

*Auroville*

# NEWS & NOTES

No 1014 - A weekly bulletin for residents of Auroville

15 February 2024

RA EDITION



Dehashakti, 2016

## PONDERING

The Mother does not at all approve of any kind of religious ceremony in connection with any religious festival.

28.10.1972

The Mother on Auroville, Page 88

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



# HOUSE OF MOTHER'S AGENDA

## IN CONNECTION WITH AN OLD PLAYGROUND TALK (OF MARCH 14, 1951):

I feel like asking you a very simple question. You say here, "If we always had the feeling that what happens under any circumstances is the best, we wouldn't be afraid...." Is it truly the best that happens under any circumstances?

It's the best in the given state of the world—it's not an absolute best.

There are two things: in a total and absolute way, at every instant, it's the best possible with regard to the divine Goal for the whole; and for someone who is consciously attuned to the divine Will, what happens is the most favourable to his own divine realization.

I think this is the correct explanation.

For the whole, it's always, every instant, the most favourable to the divine evolution. And for the elements consciously attuned to the Divine, it's the best for the perfection of their union.

But it shouldn't be forgotten that it's constantly changing, it isn't a static best; it's a best that, if retained, wouldn't be the best of the next moment. And it's because the human consciousness always tends to want to retain statically what it finds or considers to be good that it finds this best always eludes it. That effort to retain is what warps things.

*(silence)*

I looked at the problem when I tried to understand the position of Buddha, who reproached the Manifestation for its impermanence; to him, perfection and permanence were one and the same thing. In his contact with the manifested universe, he had observed a perpetual change, and so his conclusion was that the manifested world was imperfect and had to disappear. And the change (the impermanence) does not exist in the Nonmanifest, therefore the Nonmanifest is the true Divine. When I looked and concentrated on this point, I saw that his observation was indeed correct: the Manifestation is absolutely impermanent, it's a perpetual transformation.

But in the Manifestation, perfection is to have a movement of transformation or unfolding identical to the divine Movement, the essential Movement. Whereas all that belongs to the unconscious or tamasic1 creation tries to keep its existence unchanged, instead of lasting by constant transformation.

That's why certain minds have postulated that the creation was the result of an error. But we find all the possible conceptions: the perfect creation, then a "fault" that introduced the error; the creation itself as a lower movement, which must end since it began; then the conception of the Vedas according to what Sri Aurobindo told us about it, which was a progressive and infinite unfolding or discovery—indefinite and infinite—of the All by Himself.... Naturally, all these are human translations. For the moment, as long as we express ourselves humanly, it's a human translation; but depending on the initial stand of the human translator (that is, a stand that accepts the primordial "error," or the "accident" in the creation, or the conscious supreme Will since the beginning, in a progressive unfolding), the conclusions or the "descents" in the yogic attitude are different.... There are the nihilists, the "Nirvanists" and the illusionists, there are all the religions (like Christianity) that accept the devil's intervention in one form or another; and then pure Vedism, which is the Supreme's eternal unfolding in a progressive objectification. And depending on your taste, you are here or there or here, and there are nuances. But according to what Sri Aurobindo felt to be the most total truth, according to that conception of a progressive universe, you are led to say that, every minute, what takes place is the best possible for the unfolding of the whole. The logic of it is absolute. And I think that all the contradictions can only stem from a more or less pronounced tendency for this or that position, that other position; all the minds that accept the intrusion of a "fault" or an "error" and the resulting conflict between forces pulling backward and forces pulling forward, can naturally dispute the possibility. But you are forced to say that for someone who is spiritually attuned to the supreme Will or the supreme Truth, what happens is necessarily, every instant, the best for his personal realization—this is true in all cases. The unconditioned best can only be accepted by one who sees the universe as an unfolding, the Supreme growing more and more conscious of Himself.

*(silence)*



The Mother, Agenda, May 19, 1965

<https://incarnateword.in/agenda/6/may-19-1965>

With love and gratitude,  
Gangalakshmi (HOMA)

# NEWS & NOTES GUIDELINES

## 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**

## 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)

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## NOTE FROM THE EDITORS

Dear Community,

### **Here is 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**.
- 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 ENTRY SERVICE

### ES # 218 DATED: 15-02-2024

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to [auroville.entryboard@gmail.com](mailto:auroville.entryboard@gmail.com)  
We thank you in advance.

### AUROVILIAN CONFIRMED:

- **Franclin MARK (Indian)**
- **Veeramani VISHWAKETHU (Indian)**

### NOTE:

- A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).
- A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

Yours,

The Entry Board

(Alain, Grace, Jayanthi, Lakshmanan, Matilde (TOS), Sara, Sonja and Swadha)

Email: [entryservice@auroville.services](mailto:entryservice@auroville.services)

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

## FROM THE RA WORKING COMMITTEE

### OBSERVATIONS ON MINUTES OF 63RD, 64TH AND 65TH MEETINGS OF THE GB

Dear Community,

We are sharing with you the observations that have just been sent by us to the Governing Board (GB) about the minutes of their [63rd](#), [64th](#) and [65th](#) meetings.

The [first attachment](#) is the cover letter with a number of general observations. Observations that are specific to each set of minutes are attached as separate documents.

We are aware that this is a lot to read but we hope you will take the time to go through them.

In service,

The Working Committee of the RA

Aravinda, Bharathy, Chali, Hemant, Mael (TOS), Sauro, Valli



## STATEMENT BY 2 IAC MEMBERS, ENDORSED BY 8 EMINENT PERSONALITIES

Dear Community,

We share with you here ([attached](#)) a statement written by 2 members of Auroville's International Advisory Council (IAC) (one of the 3 statutory bodies of the Auroville Foundation) and endorsed by 8 eminent international personalities.

This statement is being shared with their permission. However, please do note that this statement is only for internal circulation in AV or among friends and well-wishers of Auroville; it is not to be made public beyond this for the time being, in particular not in the media or on social media.

We take this opportunity to express our gratitude to these IAC members for their unflinching efforts to support Auroville and its residents in working towards a truly collaborative manifestation of Mother's Dream.

With hope and faith,

The Working Committee of the RA  
Aravinda, Bharathy, Chali, Hemant, Mael (TOS), Sauro, Valli



WORKING COMMITTEE  
of the Residents' Assembly  
AUROVILLE FOUNDATION

## COMMUNITY NEWS

### COMMUNITY SHARING



*Auroville International*

#### AVI GENERAL ASSEMBLY

Saturday 24 February  
2 to 5 pm at the Tibetan Pavilion.

Aurovilians, Newcomers are most welcomed

#### CALL FOR ORGANISATION GROUP

**DO WE STILL  
HAVE A FUTURE  
TO DREAM  
ABOUT?**



**We need a radical shift for this  
unprecedented situation**

Let us call for it together

**Saturday 17 Feb, 5pm  
at Tibetan Pavilion.**

Open to all

"Call for Organisation" Group — Ann, Dan, Eric, Fabienne, Henrik,  
Laurence, Olivier, Pablo, Rakhal and Sandhya.

**INVITATION TO A DREAMWEAVING INITIATIVE  
COMMUNITY PRESENTATION ON 18TH FEBRUARY**

**DREAM WEAVING**

Community Presentation for the Upcoming Project

**Build to Envision**

Introducing the upcoming project **>Build to Envision<** with **updates** from other **DW initiative programs**

- Dream Catching
- Self-Education

+ refreshments  
+ tamil translation

**18. Feb** Sun. 6:00 - 7:30 pm  
Solar Kitchen Parking

Dear members of the community,

Auroville week is approaching, a time to celebrate the ideals, the diversity and the culture of Auroville. The Dreamweaving Initiative teams warmly invite you to a presentation of the upcoming project and updates from the Dreamweaving Initiative programs: Dreamweaving, Dreamcatching and Self Education! We will be introducing the new Dreamweaving Team, sharing the progress of the past months and plans for the next months.

The presentation will be parallelly translated in Tamil and refreshments will be provided. Please join us at the Solar Kitchen Parking on **18th of February, Sunday from 6:00pm - 7:30pm**, you can also [add this event to your calendar](#) for reminders.

See you there!

Dreamweaving Initiative Teams

**POETRY**

**Robes and roles**

**What robes do you wear?  
What roles do you play?**

**What makes your eyes roll?  
What makes them shine?**

**What make you roar with anguish?  
What makes you roll with laughter?**

**When will you shed robes and roles?**

-Anandi Z.



## VOICES AND NOTES

### OPEN LETTER TO THE ILLUSTRIOUS APPOINTEES OF THE AUROVILLE FOUNDATION

Dearest Guardians of Prosperity,

As an anonymous Aurovilian, seasoned in the art of satire, I find myself compelled to address the latest brainchild of your collective genius: the "Prosperity" scheme. It's a masterstroke, really, reminiscent of the age-old tradition where the foxes are tasked with guarding the henhouse. The sheer audacity of having individuals, who have mastered the art of navigating through the plush interiors of their government-funded SUVs, decide the fate of our collective "prosperity" is, for lack of a better word, inspiring.

Your vision, steeped deeply in the noble pursuit of austerity for the masses, while you yourselves partake in the nectar of high-class salaries, is nothing short of revolutionary. The notion that "Prosperity" can be achieved by ensuring the majority of us learn to thrive on the bare minimum, while a select few bask in the glow of financial abundance, is a bold reimagining of the very concept of community wealth.

It brings a tear to the eye, thinking about how some of the funds you will save with budgetary cuts will likely find their way into the shadowy crevices of 'administrative expenses' and 'miscellaneous needs'. One cannot help but marvel at the efficiency with which the concept of 'pocket money' is being redefined, surely for the greater good. What better way to promote unity than by having a clear demarcation of prosperity, defined by those who have never had to ponder the price of petrol or the cost of basic necessities?

In closing, I extend my heartfelt congratulations on this visionary scheme. It takes a special kind of courage to boldly go where no one has dared before: into the realm where Prosperity is not just a concept, but a carefully curated privilege. I eagerly await the unfolding of this grand plan, with bated breath and a keen eye on my own dwindling reserves.

Yours in satirical admiration,

An Aurovilian Spectator

### NO ORDINARY HUMAN

As Auroville is now going through a hastened and intensified updation, in the thick of it all, two Aurovilians a few days ago asked, each an existential question, and was answered:

"Dear ones, rare opportunities like this offer each individual a golden chance to deeply examine oneself and one's intentions, as for you, no ordinary human can answer these questions. You have to go within."

Today we continue on with these questions as this moment is uniquely different from all other moments:

"Can someone clarify if The Mother wanted Auroville and the Ashram to be the same?"

*"Why are we in Auroville?"* (of The Mother)

In the questions is the clue to the answer:

The Mother

She is no ordinary human. The Supreme Mother Divine. So you can ask Her directly your question. She is always here, as every moment is She the Creator. Without Her we are nothing. Nowhere to hide as She is everywhere and everything. It is only a matter of acknowledging Her in sincere and total surrender.

And She comes with a partner:

Sri Aurobindo the Avatar.



No ordinary humans,  
The Divine Incarnations.

The Two Who are One.

You just have to do your homework. Quite convenient these days in our modern age of information and communications.

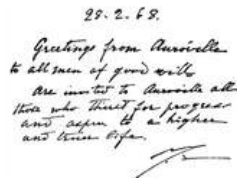
Or in silence go within, using the psychic connection.

Or unglue from your human programmings and appearances with an out-of-body experience. You can meet more intimate with Sri Aurobindo and The Mother somewhere out there.

And so that's it.

Just some tips...

Zech, 2024.02.11



## EMERGENCE OF THE GROUP-SOUL THE AUROVILLE PROSPERITY

Mother's Prosperity and Guidelines are not a blueprint for utopia. Auroville was founded with young, enthusiastic people who were content living in huts. The early years, cycling was the customary means of transport; if these were not available, walking. In the green belt there was no electricity; if there was no wind to turn the windmill, water was carried on bullock carts from another community. In difficult years, when meeting the material needs dropped below the minimum, self-giving never wavered. There was no other chance to be in Auroville, living that way was a deliberate choice. Out of sheer idealism, even early Aurovilians hailing from wealthy families chose to live in minimal conditions.

The group-soul was being born: faith in the Ideal made them one. Brotherhood, solidarity arose from living free from material cravings. One for all, all for one. Pure joy.

The Auroville Prosperity was in kind, along with some pocket money. The pioneers were taken care of according to the resources available at the moment, in a spirit of fraternal sharing. This service provided food, clothing, toiletries, transport, healthcare, simple accommodations and furniture, children's education and all essential services, as was the case with the Sri Aurobindo Ashram Prosperity after which it was modelled. The Admission Form, to be signed as a pledge and submitted to the Mother to be accepted as residents, set the conditions for receiving Prosperity:

1. Having no economic resources of one's own. This meant no pension, no bank accounts, no flats or properties, no help from family or friends. In this case, donating to Auroville whatever material possession one had, if any, was mandatory.
2. Working for the community daily, a minimum of five hours, all year round. Six hours, if Sundays were excluded. Work for oneself or family did not count.

A town had to be built and there was all sort of work, also physical work, but there was time as well for leisure and introspection. Cultural entertainments, lectures on Integral Yoga, meditation, dance, martial arts and physical activities completed the picture, to take care of all layers of being: mind and body, heart and soul.

Property and profits did not exist, with the Mother. *Toujours Mieux* – the only productive unit – belonged to the community as a whole. On 23.5.1972 she signed the final guidelines for the economic activities, concluding with the Auroville Prosperity:

**“One of the objectives of Auroville is that economic activities of all kinds, whether industrial, artisan, agricultural etc., should be completely taken up by Aurovilians. Since the requirements of the Aurovilians are completely looked after by Auroville, the question of salary does not arise.”**

The Mother sought the villagers' integration recommending the Auroville Prosperity for them too, if they accepted. She wished model villages and rural cooperatives where villagers and Aurovilians would work on equal footing; their children went to school along with the Auroville children.

Pointing to the nascent group-soul, the pioneer[1] who had donated the thirty-four huts of Aspiration wrote to the Mother:

*“Auroville is the meeting point between the inner and outer world. In fact the two are one and Auroville wants to be a living example of this truth; the concrete demonstration that Spirit and Matter are one. This can only come about if the first Aurovilians decide voluntarily to subordinate their personal beliefs to the common aim in a total self-abnegation. Auroville aims for the greatest possible freedom – but to achieve this demands an effort. At the beginning the Aurovilians as a group will need to observe the same self-abnegation as the members of a tribe. As this group develops, growing from a village to a small town and then into a big city, it will be easier for each individual to express himself in a progressively less limited way. Tomorrow’s freedom depends on today’s self-abnegation.”*

The Mother replied:

**I am in full agreement and my blessings accompany the realisation.”**

Psychic being to the forefront, this text highlights the spirit by which the pioneers chose to live in Auroville, charting the Unknown. A call and an adesh, summoned by the Great Adventure. A pledge. A certainty: a new humanity in the making.

With these people the Mother commenced Auroville.

Paulette

*Gilbert Gaucher, known for his questions on Auroville’s essentials to the Mother, with handwritten replies, in November 1968 joined the symposium in Paris about the Systems Engineering Galaxy.*



## **NOTHING!**

The illusion of scarcity stems from a false-separative mental consciousness that perceives itself incomplete, lacking, and therefore constantly wanting, of getting, instead of giving.

That is why the necessity of a change of consciousness...

A Supramental Truth-Unity Consciousness that is the One Inseparable Eternal and Infinite, limitless in Its capacity of loving generous creation... the Divine Manifestation.

How to attain?

Simple.

The easiest and most joyful:

The Sunlit Path of Surrender  
To the One Supreme Divine Mother.

What is the logic?

It is the most simplistic.

What are the needs of a human,  
A small speck,  
Compared to the billions of galaxies  
Countless terrestrial and cosmic beings  
That She continuously births  
Every fraction of a moment?

Nothing!

And without Her we are also?

Nothing!

And so the only thing to remember?

To Her totally Surrender...

And Life becomes a Marvel.

Zech, 2024.02.09

## CULTURAL ANNOUNCEMENT

### BOOK RELEASE OF KIREET JOSHI

You are all warmly invited to the  
**BOOK RELEASE** of

**KIREET JOSHI**  
*I am prayer only*



In his own words, and with contributions from  
his friends Frederick Schulze-Buxloh & Alain Bernard

**SUNDAY** the 25th of February at 5 pm  
at the **PAVILION** of TIBETAN CULTURE

*(tea will be served)*

*"Kireet Joshi -- I am prayer only"*: this is a book about love, a book about prayer, and a book about the true meaning of Auroville. It is not about the Auroville Foundation Act, or at least it is not only about that. Frederick and Alain thought important to present to their fellow Aurovilians the picture of someone who dealt a lot with Auroville, and who dealt with it in what they consider a yogic way – a real yogi combining in him the intensity and the depth of bhakti yoga, jnana yoga and karma yoga. At this particular juncture, when we are at a loss to know what to do, when we see Auroville being destroyed under our very eyes, when we feel acutely our powerlessness, perhaps it would be salutary for us to learn about the way Kireet Joshi used to deal with Auroville problems.

Indeed Kireet's way of functioning was not ordinary. Every question submitted to him was first referred by him to an invisible interlocutor. Every problem that he encountered had first to be examined in the light of some other reality, hidden to the questioner but known to him. The answer to the question or to the difficult problem would come only after it had been placed in that inner space; and Kireet himself would not give an answer as long as he did not receive it from that silent center. It seemed as if he acted as a kind of intermediary between the visible reality and another one, invisible. "The invisible always surrounds the visible, the suprasensible the sensible, even as infinity always surrounds the finite". One could sense that Kireet was constantly in touch with these other planes, dialoguing with the "other powers behind". He was a living example of what it means to be ready at all times to listen and to surrender to the divine will. And because of that, we Aurovilians cannot be too grateful -- at least those who have not met the Mother. From him we have learnt lessons which can't be learnt from books.

From him we have also learnt what a vast, a refined and an enlightened mind is. His knowledge was stupendous but his ability to share this knowledge and make it relevant to our life was even more astounding. I remember a talk by him about the Vedas and I remember the simple words he used to explain difficult concepts. I remember how the Vedas seemed to open their luminous world right in front of us; and when he spoke of the vedic *hamsa*, that is to say the swan, symbolic of the psychic being, a swan tied up in hundred nets and which cannot flutter its wings, it seemed to us as if that magnificent white bird floated in the air above us.

And yes, no doubt, he was the architect of the Auroville Foundation Act. The one through whom the miracle happened - - say some Aurovilians. The one who is the origin of all our woes -- say others. So questions are many: Was he naïve in devising such a system of governance? Was he ignorant of what could befall Auroville should one day the authorities distort the spirit of the Act? Did this law lend itself too easily to potential misinterpretation? Was it too vague on the subject of the Residents Assembly and its role? Perhaps these questions will be answered in the book. Perhaps not.

What all the Aurovilians who knew him can say nevertheless is that there never was a greater lover of Auroville.

## "MÉMOIRE D'UN AUTRE MONDE"

BOOK RELEASE (IN FRENCH)

"**Mémoire d'un autre monde**", est un conte de fiction spirituelle destiné à tous les publics et à tous les âges. Ce livre, à dessein, a un côté éducatif destiné à familiariser le lecteur avec des notions qui sortent des idées habituelles autour desquelles l'Occident forme sa pensée. L'action se passe sur une planète quelque part dans l'immensité de l'Univers dans lequel nous, les Sapiens, évoluons, souvent à reculons comme cela est le cas en ce moment du Temps.

L'ouvrage ne comporte ni violence, ni sexualité, ni cupidité, ingrédients qui en général aident à bien vendre. Par contre, l'humour n'en étant pas absent, on ne s'y ennue pas une seconde. Le Scribe s'est attelé à écrire une suite, à la demande de ses plus jeunes lecteurs. Il espère que vous aimerez comme eux le premier volume. Nous vous souhaitons une agréable lecture.

### **Le Scribe :**

C. Mabilat (Cristo) né en France, vit à Auroville en Inde depuis

1974. Ingénieur B.T.P., il consacre sa vie à travailler à la réalisation du Rêve de Sri Aurobindo et Mère, l'établissement sur la Terre d'une société basée sur l'Unité Humaine.



Available at Visitor's Center book store Freeland Book Store

## ILION-AUROVILLE INVITES YOU TO



### Sharing Circles on the beginning of the spiritual journey based on Jason's Quest

*"Break the moulds of the past, but keep safe its gains and its spirit, or else thou hast no future." Sri Aurobindo.*

These sharing circles will be about the Quest of Jason and the Argonauts for the Golden Fleece, which represents the beginnings of the spiritual journey. How does the stages of this Quest resonate in us? What can we learn from it and implement in our life? We will support each other on our inner transformation through sharing of personal challenges.

In order to attend these circles we ask every participant to respect two requirements:

- Be prepared by watching some episodes (about 15 min each) of the online course on Ilion YouTube channel ([29](#)). [Ilion-Auroville - YouTube](#) playlist Jason and the Argonauts – Quest for the Golden Fleece or by reading the script.
- Be committed to meet every three weeks. The first meeting will be 2nd of March.

These circles will be facilitated in small groups (12 persons maximum) on **Saturdays from 2:30pm to 4:30 pm** in English and in French.

The selected dates are : **2nd and 23rd of March, 13th of April, 4th and 25th of May.**

Contribution based.

If you wish to participate, please send an email to: [ilion@auroville.org.in](mailto:ilion@auroville.org.in)

[INTERPRETATION OF GREEK MYTHOLOGY - Mythologie Grecque \(greekmyths-interpretation.com\)](#)

[Ilion Auroville – Complementing Claudes \(ilion-auroville.com\)](#)

The Ilion-Auroville team.



## ART AND CULTURE

### SANKALPA: ART JOURNEYS PRESENTS REFLECTIONS

**Feb 24, 2024 from 10am to 4pm  
at Sankalpa, International Zone, Auroville  
(behind Pavilion of Tibetan Culture)**

A phone-free interactive art installation with highlights of almost 15 years of community art & arts therapy programs in the Auroville bioregion.

## REFLECTIONS



## CENTRE D'ART EXHIBITION

### AMBIGUOUS

an exhibition by Danasegar S  
Centre d'Art Citadines

**From 16 February to 2 March 2024**  
**Tuesday to Saturday 11am to 17pm**  
Opening on Friday 16 February at 4.30pm

## AMBIGUOUS

Danasegar S



**16 February to 2 March 2024**  
**Tuesday to Saturday 11am - 5pm**

**Opening on 16 February 2024 at 4.30pm**

with the presence of Thiru V. Kaliaperumal,  
Director of Art and Culture Dept, Puducherry



Centre d'Art  
Auroville

[centredart@auroville.org.in](mailto:centredart@auroville.org.in)  
Please park at Town Hall parking

Entering Danasegar's world is accepting to get lost in a labyrinth.

His work is double-bottomed, like a magician's trunk piled high with the artist's past and present experiences.

Each painting is a dreamlike composition where the notion of time and space is no longer, a distillate of emotions.

It is precisely here that the ambiguity evoked by the artist lies, this ability to render these intense sensations while remaining somehow alien to the process, as if in a trance.

He opens up his inner worlds to our unfamiliar eyes, without really knowing what's going on there, as if hoping to discover it through the eyes of others.

"I am visible only if there is a mirror reflecting me", he says.

As long as Danasegar doesn't see himself, as long as the mystery persists, the symbiotic bond with his creature is preserved, then when he finally understands what he's done, when the painting is finished, it is then that detachment happens.

It's a game of mirrors, an invitation to find and lose oneself, for us, the spectators allowed to wander through these disconcerting dreams, for him, the artist emerging from the trance, almost forgetful of his identity like an awakened shaman.

Dominique Jacques 2024

## ART EXHIBITION AT PITANGA



Art  
Exhibition  
by Crystal

What's in a  
speck of dust...

3 February to  
4 March 2024  
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: 33AAATA0037BY3N

## AWAKENING SPIRIT

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

Tuesday, 20th February, 9 am - 12 noon  
Focus: The Inner being

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

*Matrimandir*

## MOTHER'S BIRTHDAY AT THE MATRIMANDIR

*"Thy peace, O Lord, a boon within to keep  
Amid the roar and ruin of wild Time  
For the magnificent soul of man on earth.  
Thy calm, O Lord, that bears thy hands of joy..."*  
*"Thy oneness, Lord, in many approaching hearts,  
My sweet infinity of thy numberless souls..."*  
*"Thy energy, Lord, to seize on woman and man,  
To take all things and creatures in their grief  
And gather them into a mother's arms..."*  
*"Thy embrace which rends the living knot of pain,  
Thy joy, O Lord, in which all creatures breathe,  
Thy magic flowing waters of deep love,  
Thy sweetness give to me for earth and men."*

### Mother's Birthday at the Matrimandir 21.2.2024

**Collective meditation at the Amphitheatre from 5.45 to 6.30 am.**

A recording of the Mother's voice reading from 'The Book of Everlasting Day' of Sri Aurobindo's 'Savitri' will be played.

### **PARKING AND ENTRANCE: NEW THIS YEAR**

**Entrance from the Mahasaraswati Gate (West gate):**

Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside

Coming from Town Hall side: Park in front of West gate

Open from 5 am.

**All are requested to be seated by 5.40 am.**

Access will be limited to the Amphitheatre and up to 7 am only.

Guests are requested to bring along their Aurocard with them.

### **IMPORTANT INFORMATION**

The meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting.

To maintain the special atmosphere, everyone is requested to maintain complete silence and to leave their cell phones, cameras, tablets and other recording devices at home or in their vehicle.

Those in possession of such items will be required to deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity.



Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

Please do not bring your pets to the meditation.

Through your participation, you can help make the collective meditation a precious moment of inner experience.

Thanking you in advance for your understanding and cooperation.

### **5.30 – 6.30 pm: Musical Offering on Mother's Birthday at the 'Garden of the Unexpected'**

by Jean-Christophe on the Bansuri flute

Entrance from the Office Gate at 5 pm.

Guests are requested to carry their Aurocard with them.

Bonne Fête!

## **VOLUNTEERS NEEDED**

*Matrimandir*

### **AUROVILLE BIRTHDAY WEEK EVENTS IN MATRIMANDIR - SEEKING FOR VOLUNTEERS**

Dear friends,

This year, three events will occur in Matrimandir in February:

- 21st of Feb: Mother's birthday
- 28th of Feb: Auroville's birthday
- 29th of Feb: Day of the Supramental Manifestation

To manage the people coming for these events, Matrimandir is in need of volunteers to help guiding the people attending the morning meditations:

- At least 10 volunteers for the 21st and the 29th
- At least 12 volunteers for the 28th

If you are willing to contribute to these events by volunteering, please write to [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in) and give your phone number.

Thanking you in advance for your contribution,

Warm regards,

Matrimandir Executives

### **VOLUNTEER AT THE AUROVILLE DOG SHELTER!**

Whether you're in Auroville for a short stay or a longer commitment, you're always welcome to volunteer at the Auroville Dog Shelter. We've created diverse and interesting volunteer programs allowing you to learn and engage in animal care while providing love and attention to our dogs.

For those looking to make a long-term commitment, we're happy to offer volunteering opportunities through the SAVI program. Feel free to reach out to us for more information on how you can get involved! WhatsApp Arthur **812225266**

#### **Book your dog's sterilization appointment now!**

Dr. Anandi will be performing sterilizations at the dog shelter every Monday. Contact us to schedule your surgery date or ask for more information.

### **ENDANGERED CRAFT MELA NEEDS VOLUNTEERS**

21ST-27TH OF FEBRUARY 2024

Contact Alex: 8300920702



## JOB OPPORTUNITIES

### ECO FEMME IS LOOKING FOR A SOCIAL MEDIA MANAGER!

This person is responsible for development and execution of a Social Media Strategy, with support from the Communications Team Leader.

#### Skills required:

- Manage social media platforms of Instagram, Facebook, YouTube, Google Business and Linked In, including:
- Create compelling videos and written content creation in line with Eco Femme's values;
- Engage with audience and timely respond to queries and comments.

Please find the detailed Job Description [here](#). Applicants please write to [kathy@ecofemme.org](mailto:kathy@ecofemme.org)

## HEALTH

### SANTÉ SERVICES IN FEBRUARY 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> As Per Availability
<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



Aurokiya Integral Eye Centre  
(An Auroville Activity)



### Working Hours:

Monday - Saturday  
(9.00 am -5.30 pm)

## EYE WELLNESS CENTRE



### 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)

## SPRING AND LIVER SUPPORT

### WITH AYURVEDA AND HEALTHY PLANTS



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) that takes away slowly the strength and energy, leaving us with low energy by the end of the summer.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

**A healthy Kapha** shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

If these occur, it is time to decongest Kapha and help the liver to become light again:

### With the food:

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest
- Good tastes: bitter, astringent and spicy
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, green salads, lettuce, rucola, spinach)

Artichokes, ashgourd, avocado (moderately), beetroots, bottlegourd, brocoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini

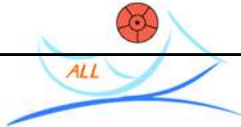
- Good sweet = Cereals: amaranth, barley, buckwheat, red rice, millets, dry oats;
- **Fruits:** pomegranate, apple, dry apricots, chiku, papaya, grape, pear, raisins, strawberries...
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water, with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, soya milk warm and spiced, black tea, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch**

#### Daily routine:

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Wash with warm water (shower or bath)
- Keep the body warm: neck and feet especially
- Physical exercise: 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

Wishing you a cheerfull Vasanta  
Be @ Santé Clinic

## EDUCATION



### NEWS FROM AUROVILLE LANGUAGE LAB

*Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!*

#### Something New: Evening Programs!

From **1st February 2024**, we are launched a new experiment. The Language Lab has extended its opening hours from 5pm -7:00pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediatheque. Our regular day-time students are welcome to take advantage of these sessions as well for some additional practise. This is to revive an old idea of “language exchange” and “sharing languages”. This program is free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests are welcome to join. Come share your language with others!

Conversation Practice sessions would be Mondays for Tamil, Tuesdays for Spanish, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for German & Italian. Please come forward for other languages, especially Sanskrit and Hindi!. All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) or a whatsapp message to +91 98430 30355.

**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. Order through our website : <https://books.aurovillelanguagelab.org/>

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free here, before decided to order through Amazon.

We are looking for sponsors to cover costs of the first print run, so that it can be available as a paperback. For now, in India, it is only available as a Kindle e-book. You can use a free kindle e-reader to access it.

### **Open House:**

Like last year, we will have an Open House on **24th February, Saturday 10-12noon** to introduce our different activities:

- experience Tomatis listening
- try out Tomatis active exercises
- learn about our special building
- meet our teachers
- discover our mediatheque
- share the the joy of language
- snack & juice - Chit chat - happy vibes

**Looking for:** Volunteer (s) capable of reading & writing Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment. We are also looking for volunteer language teachers, someone to help with fundraising, a Computer support person for the mediatheque, an administrative/executive assistant as well as assistants in the Tomatis research centre.



## **Volunteering opportunities!**



**Do You wish to enhance your Auroville experience? Volunteering at the Language Lab can be profoundly enriching.**

**We are currently looking for volunteers to fill the following positions:**

**Language Teachers, Fundraiser  
Event Coordinator, IT Assistant  
Executive Assistant  
Tomatis Children's Assistant  
Tomatis Research Assistant**

**Contact or visit us to find out more and... get started!**

**We are open Monday to Saturday, 9:00am-12:00pm  
2:00pm -5pm**

## 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

### **Aurotaranti has joined our English teaching team!**

Aurotaranti has nine years classroom teaching experience. Besides receiving Teacher Training and incorporating Integral Education at Transition School (SAILER) and the Shanghai Livingston American School in China, she holds a BA in Anthropology and a certificate from TESOL Canada to Teach English to Speakers of Other Languages, Beginners to Advanced. Aurotaranti is also available for one-on-one classes in Conversational French.

### **Aurotaranti will anchor a new program called “HIP” : Help Integrate People!**

This is a vocational English program where special attention will be given to beginner and pre-intermediate English language learners in different fields of work in Auroville, so that they may develop the vocabulary, concepts and conversational skills to help them excel in their work places. We would like to invite Aurovilians, Newcomers, SAVI Volunteers and employees of Auroville Units to participate. Auroville units can share their specific requirements and sponsor their staff for these classes, which will take place at the Language Lab premises.

Those interested in participating or enrolling their staff in these vocational English acquisition courses are requested to contact [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) with the subject line “HIP programme,” so that we may assess and schedule private or group sessions as required.

### **New Courses Offered:**

- English as a Second Language Group Classes for different levels to be scheduled as per demand.
- Private English Classes and French Conversational Classes may be scheduled (Mon-Fri 9-12 and 2-4)

### **English Conversation Pre-Intermediate & Intermediate with Aurotaranti**

Aurotaranti will address student needs and interests to guide the conversations accordingly.

- Pre-Intermediate classes take place Mondays & Wednesdays, 4 to 5pm, from 12 February 2024
- Intermediate classes take place Tuesdays & Thursdays, 4 to 5pm, from 8 February 2024

### **English Through Movement & Theatre with Rupam!**

Bored trying to memorise the grammar? Learning English can be extremely fun with movements and theatre. Let's explore learning a new language using theatre as a tool!! It's a new concept so let's find out together!!

Days & time: Saturdays, 10.30 am to 12 noon

Starting day: 3 February 2024 (if we have a least 4-5 participants)

Duration: 18 hours (over three months)

By donation

### **Beginner Spanish with Mila**

This course is now closed to registrations!

Started date January 24 Classes are on **Mondays and Wednesdays, 2:30 to 3:30pm.**

### **New Beginner Italian with Karuna**

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 24-hour (3 months) compact course, [with Karuna](#).

The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., and speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

Start date: Wednesday 7 February 2024

Days and Timings: Wednesdays and Fridays, **from 4 pm to 5 pm**

### **Beginner Hindi**

A native Hindi speaker, This 24-hour (over 3 months) 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 **February 10**. 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 **February 10**. 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 started on **February 5**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

### **New: German with Ben**

Ben will resume his courses from early February. A native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. His first in-person course at the Language Lab was a resounding success! classroom. Ben is a language enthusiast and takes interest in poetry, integral yoga and philosophy. Ben is offering two courses:

**Beginner German:** This 3-month (36-hour) course is structured around the Goethe Institute material and will employ a variety of audiovisual tools and interactive elements.

Classes will take place **Mondays & Wednesdays, 9:30 to 11am, from 5th February 2024**

**German Elementary Spoken & Written:** This 2-month (16-hour) course is for those who already know a bit of German and would like to further polish their speaking & written skills.

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

Both courses are open for registrations and will begin as soon as we have 4-5 registrations.

**Beginner Spoken Tamil with Saravanan**

This course is now closed to registrations!

**Intermediate Spoken Tamil with Saravanan**

We are pleased to announce a new Intermediate Spoken Tamil course, that will run Tuesday and Fridays from 5:30 pm to 6:30 pm, starting as soon as we have at least 5 students.

Our experienced Tamil teacher of many years - Saravanan - will lead students to the next level of Tamil proficiency in conversational skills.

**This course will be of most use to students who already have a basic knowledge of Tamil.**

**Intermediate Spanish with Susana**

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

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

**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, 11:00 to 12:00pm.**

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	11:00am - 12:00pm	Tuesday & Thursday
	Conversation Intermediate To Start date 8 February 24	4 - 5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Start date 12 February 24	4 - 5pm	Monday & Wednesday
	Movements & Theater To start 3 February 2024	10:30am – 12noon	Saturday
French	Beginner To start 10 February 2024	2:30- 4:30pm	Saturday
	Conversation Post-Beginner To Start date 10 February 2024	10:30am – 12noon	
	Conversation Intermediate Start date 5 February 2024	2:30 -3:30pm	Monday & Thursday
Tamil	Spoken Beginner Start date 23 January 2024	9:30 – 10:30am	Tuesday & Friday
	Spoken Intermediate To Start February 2024	5:30 – 6:30pm	Tuesday & Friday
Sanskrit	Beginner To start March 2024	TBA	TBA
Hindi	Beginner February 2024	10:30am – 11:30am	Monday & Wednesday
German	A1.1 Beginner Start date 5 February 2024	9:30 – 11am	Monday & Wednesday
	German Elementary S&W Start date 6 <sup>th</sup> February 2024	4 – 5pm	Tuesday & Thursday



<b>Spanish</b>	Beginner Start date 24 January 2024	2:30 – 3:30pm	Monday & Wednesday
	Intermediate	2:30 – 4pm	Tuesday
<b>Japanese</b>	Beginner To start March 2024	TBA	TBA
<b>Italian</b>	Beginner Start date 7 February 2024	4 – 5pm	Wednesday & Friday
	Intermediate Started 14 December 2023 New batch from 15 February	4 – 5.30 pm 3 – 4pm 2:30 – 3:30pm	Thursday Monday Thursday

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

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

Contact:  
Phone: (0413) 2623 661, 2622467, +919843030355 Email:  
[info@aurovillelanguage.org](mailto:info@aurovillelanguage.org)

## 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



## CLASSES, WORKSHOPS & HEALING ARTS

### MARTIAL ARTS - AUROVILLE AIKIDO NEWS



**Auroville Aikido at AV Budokan (Dehashakti)** is happy to share again their **Adults regular schedule for Beginners and others** (with N. Murugan and Surya) for interested people to join this beautiful and complete practice in the form of a Japanese martial art: every **Tuesday, Thursday, Saturday early morning from 6 to 7.30 am + Wednesday 5.15 to 6,30 pm.**

For **children classes** (with Surya, Philippe G. and Cristo) and **other info**, please contact us: [budokan@auroville.org.in](mailto:budokan@auroville.org.in) and 83001 89062 (Surya) - 99528 12843 (Murugan/WA) - 83006 43963 (Philippe/WA). Reasonable contributions required.

## THEATRE WORKSHOP IN SHARNGA

**29 TH FEBRUARY TO 9 MARCH 2024** Create and perform a Theatre Play

### PROGRAM:

**Dramatic techniques:** relaxation, breathing, voice, diction, phrasing, body work (anchoring, engagement and presence, precision and simplicity, position in space, etc. ), movements, silence...

**Character development:** attitude, walk, history, language.

Improvisations: exercises to build confidence, work on the imagination and letting go, exercises to develop the emotional state, work on listening (learning to be in the moment, looking for the solution in the other and in the group), individual and collective improvisations (free, thematic, with constraints).

**Collective writing of scenes:** discovery of some techniques of dramaturgical writing (situation, characters, trigger, reversal of situation, beginning, end. . . ), creative brainstorming and script writing, improvisation from scripts and dialogues writing. Rehearsal and staging of the created scenes.

Presentation at the end of the course:

Presentation in front of the guests of your choice.

## COACH:

**Aubert** has been staging several plays in Auroville (The King Stag, Black Comedy, and some improvisation shows). Last year, he gave a workshop for ten days in Pitanga. He is currently working on a short play about Upcycling with Orev and Veronese who will also participate in the workshop.



## in 10 days !

Create and perform a short play of few scenes, from situations you will invent and characters you will build up to a final show.

## DETAILS:

**29th February to 9th March**, except Sunday 2:30 to 6:30 pm  
Sharnga Yoga Hall

Adults any level

8 participants minimum, 15 maximum Motivation and good mood required

Tel : **(+33)644224664** (Whatsapp only) Email :

[aubertdefoy@yahoo.com](mailto:aubertdefoy@yahoo.com)

## ATB INTRODUCTORY WORKSHOP

### Intro Awareness Through the Body



with Suryamayi & Natascha

**All are welcome!**

**Saturday, February 17th, 9.15am - 12.15pm**

advance registration required:

[suryamayi@auroville.org.in](mailto:suryamayi@auroville.org.in)

with Suryamayi & Natascha

**Sat, Feb 17th 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 inmost center.

**Advance registration required:**

Email [suryamayi@auroville.org.in](mailto:suryamayi@auroville.org.in)

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

We look forward to sharing the ATB practice with you !  
Suryamayi & Natascha

# PITANGA



**PITANGA**  
CULTURAL CENTRE

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



## Program February 2024

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

### Mondays

7:30am – 9am | **Asanas** with Rachel | All levels |  
8:30am – 10am | **Yoga Therapy** with Gala | All levels  
4:00pm – 5:00pm | **Deep Presence** with Mike S. | *All are welcome to join.*

### Tuesdays

9 am –10:30 am | **Iyengar Yoga for the Spine** | with Chloe | All levels  
5:00pm 6:30m | **Restorative Yoga** | with Rachel | All levels  
3:30pm – 4:30pm | **Body-Music** with Anandi Z. | *All are welcome to join.*

### Wednesdays

7:30am – 9am | **Asanas** with Rachel | All levels |  
8:30am – 10am | **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

### Fridays

6:45am – 8am | **Pranayama** with François & Namrita | *For former "The Art of Living" course participants*  
7:30am – 9am | **Asanas** with Rachel | All levels |  
8:30am – 10am | **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  
5:15pm - 6.45pm | **FOR GIVING LOVE** with Marie-Claire | A weekly inner dialog to foster your own healing.

### Saturdays

9:00am to 10:30am | **Intermediate level Asana class** | with Rachel | *Only intermediate students who are able to maintain a stable Sirsasana and Sirvanganasa*  
11:00am -12:15pm | **ATB explorations** |with Isora, Rosario & Teresa. |All are welcome to join |  
4:30pm – 5:30pm | **Body Musik with Anandi Z.** | All are welcome to join

### YOUTH ACTIVITIES

*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 | with Lisbeth |**

**Mondays, Wednesdays | 4pm – 5:15pm |**

**New Auroville school students, 5th grade onwards** can join by signing up (with Pitanga reception with your details & contact no.

## HEALING SPACE — BY APPOINTMENT

- *Acupuncture by Heidi*  
(not from Mon. 5th Feb. to Frid. 1st March)
- *Bio-Resonance (with Bi-Com machine) by Afsaneh*
- *Cranio Sacral by Anne H.*
- *Chiropractic by Afsaneh*
- *Thai Yoga Massage by Juan*

## NEW ACTIVITIES



### Eye Yoga Sessions

with Aurosugan

Dates: **19th Feb- 24th February Daily from 8.30am - 9.30am**

Eye yoga exercises strengthen weak eye muscles, improving blood circulation and muscle movements. Our technique involves activities that can help improve the complete visual system for better vision.

Our eye yoga and exercise are simple and can be done between your routine tasks and by doing them regularly, you can significantly reduce your level of eye discomfort, blurry vision and other symptoms of eye strain.

Please register at Pitanga

Aurosugan is a certified eye yoga practitioner.

### Professional Training: Advanced Massage and Bodywork – part 1

with Shari



1st course: **11 March - 17 April 2024**

Weekly twice, for 6 weeks

**Mondays & Wednesdays, from 10 am - 1 pm**

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

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

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

A Certificate of Completion will be offered at the end of the 4 courses. The class size is limited.”

Please register beforehand with Shari.

Contribution requested.”

Registration with Shari here: +91 73059 41614

### CHINESE TEA CEREMONY (GONGFU CHA)

offered by Chun

"Experience tea the way Chinese do"

Tea has been grown, drunk and cherished in China for thousands of years.



In the Chinese tradition, drinking tea is more than just a beverage. Chun offers you an experience into the world of Chinese tea culture. This session is about experiencing a tea ceremony and learning about tea and the deeper meaning of its tradition and culture.

Places are limited for each session and can only be booked in advance.

Drop-ins are not possible.

To experience the fragrance of tea it is essential that you do not wear body perfume on the day.

Please register at Pitanga.

**Every Saturday, 3:00-4:00pm**

## HARMONIZATION OF BODY & SPIRIT

by Nadia Labiod

Any physical or mental unwellness begins in an instant, usually after a shock that we can call a triggering conflict.

Nadia's sessions are aimed at restoring the harmony of body and mind by creating a personalised, nutritional diet and accompanying the process by decoding the symptoms of physical, vital, emotional, mental and spiritual imbalance.

Nadia is a certified Naturopath (Lyon, France), which includes nutrition and psychology (among other fields).

Please register at Pitanga



## YOGA WITH RACHEL

Rachel invites you on Tuesdays and Saturdays to new classes.



### **Restorative Yoga on Tuesdays 5:00pm to 6:30pm**

“Restorative poses and breath work help to calm and soothe the nervous system, improving sleep, reducing stress and anxiety while we open the body in a supported yoga practice. For new and continuing practitioners of all ages.”

*Starting on Tuesday, 13th February at 5:00am*

### **Intermediate Asana Class, Saturdays 9am-10.30am.**

“For regular practitioners who want to go deeper into their practice.

For those with a good understanding of the fundamental yoga poses with a steady practice, who are able to maintain a stable Sirsasana and Sarvangasana, or their variations, for at least 5 minutes.”

***Starting on Saturday, 17th February at 9:00am***

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)*

## 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](#).



Vipassana

As taught by S.N. Goenka



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

## WRITING FROM WITHIN

Writing from Within is a session to learn how to use writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves but also the natural resources we have inside to overcome obstacles and evolve.



Many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more.

Book a session with me writing at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com).

The sessions will take place at the European Pavilion.

Duration of the session: 1h30min.

Collective sessions cost: 350 Rupees per person; Individual sessions: 400 Rupees. For Aurovilians and Newcomers: free contribution.

I'm also available to give sessions in the schools.

Let's walk together the Path of Never Ending Education! The One that comes from Within.

If you want to know more about me, check my Vlog! "Just Wanna Write" at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>

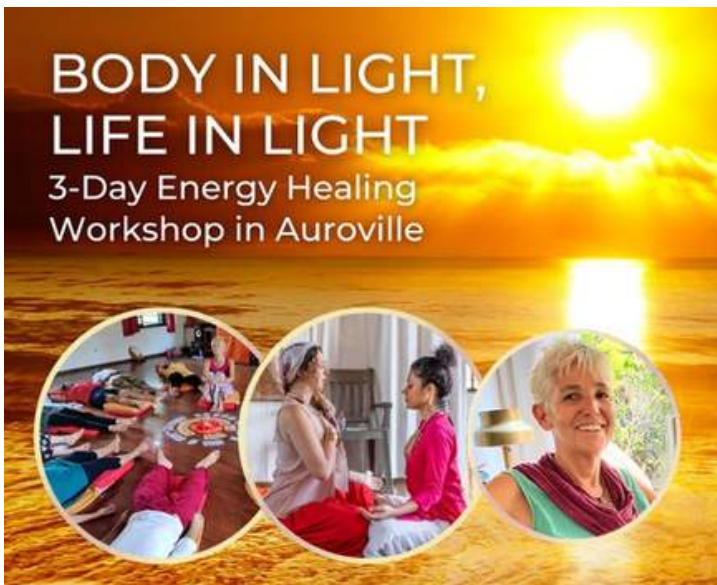
Or my blog <https://ijustwannawrite.com>

And let's keep up with the good writing!

Francesca

## BODY IN LIGHT, LIFE IN LIGHT: ENERGY HEALING WORKSHOP

MARCH 1, 2, 3 (9AM-5PM), IN AUROVILLE.



In this 3-day workshop we explore with joy the 3 paths to ascension:

- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation

Dive into powerful techniques for self-healing, and explore Fundamentals, Principles and Universal Laws of energy healing.

**Location:** Bhumika Hall, Bharat Nivas, Auroville.

**Facilitator:** Sandyra, Energy Healer & Teacher since 25 years.

**Register now:** [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 94436 19403.

## 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

### **Pregnant Couples Class with Appie & Friederike Thursday 22 February 2024 (9:30 - 11:00am)**

Experience the relaxing and connecting benefits of floating in warm water. You are invited to come with or without your partner or birth-attendant.

### **Birenda Massage Course with Jean-Louis & Kumar Friday 23 - Sunday 25 February & 11-13 March 2024 (9:00am - 5:00pm: 36 hours)**

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

This massage training consists of six days, divided into two times 3 days.

**Prerequisites:** no previous experience required. **Manual and certificate upon completion of the course.**

## **MEDICINE WALK**

SATURDAY FEB 17 (7AM-10AM) IN REVELATION,  
AUROVILLE.

Is there a question that is alive in your heart?

A medicine walk is an ancient earth-based practice for soulful inquiry. The Earth Mother, along with our collective wisdom council, conspire to guide you so that you may discover the soul-level 'medicine' needed to discern your next most aligned steps in life.

**Facilitator:** Niharika Sanyal

**Register now:** [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 94436 19403

# Medicine Walk

At Mahakali Park (Revelation)

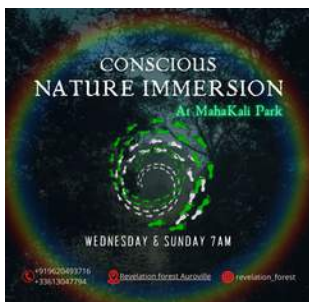
7:00 - 10:00am

Saturday, Feb 17



## CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

**About the 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. We 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.



**When:** Every Wednesday and Sunday

**Contributions:** Accepted for the management of the site.

**Clothing:** 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:** Vignesh +91 9620493716

**Please note:** The park is not yet accessible without our supervision, Thank you for your understanding!

**Gmap link:** [Revelation forest Auroville](#)

## 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

## BUILDING OUR OWN GPT: AN EXPLORATORY WORKSHOP

Join AI and Vikram for an engaging session on creating our own Generative Pre-trained Transformers (GPT). We don't have all the answers, but rather questions to uncover the mysteries of GPT together. Whether you're a coder or simply fascinated by artificial intelligence and machine learning, your insights and feedback are all that we need. Let's learn, brainstorm and get started towards building our very own GPT. **Saturday, 17th Feb, 10-11am** in Auroville Consulting, Kalpana Community.



To get regular updates and stay in touch, join our WhatsApp group by clicking on this link:

<https://chat.whatsapp.com/EMeiWHRjquBATdKPEkG4PI>



## 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>



### Responding to Change: An Expressive Arts Workshop

by Anjali Alloria

(Intermodal Expressive Arts Practitioner)

Change is a constant part of our lives. In some ways, we are all changing every moment, on many levels. Discover how the arts modalities of drawing, painting, writing, movement, music, mindfulness and connection to nature can support you in your journey of navigating change.

No prior art experience required. All materials will be provided.

**Date: Saturday, 17th Feb**

**Time: 10am-12pm**

Location: Serendipity Guesthouse (opp Center Guesthouse)

**EXPRESSIVE ARTS WORKSHOP**

Responding to **CHANGE**

An exploration using arts, mindfulness, creative writing, poetry, music, movement and nature

**17 FEBRUARY**  
SATURDAY  
10:00 AM - 12:00 PM

Open to anyone interested in exploring with different art modalities.  
No prior art experience required. All materials will be provided.

By Anjali Alloria  
(Expressive Arts Practitioner)  
WhatsApp +919560026678

At Serendipity Guesthouse  
(Next to Center Guesthouse)



## AUROMODE YOGA SPACE

### FEBRUARY 2024 SCHEDULE

Registrations are 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	10 00 am to 11 00 am	Mobility with Karlakattai
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
February 15 to 19	10 30 am to 12 30 pm	5 day Yoga Nidra workshop
Sunday February 11 & 24	10 00 am to 01 00 pm	Tamil culture tour & temple visit
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 :**

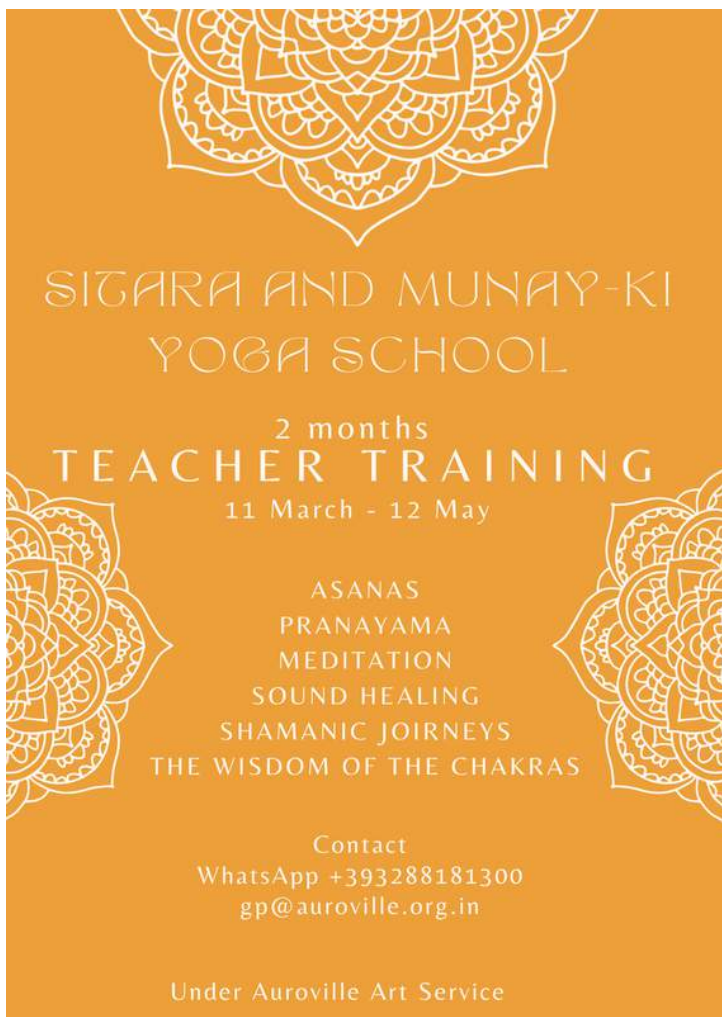
Every Friday - 5 30 pm to 7 00 pm  
Every Saturday - 5 30 pm to 7 00 pm  
Every Sunday -5 30 pm to 7 00 pm



### **Mobility with Karlakattai: Monday to Friday - 10 00 am to 11 00 am:**

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.

## **YOGA SCHOOL**



SITARA AND MUNAY-KI  
YOGA SCHOOL

2 months  
**TEACHER TRAINING**  
11 March - 12 May

ASANAS  
PRANAYAMA  
MEDITATION  
SOUND HEALING  
SHAMANIC JOIRNEYS  
THE WISDOM OF THE CHAKRAS

Contact  
WhatsApp +393288181300  
gp@auroville.org.in

Under Auroville Art Service

## **HEALTH FOR EVERYONE**

### **Shiatsu Practising Hours -**

Time to deepen your learning of meridians, give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the month of February and more to come, we will mainly focus on the practical aspects of the Shiatsu Art of Touch. According to the need of the participants, we will include a brief look into the extensive theory of Shiatsu as well.

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

We are looking forward to hearing about your coming as well as hearing your questions, wishes, aspirations. Contributions required for ensuring future seminars. Kindly give whatever your heart tells you to.

**Wednesdays, 7 - 9 am** during the month of February at Budokan, Aikido Hall, Dehashakti

Do contact Ulrike Urvasi at [shiatsuindia@gmail.com](mailto:shiatsuindia@gmail.com) or **9751513906** (WA, Signal, Telegram) for necessary registration or questions.

## AUTHENTIC RELATING WORKSHOPS

# AUTHENTIC RELATING WORKSHOPS

Every week different theme



Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, heart-centered environment?

**JOIN US IN THE HALL OF LIGHT, CREATIVITY EVERY THURSDAY FROM JAN 11TH TO MARCH 14TH 9:15AM-12:15PM**

Open to all



Guests ₹500

+918098503386



+919489244823



AV, NC & SAVI discounts available

## TAI CHI HALL @ SHARNGA

# INNER WAY TAI CHI SCHOOL

TAI CHI HALL in Sharnga  
Presents

THE ART OF CHI - Stevanovitch's method



## TAI CHI CHUAN INTENSIVE

**FEB 12 to March 2**

Monday to Saturday, 7.30 -10.30 am

Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

Lead by Krishna, the work is essentially directed towards:

Concentration techniques to stay focused

Mastery of the body through breathing and muscular relaxation;

Improvement of movement through balance and coordination;

Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity

For information and booking contact Krishna at 0413 - 2623187  
[taichi@auroville.org.in](mailto:taichi@auroville.org.in) / [taichi.auroville.org](http://taichi.auroville.org) / [www.artduchi.com](http://www.artduchi.com)

## VÉRITÉ WORKSHOPS

**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)



### **Conscious Relating with Ananda**

**Friday to Sunday, 16-18 February, 9:15am – 4.45pm**

Explore, learn, practice, and heal through this experiential process of self-awareness, love, conscious communication, and growth. Learn effective exercises, meditation practices, and healing processes involving the body-mind-energy and spirit connection that can be integrated in daily life. Understand patterns, beliefs, projections, and behaviors in relation to oneself and others, and recognize attachment styles, relationship stages and childhood influences to promote healing from unconscious, unloving or unhealthy entanglement.

### **Face & Eye Yoga: Face your Self – Mamta**

**Saturday, February 17, 9:15am – 12:00pm**

Explore self-massage techniques & exercises for the face; revitalize the sense organs & enhance vision through candle gazing.

### **Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques – with Andres**

**Friday, February 17, 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.

### **Prana Yoga: Tuning Life Energy with Ananda**

**Friday to Sunday, 23-25 February, 9:15am – 4.45pm**

Prana is the universal life energy. Yoga is tuning body-mind-spirit to wholeness. Prana Yoga is based on Hatha yoga, Pranayama, Meditations & Siddha. Through conscious postures, breathing, movement & stillness open the self-enhancing, transforming, healing, grounding & tuning the energy flow to detox, rejuvenate the body-mind-energy, build immunity, enhance sensitivity, perception, expand awareness, enrich self-healing, and open to higher states of consciousness.

### **Yoga Therapy for Back Pain – with Bijou**

**Friday, February 23, 9:15am – 12:00pm**

Stretches, holds and strengthening asanas for the back with crucial attention to right posture, breath, and individual attention to body type to rejuvenate the muscles and alignment of the back muscles and spine. Helps relieve back pains and condition the back against future injuries.

### **Sivananda Yoga: Masterclass – with Mani**

**Friday, February 24, 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.

### **TASTE OF YOGA at Verite Integral Learning Centre**

**Hours: Monday-Saturday, 8:30am – 12:00pm, 1:00 pm - 4:30pm**

Verite is happy to announce the opening of "A Taste of Yoga", offering a simple, quiet space to read, reflect and nourish oneself. Delectably healthful snacks, treats & drinks (all free from animal products, caffeine, and added sugars) have been designed with utmost care to promote overall well-being. Selected reading materials relating to Integral Yoga, health, and conscious evolution are available to uplift and nourish the mind.

# TASTE OF YOGA

NOW OPEN AT VERITE

9:00 - 12:00

13:00 - 16:30

Monday to Saturday

**AUTHENTIC MOVEMENT, LIFE/ART PROCESS**

Authentic Movement, Life/Art process®,  
Danse du sensible & Sensorimotor drawing



**Hall of light Creativity**

**Tuesday 4.30 – 6.30 pm from 20th Feb to 12th March**

With Ambre Jaïa

Donations for Creativity

**Contact : +918301885179/ whatsapp +33630018728**

Please bring 2 sheets of A3 drawing paper and oily pastels

Movement connects sensations, emotions, images, memories... It allows us to explore our inner world and express it, becoming more aware of it. In *Authentic movement*, we dive into a deep exploration in movement, while an external witness offers us an unconditional and safe presence, making us feel truly seen and accepted (which may heal deep insecure attachment wounds). Our inner witness also awakens. More alive and aware, we are able to gather precious insights along our “movement in depth”. In *Life/art process®*, we connect our dances with personal or collective life’s issues. Our dances become rites of passage for powerful transformations, and boosters for our creativity! *Danse du sensible* is a fine way to become more embodied and sensitive to our sensorial life. In *Sensorimotor drawing*, we draw with both hands, eyes closed, listening to the inner impulses of our physical and emotional body, letting then these impulses become visible on the paper. We use this practice to balance our nervous system and become attuned listeners of the hidden messages of our body. Each session will weave one or two of these modalities.

## ACTIVITIES & EVENTS

**COME ENJOY PIZZA AT THE YOUTH CENTER!  
FRIDAYS, SATURDAYS AND SUNDAYS!**



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 pm - 09:00pm **YOUTH CENTER** Auroville

Friday-Saturday Open to all Sunday exclusive only for pre-register groups

**STAY TUNED**

8428061801

Youth Center International

@youthcenterauroville

**NEW  
EVENT!**

## Youth Center Sunday Express

from 5:30 - 9:00PM



Book your group slot with us and come with your friends and family for an unforgettable evening of fun, food, music. Enjoy a guided tour around YC, learn to make your own pizza & enjoy it!

**Let's Sunday together!!**

**Call: 9152275335**

@youthcenterauroville

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

[usp=drive link](#) or

please scan this code to know more:

## YOUTH CENTER: CALL FOR COMMUNITY



"The Youth Center wishes to organize Auroville's birthday on February 28th at the Youth Center. In order to celebrate it together we would like to offer pizzas with other dishes, but to make that possible and in view of the current situation,

**we need financial support and food products** such as veggies, Maida, cheese, syrup, sweets, etc.

Please pass by Youth Center in any weekdays morning and give us a call **7598581908** Aurore (Fertile)



[youthcenterauroville](https://www.instagram.com/youthcenterauroville)

## KARAOKE PIZZA NIGHT AT YOUTH CENTER

Join us for an unforgettable evening where you can sing your heart out while relishing on delicious pizza.

Whether you believe you have the voice of a professional or you're just a shower singer, this event is tailor-made for everyone to come together, have a blast, and foster a sense of togetherness within our community. Don't forget to bring your favorite song to share with us!

Looking forward to seeing you there!

Timings : **7 - 10pm**

Where : Youth Center

When : **Saturday 17th of February**

## KARAOKE PIZZA NIGHT

Saturday, 17th Feb  
7pm - 10pm



## BLIND BABBLE AT LE MORGAN

☀ Hey Community! ☀

Come together to celebrate the essence of COMMUNE in our community. Remember, commune comes before community. Communing goes beyond mere communication; it's about sharing, connecting, and understanding each other on a deeper level.

Join us at Le Morgan Cafe from 5:30 pm to 7 pm on 22nd feb Thursday for our Blind Babble Gathering.

Remember, it's not just about what we say, but about how we listen and learn from one another. Let's make tonight an extraordinary experience of COMMUNE and discover the richness within our diverse community.

It's a walk-in event and everyone is welcome!



Thurs 22nd Feb  
Le Morgan | 5:30 - 7:00 PM

YouthLink

Walk in for a deep conversation with a stranger

BLIND BABBLE

The poster features a grid of nine yellow icons: a man's face, a woman's face, three overlapping cards, a flower and a coin, the text 'BLIND BABBLE', a man's face with a cap, a woman with glasses, two glasses of beer, and a woman's face with a wide smile.

## TLC FRIDAY OPEN SPACES



TLC welcomes all kids every Friday

11:00-12:30  
Nursery  
Open Spaces  
(2-5 yrs)

12:30-13:30  
potluck lunch  
At TLC  
Base Camp

13:30-15:00 Open  
Spaces for kids  
(6-14 yrs)

For more info contact 9442180610

The poster has a green background with colorful paint splashes. It includes illustrations of a hand holding a paintbrush, a boy playing soccer, a girl reading books, and a paint palette.



## BLOOMO! A SOULFUL FLOWER CARD GAME

LAUNCH EVENT ON FEBRUARY 22, 2024



Discover the spiritual significance of flowers with BloomO! the soulful card game of memory and reflection. This game helps shape observation, memory, aesthetics, and reflexes.

The Mother has given spiritual names to nearly 898 flowers revealing their deepest aspiration. Flowers have been an intrinsic part of life in the Sri Aurobindo Ashram.

This card game can be played with children age 7+ and with 4 to 9 players. Individuals can use the deck as a tool for guidance and reflection, similar to tarot cards.

Join us for a sharing of our journey as artist and designer; the role of art & design in the making of this card game as played by The Mother and captured by Tara Jauhar based in Delhi.

Available for purchase online or at Boutique D'Auroville  
<https://www.auroville.com/bloomo-the-flower-game.html>

Jyoti & Chetana

## 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>

## 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)

## VASTU DARSHANA - THE INDIC PERSPECTIVE COURSE IN AUROVILLE

**Ritambhara**

vAstu Darshana - The Indic Perspective, Course in Auroville

**DATES** : March 14th - 17th, 2024  
**TIME** : 9am - 5pm

*A 4 days beginner's course on vAstu, the oldest living system of Architecture that ties space, energy and design, dating back to the Vedic period i.e. over 3000 years ago.*

**FACILITATORS** : Ar. Chandana Reddy, Ar. Radhika Soni & Ar. Shivangi Gadia  
Ar. Sashikala Ananth will be joining online

<http://tinyurl.com/vastudarshanaregistration>

For registrations please follow the link or mail us at [vastu@ritambhara.org.in](mailto:vastu@ritambhara.org.in)

We are happy to announce an introductory course, vAstu Darshana in Auroville. vAstu is the oldest living system of architecture, dating back to the Vedic period, over 3000 years ago. The course pedagogy is designed to include theory, self-reflective exercises and interactive group dialogues during the sessions.

**Dates: 14th to 17th March** (All 4 days are compulsory to attend)

**Time: 9am- 5pm**

The course will have additional evening sessions which will include a visit to the 1000 years old Irumbai Shiva temple and screening of the 1991 award winning documentary, 'vAstu Marabu: The Shilpi Speaks'.

To know more details about the course and to register, please follow the link <http://tinyurl.com/vastudarshanaregistration> and in case of any questions please write an email to [vastu@ritambhara.in](mailto:vastu@ritambhara.in)

Please note that prior registration is required.

## EUROPEAN PAVILIONS PRESENT



**European Pavilions**  
Sunday 18th February from 4 to 9 pm  
At **European House**  
(International Zone) Opposite Tibetan Pavilion

Present a Joyful event

- Games
- Story-telling
- Live music, Folk
- Jam session, bring your instrument
- Dancing
- European snacks
- Planning of EU zone will be presented

In the spirit of community All are welcome

[european.house.auroville@gmail.com](mailto:european.house.auroville@gmail.com)

## KUILAI CREATIVE CENTRE

Contact: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in);

[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

WhatsApp: + 91-8608473385 / 9843195290



**KUILAI CREATIVE CENTRE**  
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES)

NEXT TO AUROVILLE BAKERY, PROTECTION COMMUNITY, AUROVILLE.

Email: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) OR

[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

WhatsApp: + 91-86084 73385 / 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 4 PM	FREE	ABOVE 18 years
மாலை இரவு வகுப்பு EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	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
ஓவியம் 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
ஹிப்-ஹாப் HIP-HOP	SATURDAY	3:00 PM TO 4:0 PM	FREE	ABOVE 8 years
பரத நாட்டம் BHARAT NAATYAM	SATURDAY	4:00 PM TO 5:00 PM	FREE	ABOVE 8 years
குழந்தைகள் 12 குணங்கள் பற்றிய கவிதைகள் EXHIBITION ON MOTHER'S 12 QUALITIES	விரைவில் - SOON	விரைவில் - SOON	விரைவில் - SOON	

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



**Keep supporting us!** For your kind donations...

<https://aviusa.org/?form=Kuilai>

<https://auroville.org/page/donate-from-india>

From Auroville: 240051- Kulai Creative Centre Collection

Protection, Auroville, India - 605101,

Contact: +91-9843195290 / 8608473385

[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

## RECONNECTING WITH YOUR INNER CYCLE

*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:** Date: Feb 22nd (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!

## EDIBLE WEEDS WALKS

We are right in the middle: 6 out of 12 edible weeds walks are done. Only one is scheduled in February and the rest in March - before we close the season. The only one in February would be on the 17th (Saturday), and for all five Saturdays in March. You can join one or more. To join, please plan and register early. Do not wait for the last moment. 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.

Dates for the upcoming walks are: **17 February, and 2, 9, 16, 23, and 30 March 2024**. You can register for any Saturdays listed.

Pre-registration and a contribution are required. WhatsApp (preferred) or Email.

Edible Weed Walk @ NinaS

**Let's walk**

**EDIBLE WEED WALKS ON FEW SATURDAYS**

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

**Last walks of the season: 17 Feb and six more in March**  
Using *Edible Weeds* coloring book



Scan to purchase the  
Edible Weeds  
Coloring Book

Available Dates:  
February 2024: 17  
March 2024: 2, 9, 16, 23, 30

Contribution :  
Rs. 500/person (for all).  
Rs. 350/person for Aurovilian and  
SAVI-registered volunteer

Contact, Contribute, and  
Register (max 10 people) anytime, latest by 4pm on Fridays by

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

## 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)

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

## 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

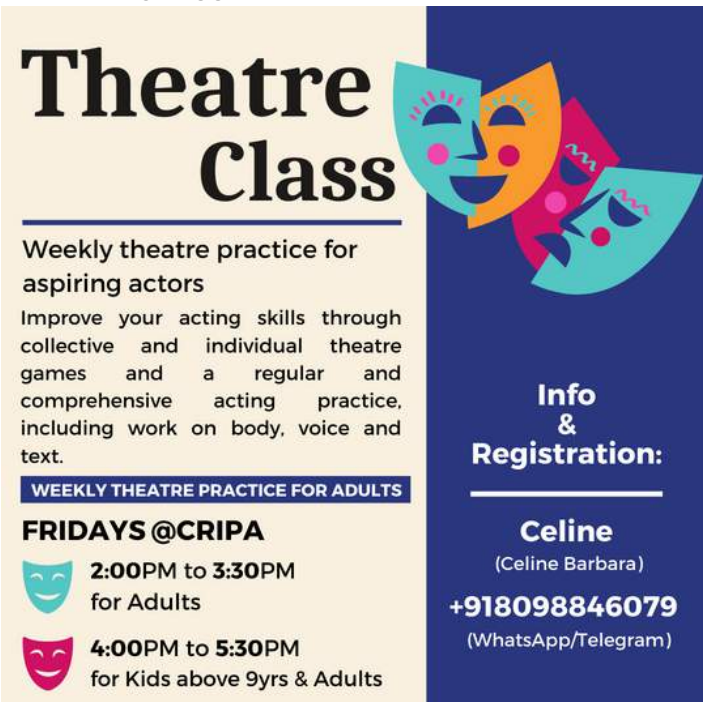
**VEGAN ICE CREAMS** and more...

**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)

## 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)

## 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

## AUROVILLE BOTANICAL GARDEN

From the 20<sup>th</sup>  
of December  
to the 20<sup>th</sup> of  
March 2024



*Come walk with us!*  
Guided Garden Tour

### Auroville Botanical Gardens

Wednesdays and Fridays - 9.30 am (about 1<sup>1/2</sup> hour walk )

Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen  
Please send us an email to: [avbg tours@gmail.com](mailto:avbg tours@gmail.com) to book your walk



## FOODS, GOODS & SERVICES

### STUDIO BASED ART THERAPY AND COUNSELING

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

### STUDIO BASED ART THERAPY AND COUNSELING

individual \* group \* family

a service under MAATRAM



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, Kuilapalayam, Auroville

## SPRING AND LIVER SUPPORT

WITH AYURVEDA AND HEALTHY PLANTS

Friday 16th February, 5 pm

at the Auroville Library.

### Women Awakening Project *Female Masters for an Integral Spirituality*



*Let me present you  
a space of sharing  
on the experience of spirituality  
in the Women's perspective.  
Let me present you Women Awakening Project.*

*Everybody is welcome.*

I'll be sharing some experience from interviewing female masters of different traditions since more than one year.

Join us at Auroville's Library,  
Friday 16th February  
At 17.00

Join us as Erica shares her experience of interviewing female masters of different traditions for over a year.

### Auroville Library

Phone: 0413 2622 894

Email: [avlib@auroville.org.in](mailto:avlib@auroville.org.in)

### Opening timings:

**Mornings:** Mon - Sat: 9am - 12.30pm

**Afternoons:** Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm  
Tues: 4pm - 6.30pm

## PLANETARY ORIGINAL MERKABA ACTIVATION

SUNDAY, FEBRUARY 18, 2024 - 21H30 CHENNAI TIME

DURATION 1H45



The Original MerKaBa is a great energetic ark stabilizing our link to the primordial evolutionary matrix, in coherence with Gaia's original Laws. We guide you into a meditative journey to awaken your multidimensional light body and to transmute what is no longer needed in your life. For the first time, Lydia Thunder Buffalo and her team offer this activation with online access, in order to respond the call of our planetary momentum; we hold a special consideration for Aurovillians and Volunteers: get in touch! Please first read detailed info on [sibaterma.com/the-terma-siba](http://sibaterma.com/the-terma-siba) then contact Mukhande on +33613047794 (preferably on Signal, WhatsApp otherwise).  
\*One Planet One People\*

## **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.

## **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



*Solitude Farm*



## 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!**

## ECO FEMME OPEN HOUSE

### ECO FEMME OPEN HOUSE

Every Thursday morning  
from 10:30 AM



Dear friends,

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

Come and learn about:

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

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

See you soon!

The Eco Femme Team

## LIGHT FISH: PHOTOGRAPHY STUDIO

[sales@light-fish.com](mailto:sales@light-fish.com)

### LiGHT FiSH Studio Aurelec

## PHOTOGRAPHY Services

Fashion Photography  
Product Photography  
Food Photography  
Architectural Photography

phone: 8279300821  
[sales@light-fish.com](mailto:sales@light-fish.com)

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

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

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



## 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!**

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

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



## LOOKING FOR



### LOOKING FOR INVERSION TABLE

Dear ALL, i'm urgently looking for an inversion table because of spinal cord problem. If you have 1 installed and are happy to share it would be to use 15-20 minutes every day. Thanking you very much in advance, sunny. Please watsapp **+34685673777** or e-mail: [srimaa221@gmail.com](mailto:srimaa221@gmail.com)

## HOME NEEDED

### PUPPIES NEED A HOME

On Monday 12/2 these three puppies were dumped in front of Terra Amata in the International Zone (near the big water catchment). They are maybe 5 to 6 weeks young. There are 2 females and 1 male. The Dog Shelter will not take them because they are healthy; so there is no 'official' place for them. Here we make this appeal to you folks .. to come by and take one (or two or three?) into your safe home environment. Honestly, I'm concerned they'll get run over by one of the big lorries that come daily through here. You can send me a WhatsApp at +91 **759 808 1237**. Love, ~Amy B. (Sunyata, next to International House)



## TAXI SHARE



### FROM AUROVILLE TO CHENNAI 29 FEB

Request for passengers to share prebooked taxi (ITS) to Chennai Airport, **Thursday 29th Feb leaving Auroville 21.30**. Michael 9894689863, W/app: +44 7719 743162

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



## FO GROUPS NEWS

(not selected by due Residents Assembly process)

### FROM THE FO N&N 1013

- FO WC: New Admission & Termination regulations
- FO FAMC: Centralized accounts

Please click [HERE](#) to read the FO Groups News

**Auroville TO PONDICHERRY**

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

**Pondicherry TO AUROVILLE**

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

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

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


**EMERGENCY NUMBERS**

**Ambulance (24/7):**

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

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

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

Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7): 108**

## AV RADIO



**AurovilleRadio**

The voices of Auroville

Dear Aurovilians,

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

[Here](#) you can listen to the stream channel (playing 24/7).

[Here](#) you can see on-air schedules.

### Last published podcasts:

- [Zach Bush's address to Aurovilians, 9th February 2024.](#) (Spirituality)
- [Soul Tracks Se.5, Ep.19](#)(Music)
- [LA VITA DIVINA Ep. 41 – LIBRO II – CAP IV – PARTE III – Il Divino e il Non-divino](#)(Sri Aurobindo)
- [Marlenka's weekly Offering – Ep.112](#)(Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi – 458](#)(Integral Yoga)
- [Seeking Our Inner Being Se. 1, Ep. 7](#)(Spirituality)
- [8th Auroville Film Festival: Interviews with the judges, part 6.](#) (Auroville Film Festival)
- [8th Auroville Film Festival: Interviews with the judges, part 5.](#) (Auroville Film Festival)
- [8th Auroville Film Festival: Interviews with the judges, part 4.](#) (Auroville Film Festival)

### Last Youtube Live Video:

- [Auroville 8th Film Festival 2024 Concerts! DAY 5 - Beginnings](#)
- [Auroville 8th Film Festival 2024 Concerts! DAY 6 - Dog Days](#)
- [Auroville 8th Film Festival 2024 Concerts! DAY 7 - Sound Mirage & Ronny's Band & Collective Song](#)

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

Thanks for your help!

....and more! on [www.aurovillerradio.org](http://www.aurovillerradio.org)

For more information write to [radio@auroville.org](mailto:radio@auroville.org).in

Peace and love

Regards, Wobbli

## CINEMA



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

*Reminder.* **FRIDAY 16 “Arthur Rambo”** by **Laurent Cantet**, France, 2021

and **FRIDAY 16th FEBRUARY**

“**FALLEN LEAVES**” (Original title: *Kuolleet lehdet*) - Finland, 2023

Directed by **Aki Kaurismäki**

With: Alma Pöysti, Jussi Vatanen

Overview: Aki Kaurismäki is an inventive film director and a screenwriter from Finland, who began receiving international recognition in the late 1980s. His style is minimalist, his output prolific and his taste for wry melodrama shows an understanding (not devoid of tenderness) of people who are not usually successful in life!

Synopsis: In modern-day Helsinki, two lonely souls meet in a karaoke bar and try to build a relationship. Their path to happiness is beset by obstacles, from lost phone numbers to mistaken addresses, alcoholism and a charming stray dog... The film won the Jury Prize at the 2023 Cannes International Film Festival.

## Message from Aurofilm:

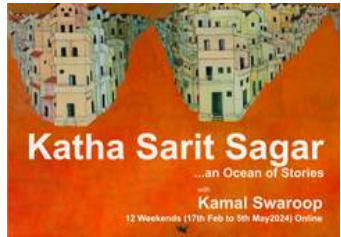
Dear Community,

we want to make you aware that it is possible that from April this year, our "Friday Film shows" may happen only or partly in our Kalabhoomi big studio -as our budget allocation will be discontinued end of March... Your fidelity and generosity is/will be highly appreciated and encouraging :-))

If you would like to support us, please send us an email: [aurofilmteam@gmail.com](mailto:aurofilmteam@gmail.com) - With much thanks, the Aurofilm team\

## CONTEMPORISING - KATHA SARIT SAGARA

A Creative  
Reading and Writing Workshop  
With Kamal Swaroop  
12 Weekends, Online.  
**Starting 17th February**  
**14:30 to 18:30 IST.**

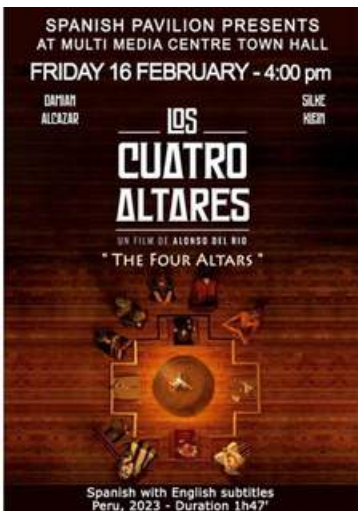


To know more, please visit:

<https://filminstitute.auroville.org/2023/11/18/contemporising-katha-sarit-sagara/>

Or call +919969879319 (whatsapp & telegram)

## SPANISH PAVILION PRESENTS



### LOS CUATRO ALTARES (THE FOUR ALTARS)

Perú, 2023, Dir. Alonso del Río, w/ Silke Klein, Damián Alcázar, Magaly Solier, Valentina Vargas, Eivaut, Diana Quijano and others, Magic Realism, 107 mins, Spanish w/ English subtitles, Rated: G

The film exposes the urgent need for attention that the Amazon and the planet need due to the over-exploitation of resources. It also addresses the transformation of consciousness through Sacred Plants.

Through Ana's story and the discovery of her own self-knowledge journey, the film shows the complexity of the human behavior and its capacity for constant change. In the search for happiness, we feed an increasingly distorted system that takes us away from the essence of what it means to be human.

To bring awareness and respect for the planet, plants and all living things is the intention of this project. We know that through this story we can create empathy to turn the gaze of society towards these problematic that our world is facing. We trust that a powerful film can transform the outlook of its viewers.

## BARIR NAAM SHAHANA (A HOUSE NAMED SHAHANA)



### CINEMA PARADISO PRESENTS

On Monday, 19 February 2024 @ 8pm @ Cinema Paradiso, Auroville

**Leesa Gazi's**



### Barir Naam Shahana (A House Named Shahana)

Bangladesh-UK, 2023, Writer-Dir. Leesa Gazi w/ Aanon Siddiqua, Lutfur Rahman George, Kazi Ruma, Iresh Zaker, and Wriddhi, Drama, 137mins, Bengali w/ English subtitles, Rated: NR (R)

The story, of this much acclaimed and award-winning film - follows the turbulent life of Dipa, a young, divorced woman whose refusal to suffer silently makes her a misfit in a rural town in 90s Bangladesh. Raised by weak and ineffectual parents, she is married off by her relatives to a widower in England over a trunk-call wedding. Dipa suffers marital rape, refuses to settle and escapes. Seven years later, Dipa has become a transformed and confident professional, yet she still must fight the social stigma and the burden of family honor to live on her own terms.

*The screening of this film which is still making its round in the festival circuit is made possible by a generous sharing by the film team. The screening will be followed by an online Q&A with the director. It is a story of resilience you cannot miss!*



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 19 February 2024 to 25 February 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 19 February, 8:00 pm:

- **BARIR NAAM SHAHANA (A House Named Shahana)**

Bangladesh-UK, 2023, Writer-Dir. LeesaGazi w/Aanon Siddiqua, Naimur Rahman Apon, Naila Azad, Drama, 137mins, Bengali w/ English subtitles, Rated: NR (R)

The story, of this much acclaimed and award-winning film - follows the turbulent life of Dipa, a young, divorced woman whose refusal to suffer silently makes her a misfit in a rural town in 90s Bangladesh. Raised by weak and ineffectual parents, she is married off by her relatives to a widower in England over a trunk-call wedding. Dipa suffers marital rape, refuses to settle and escapes. Seven years later, Dipa has become a transformed and confident professional, yet she still must fight the social stigma and the burden of family honor to live on her own terms. We can screen this film, which is still doing its festival circuit, through generous sharing by the filmmakers. The screening will be followed by an online Q&A with the director herself. You can't miss!

## Potpourri – Tuesday 20 February, 8:00 pm:

- **MY FAIR LADY**

USA, 1964, Dir. George Cukor w/Audrey Hepburn, Rex Harrison, Stanley Holloway, and others, Family-Musical, 170mins, English w/ English subtitles, Rated: G

In this all-time classic film based on George Bernard Shaw's Pygmalion, the pompous phonetics Professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle who agrees to speech lessons to improve her job prospects. The rest forms part of an endearing musical! Past screening had technical issues which have been addressed.

## Interesting – Wednesday 21 February, 8:00 pm:

- **GOING TO MARS: THE NIKKI GIOVANNI PROJECT**

USA, Writer-Dir. Joe Brewster & Michèle Stephenson w/Nikki Giovanni, Taraji P. Henson, Virginia Flower, and others, Documentary, 102mins, English w/ English subtitles, Rated: NR (PG)

"I remember what is important and I make up the rest. That's what storytelling is all about." A exploration of the life of poet, Nikki Giovanni and the revolutionary historical periods through which she lived, from the Civil Rights Movement to Black Lives Matter. Interspersed with her poetry and archival footage, it is an interesting experimental film.

## Spanish – Thursday 22 February, 8:00 pm:

- **iAY CARMELA!**

Spain, 1990, Dir. Carlos Saura, w/ Carmen Maura, Andrés Pajares & Gabino Diego, Comedy- Drama, 102 mins, Spanish w/ English subtitles, Rated: PG-13

At the height of the Spanish Civil War, Republican troubadours Carmela and Paulino captured by Franco's forces, agree to perform for an audience of fascist soldiers and condemned prisoners of war. This is part of a series of films offered by the Spanish Pavilion as a tribute to the director.

**International – Saturday, 24 February, 8:00 pm:**

• **IO CAPITANO (ME CAPTAIN)**

Italy-Belgium-France, 2023, Writer-Dir. Matteo Garrone w/ Seydou Sarr, Moustapha Fall, Issaka Sawadogo, Drama, 121mins, Wolof-French w/ English subtitles, Rated: NR (R)

In this much acclaimed film, Seydou, a teenage boy, together with his cousin Moussa, decides to leave Dakar in Senegal and make their way to Europe. A contemporary Odyssey through the dangers of the desert, the horrors of the detention centers in Libya and the perils of the sea.

**Children's Matinee- Sunday, 25 February, 4:00 pm:**

• **HARRY POTTER AND THE DEATHLY HALLOWS- PART 2**

UK-USA, 2011, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Action-Adventure, 130mins, English-Latin w/ English subtitles, Rated: PG-13

Harry, Ron, and Hermione search for Voldemort's remaining Horcruxes in their effort to destroy the Dark Lord as the final battle rages on at Hogwarts. Please note the rating; it is for older children and followers of the book.

**RIDLEY SCOTT FILM FESTIVAL@ Ciné-Club:**

**Ciné-Club Sunday 25 February, 8:00 pm:**

• **LEGEND**

USA-UK, 1985, Dir. Ridley Scott w/ Tom Cruise, Mia Sara, and others, Adventure – Romance, 94 mins, English w/ English subtitles, Rated: R (PG)

A magical adventure which features elves, demons, and other mythical creatures. The Lord of Darkness, the personification of evil, plans to disperse eternal night in the land where this story takes place, by killing every unicorn in the world. Although he looks unbeatable, Jack and his friends are disposed to do everything to save the world and Princess Lili from the hands of this evil monster.

**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)

