in December)  
Deworming: 725 doses (36 in December)



#### Donations

This month we received Rs. 229.669 in monetary contributions which includes Rs. 50.000 funds from BCC to our FS account. AVI International USA has this month a fantastic matching campaign. So far USD 1.258 has been received which will be doubled to approx. Rs 2 lakh which we will get transferred in January. This brings the total of all donations raised since mid-April this year to Rs. 25.5 lakh.

All our accounts are done by AV Service Trust Accounting and have been successfully audited by FAMC and BCC. We have welcomed in the last 8 months twice an inspection team of the Animal Welfare Board of India and once an inspection by the Department of Animal Husbandry, who confirmed that the care given to our dogs is exceptional, even though the former IACC shelter lacks many of the basic facilities. Support for funds for building the new Auroville Dog Shelter has been pledged.

## Expenditures

**Animal Food:** For many months we fed our dogs monthly 1.6 tons of rice and 2 tons of chicken, which has now been reduced in quantity as most of our dogs have reached their optimum healthy weight. In 8 months we fed approx. 12.8 tons of rice and 14.5 tons of chicken to our dogs, supplemented with 5.500 eggs, pedigree, daal, and donated food. The total cost of animal food since mid of April was around Rs. 9 lakh

**Staff Costs:** At the moment our team consists of 6 local workers, 1 vet, 5 animal handlers, and 1 SAVI volunteer. As we are hopefully soon starting construction of the new shelter, we are constantly looking for new team members to expand our team and provide better care and services. Our new vet works 6 days a week from Monday to Saturday, which allows us to offer simple treatments or vaccinations for your dog between 10 and 12 am for cost price. Please make an appointment beforehand. The total wages we paid this year sum up to Rs. 8 lakh.

**Medical Costs:** In the last 8 months we spent Rs 4.36 lakh on urgently needed medicine, syrups, vaccinations, x-rays, blood testing, and surgeries. The medical costs in December were Rs. 19.575.

## Additional Executives

As the Auroville Dog Shelter is soon entering a new phase in its 20-year history and has lots of challenges still ahead, we are happy to announce that with Tine and Joseba two additional Executives have joined our team!

## Construction of the new VIP access road has begun

A few days ago, the construction of the new VIP access road to the Visitors Centre commenced, cutting through one side of the shelter and necessitating the removal of trees. Due to the road's path, our water tower and electricity pole need relocation. Additionally, two dormitories and our kitchen will be demolished, but Auroville has committed to constructing temporary replacements to ensure our dogs are protected from the elements. A secure fence will be installed to safeguard our dogs alongside the new road. We are taking every precaution to keep our dogs and the workers safe during the construction, despite the evident distress it is causing our canine residents, leading to several dog fights a day.

## The new Auroville Dog Shelter - a look ahead

As the year comes to a close, we are happy to announce the completion of all preparations for the new Auroville Dog Shelter. We eagerly anticipate receiving the green light at the beginning of the new year to commence construction on a facility that will serve as a model shelter for Auroville and the entire bioregion.

In collaboration with other animal welfare organizations, we aim to address a significant problem that results in immense suffering twice a year: the puppy problem. The current scenario sees an overwhelming number of puppies born, with many facing a tragic fate due to illness or neglect. Our solution does NOT lie in merely building a larger shelter to accommodate more dogs but in creating a better shelter equipped to sterilize and vaccinate 1000 dogs annually. This translates to 20 dogs a week for 50 weeks, promising a transformative impact on the entire canine ecosystem. We recognize the importance of education and information as crucial tools in changing the mindset of dog owners regarding the importance of sterilizations and vaccinations. Our goal is to promote responsible dog parenting, emphasizing the benefits that come with it, rather than mere dog ownership.

The primary emphasis of the New Auroville Dog Shelter will be on adoptions and rehoming. Our ambitious goal is to secure loving homes for all our dogs. Through dedicated dog training, socialization efforts, excellent veterinary care, and providing the highest quality nutrition, we aspire to achieve this objective.

The upcoming highlight of the new shelter is the envisioned Serenity Park. This dedicated space is designed for dogs that don't need medical attention, providing them the opportunity to reside in a captivating beautiful forest completely freely. Open to both visitors and Aurovilians, the Serenity Park promises a tranquil and natural setting not only for our canine residents but will be an oasis for everyone who wants to spend time there.

We have applied to the Animal Welfare Board, seeking a grant to acquire funds for a new ambulance as our old Omni has broken down. Simultaneously, we are in the process of training one of our team members to become a driver. We hope to be able to recommence rescue operations soon. It's important to note that we can only accommodate street dogs that, due to old age, weakness, or illness, can no longer survive on the streets independently.

In 2024, our goal is to collaborate with schools, working alongside teachers to integrate Animal Care into the school's curriculum. We are planning regular workshops and events throughout the upcoming year in the shelter. Additionally, we aim to conduct fundraising activities to generate a significant amount, enabling us to construct simple volunteer quarters to provide veterinary students and animal care volunteers with accommodation on the premises at no cost.

**We thank all dog lovers for your continued support and look forward to an exciting and successful New Year 2024!**

Auroville Dog Shelter Team

Mar, Tine, Joseba, Coco, Caroline, Arthur, Kiran

## ◆ [LAST CALL] URGENT PETITION REGARDING UNAUTHORISED ACTIONS BY THE AVFO FAMC ◆

**Last date to sign this petition is 7th January**

Dear Auroville community,

We have since learnt that the Secretary and the Governing Board appointed Land Committee are intent on exchanging and/or selling all the lands that are not included in the Aurovillian drafted Master Plan of 1999.

Please find the letter from the AVFO officer on special duty (OSD) Dr G Seetharaman regarding planned land exchange which effectively includes all communities, farms, forests situated outside the MP area.

[Link-1](#)

Please also refer to the Mother's sketch dated June 1965 of Auroville that includes an area from lake Ousuddu or Oustery to the sea.

[Link-2](#)

If Aurovilians withdraw their support these actions would not be possible.

Please sign the petition regarding the opaque and unauthorised actions by the AVFO FAMC and misuse of Auroville's community assets, community funds, maintenance allotment and policy agreements.

Please read and sign this petition.

So far we have collected nearly 500 signatures.

Let's reach out to another 100+ people and get the maximum of people to sign, please share this petition link (<https://forms.gle/6V6Q2XAV9oZjjPf66>) with your friends and neighbours.

**Remember your name will not be shared.** After the verification process the RA WCom will be requested to send the petition document with the number of the signatories to the AVFO FAMC and other concerned parties.

In these highly challenging times for our participatory governance, we can still use our voice through this petition to stand up for a free, fair and harmonious Auroville.

Tentative closing date of this petition is 7th January 2024.

Concerned Residents

Reference: Ministry of Education's RTI Request, correspondence obtained via RTI by AVFO and related email exchanges among Land Committee members.

[Link-3](#)

P.S.

There is also a physical signing sheet in Koodam/RA WCom Office. In case you prefer to submit by email please send your Name, Community Name, Auroville Status (Aurovillian, Newcomer, AV Youth-below18) to: [build.auroville.together@gmail.com](mailto:build.auroville.together@gmail.com)

## REVIEW AND NEW YEAR'S MESSAGE FROM AVI-BOARD'S CHAIRMAN

At the end of my quadrennium as Chairman of the Board of Auroville International, in which I give thanks to Mother for having had the honor of serving Her to the best of my ability, let me offer you this final review, written in a personal way, as a New Year's message.

I won't hide from you that it hasn't been a leisurely cruise down a long, calm river - but rather a journey marked by storms and turmoil. Just after our Annual General Meeting in February 2020 in Auroville, the Covid global crisis erupted. Auroville found itself confined in the most rigorous way, and in great economic precariousness. My wife Andrée and I had to extend our stay by a month, with air traffic at a complete standstill, before finally being repatriated by the Canadian government at the end of April. With my colleagues on the AVI Board, we reacted to the emergency by mobilizing throughout 2020, at frequent meetings - monthly, and sometimes weekly - of two hours or more by videoconference, which enabled us to launch vigorous fund-raising campaigns among members of the various AVI Centers and liaisons, in order to help Auroville's services and units in difficulty.

Then, as the pandemic gradually subsided, it was at the end of 2021 that a major internal crisis exploded in Auroville, opposing and polarizing Aurovilians as rarely, in a radical and often violent manner. As part of the AVI Board, we continued our active mobilization to support the Aurovilians and make representations to the ruling authorities, questioning what we saw as a threat to the Aurovilians' legal and economic security, as well as to their freedom of expression and action. For the most part, these letters went unanswered, even though they brought comfort to a large number of Aurovilians. It hasn't been so simple within our cénacle, and there have often been energetic discussions which have enabled us to harmonize our points of view which, as it is natural in a group of fifteen or so people, can be diverse and even divergent. I would like to take this opportunity to thank all the members of the Board, who have shown complete dedication and total involvement, Friederike – a real pillar of our association, who has stood out over the years in an almost heroic way – and Isa from Germany, Maggie and Mary from the USA, Évelyne and Mandakini from France, Josee from the Netherlands, Jean-François from Belgium, Alfonso from Spain, Juergen from Ireland, John from the UK, as well as the Aurovilians Vani and Martin who also take part in our meetings. However, even if our decisions are taken collegially, the fact remains that it is the President or Chairman who is accountable and responsible for the directions and decisions taken, as in any other decent organization or association.

What more can we do in the present circumstances? Our scope for action at Auroville International is naturally limited. Mother has made it very clear: it's only the Aurovilians - those who have committed themselves to staying permanently in Auroville - who can decide on the course of the town's development. The key to solving the problems facing Auroville lies with them alone, individually and collectively. On the other hand, at AVI we consider ourselves to be Aurovilians at heart. Some are former Aurovilians, some former ashramites or members of Sri Aurobindo Centres, and all are entirely dedicated to the ideals and development of Auroville, while actively feeling solidarity with all Aurovilians. We therefore feel justified in putting forward our point of view and making certain remarks. We have also taken care in our communications to maintain official neutrality and to express our respect and recognition of the role played by the Indian authorities. Indeed, in what other country in the world could this unique experience of an international city dedicated to Human Unity have developed in such a way for over 50 years? We must keep faith with the Indian administration, which has shown understanding, generosity and great open-mindedness in the past.

Our actions must also take account of the global context. We are living in an era of great disruptions and grave perils. We are facing a planetary adjustment, which is difficult for everyone in general. We must not let ourselves be discouraged, but rather put our trust in Mother, whose active presence we feel in Auroville in a more tangible and concentrated way than in any other part of the world. Some people would like to become over-active and react on a case-by-case basis to all the news we receive from Auroville.

I feel that this is not our role, and that it becomes redundant, tedious and ultimately unproductive. We also get this bizarre idea that, since things aren't going the way we want, we should stop all fund-raising and financing for Auroville. This is defeatist talk, verging on the suicidal. In fact, donations have not fallen off recently - quite the contrary. As Chairman of AVI-Canada, I've noticed that donations, particularly for the purchase of land, have increased significantly over the past two years. Credit for this must go to the dynamism of the Acres for Auroville (A4A) team, who have been doing a remarkable job of awareness-raising and follow-up for several years. In my opinion, we must not interrupt this movement, and if we do, it will be very difficult to restart it when conditions become more favorable - and they inevitably will, because everything is always in perpetual motion on this globe. Let's keep the faith and cultivate patience.

Instead, it's time to light up the stars again, not to be overcome by discouragement and gloom, but to give thanks to the Divine Mother for all Her graces and blessings. This is a time for the Unexpected. Let us be alert, and remember that we are invited to a Great Adventure.

And to close this message, let's take inspiration from this wonderful prayer written by Mother and delivered by her following her recorded reading of The Hour of God from Sri Aurobindo, in order to align our thoughts and actions:

*(A prayer for those who wish to serve the Divine)*

*Glory to Thee, O Lord, who triumphest over every obstacle.  
Grant that nothing in us shall be an obstacle in Thy work.  
Grant that nothing may retard Thy manifestation.  
Grant that Thy will may be done in all things and at every moment.  
We stand here before Thee that Thy will may be fulfilled in us, in every element, in every activity of our being, from our supreme heights to the smallest cells of the body.  
Grant that we may be faithful to Thee utterly and for ever.  
We would be completely under Thy influence to the exclusion of every other.  
Grant that we may never forget to own towards Thee a deep, an intense gratitude.  
Grant that we may never squander any of the marvellous things that are Thy gifts to us at every instant.  
Grant that everything in us may collaborate in Thy work and all be ready for Thy realisation.  
Glory to Thee, O Lord, Supreme Master of all realisation.  
Give us a faith active and ardent, absolute and unshakable in Thy VICTORY.*

(The Mother, Prayers and Meditations 23.10.37)

### Happy New Year 2024!

Pragna  
(Christian Feuillette)

OM NAMO BHAGAVATE SRI ARAVINDAYA

### AUROVILLE NEWS PODCAST - EPISODE 10



Dear Community,

We're happy to share with you the 10th episode of the Auroville News Podcast.

Today, we explore a new format, bringing you first a series of short and crisp updates, followed by a longer focus on the environmental changes impacting Auroville.

This 10th episode can be found on [Youtube](#), as well as on [Spotify](#), [Apple Podcasts](#), and on [auroville.media/podcasts](http://auroville.media/podcasts).

It has also been recorded in Tamil, and the Tamil version is available [here](#).

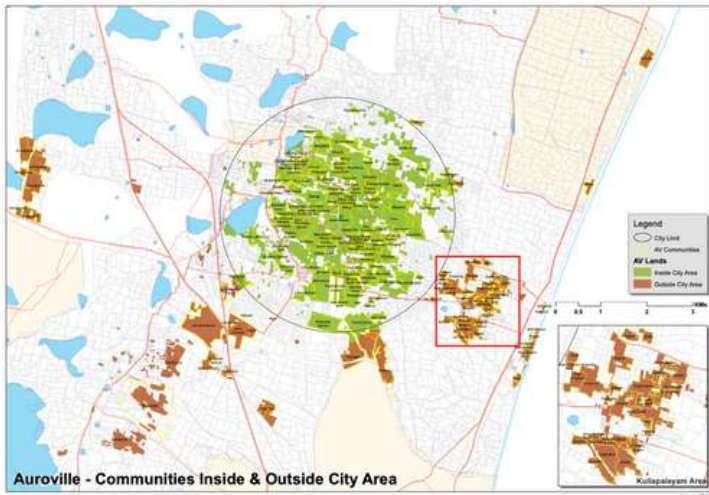
Feel free to send any comment, question or feedback at [media@auroville.services](mailto:media@auroville.services)

In community,  
The Auroville Media Liaison service.

## EXCHANGING OUTLAYING LANDS....

Page 10 of the RTI response:

Therefore, The Secretary Auroville Foundation has suggested that 984+70 totalling 1054.00 acres may be purchased through exchange of Auroville Foundation lands owned outside the Masterplan area.



Click [HERE](#) to see the map in big.

This would mean that all these communities are now endangered: Auromodele, Aspiration (including schools, Maroma, Auroville Press, Pour-Tous, Auroville Papers, Aureka, Aquadyn), Fraternity, New Creation, Djaima, Utility, Douceur, Protection, Sri Ma, Quiet, Repos, Eternity, Aurobrindavan, Anapurna... and many more...

## AUROVILLE'S CIRCUS OF MISRULE: POWER-HUNGRY CLOWNS TURN UTOPIA INTO TRAVESTY

In Auroville, a clownish spectacle is unfolding, where a handful of power-hungry jesters are turning a once-inspiring utopia into a sideshow of chaos and destruction.

Their antics threaten to dismantle Auroville's values, along with the lush forests that have taken half a century to grow.

Auroville, once an experiment in human unity, internationalism, and spirituality, is now a parody of its former self. Thanks to a small empowered group, and their reckless decisions — which have resulted in outsourcing our construction projects, chopping down trees, and selling lands outside the master plan at a massive loss — Auroville is spiraling downwards towards self-destruction.

Meanwhile, many residents, unaffected by visa issues, seem content, even as their community crumbles around them. Their silence echoes the apathy that has allowed these clowns to seize power.

The lack of transparency and accountability from the administration is a running joke, a punchline that never gets old. Be it the RoR that remains incomplete, the lack of visa renewals to the demands of cash for a visa, or the felling of neem trees in the Matrimandir. The disregard for promises and the flouting of legal processes add another notch to the community's already considerable karma belt.

These power-hungry clowns have turned Auroville's vision of an experiment in human unity into a farcical show, where fundamental tenets are trampled upon and dissent is silenced. In the pursuit of "progress," the majority of residents have been alienated, leaving Auroville with a reputation as a place where progress is hindered, voices are silenced, and basic rights are trampled upon.

Only time will tell if Auroville can redeem itself as a beacon of harmony and human unity.

However, if those who have been empowered do not resign (en masse), and recognize their roles as enablers of harm, this circus will continue, and the community and its ideals will continue to suffer at the hands of these clowns.

An Auro-villain

## OUTER RING ROAD

What's is happening, and something known for a long time and for which a case should already have been filed with the NGT, is the colossal destruction now planned for the demolishing of the forest with its biodiversity in a 25 meter wide stretch from Revelation to Sharanga. This will be a destruction of the link between the largest and connecting forest between Greenbelt and City area. A destruction that will also cut off the park areas that so far have connected with existing forest. This construction of the absolutely unnecessary eastern outer Ring road (the outer Ring road on the west side is sufficient) will be by far the largest destruction of nature and nature's part in the city area than anything else. Yet no protests are heard. And the road work is supposed to begin soon.

- An Aurovilian

## OPEN LETTER TO THE RECENTLY FORMED 'DONATION CHANNELING GROUP'

Dear Naren, Sandeep, and the Esteemed Members of the Donation Channeling Group,

I hope this letter finds you well and in high spirits, much like the ideals that Auroville was founded on. As a resident of this unique township, I find myself compelled to address the recent communication regarding the establishment of the Donation Channeling Group (DCG) and its accompanying bureaucratic ornamentation.

While I appreciate the efforts to bring transparency and accountability to the realm of donations in Auroville, I can't help but feel a twinge of irony. You see, Auroville was envisioned as a place of unbound potential, free from the shackles of excessive governance and tedious administrative processes. The Mother, with her profound insight, saw Auroville as a beacon of human unity and freedom, a place where residents could live harmoniously, liberated from the conventional tethers of society.

However, the introduction of the DCG, along with its platoon of forms – the Project Registration Form (PRF), Donor Information Form (DIF), Funds Release Form (FRF), not to mention the array of certificates and quarterly reports – seems like a stark departure from these ideals. It appears we are pivoting from a community driven by spiritual and communal values to one ensnared in the very bureaucracy we sought to transcend.

The essence of Auroville lies in its simplicity and trust in the individual's inner guidance, not in the meticulous tracking of every penny or the imposition of stringent guidelines on philanthropy. While the intentions behind establishing the DCG might be noble, the methods suggest a mistrust in the community's ability to self-regulate and a deviation from our founding principles.

Moreover, the layering of administrative procedures could potentially stifle the spirit of generosity and collaboration that Auroville has always fostered. The requirement to fill out multiple forms for each donation, adhere to strict guidelines, and the looming threat of fund withholding for non-compliance, may discourage both donors and project initiators. This could inadvertently impede the innovative and community-driven projects that are the lifeblood of Auroville.

In conclusion, while I understand the necessity of maintaining financial transparency and accountability, I urge the DCG and the Governing Board to reconsider the current approach. **Let's not forget that Auroville was intended to be a laboratory of evolution, not an exhibition of bureaucracy.** The Mother envisioned a place where people could freely collaborate and create, guided by their highest ideals. Let us strive to uphold that vision and ensure that administrative processes support, rather than hinder, the flourishing of this extraordinary community.

In the spirit of Auroville, where the only 'form' we cherish is the formless pursuit of human unity.

Yours sincerely,  
An Aurovilian with a Pen



## WHY AM I HERE?

"The fact of being born with a psychic being and upon earth which is a spiritual symbol proves that we have each one of us a great responsibility, doesn't it?"

"Surely. One has a big responsibility, it is to fulfil a special mission that one is born upon earth. Only, naturally, the psychic being must have reached a certain degree of development; otherwise it could be said that it is the whole earth which has the responsibility. The more conscious and individualised one becomes, the more should one have the sense of responsibility. But this is what happens at a given moment; one begins to think that one is here not without reason, without purpose. One realises suddenly that one is here because there is something to be done and this something is not anything egoistic. This seems to me the most logical way of entering upon the path—all of a sudden to realise, "Since I am here, it means that I have a mission to fulfil. Since I have been endowed with a consciousness, it is that I have something to do with that consciousness—what is it?"

Generally, it seems to me that this is the first question one should put to oneself: "Why am I here?"

I have seen this in children, even in children of five or six: "Why am I here, why do I live?" And then to search, with whatever consciousness is available, with a very little bit of consciousness: why am I here, for what reason?"

This seems to me the normal starting-point."  
The Mother

<https://incarnateword.in/cwm/04/24-march-1951>  
Zech, 2023.12.26

## I INVITE YOU TO THE GREAT ADVENTURE

[https://www.youtube.com/watch?v=s1411\\_IDMF4](https://www.youtube.com/watch?v=s1411_IDMF4)

Wishing All a Divine 2024 ...and beyond 🙏

To the awakened ones  
Aspiring for the Divine Manifestation:

She is the Supreme Secret  
Herself the Divine Tablet  
The Object of Surrender  
The Supreme Divine Mother,  
She the Transforming MahaShakti  
Of the Sunlit Path of Bhakti.

Your all to Her  
Consciously offer.

<https://incarnateword.in/cwsa/32>  
Zech, 2024.01.01



## SRI AUROBINDO ON MAHAKALI

If you are afraid of the Mother's scoldings, how will you progress? Those who want to progress quickly, welcome even the blows of Mahakali because that pushes them more rapidly on the way.

CWSA, 28 September 1933, Vol. 32, p. 353

...

Continue reading [HERE](#).

Submitted by Paulette



## NEW YEAR MESSAGE FROM GANGALAKSHMI

Happy New Year

To my immortal child with my immortal Love.

— Mother . 24 February 1967

Bonne Année

À mes immortels enfants avec mon Amour immortel.

— Mère . 24 février 1967

## AWAKENING SPIRIT

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 9th January, 9 am - 12 noon  
Focus: The Collective Yoga

Led by Ashesh Joshi

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

All are Welcome



### AMPHITHEATRE - MATRIMANDIR

Every THURSDAY at sunset  
5.30 to 6 pm  
(weather permitting)

Meditation with Savitri,

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

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

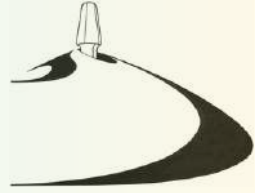
Reminder to all:

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



### 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

## HEALTH

### SANTÉ SERVICES IN JANUARY 2024

#### Working Hours:

Monday - Saturday 9:00 - 12:30pm & 2:00 - 4:30pm

#### Tests and Sample collection:

Mon-Fri before 12:00 pm. No sample collection on Saturday.



#### For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 9442224680

Government Ambulance (24/7) : Phone: 108

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

<b>Doctor consults with Dr.Senthil:</b> Monday to Friday	<b>Nursing Care:</b> <b>Ezhil, Thilagam, Archana &amp; Sandhya:</b> Daily No appointment necessary
<b>Ayurveda with Dr.Be:</b> Tue/Wed/Fri	<b>Pregnancy Care &amp; Women's Wellness with Paula:</b> Tuesday & Wednesday
<b>Acupuncture with Andres:</b> Mon/Tue/Wed/Fri/Sat	<b>Homeopathy with Michael:</b> Mon / Wed / Sat
<b>Integrative Psychotherapy with Juan Andres:</b> Monday to Friday	<b>Physiotherapy with Arun:</b> Monday to Saturday
<b>Functional Medicine with Lize:</b> Wednesday & Friday	<b>Physiotherapy with Rebeca:</b> Mon /Wed /Fri
<b>Bio-Well Assessment</b> (Evaluation of your well-being) <b>with Helena:</b> Inquiry through email ( <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a> )	<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.

**In case of cancellation or to reschedule, it is necessary to inform us in advance.**

### AUROKIYA INTEGRAL EYE CENTRE @ ARKA



#### Working Hours:

Monday - Saturday  
(9.00 am -5.30 pm)

#### Services Provided:

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

**Contact:** [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com)  
WA/ Mobile: 8012305151: [www.aurokiya.com](http://www.aurokiya.com)

## JOB OPPORTUNITIES



### ANIMAL CARE WORK - FULL MAINTENANCE

We are expanding our team and are happy to be able to offer an exciting job position as a full-time animal caretaker at the Auroville Dog Shelter.

We are looking for an Aurovilian or Newcomer who has what it takes to work in this job position which comes with the responsibility for almost 300 dogs. You have to be committed to working 5 days a week from 9.00 to 17.00 at the shelter, providing animal care, coordinating and organizing work as a dedicated team member. It is the real yoga of work and hard, and we understand that not everyone can do it, that's why this position comes with a one-month trial period before a one-year commitment. In the last year, we made enormous progress, now with the perspective of hopefully building an entirely new shelter soon, we are happy to welcome a new team member who shares our vision of becoming the best shelter in the entire area, providing effective care and help for everyone in need. Join our vision and WhatsApp Coco at +33672046070 or Arthur at +918122225266

## ART AND CULTURE

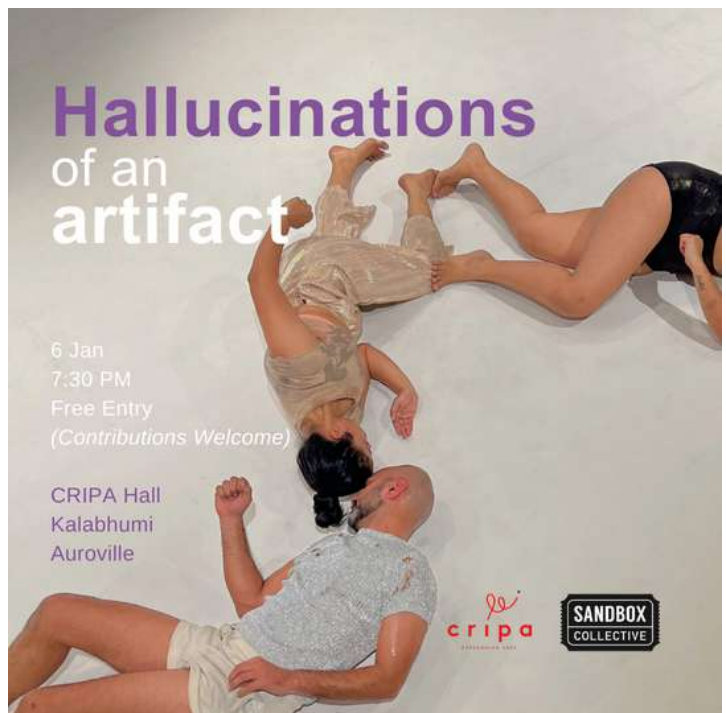
### THE SANDBOX COLLECTIVE

The Sandbox Collective is happy to offer **HALLUCINATIONS of an ARTIFACT** by choreographer **Mandeep Singh Raikhy**. How does an ancient artifact think, move and respond to our current times? Hallucinations of an Artifact brings the Dancing Girl figurine from the Indus Valley civilization (c. 2300-1750 BCE) to life through dance and artificial intelligence. It pushes back at the multiple assertions that have been made on behalf of the figurine over the years. Can the Dancing Girl live, perspire, breathe, evolve and transform through dancing bodies?

**At CRIPA in Kalabhumi.**

**Jan 6, 2024. 7:30 pm.**

**Entrance is free. Contributions are welcome!**



## CENTRE D'ART CITADINES EXHIBITION

**ENDLESS GAME**  
by Dominique Jacques

**Opening on 5 January 2024 at 4.30pm**  
at Centre d'Art Citadines

**From 5 to 20 January**  
Tuesday to Friday 2.30 to 5.30pm  
Saturday 10am to 12.30pm, 2.30 to 5.30pm

Games were one of mankind's first abstractions, an allegory of our life courses as a training ground for strategizing, giving us the illusion of controlling our fate, perhaps even transcending it. Games symbolize the antagonism between the living, it wants a winner, but allows for revenge.

If the universe is the creation of the divine which plays to know itself, then we are participants in this never-ending adventure. Each time our soul takes on a new body, we return to the arena to play a new game that will only end when we die.



## PITANGA EXHIBITION - CERAMICS - V BY PRIYA S.

**Art Exhibition**

**Ceramics – V**

**Priya Sundaravalli**

**30 Dec 23 — 30 Jan 24**  
at Pitanga

Exhibition timings: Daily, except Sundays 8.00 - 12.30pm & 2.00 - 5.30pm  
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 262403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATA0037BY1N

## PHOTOCIRCLE @ CENTRE D'ART

Dear photographers,

Photo Circle meets again on  
**FRIDAY 12th JANUARY at 5pm**  
in the Centre d'Art multimedia room, at Citadines



The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images. Everybody's welcome

## EDUCATION

### HELP WITH ENGLISH TEXTS NEEDED?



Dear all,  
Manya, an Auroville youth, will be offering a new service under the YouthLink Banner.  
The service will aim to help non english speakers correct their written text for letters, emails, blogs etc.  
Its purpose is to promote English literature to those who have trouble with the language and to encourage higher levels of expression through text.  
Alternatively, if you do speak English fluently and would like your text to be proofread, Manya would be more than happy to help!  
This will be a free service and any donations will be given directly to Manya to support an Auroville youth providing a much needed service.  
If you are interested, please reach out to us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or Whatsapp us at +91 85248 25120  
Much love,  
Manya & the YouthLink team.

## 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



## LEARN THOYA TAMIL- BEGINNERS CLASS

**When:** Class starts 8 January,  
**Time:** 7:15 - 8:30 pm,  
**Where:** Council Room TH

**Thoya Tamil**

Tamil classes for absolute Beginners

Start date: January 8th, 2024

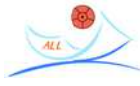
Time: 7:15pm - 8:30 pm, every Monday

Venue: Auroville Council Room, Town Hall

Spend 3 months learning to speak, read, and write Tamil quickly; get to know a bit of the language and cultural history of Tamil with Sandeep

LIBRARIAN PAVILAGAM

to get a feel for the classes, listen to this podcast:



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!

**Our first full-length publication:** We are delighted to share that our first full-length publication, "From Resonance to Bonding" by Dirk Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies. Links below:

- Amazon India: <https://amzn.eu/d/e4jhPpI>
- Amazon.com: <https://a.co/d/cwpVBjI>

**Looking for:** Volunteer (s) capable of reading & writing **Kannada & Telugu**, for proofreading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment.

## Tomatis

**There are spaces available for both language & therapeutic programmes!**

Please contact 0413-3509932 or 04132622467 or email us at [tomatis@aurovillelanguagelab.org](mailto: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-sBMlyyWZNdZcAng/videos>
- <https://www.listenwell.com/>

## Current Language Courses at ALL

### 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. You are welcome to attend an introductory session on **January 10** to know more about the course outline and learning outcomes. We hope to start **January 22**. We do need to have 6-7 confirmed registrations.

- Classes will be held **Tuesdays and Thursdays, 2:30 to 3:30pm**.

### New: Beginner Hindi with Rupam

A native Hindi speaker, Rupam has a passion for teaching which she has keenly pursued over the last several years here at the Lab. Her approach is to make learning easy through games, songs, poems, & other interactive activities. This three-month (24 hr) beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will be paced to align with each student's comfort! The course will start as soon as we have 4-5 confirmations.

- Classes will take place **Mondays & Wednesdays, 10:30 to 11:30am**.

### New: French with Jean-François

Jean-François offers three 2-month courses:

#### Beginner French:

This 16-hour course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course will start **November 4**. Classes take place **Saturdays, 2:30 to 4:30pm**

#### French Conversation (Post-Beginner to Pre-Intermediate level):

This 12-hour course is for post-beginners with a basic knowledge of French who are not yet comfortable conversing in French. The course will focus on day-to-day topics and will be a good mix of grammar, and interactive verbal as well as written exercises. By the end of the course, the students will acquire a more solid foundation in French conversational skills. All students who have taken Jean-François's Beginner Course are welcome to join!

- This course will start on **November 4**. Classes take place **Saturdays, 10:30am to 12noon**.

#### French Conversation (Intermediate level):

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 16-hour course will start on **November 6**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

#### German with Ben

Ben will resume his courses from mid-January. You are welcome to enquire and register.

#### English Conversation with Ramesh

Ramesh's next batch will begin mid-January. Registrations open!

#### 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.

- Classes take place **Tuesdays & Fridays, 9:30am to 10:30am**. Course started on **January 23** comprising 24 hours of teaching over three months.

#### 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](mailto: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 January 2024	4-5pm	Tuesday & Thursday
French	Beginner Started 4 November 2023	2:30- 4:30pm	Saturday
	Conversation 1 Started 4 November 2023	10:30am – 12noon	
	Conversation 2 Started 6 November 2023	2:30 -3:30pm	Monday & Thursday
Tamil	Spoken Beginner To start January 2024	9:30 – 10:30am	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner January 2024	10:30am – 11:30am	Monday & Wednesday
German	A1.1 Beginner January 2024	9:30 – 11am	Monday & Wednesday
	German Conversation To start soon	4 – 5pm	Tuesday & Thursday
Spanish	Beginner To start January 2024	2:30 – 3:30pm	Tuesday & Thursday
	Intermediate	2:30 – 4pm	Tuesday
Japanese	Beginner To start December 2023	TBA	TBA
Italian	Beginner TBA	TBA	TBA
	Intermediate Started 14 December 2023	3 – 4pm 2:30 – 3:30pm	Monday Thursday
Persian	Beginner To start January 2023	TBA	TBA

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](mailto:info@aurovillelanguagelab.org)

## POETRY

I look into your eyes  
In a photo.

Finally, here is something  
Unblinkingly ever-lasting.

-Anandi Z.



## HERE IN THE SILENCE

Here in the silence of the Ashram's peace  
I bow before the Samadhi and I pray  
For all who in their aspiration seek  
The higher way, the way of truth and light.  
I do not mistake the evil doers here  
But give no inner or no outer support  
To all who would control Auroville.  
For I know that nothing can survive  
The Mother's Force or attempt to evade Her will.  
This is Her dream we are all assured  
To be fully realised in Her own time.

-Narad

## HARMONY IN AUROVILLE

How difficult to hear the songs of stars  
Or see in dawn the eternal light of lights  
Brought down to us by the avatars  
Whose internal touch descends in nights

When calm is felt within the silent soul.  
The Mother speaks of collective harmony  
And for humanity it is the goal  
But is only possible when we are free

Of the binding ego and its authority  
To lead the being in duality's ways  
Encouraging the few who wish to be free  
Of all the games the lower vital plays.

-Narad

## CLASSES, WORKSHOPS & HEALING ARTS

### ATB INTRODUCTORY WORKSHOP

with Suryamayi & Vega  
Sat, January 13th 9:15AM - 12:15PM

Join us for an introductory experience of Awareness through the Body, an integral yoga practice developed in Auroville. Through a wide variety of introspective, interactive, dynamic, meditative and playful exercises and activities, ATB offers opportunities to explore the different planes of our being, and to integrate these around our innermost center.

Rs. 750 for guests  
Rs. 500 for Savi registered Volunteers  
Free Contribution for Aurovilians & Newcomers

Advance registration required:  
Email [suryamayi@auroville.org.in](mailto:suryamayi@auroville.org.in)  
Vega +91 8531012459

For more information on Awareness Through the Body, see:  
[www.awarenessthroughthebody.org](http://www.awarenessthroughthebody.org)

With best wishes for 2024,  
Suryamayi & Vega

**Intro Awareness Through the Body**

13th January(Sat) 9.15am ~ 12.15pm  
with Suryamayi & Vega  
advance registration required

**All are welcome~!**


## I JUST WANNA WRITE



Writing from Within - An exploration of our Inner Worlds through inspiring writing techniques.

For a session (individual or collective) contact Francesca at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com).

The sessions will take place at the European Pavilion.

Follow me on my new YouTube Channel  I Just Wanna Write

A Gate Of Dreams Initiative



### CREATIVE WRITING SESSIONS ARE BACK.

Dear Aurovilians and Newcomers, after a few years I am finally available again to do creative writing sessions with you. The path of Never Ending Education can be fun when coming from within. If you want to explore the writing world with me, if you are planning to write an autobiographical book or a fictional one and need some help to reignite the flame of Inspiration, if you want to delve into the deep world of archetypes or other, you can book an individual or group session by writing me at [avgatedreams@gmail.com](mailto:avgatedreams@gmail.com).

If you first want to get an idea of what I do, you can visit the site dedicated only to Aurovilians and Newcomers at [gatedreams.com](http://gatedreams.com) and sign up for the "I Just Wanna Write" section. Or you can visit the brand new YouTube channel I Just Wanna Write, where I undertake a writing challenge that will run throughout 2024.

For you, dear Aurovilians and Newcomers, the session is for free.

Dear Guest, don't worry I haven't forgotten you! If you want to have a session with me, please write to me at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com).

Happy New Writing Year  
Francesca

### AUROVILLE HEALTH CARE

#### KINESIOLOGY JANUARY 2024 PROGRAM

**New: Kinesiology courses beginning in New Creation, Auroville.**

#### Touch For Health

Inspired by Chinese medicine, Touch for Health (T.F.H.) or health through touch allows for the assessment and correction of the energetic system, organs, and acupuncture meridians through the muscular system. John THIE, one of the leaders in kinesiology, developed this technique by reflexively influencing the lymphatic system and blood circulation, enabling the body to self-regulate. With its balancing capabilities, Touch for Health serves beneficial functions.

**Level 1 : 2 days, 8-9 January**

**Level 2 : 2 days, 10-11 January**

### Brain Gym

Kinaesthetic education or Brain Gym is an approach that enhances skills and stimulates capabilities. It offers an experiential learning based on movement and observation through playful and creative activities. Brain Gym courses aim to teach how to assist others and oneself in managing stress, releasing muscle tension, and rediscovering the joy of moving, learning, evolving, and succeeding.

**Level 1: 2 days, 15-16 January**

**Level 2: 2 days, 17-18 January**

For more information on kinesiology courses and classes go to [www.kinesiology-auroville.in](http://www.kinesiology-auroville.in)

#### The teacher

Yehovind (Ricardo Martinez) was director and teacher of the ASTM kinesiology school in Paris for 13 years. He has more than 20 years of experience in this field. Courses are in French and translated in English.

**Place:** New Creation, Auroville (Near Kuyilappalayam)

#### Contact:

Whatsapp message only: +33686928426

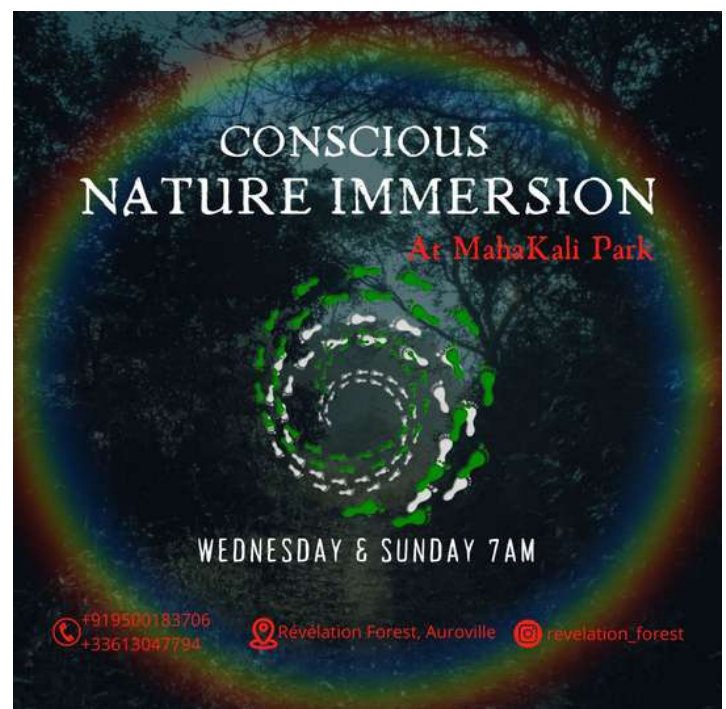
[yehovind@gmail.com](mailto:yehovind@gmail.com)

[contact@kinesiology-auroville.in](mailto:contact@kinesiology-auroville.in)

### CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. Every Wednesday and Sunday, Major Arun and Solen-Mukhande guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic "web of life" brings, in turn, insights for our self-study and yoga of work.

**Free.** Contributions accepted for the management of the site. / **Be adequately clad to prevent mosquito bites.** You may also carry mosquito repellents. / **Venue:** Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for "Revelation Forest" on Google Maps) / **Contact:** +919500183706 (Arun) +33613047794 (Mukhande). Better to confirm your venue by one WA message, especially if it rains. / **We also custom programs, training and healing sessions on prior demands.** Please note that the park is not yet accessible without our supervision, thank you for your understanding!



## MINDFULNESS FOR STRESS REDUCTION (MBSR) - 8 WEEK COURSE

Mondays from 8th January to 26th Feb 2024 - 6.45-9pm

The MBSR course is considered the gold standard in mindfulness training. This secular course synthesizes the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life - giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

The course is run in small groups (6-12 people), so places are limited. If you are interested to attend whatsapp Helen on 7094753054.



## 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](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



**Serendipity (Ex. Joy)** is located opposite Center Guest House  
<https://serendipity.auroville.org> - [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)  
 +91 9385623342 - [facebook.com/serendipityauroville](https://www.facebook.com/serendipityauroville)

# THERAPIES



**SHIATSU MASSAGE**

 Sara  
+91 9443617308



**EXPRESSIVE ARTS SESSION**

**TAROT READING**

**PRANIC HEALING**

 Anjali  
+91 95600 26678

# ACTIVITIES



**HATHA YOGA**

Wednesdays - 5:30 - 6:30pm  
Saturdays - 7:30 to 8:30am

 Ramesh  
+91 98451 68490



**MINDFULNESS MEDITATION**

Thursday - 7 - 8pm

 Gijs  
+91 73394 59425



**SANSKRIT TRADITIONAL CHANTING**

Thursdays - 9- 10am (drop in class)  
Fridays - 5 to 6pm (Regular Students)

 Sonia  
+91 8940288090

## LETTING LOVE LEAD: FLOW GAMES

- FRI Jan 12, 4-7pm, in Auroville or
- SUN Jan 14, 4-7:15pm, Online

Do you want to shift into the frequency of love? Is there a challenging situation in your life that you want to see through the transformative lens of love, rather than fear? The Flow Game lends itself to a heart-infused process, through which we can transform stuckness. Bring a challenge that's alive in your heart. Discover your way to greater flow.

Facilitator #1: Sandhya, Facilitator #2: Niharika. Only 6 spots. Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 9833384580.



## DEEP SOUND BATH IN CREATIVITY

### TIBETAN BOWLS

Hall of Light  
CREATIVITY community

**Every Friday**  
from 5 to 6:30 PM

Starting from 17th November



**There will be a LIGHT massage by the Tibetan Bowls.**

Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practise produce a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

*"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes."*

Drop in the Hall, no reservation needed.  
Please arrive 10 minutes before.

Guest 600 rs  
Volunteer 300 rs  
Aurovilians and Newcomers, conscious contribution

Sathyayuga  
WA +917639761930

## AUROMODE YOGA SPACE

### JANUARY 2024 SCHEDULE

Registrations is a must for all the program.

Email or WA us, to know about the fees structure and other details.

Contact – email – [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) & WA(only) +91 98926 99804



Day	Time	Description
Monday to Friday	11 00 am to 12 00 pm	Mobility with Karlakattai
Every Tuesday	5 00 pm to 6 00 pm	Bollywood Dance for Kids
Every Tuesday	6 00 pm to 7 00 pm	Bollywood Dance for Adults
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Sunday	10 00 am to 12 30 pm	Tamil culture tour & temple visit
Every Sunday	1 00 pm to 2 00 pm	Yogic Tamil food experience
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas

#### Vinyasa flow with Bala :

Vinyasa Flow yoga is a style of yoga that emphasizes the coordination of breath and movement. It is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

#### Date and Time :

Every Friday - 5 30 pm to 7 00 pm  
Every Saturday - 5 30 pm to 7 00 pm  
Every Sunday - 5 30 pm to 7 00 pm



#### Mobility with Karlakattai:

Monday to Friday - 11 00 am to 12 00 Noon

Ready to enhance your flexibility and mobility? Karlakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karlakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

#### Bollywood dance with Pranati :

Every Tuesday: Kids - 5 pm to 6 pm & Adults - 6 pm to 7 pm

Join us every Tuesday for an energetic dance session featuring choreography to Kollywood and Bollywood songs by Pranati, a versatile Bharatanatyam and contemporary dancer. Pranati believes that dance is for everyone, and with the added element of fun, it's incredibly easy for you to pick up the steps and start moving to the rhythm. Dance provides a fantastic outlet for you to sweat, let go of stress, and enjoy a good workout. No prior experience is necessary.

#### Yogic Tamil food:

Every Sunday - 1 00 to 2 00 pm

Explore the world of Yogic Tamil food with us! Did you know that chillies were introduced to India by the Portuguese, and traditional Tamil cuisine did not include them? Did you know that we don't eat raw salad as it was not offered to the Divine first through fire(heat) offering ? Join us for a limited-seat Tamil culinary experience to discover authentic Tamil food that is not served in restaurants. We prepare the food fresh, local, seasonal and in yogic way. It will be a taster menu of different food served on a banana leaf.

#### Tamil culture and temple visit:

Every Sunday - 10 am to 12 30 pm

Embark on a captivating journey through the rich history of Tamils and Tamil Nadu! The Auroville region boasts temples dating back 1300 years, each with its own story of history and culture. Uncover the legends that foretold the arrival of Auroville some 600 years ago, and immerse yourself in the vibrant tapestry of Tamil Nadu's heritage. Join us and discover the timeless tales that have shaped the essence of Tamil culture & delve into the diverse facets of Tamil religion, culture, and local traditions.

#### **YOGA WORKSHOP**

Join Laure and Bala's courses based in Auroville Yoga Space. Here's the program for both weeks:

- Daily **Yoga, Pranayamas and Meditation** practice
- Experience all 4 paths of yoga:

> **Bhakti yoga** - Local temple visits & mantra chanting

> **Karma Yoga** - Volunteering in several Auroville farms

> **Jnana Yoga** - Yogic philosophy classes, local culture and legends, yogic lifestyle

> **Raja Yoga** - Practice of yoga asanas & other bodywork methods like Kalaripayattu (South Indian martial art), mindfulness in Auroville forest...

- Exploration of **Auroville**: Matrimadir visit, sound healing experience and visit of several Auroville projects.
- Deepen your knowledge about sustainable living

### Auroville Yoga Experience

JAN 24 TO 30, 2024  
FEB 23 TO 29, 2024

Discover Auroville and deepen your yoga practice with 2 Aurovillians  
Daily Yoga practice & Explore Auroville projects

Contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) or [huyslaure@gmail.com](mailto:huyslaure@gmail.com)  
WA +91 98926 99804 / +33 695651135

#### **VIPASSANA MEDITATION**

**Date:** Every Sunday

**Timings:** 8:00 AM – 12:00 PM but you can also drop in and join as long as you wish.

**No registration is required.**

**Venue:** Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).



**Contact:** Sanjay Tumati,  
+91 8790982210 (available on WA)  
[sanjay@auraauro.com](mailto:sanjay@auraauro.com)





## PITANGA



### Bonne Année - Happy New Year - இனிய புத்தாண்டு நல் வாழ்த்துக்கள் Program in January 2024



#### CLASSES - REGISTRATION REQUIRED

#### Iyengar Yoga with Chloe

**Tuesdays 9am –10:30am** with Chloé | Yoga for the Spine | All levels

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

#### Art Therapy with Gala *Please register*

**Thursdays, 3 – 5pm for adults**

**Fridays, 3 – 5pm for families** (children 5 years and older)

#### DROP-IN CLASSES *Join without prior registration!*

##### Mondays

7:30am – 9:00am | **Asanas** with Rachel | All levels |

8:30am – 10:00am | **Yoga Therapy** with Gala | All levels

4:00pm – 5:00pm | **Deep Presence** with Mike S.

##### Tuesdays

4:45pm – 5:30pm | **Odissi Dance** with Rekha | Beginners

3:30pm – 4:30pm | **Body Musik** with Anandi Z. | All levels | All are welcome to join.

##### Wednesdays

7:30am – 9:00am | **Asanas** with Rachel | All levels |

8:30am – 10:00am | **Yoga Therapy** with Gala | All levels

##### Thursdays

4:30 – 5:30pm | **Aviva Exercise** with Suriya | For women |

4:30 – 6:00pm | **Vocal Sound Healing** with Lola | All levels  
(*Not on 4 January*)

##### Fridays

6:45am – 8:00am | **Pranayama** with François & Namrita |  
*For former "The Art of Living" course participants*

9:00am – 10:00am | **Lola's ATB special for seniors** | all levels

7:30am – 9:00am | **Asanas** with Rachel | All levels |

8:30am – 10:00am | **Yoga Therapy** with Gala | All levels

8:30am – 10:00am | **Yoga Therapy** with Gala | All levels

3:00pm – 4pm | **Reading of Savitri** with Patricia | All are welcome to join

4:30pm – 5:30pm | **Reading of the Life Divine** with Balvinder | All are welcome to join.

5:15 – 6:15pm | **Feldenkrais class** with Shari | All levels |  
*Starting on 12th January*

5:15pm - 6:15pm | **FOR GIVING LOVE** with Marie-Claire | A weekly inner dialog to foster your own healing.

#### Saturdays

11:00am -12:15pm | **ATB explorations** | with Teresa | All are welcome to join.

4:30pm – 5:30pm | **Body Musik** with Anandi Z. | All are welcome to join

#### YOUTH ACTIVITIES

*restarting in January 2024*

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

**Teen Yoga | Mondays, Wednesdays** | 4pm – 5:15pm | with Lisbeth| **resumes on Monday 8th January** | **New Auroville school students, 5 th grade onwards** can join (sign up with Pitanga reception with your details & contact no.)

**Yoga for children, 5 – 8 yrs.**, with Gala  
Saturdays | 9am – 10am

**Yoga for children, 7 – 9 yrs.**, with Gala  
Saturdays | 10am – 11am

**Energy games for children, 9 yrs. +**, with Gala  
Saturdays | 11am – 12pm

#### HEALING SPACE - BY APPOINTMENT

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Thai Yoga Massage by Juan

#### NEW ACTIVITIES



New class

#### For Giving Love

Transmuting heavy emotions  
with Dr Laskow's tools

New Class on Fridays

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow's tools guide you through a process of forgiveness to complete your own healing. Forgiveness does not mean forgetting or accepting what has been done. It does not mean loving others, which may or may not happen in the process. It's simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

**Weekly a session is offered on Fridays from 5:15 – 6:15pm**

**This is a drop-in event.** No prior registration is necessary. Please arrive on time. Late arrivals cannot be accommodated in the class.

New class in January 2024

## "Born Free"

A Five Hour  
Transformative Workshop  
with Ange Blancheflower



"If your Answer to 3 or more of the Following Questions is a YES, Then it would be my absolute pleasure to Invite you to the 5 Sessions, in person Workshop 'BORN FREE'

1. Do you feel dissatisfied in any area in your life?
2. Perhaps you're thinking of making changes in your life but you have already tried many times without success.
3. Do you have dreams, great goals and ideas on how you would like to live your life but you don't know how to do it?
4. Perhaps you have achieved a lot in life, you have done great things but you feel like you would like to experience more. This feeling makes you unsatisfied and you don't understand how to get rid of it.
5. Maybe you are completely lost in life, you feel stuck in the same place and you start to lose hope that you can change anything.
6. Maybe you study self development and the power of the subconscious. Maybe you have watched 'The Secret', you feel that you know a lot about it, but your results in life are unsatisfactory. You don't know how to apply the knowledge you study so thoroughly.

These Five Days could be Transformational to your Life.  
Ange Sabine Blanchflower"

**Monday 08 to 12 January 2024, 12:45 to 1:45pm**

Patricia invites you to read Savitri together.

Life has "cast the spirit into physical form" - Savitri, Book II, Canto VI

In joyful anticipation, we propose to explore Savitri for clarity about our physical body and for assuring our embodiment of "the bliss for which all forms were created". - Savitri, Book II, Canto IX

A Savitri circle started at Pitanga on December 8.  
Bring your book or e-book or tablet with you. If you request in advance, extra books may become available.

No prior knowledge is necessary and all are welcome to enjoy the beauty of Savitri.

**Every Friday from 3- 4pm with Patricia**



## ATB explorations (Awareness through the body)

A joyful space for discovering oneself and developing attention and relaxation.

"Whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating attention." The Mother

All are welcome - **Drop-in session.**

**Every Saturday from 11am to 12:15pm.**

With love and gratitude, Teresa

If you wish to receive our program of activities by email, please write to us: [info@pitanga.in](mailto:info@pitanga.in)  
See you at Pitanga, with a smile !

Pitanga Cultural Centre  
2622403 / WA 9443902403  
[info@pitanga.in](mailto:info@pitanga.in) 17

## TAI CHI HALL @ SHARNGA

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

### Mondays & Saturdays:

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

### Tuesdays - Fridays:

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

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School - Stevanovitch Method ([artduchi.com](http://artduchi.com)). All are welcome to drop in.

**Our next beginner's intensive is from February 12 to March 2, 2024.**

[taichi.auroville.org](http://taichi.auroville.org) / [taichi@auroville.org.in](mailto:taichi@auroville.org.in)

## VÉRITÉ WORKSHOPS AND THERAPY

### Pre-registration required

Please contact Verite @  
0413 2622045, 2622606, 9363624083 or  
[programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



### Sivananda Yoga: Masterclass – with Mani Friday, January 5, 9:15am – 12:00pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

### Master Class: Yoga to Calm the Nervous System & Mind – with Andres Friday, January 5, 9:15am – 12:00pm (theory booklet included)

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies.

### Awareness Through the Body: Exploring Form – with Amir

#### Saturday, January 6, 9:15am – 12:00pm

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

### Master Class: Yoga Asanas & the Spine – with Rebeca Saturday, January 6, 9:15am – 12:00pm

Anatomy and biomechanics from a physiotherapeutic point of view. The spine is the central axis of the physical body and the housing of the central nervous system, it's intimately involved in everything we do in daily life and in our yoga practice. We will explore through practice and an anatomical focus, its role as structural support. You'll sense your own unique anatomy to find ways of practicing yoga that are inspired by the shape and form of our own bones, allowing us to move with more ease and grace, and preventing injuries. Sessions open to all, specially designed for yoga teachers or yoga practitioners.



## VÉRITÉ PROGRAMS – JANUARY 2024

Phone: +91 413 2622045, 2622606  
 Whatsapp: +91 9363624083 / 8489391876  
 Email: [programming@verite.in](mailto:programming@verite.in)  
 Website: [www.verite.in](http://www.verite.in)

YOGA & RE-CREATION PROGRAMS			
Days	Drop-in Sessions	Timings	Presenters
Mondays	Gentle Hatha Yoga	7:30am - 8.30am	Claire
Mondays	Pranayama & Meditation (no class Jan 29)	9:15am - 10:15am	Radhika
Mondays	Hips Opening Immersion	10:45am - 11:45am	Abharana
Mondays	Yin Yoga Nidra	3:30pm - 4:30pm	Bijou
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Sivananda Yoga (no class Jan 16)	7:30am - 8:30am	Mani
Tuesdays	Yoga Asana: Deep Stretch & Relaxation (no class Jan 30)	9:15am - 10:15am	Radha
Tuesdays	Face & Eye Yoga	3:30pm - 4:30pm	Mamta
Tuesdays	Vinyasa Flow (no class Jan 23)	5:00pm - 6:00pm	Rebeca
Tuesdays	Movement & Yoga Nidra	5:00pm - 6:00pm	Abharana
Wednesdays	Gentle Hatha Yoga	9:15am - 10:15am	Claire
Wednesdays	Twists & Balance	10:45am - 11:45am	Abharana
Wednesdays	Yin Yoga Nidra	3:30pm - 4:30pm	Bijou
Wednesdays	Kirtan Songs for your Soul	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Sivananda Yoga	7:30am - 8.30am	Mani
Thursdays	Open Heart Space Meditation	3:30pm - 4:30pm	Samrat
Thursdays	Vinyasa Flow (no class Jan 25)	5:00pm - 6:00pm	Rebeca
Thursdays	Somatic Exploration	5:00pm - 6:00pm	Seza
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30am - 8.30am	Radha
Fridays	Heart Opening Yoga (no class Jan 5 & 12)	10:45am - 11:45am	Abharana
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement	5:00pm – 6:30pm	Vega
Fridays	Regeneration Circle: Voices of Wholeness	7.30pm - 8.30pm	Nadim
Saturdays	Peace with Pranayama (no class Jan 13)	7:30am - 8.30am	Mamta
Saturdays	Sivananda Yoga	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, January 5	Master Class: Yoga to Calm the Nervous System & Mind	9.15am - 12.00pm	Andres
Friday, January 5	Master Class: Sivananda Yoga	9.15am - 12.00pm	Priscilla
Saturday, January 6	Awareness Through the Body: Exploring Form	9.15am - 12.00pm	Amir
Saturday, January 6	Master Class: Yoga Asanas & the Spine	9.15am - 12.00pm	Rebeca
Friday, Saturday & Sunday, January 12, 13, & 14	Prana Yoga: Tuning Life Energy	9.15am - 4.45pm	Ananda
Tuesday, January 16	Understanding Pranayama & Its Practice in Asanas & Meditation	9.15am - 12.00pm	Radhika
Friday, Saturday & Sunday, January 19, 20 & 21	Self-Awareness & Love	9.15am - 4.45pm	Ananda
Saturday, January 20	Face & Eye Yoga: Face Your Self	2.00pm - 4.45pm	Mamta
Friday, January 26	Yoga Therapy for Back Pain	9.15am - 12.00pm	Bijou
Saturday, January 27	Master Class: Mantra, Breathing & Asanas for Internal Organs	9.15am - 12.00pm	Andres

Therapies (by appointment only)	Therapist
0413 2622045, 2622606, 9363624083 (WhatsApp), <a href="mailto:treatments@verite.in">treatments@verite.in</a>	
Thai Yoga Massage	Andres
Private Yoga Session / Yoga Therapy	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Heart-Centered Resilience	Susan
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

## VÉRITÉ REGULAR EVENTS - JANUARY 2024

### CLASSES

Contact Vérité @  
0413 2622045, WA +91 9363624083  
or e-mail [programming@verite.in](mailto:programming@verite.in)



**Gentle Hatha Yoga – with Claire at Vérité – Monday 7.30am - 8.30am & Wednesday 9.15am - 10.15am:** The session includes guidance in simple yogic breathing techniques and “warmups” for gentle joint rotation and stretching. We will then learn/ practice the Sun Salutation (and variations) and relaxation postures, including Savasana.

**Pranayama & Meditation: Re-balance your Nervous System - with Radhika (no class Jan 29) at Vérité – Monday 9:15am – 10:15am:** 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.

**Hips Opening Immersion – with Abharana at Verite – Monday 10.45am- 11.45am:** Hip opening asanas are fundamental to balanced yoga practice. But while they offer great benefits, they can also be difficult, especially for beginners. Learn essential practice tips to help overcome the challenges & reap all the benefits of hip opening yoga.

**Yin Yoga Nidra – with Bijou at Vérité– Monday & Wednesday 3:30pm - 4:30pm:** Very simple, gravity-assisted Yin Yoga asanas, followed by a Nidra (guided semi-sleep meditation) session which allows the Yin Yoga to have maximum benefit on the body and mind.

**Deep Sound Bath with Satyayuga at Vérité – Monday 5:00pm - 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 at Vérité – Monday, Wednesday & Friday 5:00pm - 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!

**Sivananda Yoga - with Mani (no class Jan 16) at Vérité – Tuesday & Thursday 7:30am – 8:30am & Saturday 5:00pm – 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.

**Yoga Asana: Deep Stretch & Relaxation – with Radha (no class Jan 30) at Vérité – Tuesday 9.15am - 10.15am & Friday 7.30am - 8.30am:** Mindful movement to help release tension from the body and mind and provide a full-body stretch. We begin with Pranayama (breath) and OM chanting, then progress to Asana (postures) and conclude with Dharana/Dhyana (meditation/concentration). Both energized and relaxed. Suitable for all.

**Face & Eye Yoga – with Mamta at Vérité – Tuesday 3:30pm - 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.

**Vinyasa Flow - with Rebeca (no class Jan 23 & 25) at Vérité – Tuesday & Thursday 5:00pm - 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.

**Movement & Yoga Nidra – with Abharana at Vérité – Tuesday 5:00pm - 6:00pm:** As kids, we move freely & in different ways, but as we grow, we learn to restrict our movement due to insecurities, which usually come from others’ rules & judgments. Mindful Movement provides guidance to help you tune into & reconnect with the body’s intuitive sense of how it really wants to move. Each session concludes with Yoga Nidra (deep relaxation).

**Twists & Balance – with Abharana at Vérité – Wednesday 10.45am- 11.45am:** A variety of twists and balancing asanas to stabilize the body and internal organs. Twists can help release toxins, give us an instant energy lift, and decompress the vertebrae of the spine in a safe and healthy way.

**Kirtan - Songs for Your Soul (contributions are voluntary) – with Mamta & Savitri at Vérité – Wednesday 5:00pm - 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.

**Yoga for Inner Alignment, Pranayama & Asanas – with Radhika at Vérité - Thursday, 9:15am – 10:15am:** 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.

**Open Heart Space Meditation – with Samrat at Verite – Thursday 3:30pm - 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.

**Somatic Exploration – with Seza at Verite – Thursday 5:00pm - 6:00pm:** A space to explore sensation, the language of the body that helps process emotions. We tend to use rationality to try to understand our emotions when what we really need is to sense them more. Through guidance & invitations, movements, touch, & stillness, we will practice together, exploring the unique connection each one of us has with the wisdom of our nervous systems.

**Heart Opening Yoga – with Abharana (no class Jan 5 & 12) at Vérité – Friday 10.45am- 11.45am:** If the heart center is restricted, it can manifest in holding grudges, being emotionally unstable, or being unable to feel fully loved or loving. In this session, we practice asanas that open the heart chakra, and learn essential practice tips to help overcome the challenges & reap all the benefits of hip opening yoga.

**Free Flow Dance & Movement – with Vega at Vérité – Friday 5:00pm - 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.

**Regeneration Circle: Voice of Wholeness – with Nadim) at Vérité – Friday 7:30pm – 8:30pm:** A talking stick-guided exploration of the global regenerative movement. Dive into topics like Regenerative Tourism, Economics, Agriculture, and Governance, fostering a deeper understanding and commitment to sustainable practices and collaborative growth in a world striving for ecological and cultural harmony.

**Peace with Pranayama – with Mamta (no class 13 Jan) at Vérité – Saturday 7:30am – 8:30am:** 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 discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

**Mindful Flow: Awaken in Movement & Stillness – with Savitri at Vérité – Saturday 5:00pm - 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](mailto: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.

**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.

**Heart-Centered Resilience – with Susan**  
Learn simple, heart-focused skills to help regulate your body’s response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60–90-minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended

**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.

## SHIATSU SEMINAR WITH ULRIKE



<p><b>SHIATSU</b></p> <p>Ulrike Urvasi</p> <p>Seminar location: Budokan Auroville, Dehashakti Sports Ground, Dana, Auroville.</p>	<p><b>For info and registration:</b></p> <p><b>Seminars to begin or deepen Your Journey</b></p> <p><b>January 2024</b> <b>Fri 5<sup>th</sup> &amp; Sat 6<sup>th</sup></b></p> <p>Preparation for the 6-day courses. Open to anyone interested.</p> <p><b>Thur 11<sup>th</sup>– Sat 13<sup>th</sup></b> <b>Thur 18<sup>th</sup>– Sat 20<sup>th</sup></b></p> <p>Come and experience and explore conscious and calm perception, inner sensing and Awareness of Touch, combined with the study of the 12 Classical Meridians and 5 elements, health wisdom, strengthening and harmonising exercises and ways of moving for your daily practice.</p>	<p>shiatsuindia@gmail.com WA, Signal, Telegram: +91-9751 513906</p> <p>Courses are part of a 2 - 3 years/ 500 hours Shiatsu Practitioner Training to be established.</p> <p>Introduction to Shiatsu &amp; Meridians - 2 days</p> <p>Shen (Spiritual) Aspects of Elements - 6 days</p>
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## QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
Mobile & WhatsApp: +91 9488084966

### **Baby Watsu Class with Appie & Friederike** **Monday 8 January 2024 (9:30 - 11:00am)**

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

Please bring towels and a clean closing swimming pant for your baby. **For babies between 2 and 12 months with their mother or parents.**

### **Watsu® Yoga Round with Fred & Roberto** **Monday 8 January 2024 (3:00 - 6:30pm)**

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart and to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being: body and mind become free to dance!

**No previous experience required** (also no need to know how to swim)!

### **Watsu® for Babies with Dariya** **Tuesday 16 January 2024 (8:45am – 6:00pm: 8 hours)**

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those, who would like to feel the joy of being in water with babies.

In this course, you'll discover that emotions arising from spontaneous movements in water open up extraordinary borders; they allow us to be in the present moment, simply listening to the breathing of the baby, while being supported by the healing powers of water.

Through some Tantsu and Ai-Chi exercises on land, you'll start listening to yourself and to the baby you hold in your arms. You'll also learn possible transitions of the Watsu sequence in order to expand it in creative ways for babies.

Thanks to the collaboration with Gianni De Stefani, a senior WABA instructor, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

**Prerequisite: Watsu® Basic or a degree to work with babies in water. Certificate upon completion of the course.**

### **Watsu® Basic with Petra** **Tuesday 23 & Wednesday 24 January 2024 (8:45am - 6:30pm: 16 hours)**

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C). This basic course introduces the necessary qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

In this course, you'll practice basic techniques and essential qualities such as grounding, presence, stillness, movement, and attention, while holding and moving another person in water. You'll experience floating other people and being floated, thereby opening new pathways for deep relaxation and nurturing body, mind and spirit.

**Prerequisites: no previous experience required. Certificate upon completion of the course.**

### **Holistic Hand & Foot Reflexology Training with Ananda** **Wednesday 24 - Sunday 28 January 2024 (9:30am – 6:00pm: 30 hours)**

Holistic Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.

In this training, you'll learn and practice: anatomy of physical & energy bodies and hand & foot reflexology maps; hand & foot reflexology techniques and sequences for organs, nervous, lymphatic, hormonal and energy balancing; lymphatic flush drainage sequence for detoxification; warm-up, self-healing, theory, practice, exchange sessions and integration; meditations to be open channel of presence and loving energy; effective ways to give deep healing sessions effortlessly; client reading and connection, flow, and after session support.

This training is for anyone, who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with Reflexology, wants to share love and healing touch with family and friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and wants to make it more effective and effortless.

**No previous experience required. Certificate upon completion of the course.**

### **Watsu® & Meditation with Dariya** **Thursday 25 & Friday 26 January 2024 (8:45am – 6:00pm: 15 hours)**

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, while allowing a sharper awareness through the rational mind. This might at times support making choices from a deeper and more authentic place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to and be fully present with the person we float during a Watsu session.

**Prerequisites: Watsu® Basic. Certificate upon completion of the course.**

### **Watsu® 1 (Transition Flow) with Petra** **Saturday 27 - Wednesday 31 January 2024 (8:45am - 6:30pm: 34 hours)**

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

**Prerequisites: Watsu® Basic. Certificate upon completion of the course.**

## ACTIVITIES & EVENTS

### **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](mailto: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 BGltSxZKGulnpwhQTPNaUJAJomDU?usp=drive\\_link](https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUJAJomDU?usp=drive_link) or  
 please scan this code to know more:



### ECO FEMME OPEN HOUSE



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

### ART AND NATURE ACTIVITY

Are you interested in deepening your communication with Natura and co-create in its Spirit?  
 Co-creating in the spirit of Nature is an invitation to embrace a slower pace and reconnect with our inner selves.  
 Picture the scenario where nature speaks, and this dialogue transforms into a beautiful song.  
 Envision a tree no longer green but adorned in hues of pink and gold.  
 Nature unfolds, opening up our senses and allowing a rediscovery of our individual creative flow.  
 Drawing, painting, dancing, video, poetry...  
 Let your soul speak in connection with nature's spirit.  
 Bring your own materials or use whatever natura is offering.  
 On Wednesdays afternoon from 2.30 p.m to 4.30p.m.  
 please register: Bel +9175988920



**Co-creating with the Spirit of Nature**  
**Wednesdays afternoon**  
**from 2.30p.m to 4.30**



**Register: Bel +91 7598892065 WA**

### AUROVILLE BOTANICAL GARDEN



**Auroville Botanical Gardens**  
**Wednesdays and Fridays - 9.30 am** (about 1 1/2 hour walk )  
 Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen  
 Please send us an email to: [avbgtours@gmail.com](mailto:avbgtours@gmail.com) to book your walk

### KUILAI CREATIVE CENTRE

Contact: [kuilaicreativecentre@auroville.org.in](mailto:kuilaicreativecentre@auroville.org.in);  
[kuilaicreativecentre.auroville@gmail.com](mailto:kuilaicreativecentre.auroville@gmail.com)  
 WhatsApp: + 91-8608473385 / 9843195290



செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP ( ONLY 10 TO 20 STUDENTS PER GROUP )
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY, TUESDAY AND THURSDAY	10 AM TO 12 PM	FREE	ABOVE 18 years
தையல் செயல்பாடு TAILORING ACTIVITY	WEDNESDAY, FRIDAY AND MONDAY, TUESDAY AND THURSDAY	11 AM TO 1 PM AND 2 PM TO 4PM	FREE	ABOVE 18 years
மாலை நேர வகுப்பு EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 9PM	FREE	From 1 <sup>st</sup> Grade to 10 <sup>th</sup> Grade
உடற்பயிற்சி PHYSICAL FITNESS	SATURDAY	9AM TO 10 AM	FREE	ABOVE 8 years
ஒவியம் PAINTING	SATURDAY	11:30 AM TO 12:30 PM	FREE	ABOVE 8 years
மீள் சுழற்சி UPCYCLING	SATURDAY	2 PM TO 3 PM	FREE	ABOVE 8 years
விற்ப-ஹரப் HIP-HOP	SATURDAY	3:00 PM TO 4:0 PM	FREE	ABOVE 8 years
பரத நாடம் BHARAT NAATYAM	SATURDAY	4:00 PM TO 5:00 PM	FREE	ABOVE 8 years
அம்மையின் 12 குணங்கள் பற்றிய கலைகாட்சி EXHIBITION ON MOTHERS 12 QUALITIES	விரைவில் - SOON	விரைவில் - SOON	விரைவில் - SOON	

Please click [HERE](#) to see the program in full or scan QR code:



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 Contact: +91-9843195290 / 8608473385  
[kuilaicreativecentre.auroville@gmail.com](mailto:kuilaicreativecentre.auroville@gmail.com)

### FOOD FOREST TOUR

[www.myfoodforest.info](http://www.myfoodforest.info) / [myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)

**FOOD FOREST TOUR**  
 I welcome you to a tour through my permaculture garden!  
 We will take a look at local foods and you will get an idea on how to start growing your own food.  
 Come and connect with nature and learn about healthy and sustainable food options  
 This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious  
**VEGAN ICE CREAMS** and more...  
**EVERY SUNDAY from 9:30 to 11:30**  
 at La Ferme Community (5min from AV Bakery)  
 Sign up and infos whats app Sarah 9047421044  
[www.myfoodforest.info](http://www.myfoodforest.info)  
[myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)

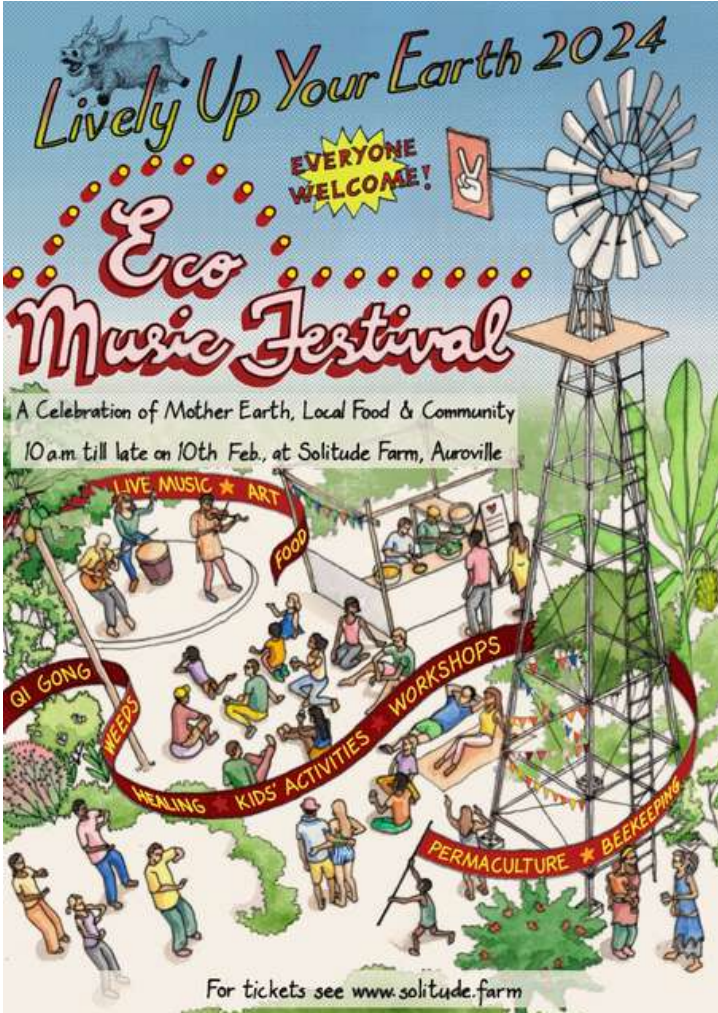
## SOLITUDE FARM

LUYE ECO MUSIC FESTIVAL- 10TH FEB 2024



### LUYE 2024 is well underway!

We are looking for a stage manager, volunteers for cleaning, arranging, helping run the festival, running local food workshops, ticketing at the entrance, serving food and so much more. We are excited to welcome your ideas for stalls to have during the festival, anything that touches on ecology, culture, art etc. The festival is just around the corner so contact us as soon as possible and let's lively up OUR Earth! @ [solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com) # +91 8072053484



## INVITATION TO AUROVILLE'S MULTIDISCIPLINARY IMPROVISATION LAB

AV Improv Lab is a long term project of co-creation, experimentation and learning around performance and improvisation. It was first formed in April 2022.

Together we explore the different aspects of a performance and how we approach and respond to each aspect. This is a project for people who are willing to step out of labels and expertise, and are open to redefine their art while exploring new ones.

AV Improv Lab is open to Auroville residents, long-term volunteers and anyone else who can commit to attending at least one session every week. No fees are involved. The fee is your commitment. Our aim is to provide a safe space for growth and storytelling in the process of creating for performance.


WHERE: **Cripa Small Room**

WHEN: **Every Thursday from 5pm to 7pm**

We look forward to seeing you there!

Sincerely,  
Team AV Improv Lab


## 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](mailto:serendipityauroville@gmail.com) / WA: +91 8940288090

## AUROORCHARD

EMAIL: [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in) / WHATSAPP: +91 9566631079 (Nidhin)



**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.

TO JOIN US, PLEASE CONTACT US  
EMAIL: [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in)  
WHATSAPP: 9566631079 (Nidhin)

## THEATRE CLASS




**Theatre Class**


Weekly theatre practice for aspiring actors

Improve your acting skills through collective and individual theatre games and a regular and comprehensive acting practice, including work on body, voice and text.

**WEEKLY THEATRE PRACTICE FOR ADULTS**

**FRIDAYS @CRIPA**

 **2:00PM to 3:30PM**  
for Adults

 **4:00PM to 5:30PM**  
for Kids above 9yrs & Adults

**Info & Registration:**

**Celine**  
(Celine Barbara)  
**+918098846079**  
(WhatsApp/Telegram)



## EDIBLE WEED WALKS

It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. You can join one or more. For that please plan and register early. The walk will be guided along with the Edible Weed Walk book. If you don't have a copy, you will be able to borrow one during the walk.

### Pre-registration and a contribution are required.

The walk for 13th January is now fully booked. But you can join on the 6th, 20th January or on one of the other days listed.


RSVP: [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) or

WhatsApp/SMS: +91 98409 36907 to register

Registration (max 10 people) is open until Fridays 3 pm

The location will be decided after registration closes. Registered participants will be informed and will be provided direction and other necessary details.

Edible Weed Walk @ NinaS [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com)



Edible Weed Walk @ NinaS

Let's walk **THE FIRST WEED WALK OF THE YEAR**

From 7:30am to 8:30am (max 8:45am)  
at a location in Auroville

**WEED WALK NEXT SATURDAY 6 JANUARY'24**

WHATSAPP +91 98409 36907 OR EMAIL EDIBLEWEEDWALK@GMAIL.COM

Registraton (max 10 people) open until Fridays 4pm

WEED WALK FOR 13 JANUARY IS NOW FULL.

Other dates:  
January 2024: 20, 27  
February 2024: 18  
March 2024: 2,9, 16,24, 30

Contact, Contribute, Register by 3pm by 📍

WhatsApp +91 98409 36907 [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com)

## SOMATIC EXPLORATIONS

CREATIVITY HALL OF LIGHT



Somatic Explorations

through sensations

We all share a common need for connection.

Let's begin a journey of curiosity together within our bodies

through movement, dance, observation, and moments of stillness.

every tuesday  
17:30 - 18:40  
Hall of Light

Could this be the pathway to deeper connections with others and the world around us?

Artist: Alyssa De Asis

## RECONNECTING WITH YOUR INNER CYCLE

11 JANUARY, 4:00 - 7:00 PM

*Understanding the world of menstruation as a gateway to connect more deeply with your body, your inner power, and to healing the Earth:*



Eco Femme invites you to explore...

- Women as cyclical beings
- The empowering world of menstruation
- Learn menstrual cycle tracking to nurture the power of the womb
- Embodied practices to connect with and learn from your body's wisdom (including belly dance steps)
- Eco-Sisterhood through sharing authentically.

**Date:** Jan 11th (Thursday)

**Venue:** Our office in Auroshilpam (*Google map us!*)

**Time:** 4 to 7 PM

**Cost:** On contribution basis, contact us to know more

**Prior registration required:** (Please email us at [info@ecofemme.org](mailto:info@ecofemme.org) or message us at 9487179556 to register/ask questions)

P.S. Everyone has a woman in their life - men, please don't shy away from joining!

## 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](mailto:rupavathijoy@gmail.com)

**EARTH BOUND FESTIVAL -  
SHOWCASING AUROVILLE ARTISTS  
@ THE ALLIANCE FRANCAISE PUDUCHERRY**

celebrate the artistry of ceramics

# earthbound festival

12-14 January 2024 | 10.30 am - 6.30 pm

ALLIANCE FRANÇAISE DE PONDICHÉRY  
58 Suffren Street, Pondicherry

Adil Writer  
Indrani Singh Cassime  
Julietta Kuehle  
Mimi Chakrabarti  
Nalini Dharan  
Nandini Hirianniah  
Nausheen Bari  
Priya Sundaravalli  
Puneet Brar  
Rakhee Kane  
Ranjita Bora  
Ray Meeker  
Saraswati  
Sabrina  
Supriya MM  
Tosha Parmar



celebrate the artistry of ceramics

## earthbound festival

ALLIANCE FRANÇAISE DE PONDICHÉRY  
58 Suffren Street, Pondicherry



4pm - 5pm | 13 Jan 2024

### artist demonstration

BY SARASWATI

Saraswati will demonstrate her unique style and talk about her journey as an artist.



celebrate the artistry of ceramics

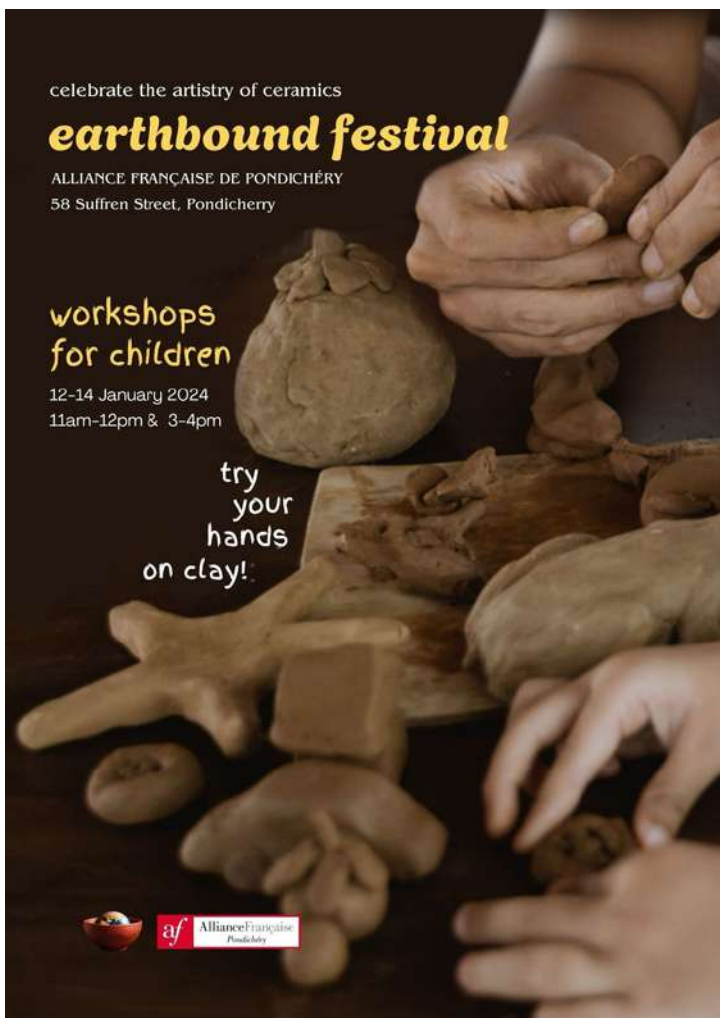
## earthbound festival

ALLIANCE FRANÇAISE DE PONDICHÉRY  
58 Suffren Street, Pondicherry

### workshops for children

12-14 January 2024  
11am-12pm & 3-4pm

try  
your  
hands  
on clay!



## golden bridges

### GOLDEN BRIDGE POTTERY Pondicherry

...a melting pot of ceramics

a film by Adil Writer presented at the

### Earthbound Festival

13 January 2024 | 6:30 pm



### BANSURI FLUTE CLASSES

## 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](http://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>

**About Divine Arts:**

<https://auroville.org/page/divine-arts>

## FOODS, GOODS & SERVICES

### MESSAGE FROM AUROVELO

Greetings from Aurovelo!

We have been storing some of our customers' bicycles for the past five years. If your bicycle is here, please come and pick it up.

Thank you again for choosing Team Aurovelo bicycles!

For any further queries, please feel free

to contact us on WhatsApp at  
**+919488818063.**

### YOUTH CENTER PIZZARIA



Youth Center Auroville

Come join our  
**Pizzeria**

Savor the best pizza at Youth Center! We craft delectable Italian inspired flavours right here in Auroville.

**FRI - SAT - SUN** START AT 07:00 am - 09:00pm  
Friday-Saturday Open to all sundry Aurovillians, Newcomers and volunteers.

**YOUTH CENTER**  
Auroville

**STAY TUNED**

8428061801 Youth Center International @youthcenterauroville

### KIND REQUEST FROM AV LIBRARY

Dear library users,



We would like to remind you to kindly update us on any changes in your contact details, and please remember to return your books on time.

You can search our catalogue online: [library.auroville.org.in](http://library.auroville.org.in)

### 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!**

### STUDIO BASED ART THERAPY AND COUNSELING

[tialovesart@gmail.com](mailto:tialovesart@gmail.com) / [www.createandtransform.org](http://www.createandtransform.org)

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](mailto:tialovesart@gmail.com)

[www.createandtransform.org](http://www.createandtransform.org)

WA 7094007610

Aurelec, Kulilapalayam, Auroville

### 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, [krish651@gmail.com](mailto:krish651@gmail.com)

### REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovillian 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**



## RAPID CARE SERVICES RCS

Dear Residents,

We are happy to announce that **Rapid Care Services** have successfully completed one year. We began operations in December 2022.

It has now been one year since we began serving the community. We take this opportunity to thank all the people who believed in us.

The support offered and shown by our customers played a big role in our growth.

For celebrating our anniversary, we would like to work on a discount basis in our service charges than we usually do for the entire month of December.

To avail this offer kindly take a look at all the work that we offer. Please reach out to us for any enquiries that need our assistance to fix your home or any infrastructure.

Look forward to your continued use of our services in the future.

### Our Services:

- Carpentry
- Masonry - renovations and remodulation
- Plumbing
- Aluminum channel work
- Electrical
- Steel Fabrication work
- Painting - Interior, Exterior, Floor Waxing, Powder coating,
- Insect Treatment
- Fencing
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Our Works - [https://drive.google.com/drive/folders/1Y-nz\\_nyWpX9\\_3NU--wgwcZcgS0bRqEBa](https://drive.google.com/drive/folders/1Y-nz_nyWpX9_3NU--wgwcZcgS0bRqEBa)

Best regards,  
Balaji & Arun for Rapid Care

**Contact:** + 91 8270071581 / +91 7639810621

**Email :** [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in) ,  
[rscrapidcareservice@gmail.com](mailto:rscrapidcareservice@gmail.com)

**Instagram** - <https://instagram.com/rapidcare1?igshid=MmVIMjlkMTBhMg==>

## 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](mailto:surabhisupplies@auroville.org.in)  
Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,  
Surabhi Supplies



## SOLITUDE FARM - 2024 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](mailto:solitudepermaculture@gmail.com)

whatsapp: 9843319260

Solitude farm & café  
Auroville



## 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](mailto:airconclean.av@gmail.com)

Regards, Julien.

## JOIN DROPZY

Products and services  
from in and around  
**Auroville.**



Developed by iBodpi

**Dropzy** is a mobile app platform for ordering and accessing information from a wide range of in and around *Auroville* eateries, grocers, bakers, farms, expertise/experts, therapists 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 visibility and order volume, drive more revenue and improve profitability with help from Dropzy.

*Contribution based*

### Register your Unit/Activity

Click on this link: [www.dropzy.in/join-dropzy](http://www.dropzy.in/join-dropzy)

## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

**New Waves**, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of **PCB Assembly, SMD soldering, de-soldering and minor repair of appliances.**

The unit can also undertake sub-contract of your production work on job work basis.

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295,

Mobile 9443090082 / 8098193820 or via e-mail to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)



## TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்



Click [here](#) to read the Tamil News&Notes or scan the code:

NOUVELLES D'AUROVILLE  
Auro - Traductions



Click [here](#) to read the French News&Notes or Scan the QR code:

## 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

**ACCESSIBLE AUROVILLE PUBLIC BUS**  
avbus@auroville.org.in / +91 94430 74825

### Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
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



## TAXI SHARE



### TAXI SHARE 20TH JANUARY TO CHENNAI AIRPORT

To stay ECO ;) friendly am very willing to share a taxi from Auroville to Chennai airport on Saturday 20th January 2024.

Departure from Auroville Town hall at 7:45 PM (19:45).

Please contact via Whatsapp on +34685673777 or only sms on: +917289907792. Thanksss sunny :)

## LOOKING FOR

### LOOKING FOR A LOVING HOME

This cute, attractive little girl with a curled tail was abandoned and is now looking for a good permanent home. She is 2 – 3 months old, looks like a mixed breed – maybe ½ pug and looks like she will end up as a small dog.

She is happy, playful, and bold. Loves exploring new areas. She never complains. She is very quick to adapt and fairly independent.



She loves the company of people and other animals. A great companion animal.

She loves the garden and running around but may do well even in an apartment as she is a small dog

She is largely toilet trained and has been dewormed

Please WhatsApp or email – Nandita - +91 9488483286 / [nandita@sharan-india.org](mailto:nandita@sharan-india.org)

## AVAILABLE

### HOME TRAINER CYCLE AVAILABLE

Selling my Sparnod Air bike, 6 months old.

Contact: +91 94437 97601 Samata



### CAR AVAILABLE

Looking for a car? We have one for you! If the car receives the currently needed upkeep by you - this would be the balance for your use for now. Please contact us. For call: 10am to 1pm is best. WA fine, too. Drupad 9626561256

### WE HAVE THIS MAC MINI IN FULL WORKING CONDITION

Mac Mini (Mid 2011)

Processor: 2.3Gz Intel core i5

Memory: 8GB 1333 Mhz DDR3

Graphics: Intel HD Graphics 3000 512 MB

Serial Number: C07GMD75DJD0

Storage: 500GB HDD



The reason that we want to sell it is because it does not support new software. It is good for someone who wants to do offline work – Word, Excel or even watch movies and also some browsing

If you are interested please contact Nandita +91 9488483286

## CINEMA



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

*Reminder:* **FRIDAY 5th JANUARY “THE OLD OAK” by KEN LOACH, UK, 2023**

and **FRIDAY 12th JANUARY, 8:00 pm “TURN YOUR BODY TO THE SUN”**

*Director:* **Aliona van der Horst**, Netherlands, 2021

*With:* Sana Valiulina

*Synopsis:* A documentary which tell the incredible life story of a Tatar Soviet soldier who was captured by the Germans Nazis during WWII. Today, his daughter Sana is tracing the path of her silent father, tries to understand what made him the man she knew as a child, through his diaries, various personal and public archives and registries. As she accompanies the daughter in her journey, the filmmaker excavates film archives, to find traces of those millions of Soviet soldiers who were caught in the fire of dictators fighting, who were there but were easily left out of the narrative of the global war. As she "re-appropriates" the archival footage through mixed techniques of double pass, zoom-in and colorization, the filmmaker searches for the soul of the image, for those small and subtle remnants of that massive human tragedy...

*Original Russian version with English Subtitles, Duration: 1h33'*



## AUROVILLE SINGING FESTIVAL DOCUMENTARY

Dear community,

We are happy to share with you our recent documentary film, about the Auroville Singing Festival 2023, held at **CRIPA on October 14th and 15th.**

The film includes interviews of the organizers and some of the participants. It also shows several images of the performances, especially at the end along with the credits!

**[Documentary: Auroville Singing Festival 2023](#)**

You can also find the individual participants' sequences in the same Aurofilm channel in our Playlists - click the below links:

[AV singing festival, first day](#)

and

[AV singing festival, second day](#)

We hope you enjoy!

With love

Aurofilm team

# AUROVILLE 20 8TH FILM FESTIVAL 24

### AUROVILLE FILM FESTIVAL NEEDS VOLUNTEERS

The 8th edition of the Auroville Film Festival is coming up on Jan 22-28. Keep an eye out here for the schedule. Along with a great selection of films, we are also hosting discussions every day with international filmmakers participating online.

Along with the film festival will be the Auroville Food Festival. Tokens have to be bought in advance and the announcement will be made next week.

Register to participate in the Kino Kabaret at

[kinoauroville@gmail.com](mailto:kinoauroville@gmail.com) and get ready to enjoy the best of AV musicians.

[filmfestival.auroville.org](http://filmfestival.auroville.org)



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 08 January 2024 to 14 January 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity.

Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.



A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

## Indian – Monday 8 January, 8:00 pm:

### • OH MANAPENNE (Oh Dear Bride!)

India, 2021, Dir. Kaarthikk Sundar w/Harish Kalyan, Abishek Kumar, Anish Kuruvilla, and others, Comedy-Romance, 140mins, Tamil w/ English subtitles, Rated:

In this remake of 2016 Telugu film Pelli Choopulu, Karthik, a reluctant engineering graduate is lethargic and uninspired by life as his real passion lies in cooking. His family however is not supportive of this passion. Quite accidentally he meets Shruti, an energetic, driven personality who wants to go to Australia for further studies. Her father wanted a son and is not supportive of his daughter. Accidentally stuck in a room Karthik and Shruti exchanges stories about their lives, and it turned out Shruti and her ex were interested in running a food truck but did not work out. Events lead Shruti and Karthik to reignite the idea of running a food truck. The question remains, whether their respective family agree? *A well-made film of the genre.*

## Potpourri – Tuesday 9 January, 8:00 pm:

### • ES CHORISTES (The Chorus)

France, 2004, Dir. Christophe Barratier w/ Gérard Jugnot, François Berléand, Jean-Baptiste Maunier, and others, Drama- Music, French w/ English subtitles, Rated: PG-13

Pierre, a successful orchestra conductor, returns home when his mother dies. He stumbles upon an old diary and recollects the childhood school memories. The school was meant for troubled boys. The corporal attitude of the teachers changed when a music teacher Clement Mathieu joined. The teacher and music both had transformative effects.

## Interesting – Wednesday 10 January, 8:00 pm:

### • FIVE BROKEN CAMERAS

Israel, 2011, Emad Burnat & Guy Davidi, Documentary-War, 94mins, Hebrew-Arabic w/English subtitles, Rated: NR (PG-13) The film shows the Israeli occupation through the eye of a small village and its people from 2005 to 2010. Critics say that it is a very honest film about the struggle the Palestinians live through in their daily lives.

## Selection – Thursday 11 January, 8:00 pm:

### • THE BOY IN THE STRIPED PAJAMAS

UK-USA, 2008, Writer-Dir. Mark Herman w/ Asa Butterfield, David Thewlis, Rupert Friend, and others, Drama-War, 94mins, English w/ English subtitles, Rated: PG-13

Bruno an eight-year-old boy from Berlin, Germany is moved with his mother, elder sister, SS Commander father to a countryside in Europe where his father powers over a concentration camp for Jews. Bruno went "exploring" one day and befriended a child his age named Shmuel. Shmuel was a Jew. The boy became good friends until Bruno was scheduled to move to a new location.

## International – Saturday 13 January, 8:00 pm:

### • THE HOLDOVERS

USA, 2023, Dir. Alexander Payne w/ Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa, and others, Comedy-Drama, English w/ English subtitles, Rated: R

Nobody likes teacher Paul Hunham - not his colleagues or students. With no family or invite, Paul remained at school during Christmas holiday in 1970 supervising students who were yet to go home. Finally he was left with the 15yrs old troublemaker Angus, and the African American head cook Mary also stayed back. These three very different shipwrecked people form an unlikely family sharing comic misadventures during two very snowy weeks. The real journey is how they help one another understand that they can go beyond their past and choose their own futures.

## Children's Matinee – Sunday 14 January, 4:00 pm:

### • MARCEL THE SHELL WITH SHOES ON

USA, Writer-Dir. Dean Fleischer Camp w/Jenny Slate, Dean Fleischer Camp, Isabella Rossellini, and others, Animation- Drama, 90mins, English w/English subtitles, Rated: PG

Marcel is an adorable, 1"-tall shell who ekes out a colorful existence with his grandma, and their pet lint, Alan. Once part of a sprawling community of shells, they now live alone as the sole survivors of a mysterious tragedy. When a documentary filmmaker discovers them, and posts a short film online, it brings Marcel millions of passionate fans, as well as unprecedented dangers and a new hope of finding his long-lost family.

## FRENCH CLASSICS @ Ciné-Club:

### Ciné-Club Sunday 14 January, 8:00 pm:

### • JEANNE LA PUCELLE 1: LES BATAILLES (Joan the Maid 1- Battles)

France, 1994, Dir. Jaques Rivette, w/ Sandrine Bonnaire, Jean-Marie Richier and others, Biography -History, 160 mins, French w/ English subtitles, Rated:PG.

A part of Joan of Arc's life. At the beginning, Jeanne has already left Domremy, she is trying to convince a captain to escort her to the Dauphin. It ends during Jeanne's first battle, at Orleans. Meanwhile, Jeanne is depicted more as a warrior than a saint, with only her faith for strength.

**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.

*To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.*

Thanking You,  
MMC/CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

## FROM THE FO WC - FO N&N 1007

### ATTENTION ALL NEWCOMERS

Dear Newcomers, you are requested to write to

• [mailbox@auroville.org.in](mailto:mailbox@auroville.org.in)

with your name and the starting date of your Newcomer period to obtain your Auroville Newcomer email id which will look like this: [name.nc@auroville.org.in](mailto:name.nc@auroville.org.in)

Once you become an Aurovilian this will change.

You can use the Newcomer mail id for all official communication and also for access to Auronet which many of you have been inquiring about. We will announce details for this by next week. We are also informing the Entry Board about the same.

We wish you all a great year end and Happy New Year !

*The Working Committee,  
Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine*

**EDITOR'S NOTE:** There is no legal or approved procedural requirement for newcomers to follow this request. Anything related to Newcomers lays exclusively under the purview of the Entry Board.

### AUROVILLE CONNECT



Dear All, we invite everyone to use the link below to join the Auroville Connect whatsapp group to get factual updates on different topics, issues & events. Aurovilians, Newcomers and Volunteers are encouraged to join, as well as AVI members, Friends & wellwishers of Auroville.

[Here is the link.](#) Stay updated.

*The Working Committee,  
Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine*

**EDITOR'S NOTE:** If you wish to be updated by the RA, join the Community Updates Whatsapp group by clicking on this [LINK](#).

## FROM THE FO ATDC - FO N&N 1007

### L'AVENIR D'AUROVILLE



*L'avenir d'Auroville*

#### ATDC Application Announcement 28-12-2023

The following projects have received final building approval (BA-A) (information only):

#### Auromode Hive Extension—BA No. 2587

- Applicant/s: Louis Cohen
- Architect/Designer: Sonali
- Location/area: Auromode
- Area for which approval is sought: 286 sq.m

**Project brief:** Proposed space is designed on the existing roof slab of 'Auromode Hive'. Extra ground space or foundations are not needed. The access through a staircase is already existing. Proposed structure is designed to have a roof with sandwich panels that can withstand the monsoon and are equipped with insulation to withstand heat. The panels will be laid in a slight slope to drain rainwater naturally. The sliding glass windows are designed to have both options of natural cross-ventilation and air-conditioning whenever required to have a clean and controlled interior needed for office use.

#### Svaram Craft Workshop—BA No. 2627

- Applicant/s: Aurelio
- Location/area: Svaram / Industrial Zone
- Area for which approval is sought: 1070 Sq.m

**Project brief:** The building will be replacing the existing workshop sheds using the same footprint in the present site of Svaram production. Grilled openings for air and light will allow for good ventilation as facing in the wind direction and guarantee good light and visibility.

To contact L'avenir d'Auroville (ATDC) write to: [avenir@auroville.org.in](mailto:avenir@auroville.org.in)

Warm regards,

Dr G. Seetharaman (MS), Selvaganappathi (coordinator), Govind, Jaya, Ponnusamy, Sindhuja & Toby

## FROM THE FAMC - FO N&N 1007

### TO THE THERAPISTS & HEALERS Practicing In Auroville

Funds & Assets Management Committee requests all the practicing healers & therapists of Auroville to follow on the registration of their practice immediately.

All healers and therapists practicing in Auroville are required to please register themselves as an activity under the unit 'Harmony Health', an umbrella unit under Health & Healing Trust.

Please approach the umbrella executives, Surya Gandhi and Auro Meera Rajapriyan, to fill up your activity's application. Then get it endorsed and approved at the FAMC office. After which you will open a Financial Service account for your activity (independent of your personal FS account). This is the account to which the revenues for your services are to be deposited and from which your expenses will be disbursed. You will provide the accounts to the executives of Harmony Health on a regular basis, at least monthly.

The attached Code of Conduct for Health Practitioners is attached for your reading and practice. This has been prepared by the health practitioners of Auroville.

*In Her Service,  
Auroville will boldly spring towards future realizations,  
Submitted by Chandresh for FAMC*

### WE ALL WORK

#### Fostering Active Participation and Shared Responsibility

Dear Aurovilians, Funds & Assets Management Committee and Budget Coordination Committee expect all aurovilians to engage in some work for the community. All Aurovilians receiving maintenance from City Services are to work no less than 36 hours weekly.

You may choose a meaningful schedule bearing in mind your needs and fellow team members constraints.

Possibilities are 6 hours daily for 6 days; 7 hours daily for some days and half day Saturday; or 5 hours daily for 7 days as per the need of the service.

The Budget Coordination Committee is now creating an HR section that will provide assistance for all Aurovilians looking to get engaged in work in Auroville—in units or services. More details will follow soon.

*In Her Service,  
Auroville will boldly spring  
towards future realizations  
Submitted by Chandresh for FAMC*

## FOOD FOR THOUGHT

குறள் 158

மிகுதியான் மிக்கவை செய்தாரைத் தாந்தம்  
தகுதியான் வென்று விடல்.

Stanza 158

Conquer with forbearance  
The excesses of insolence.

