

Auroville

NEWS & NOTES

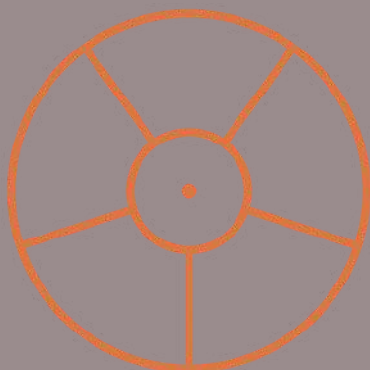
No 1016 - A weekly bulletin for residents of Auroville

29 February 2024

RA EDITION



Craft Mela, TLC Base Camp, 2023



PONDERING

When asked about recruiting people for Auroville The Mother said: We don't want any recruitment.

Oct, 1972

The Mother on Auroville, Page 88

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



(continued from two weeks ago)

CHAPTER XXVII - THE GNOSTIC BEING

A supramental gnostic individual will be a spiritual Person, but not a personality in the sense of a pattern of being marked out by a settled combination of fixed qualities, a determined character; he cannot be that since he is a conscious expression of the universal and the transcendent. But neither can his being be a capricious impersonal flux throwing up at random waves of various form, waves of personality as it pours through Time. Something like this may be felt in men who have no strong centralising Person in their depths but act from a sort of confused multi-personality according to whatever element in them becomes prominent at the time; but the gnostic consciousness is a consciousness of harmony and self-knowledge and self-mastery and would not present such a disorder. There are, indeed, varying notions of what constitutes personality and what constitutes character. In one view personality is regarded as a fixed structure of recognisable qualities expressing a power of being; but another idea distinguishes personality and character, personality as a flux of self-expressive or sensitive and responsive being, character as a formed fixity of Nature's structure. But flux of nature and fixity of nature are two aspects of being neither of which, nor indeed both together, can be a definition of personality. For in all men there is a double element, the unformed though limited flux of being or Nature out of which personality is fashioned and the personal formation out of that flux. The formation may become rigid and ossify or it may remain sufficiently plastic to change constantly and develop; but it develops out of the formative flux, by a modification or enlargement or remoulding of the personality, not, ordinarily, by an abolition of the formation already made and the substitution of a new form of being, — this can only occur in an abnormal turn or a supernormal conversion. But besides this flux and this fixity there is also a third and occult element, the Person behind of whom the personality is a self-expression; the Person puts forward the personality as his role, character, persona, in the present act of his long drama of manifested existence. But the Person is larger than his personality, and it may happen that this inner largeness overflows into the surface formation; the result is a self-expression of being which can no longer be described by fixed qualities, normalities of mood, exact lineaments, or marked out by any structural limits. But neither is it a mere indistinguishable, quite amorphous and unseizable flux: though its acts of nature can be characterised but not itself, still it can be distinctively felt, followed in its action, it can be recognised, though it cannot easily be described; for it is a power of being rather than a structure. The ordinary restricted personality can be grasped by a description of the characters stamped on its life and thought and action, its very definite surface building and expression of self; even if we may miss whatever was not so expressed, that might seem to detract little from the general adequacy of our understanding, because the element missed is usually little more than an amorphous raw material, part of the flux, not used to form a significant part of the personality. But such a description would be pitifully inadequate to express the Person when its Power of Self within manifests more amply and puts forward its hidden daemonic force in the surface composition and the life. We feel ourselves in presence of a light of consciousness, a potency, a sea of energy, can distinguish and describe its free waves of action and quality, but not fix itself; and yet there is an impression of personality, the presence of a powerful being, a strong, high or beautiful recognisable Someone, a Person, not a limited creature of Nature but a Self or Soul, a Purusha. The gnostic Individual would be such an inner Person unveiled, occupying both the depths — no longer self-hidden — and the surface in a unified self-awareness; he would not be a surface personality partly expressive of a larger secret being, he would be not the wave but the ocean: he would be the Purusha, the inner conscious Existence self-revealed, and would have no need of a carved expressive mask or persona.

This, then, would be the nature of the gnostic Person, an infinite and universal being revealing — or, to our mental ignorance, suggesting — its eternal self through the significant form and expressive power of an individual and temporal self-manifestation. But the individual nature-manifestation, whether strong and distinct in outline or multitudinous and protean but still harmonic, would be there as an index of the being, not as the whole being: that would be felt behind, recognisable but indefinable, infinite. The consciousness also of the gnostic Person would be an infinite consciousness throwing up forms of self-expression, but aware always of its unbound infinity and universality and conveying the power and sense of its infinity and universality even in the finiteness of the expression, — by which, moreover, it would not be bound in the next movement of farther self-revelation. But this would still not be an unregulated unrecognisable flux but a process of self-revelation making visible the inherent truth of its powers of existence according to the harmonic law natural to all manifestation of the Infinite.

(to be continued next week)

— Sri Aurobindo, THE LIFE DIVINE, Pages 1029-1032

https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

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 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.

Thank you for your continued support!

In community,
The RA Community Edition News and Notes Team

FROM THE ENTRY SERVICE

ES # 220 DATED: 29-02-2024

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. We thank you in advance.

AUROVILIAN CONFIRMED:

- **Raquel JOVER (Spanish)**
- **Snehal DESHPANDE ROY (Indian)**
- **Benedikt POHLE (German)**

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

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

FROM THE RA WORKING COMMITTEE

STATEMENT BY THE AUROVILLE FARM GROUP

Dear community,

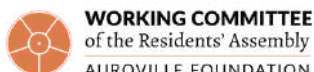
We would like to share with you a statement written by the core team of the Auroville Farm Group, "[What is the future for Auroville grown food when we are losing so much farmland?](#)"

This is a matter that concerns all residents of Auroville, irrespective of their backgrounds, views or belief systems. We invite everyone to read it.

If you would like to get in touch with the core team of the Auroville Farm Group, you can write to aurovillefarmgroup@gmail.com.

Warmly,

Your RA Working Committee
Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



FROM THE RA WCOM & RA ENTRY BOARD REG MISLEADING STATEMENTS ABOUT ENTRY PROCESS

Dear Residents and Newcomers,

It has come to our notice that those impersonating the 'Working Committee' have recently posted on Auronet a series of misleading statements about the new procedure for Admissions & Terminations.

We would like to clarify that:

1. Contrary to what the Office of the Secretary and their appointees pretend, **the matter is not settled yet**. The validity of the new Admissions & Terminations Regulations, published on 4th January 2024, has been legally challenged. Until a verdict has been given by the hon'ble Madras High Court, the matter is subjudice.
2. The Entry Board was selected by the community to do a certain work and it intends to do it until the Residents' Assembly asks them to stop, or otherwise instructed by the courts.
3. While the cases are before the Madras High Court, the Entry Board has been advised not to process new applications for the time being. However, **existing Newcomer processes will continue to be taken care of** at a reduced speed, subject to relevant orders in pending cases from the Madras High Court.
4. As such, Newcomers are invited to **continue with their process** and Residents are invited to **continue sending relevant feedback** on applicants, when it is sought. Requests, queries and feedback can be sent to entryservice@auroville.services.

We hope the Office of the Secretary and their appointees can keep a humane approach and let the Housing Service allocate Newcomer housing to all those who are following the process.

Let's keep faith that these trying times serve a greater purpose.

In community,

Your RA Working Committee (Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli)
and the Entry Board of the Residents' Assembly

NEWS FROM THE HIGH COURT



Dear Community,

We would like to share the following legal updates:

1. On 23rd February the Hon'ble Madras High Court once again debated the cases filed by us and a residents regarding 2 sets of new regulations recently published by the Secretary, Auroville Foundation, in the Gazette of India regarding admission and termination of residents and the selection of the Working Committee. This time the argument of the Additional Solicitor General (ASG, appearing for the Secretary) was heard. Our senior lawyers had given their arguments in previous hearings.

At the end of the hearing, the Division Bench (the Chief Justice and second judge) decided to **give an interim stay to the gazetted regulations** until there is a final decision; the final hearing is scheduled for the 25th of March. The orders for the interim stay were dictated in the High Court by the Chief Justice. Essentially the stay means that for the time being the new entry and exit regulations and the new regulations regarding selection of the Working Committee are not applicable. As soon as the orders are published we will share them with the community.

2. The matter about the appeal made by the Auroville Foundation to the judgment of August 12, 2022, relating to TDC, was completed during previous hearings and it is now reserved for judgment. We will share the final ruling when it is published.

3. The matter about the appeal made by the Auroville Foundation to the judgment of August 12, 2022, relating to the Working Committee, was also listed on 23rd February but could not be discussed yesterday and will be posted on a later date.

4. The quo warranto case, in which the group of residents recognized by the Secretary and the Governing Board as the 'Working Committee' have to prove that they are legitimate and enjoy the confidence of the Residents' Assembly, is listed on 11th March.

5. The appeal of the Secretary in the Supreme Court regarding the verdict of the National Green Tribunal (NGT) is now scheduled for 28th February.

We are deeply grateful for the beacon of hope that yesterday's ruling seems to be, and we continue to have faith in the power of prayer and a sincere and active call for truth and justice.

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



VOICE OF AUROVILLE - ISSUE 05 (FEBRUARY 2024)



Dear community,

VOICE OF AUROVILLE

First of all, we hope this message finds you well. We wish everyone a luminous 56th anniversary and hope it will mark the start of a new chapter for Auroville - at the service of a higher truth.

We are happy to share with you the fifth issue of our quarterly journal, Voice of Auroville, which aims to inform wellwishers and friends of Auroville across India and the globe on the **current unfolding events** with factual updates and articles.

This fifth issue mainly focuses on the crisis that Auroville is going through, reporting on Auroville's **unfolding events between November 2023 and January 2024**. Events over the last three months have been particularly alarming and we hope that you will take the time to read this issue, and to share it far and wide.

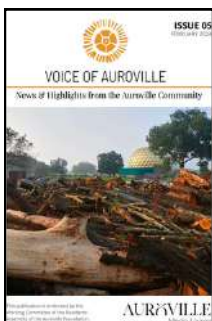
You can read and download the full edition in pdf format [here](#). In case you would have missed them, the first four issues of Voice of Auroville are accessible [here](#).

Please feel free to forward and share this email with friends and well wishers of Auroville. This is how the news can spread and Auroville's voices be heard. Everyone's actions count.

Additional people who wish to be added to the subscribers list or be removed from it can email voiceofauroville@auroville.services. Please also feel free to share any feedback or suggestions to voiceofauroville@auroville.services.

As usual, we take this opportunity to express our gratitude to the Voice of Auroville editorial team, as well as to all those who provided us with contents and pictures to illustrate this issue. Thank you!

In community,
Your RA Working Committee
Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



FROM THE RA TDC



SUPREME COURT APPEAL FEBRUARY 2024 - 21.02.2024

Dear Auroville community, RA and well-wishers,

Please find herewith an extensive non-exhaustive [report](#) on numerous large-scale developments currently being undertaken in the Auroville project area, with links to many documents and reports highlighting the extensive tree felling, removal of understorey and clearing of all vegetation.

All projects of this scale require a prior Environmental Impact Assessment to be conducted based on proper township plans, as well as Environmental Clearance to be granted by the prescribed authority, before the topology, fauna and flora of the project area are altered, such as clearing undergrowth or felling trees.

This had indeed been the requirement laid out by the National Green Tribunal judgement in April 2022. Unfortunately, since the Supreme Court stayed the NGT judgement on December 13th, 2023, the GB-ATDC and/or Auroville Foundation Office secretary initiated a massive drive to remove all vegetation.

This is of great concern to us, the TDC of the RA, so we have addressed our original letter and report to Auroville's three governance bodies (Governing Board, International Advisory Council and Residents' Assembly) that are in charge of its development, as well as forwarded it to the Ministry of Environment, Forest and Climate Change.

in Service,
L'avenir d'Auroville - TDC Town Development Council
Anan, Divya L, Dorle, Island, Natasha S, Tom G

COMMUNITY NEWS



OBITUARY

DOMINIQUE GIRAUD PASSES AWAY

This is to inform the community that Dominique Giraud has passed away on the night of the 22nd to 23rd of February 2024 in her sleep. She was visiting her family in Auroville; Her son Olivier, his wife Rima and their two children Pia and Ami. She was 77 years old. This was her fourth stay in Auroville, a place she considered her second home....She chose to make it her final resting place.

As the Little Prince said: *"Where I'm going, you understand, it's too far away, I can't take this body...."*

~
"We will miss her dearly but we are eternally grateful to her for choosing us...her grandchildren - Pia and Ami call her "Mamifique", we call her "Maman", Dominiqueen or Domirani, it depends..."

"A laughing star is added to the firmament..."

From Ami, Pia, Matthieu, Sophie, François, Rima and Olivier...

SHAKUNTALA PATEL



With a heavy heart we inform family, neighbours and friends, of the passing of our dear Shakuntala Patel, 78, at her residence in Swayam.

Born in Nairobi, Kenya, Shakuntala came to Pondicherry and Auroville in the early 70s and spent many years here. After ups & downs in life, she rejoined Auroville in the early 90s and settled in Djaima & then Swayam.

Her personality was a unique one, that of a free spirited soul, that lived life on her own terms. Only those close to her became aware of her in-depth studies of the works of Sri Aurobindo and The Mother as she preferred an inward, secluded life. Though inclined to a quiet, peaceful existence, she kept herself updated with the world events, Auroville happenings etc, occasional pottery sessions, visits to friends, cycling, walking, or driving around. She and her family have contributed and supported Auroville and individuals within the community over the years though she preferred never to talk about it.

Her eccentric nature and very few friends, lead her to spend most of her time quietly on her own though she made friends easily. She travelled to Gujarat regularly taking care of her ancestral home over many years. She visited her family in London UK and remained a British Indian.

We celebrate the life of our dear friend which she lived on her own terms, and who left just as quietly, by herself. Her smile, courage, frankness and free spirited life will be always with us as her remembrance and eternal presence on Auroville soil, in Sri Aurobindo and The Mother's Light!

May her soul rest in peace in the vicinity of the Divine Light. Auroville bids adieu to another of its gems. Farewell. My friend, Shakuntala Patel! May you find your Peace in the Infinite Journeys ahead, to the Light!

Warmly
Dharmesh Vikramsinh Jadeja

Residents of Auroville express their grief at the passing of FALI NARIMAN

When the very existence of Auroville was threatened by an attempt to claim private ownership and power over Auroville and its Residents, eminent individuals like J.R.D Tata, Govind Swaminathan and Fali Nariman came forward and forcefully defended the Spirit and the Reality of Auroville.

Fali Nariman was requested by J.R.D. Tata to argue before the Supreme Court the case of the people of Auroville, those who had followed The Mother's invitation to:

"To all men of GOODWILL" to join the ADVENTURE OF AUROVILLE.

The final judgment of the constitutional Bench in the Supreme Court of India settled for good that the Yoga of Sri Aurobindo and The Mother does not constitute a religion, but is a science based on research and experience and that the Auroville Foundation Act does not constitute a Government Body, but an autonomous, statutory body and that the Residents' Assembly is equal to the other two constituting powers, the Governing Board and the International Advisory Council. The Act directs all three of them to work in mutuality.

Fali Nariman's decisive arguments brought about this landmark judgment.

Since then Aurovilians turned to him whenever they hit a roadblock on their journey and Fali, as we would refer to him, gave us a wake-up call by throwing heavy law books across the table:

"If you act like a Government Body, you are a Government Body.

Exercise the powers given to you under the Auroville Act."

My final meeting with him was in June 2023. He had directed me to have Aurovilians write TESTIMONIES of their personal journey to India and their life and work for Auroville. When I presented this document of over a hundred life-stories to Fali, he was happy and explained,

"the People of India listen to the Heart."

Our hearts are filled with sorrow and gratitude remembering FALI.

Our deep condolences to his family, his colleagues and friends.

Frederick,
on behalf of the Residents of Auroville
22nd February, 2024

COMMUNITY SHARING

THE AUROVILLE GLOBAL FELLOWSHIP - A NEW INITIATIVE

Dear Community,

On this aspirational day of Auroville's 56th anniversary, we would like to communicate with you about the launch of a new initiative called the Auroville Global Fellowship.

Given the existential crisis Auroville is going through, it feels more timely than ever to extend a call to friends, supporters and allies of Auroville in India and around the world to join us in a renewed effort to connect and engage with Auroville and what it represents, to navigate its challenges and help it progress towards its deepest purpose in the years ahead.

The Auroville Global Fellowship has been initiated as **an email forum on which Auroville Fellows** - people who have a deep connection with the community of Auroville, have visited the place and have significantly contributed to the world in fields related to the evolutionary ideals of Auroville - **can be informed about current developments in Auroville, discuss them, and become a valuable sounding board.** This forum will grow slowly, nurtured with care, and for now its exchanges will be restricted to those non-residents who agree to be part of the Fellowship. As with all things in Auroville, the evolution of the Fellowship will be emergent and its shape may organically evolve with time.

We have already identified a first set of friends of Auroville and ex-Aurovilians of national and international significance who could become Fellows, and have approached them individually. Some of them have already agreed to join, while others are still yet to respond. Once it is functioning, names of the Fellows will be made available to those who are interested.

If you want to know more about the Auroville Global Fellowship, you can read the [invite letter](#) and the [Questions & Answers document](#) that we have been sending to potential Fellows. Please note that this initiative has been presented to and endorsed by the community-selected Working Committee of the Residents' Assembly.

If you have any questions, or would like to suggest names of people for the Auroville Global Fellowship, you can reach us at fellowship@auroville.community.

We look forward to discovering where this new adventure will progressively lead us.

In the Spirit of Fellowship,

Kathy, Maël, Mauna, Natasha and Peter
(Auroville Global Fellowship coordination team)

SPEECH BY THE OUTGOING CHAIRMAN OF AUROVILLE INTERNATIONAL AT AVI'S GENERAL MEETING IN AUROVILLE ON FEBRUARY 24, 2024 (PERSONAL REFLECTIONS)

Vanakkam, Bonjour, Namaste, Good afternoon,

Thank you for your presence, much appreciated. As former Chairman of the AVI Board, I am pleased to hand over to a person of competence, integrity and moderation, John Mulrey, new interim Chairman of the Board elected unanimously by its members.

If I may give him one word of advice, it's to always keep things in moderation. Spectacular and impulsive actions achieve nothing and are counter-productive. That's what most of the Aurovilians we've met over the past few days have told us. Many of them are saying they've realized that fighting a powerful machine is useless, exhausting and inevitably leads to backfires. Having moved beyond this stage of confrontation, they are now concentrating on their work, done with awareness, confidence and – why not – also joy, and come what may...

The highest quality of John is that he doesn't impose his ideas, but he knows how to induce discipline. I hope I'm not revealing any highly confidential information, but from the very first day of our Board's meetings we had this week in Auroville, people were speaking up while waiting their turn. What a miracle! What I hadn't been able to achieve in four years, in other words, correct habits dating back many years, John was able to do it in half a day! I confess that establishing discipline is not one of my first qualities, but I'm working on it, maybe for a future life...

It should yet be remembered that discipline was very important for Mother. A few weeks ago at the Pavillon de France, we had an excellent talk given by Rémy Astruc on the subject of Divine Anarchy, of which Mother had a vision for the Auroville ideal of governance. The most important point to arise was that there can be no divine anarchy without discipline – external discipline, of course, but above all the discipline of always referring to the inner guide, of connecting everything to the Divine in the heart, of listening to and visualizing Mother's inner voice and gaze in all daily actions and community decisions.

Lack of discipline is also what has been reproached to Aurovilians over the past decades, and what serves as justification for the authorities in place to "realign" Auroville, to use their special vocabulary. Certainly, mistakes have been made in the past, and new mistakes are being made today, just as other mistakes will be made in the future. Humanity is a perfectible soil, and it's well known that it's by learning from our mistakes that we can progress, both individually and collectively.

In a text proposed a few weeks ago, which some of you may have read, I developed several hypotheses concerning Auroville's future, based on some rumors that were circulating. There's another one that we're hearing more and more among residents, which could be called the **Diaspora Mirage** (or the Tibetan example). According to this scenario, Auroville would soon no longer exist as such, and Aurovilians would all leave for other parts of the world, spreading the spirit of Auroville, in much the same way as the Tibetans spread Tibetan spirituality and culture across the planet after the Chinese invaded their country.

In my opinion, this is a very unfortunate roadmap, and above all, a great illusion. Auroville cannot be located anywhere but on the sacred and spiritual soil of India. Other Aurovilles may spring up around the world in the future, but not before this unique and primordial Auroville, as Mother intended, has reached full maturity. Yes, we can understand and respect the lassitude that several are feeling at the moment, but as a member of Auroville International and Chairman of Auroville Canada, I encourage Aurovilians, as far as it's legally possible to do it, to stay, to hold on, despite all the blows and setbacks. And Auroville International will always be at their side through all storms and adverse winds.

To conclude, I'd like to read you a few extracts from the recent book by Goupi, an Aurovillian from the very beginning, and the man who carried the Canada-Quebec banner at the inauguration of Auroville on February 28, 1968:

"The Earth is changing, moving into another stage. It's opening up. There's everything that says: 'Why not something else? To move on to something else... means... to go towards something that resembles nothing we know, nothing we believe... And the beauty of it is that we don't know what comes ahead... We need to empty ourselves to let the light shine through and manifest joy. Let's be that Joy. Let's feel within us, at the center of us, that Being who has kept in touch with what brought him here, and who knows that it can be otherwise. Let's connect. Let's reconnect.

The difficult times that Auroville has been going through since December 2021 may be happening precisely because we still have things to learn, or have forgotten some of them. When we sometimes wander too far from the path, the blow is stronger. Nothing happens by accident. In reality, these not-so-positive moments allow us to step out into something larger... There are down here no superior beings who hold the truth. Opposing the pros and cons is pointless... We're going to have to get through this collectively... "

Christian Feuillette
AVI Board's member (ex-AVI Board's chairman)
AVI Canada's chairman

Om Namo Bhagavate

MONTHLY TRANSPARENCY REPORT FEBRUARY 2024

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

Overview

New admissions: 10 (186 since April 2023)
Rabies suspect cases: 0
Adoptions: 13
Rehoming and Releases: 0
Vaccinations administered: 22
ABC shelter dog sterilisation: 14
Deworming: 20 doses for adults and 8 puppies



Donations and Grants Awarded

This month we received Rs. 286.703 in monetary contributions which includes Rs. 50.000 funds from BCC and donations we have received at our Puppy Fair. We are very happy to announce that AVI USA has awarded us this month a grant of USD 609 to support the running costs of the shelter.

The Animal Welfare Board of India has recognized the Auroville Dog Shelter as a charitable organization for the welfare of animals and issued a grant of Rs. 6.25 lakh for three months for food and medical expenses connected with the obligation to continue our sterilization program and microchip all of our dogs.

Expenditures

Animal Food: This month we fed our dogs 1.5 tons of rice, 2 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1.1 lakh. As one chicken farmer is buying all the cheap rice at a high market rate, it has been a tough struggle to purchase the necessary quantity of rice. If you have any rice to donate to our shelter, we would appreciate it very much. We are also out of pedigree food which we use to supplement food for weaker dogs as the big manufacturers prefer to rather destroy nearly expired food than sell it to shelters for a discounted price.

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, veterinarians, and volunteers was Rs. 1 lakh this month. We granted our workers a pay rise for their outstanding work. They are the backbone of our shelter.

Medical Costs: The medical costs in February for purchases of much-needed medicines, syrups, vaccinations, and surgery materials summed up to Rs. 49,262. Thanks to the awarded grant money we will be able to upgrade our very basic medical equipment to improve the quality of care and services.

Auroville Puppy Fair

On February 4th we invited dog lovers to the first Auroville Puppy Fair which we organised together with the Puppy Camp. We were overwhelmed by the enthusiasm and joy of more than 450 visitors who visited our shelter. A lot of interesting activities like puppy yoga, grooming, guided shelter tours, and even a spa workshop, information stalls, fun, and games took place. 7 puppies found their forever homes. We want to thank especially the many children who had given the finishing touch, painted, and decorated all of our newly constructed dog houses and dog apartments. Matrimandir Executives were so friendly to donate the leftover cut-offs from the plastic used for the MM lake as floor protection. Our dogs have already moved into their new homes and just love them!

Surgeries and Vet Consultations

Dr. Anandi and her team started with regular sterilizations beginning of this month. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For other dogs, we ask for a donation of Rs. 3,000 per dog (Aurovilians Rs. 2,500). This month most of our shelter dogs were sterilized, and now we will expand our services to sterilize soon all young teenagers of Puppy Camp and have already a steady growing waiting list of private dogs waiting for sterilizations. If you want to neuter your dog, please contact the shelter.

We thank everyone for your continued support of the Auroville Dog Shelter! We are moving forward soon with a new shelter towards a bright future for our canine friends and everyone who loves animals.

Auroville Dog Shelter Team

Tine, Joseba, Coco, Arthur, Kiran, Ranjit, Mar

POETRY

O God!
Play in all roles
To Thy heart's content.

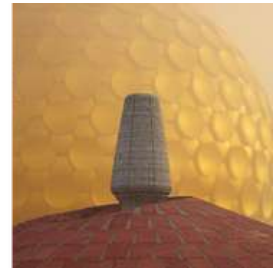
Remove Thy mask
Come out
From behind the screen
In the grand finale.

You promised, remember?

-Anandi Z.

VOICES AND NOTES

A NEW INDIA IS ARISING



A Call to the Youth of India

As relevant now as it was then...

"The future is not in our hands. When so huge a problem stares us in the face, we become conscious of the limits of human discernment and wisdom. We at once feel that the motions of humanity are determined by forces and not by individuals and that the intellect and experience of statesmen are merely instruments in the hands of the Power which manifests itself in those great incalculable forces. In ordinary times, we are apt to forget this and to account for all that happens as the result of this statesman's foresight or that genius' dynamic personality. But in times like the present we find it less easy to shut our eyes to the truth. We do not affect to believe, therefore, that we can discover any solution of these great problems or any sure line of policy by which the tangled issues of so immense a movement can be kept free from the possibility of inextricable anarchy in the near future. Anarchy will come. This peaceful and inert nation is going to be rudely awakened from a century of passivity and flung into a world-shaking turmoil out of which it will come transformed, strengthened and purified. There is a chaos which is the result of inertia and the prelude of death, and this was the state of India during the last century. The British peace of the last fifty years was like the quiet green grass and flowers covering the corruption of a sepulchre. There is another chaos which is the violent reassertion of life and it is this chaos into which India is being hurried today. We cannot repine at the change, but are rather ready to welcome the pangs which help the storm which purifies, the destruction which renovates.

One thing only we are sure of, and one thing we wear as a life-belt which will buoy us up on the waves of the chaos that is coming on the land. This is the fixed and unalterable faith in an overruling Purpose which is raising India once more from the dead, the fixed and unalterable intention to fight for the renovation of Her ancient life and glory...

If we realise this truth, if we perceive in all that is happening a great and momentous transformation necessary not only for us but for the whole world, we shall fling ourselves without fear or misgivings into the times which are upon us. India is the Guru of the nations, the physician of the human soul in its profounder maladies; She is destined once more to new-mould the life of the world and restore the peace of the human spirit."

Sri Aurobindo, Bande Mataram - II: Swaraj and the Coming Anarchy

"What India needs especially at this moment is the aggressive virtues, the spirit of soaring idealism, bold creation, fearless resistance, courageous attack; of the passive tamasic spirit of inertia we have already too much. We need to cultivate another training and temperament, another habit of mind. We would apply to the present situation the vigorous motto of Danton, that what we need, what we should learn above all things is to dare and again to dare and still to dare."

Sri Aurobindo, Bande Mataram - II: Defying the Circular

"A divine life in a divine body is the formula of the ideal that we envisage."

Sri Aurobindo, Essays in Philosophy and Yoga: The Divine Body

<https://incarnateword.in/compilations/a-call-to-the-youth-of-india/a-new-india-is-arising>

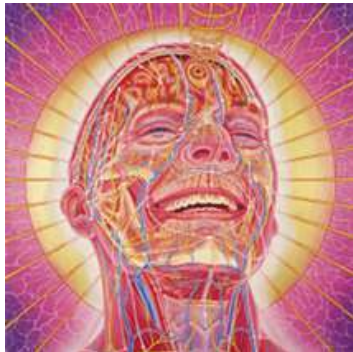
<https://auroville.org/page/core-documents>

Zech, 2024.02.23

THE DIAMOND LIGHT OF BLISS

ॐ

"It is an error to confuse Joy and Felicity. They are two very different things. Not only are their vibrations different, but their colors are different. The color of Felicity is blue, a clear silvery blue (the blue of the Ashram flag), very luminous and transparent. And it has a passive and fresh quality that refreshes and rejuvenates.



Whereas Joy is a golden rose color, a pale gold with a tinge of red, a very pale red. It is active, warm, fortifying, intensifying. The first is sweetness, the second is tenderness.

And Bliss—what I spontaneously call Bliss—is the synthesis of both. It is found in the very heights of the Supramental Consciousness, in a Diamond Light, an uncolored, sparkling light containing all the colors. Joy and Felicity form two sides of a triangle that has Bliss at its apex.

Bliss contains coolness and warmth, passivity and activity, repose and action, sweetness and tenderness, all at the same time. Divine tenderness ... is something very different from sweetness—it is a paroxysm of joy, a vibration so strong that the body feels it will burst, so it is forced to widen.

The Diamond Light of Bliss has the power to melt all hostile forces. Nothing can resist it. No consciousness, no being, no hostile will can draw near it without immediately being dissolved, for it is the Divine Light in its pure Creative Power."

The Mother

<https://incarnateword.in/agenda/01/january-22-1958>

And that Creative Power is The Supreme Divine Mother Herself, the Supreme Object of Surrender of the easiest and most blissful Sunlit Path of the Supramental Yoga.

Here to assist in the blissful and proactive return to the Lila, the Divine Play of your Supreme Self, to help with the full coming back and participation of the escapist who is still too stuck in the nihilistic path:

In the Vajrayana Tantric Buddhist Tradition, the Vajra symbolises Great Bliss. The Bell symbolises Emptiness, that phenomena is empty of, or lacks, inherent existence; no single element can exist without all the rest. No bell, no sound. All are One.

"Vajra, in Sanskrit, has both the meanings of "thunderbolt" and "diamond." Like the thunderbolt, the vajra cleaves through ignorance. The thunderbolt was originally the symbol of the Hindu rain god Indra (who became the Buddhist Śakra) and was employed by the 8th-century Tantric (esoteric) master Padmasambhava to conquer the non-Buddhist deities of Tibet. Like the diamond, the vajra destroys but is itself indestructible and is thus



likened to śūnya (the all-inclusive void)."

<https://www.britannica.com/topic/Vajrayana>

This 'all-inclusive void' does not mean nothing, but the Supreme Something. ॐ

Here is Thich Nhat Hanh properly translating and explaining the Heart Sutra:

<https://plumvillage.org/about/thich-nhat-hanh/letters/thich-nhat-hanh-new-heart-sutra-translation>

And finally, here to understand clearly the Oneness of the Revelation and the Creative Power:

<https://incarnateword.in/cwm/08/18-april-1956>

ॐ

Zech, 2024.02.24

HOMAGE TO THE SERVICE TREES

Dear Community

To remember the glorious Service trees that have been brutally cut on the 4th of January...them along with many other trees. I think I speak for many when I say that I miss them and that I'm sorry we didn't manage to protect you.

To whomever is responsible for giving the order and executing it, I just wish to say: There is nothing more sacred than Life. I hope someday you will awaken to this truth.

Sara

To the one that have no voice but a silent Life of Beauty and Generosity - to the Trees that have been brutally cut all over Auroville.



Service Tree

For the Golden Glory of your Flowers



AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 5th March, 9 am - 12 noon
Focus: Self-realisation

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

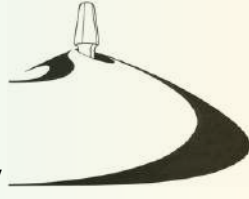
Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

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

ART & CULTURE

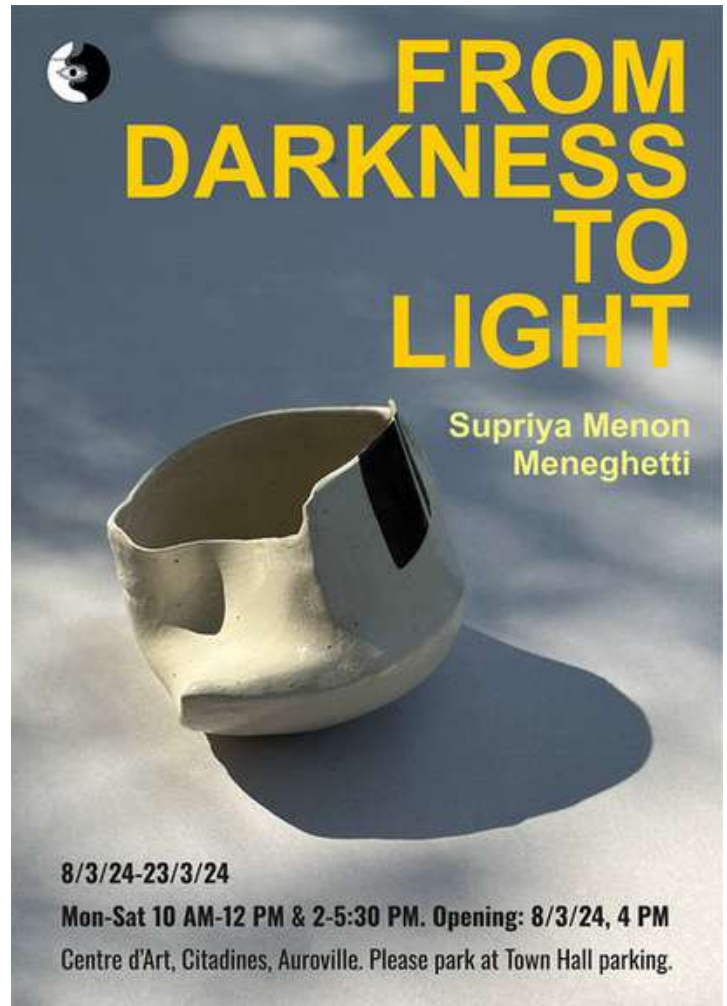
CENTRE D'ART CITADINES

FROM DARKNESS TO LIGHT

by Supriya Menon Meneghetti

Opening on **Friday 8 March 2024 at 4pm**

Monday to **Saturday 10am-12pm and 2-5.30pm**



8/3/24-23/3/24

Mon-Sat 10 AM-12 PM & 2-5:30 PM. Opening: 8/3/24, 4 PM

Centre d'Art, Citadines, Auroville. Please park at Town Hall parking.

Supriya Menon Meneghetti is a multidisciplinary artist based in Auroville. She has been in the field of ceramics for the last 30 years: as a student at the Golden Bridge Pottery in Pondicherry; an independent artist; a teacher; and a curator of multiple exhibitions in India and abroad. Since 1994, she has worked with various artists globally, developing a deepened skill set while experimenting with new styles to create her own unique pieces.

Her work is personal to her life and experiences, deeply intertwined with femininity and nature. This interplay reflects her life as a woman and the spaces in which she creates her art.

Through the years she has also studied the Japanese art of flower arrangement, Ikebana. This too has been incorporated into her styles and art.

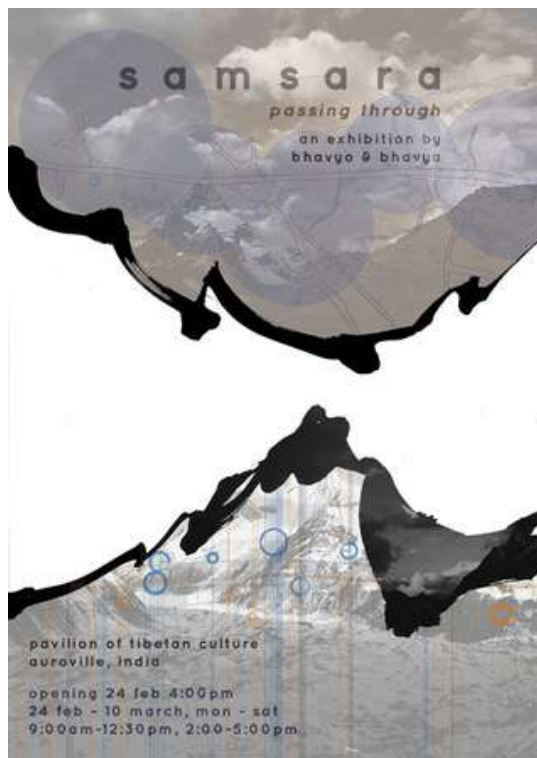
SAMSARA EXHIBITION AT PAVILION OF TIBETAN CULTURE

Dear members of the community,

We warmly invite you to **Samsara, an exhibition**. A passing through of within and a passing through of without, Samsara presents two bodies of work from us, a pair of twins, and our journey over the past few years. Through this exhibition, we bring to you two perspectives through which we find ourselves observing the world - painting and mapping.

Please join us at the Pavilion of Tibetan Culture from
24th February to 10th March
 (Mon - Sat, 9:00am - 12:30pm and 2:00pm - 5:00pm).

Warm regards,
 Bhavyo and Bhavya



ART CAMP EXPERIENCE
 @SVEDAME COMMUNITY



Propose
LIBERATION

5 days Monday to Friday
11 March to 15 March

ART CAMP EXPERIENCE

We call Painters, Sculptors, Creators of Art Objects, Musicians, Dancers, Performers etc

All artists interested can bring own materials
 We provide only chairs, tables, space and drinks
 And Saturday 16 March
COLLECTIVE EXHIBITION, MUSIC, POETRY, DANCE
 Please contact us if you wish to participate in this collective experience

WhatsApp
 Louis +91 80985 65426
 Elena +91 7418105246

Facebook
<https://www.facebook.com/HibiscusAV>

Instagram
https://www.instagram.com/hibiscus_av

Have a beautiful inspiration

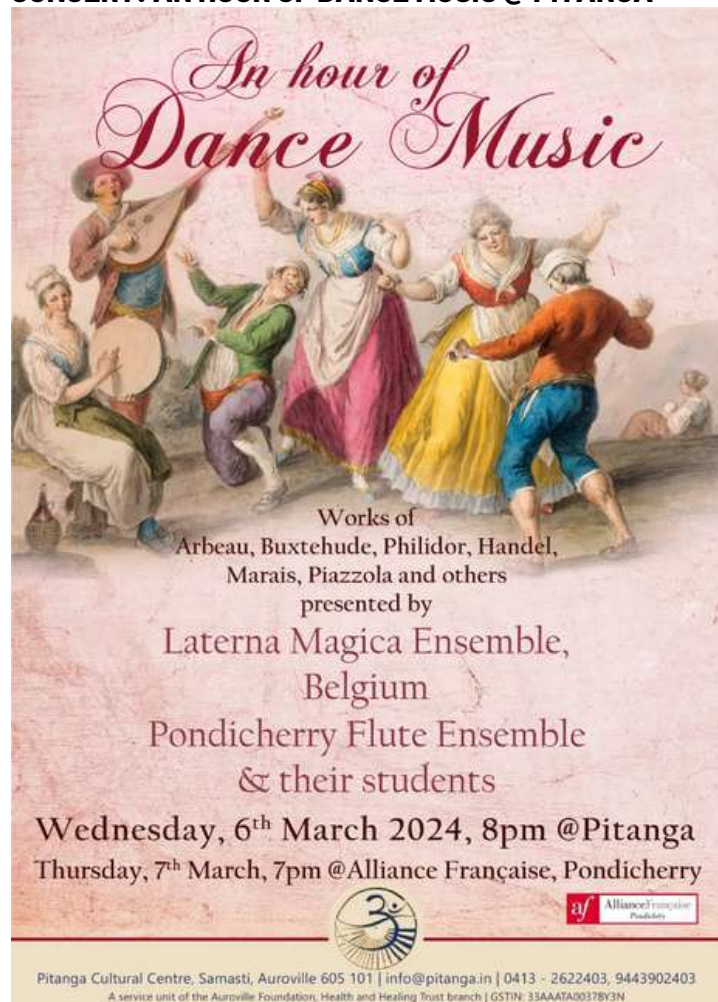
CONCERTS

AUROVILLE HARMONIES - WOMEN CHOIR - IN CONCERT
 "SINGING THE WORLD"

Conducted by Antoine
Saturday 2nd March 8pm, CRIPA
Sunday 3rd March 6:30pm, CRIPA



CONCERT: AN HOUR OF DANCE MUSIC @ PITANGA



SOLITUDE FARM CONCERT: ZISKAKAN

ZISKAKAN
Award Winning Band From- Réunion Island

FRIDAY, 1ST MARCH 2024
DINNER 7PM | MUSIC 7:30PM

SOLITUDE FARM AUROVILLE
FOR BOOKINGS:
+91 9843319260
<https://groupziskakan.wixsite.com/ziskakan>
CONTRIBUTIONS REQUIRED!

TANGO DUET CONCERT

Tango Duet Concert

To kickstart The 11th Auroville Tango Festival, Auroville Tango presents a special Tango Duet Concert with two renowned Argentinian musicians to bring you an evening of Tango music in the milonguero style (music intended for dancing).

PABLO GIGNOLI
PABLO MONTANELLI

AUROVILLE TANGO

TWO TO TANGO

ARGENTINE TANGO
PIANO & BANDONEON

4 MARCH 2024
8 PM - CRIPA

Pablo Montanelli

Tango pianist, composer and TDJ, born in Buenos Aires to a family of tangueros, Pablo was the artistic director of the renowned tango quintet El Cachivache for 10 years and started his solo career in 2016, playing traditional and modern tango music along with his original compositions.

Pablo Gignoli

Argentinian Bandoneonista and composer based in France since 2012, Pablo has made significant contributions to the modern tango scene in Europe as a member of many renowned tango orchestras including the Orquesta Típica Fernández Fierro and TAXXI Tango XXI Orchestra, and part of the piano and bandoneon duo Volco & Gignoli.

INTIMATE MUSIC JOURNEY BY ANITTYA COMMUNITY

Join us on the **1st of March (5:30pm)** for an intimate music journey at Maloka-yoga hall, Anittyta community (Joy of Impermanence).

Lily, who recently released her first EP after finding inspiration in Auroville 2 years ago, is excited to share her heartfelt songs with you for the first time.

With Hung Vi by her side, the duo will also showcase some of their own compositions and a brand-new musical project they've been crafting together.

You will be invited to sing along with them for some of the songs.

Get ready for a cozy moment with eclectic tunes and warm vibes.

INTIMATE ACOUSTIC CONCERT

BY HUNG VI & LILY NANDA

Friday 1st of March
5:30 PM
MALOKA HALL
ANITTYA COMMUNITY

Joy of Impermanence

Come on time!

Where to find Anittyta: continue on the main path after center gh/ serendipity and you will find us on the right side after 500m

Thanks, Mathilde (WA 7094058699 for info)

FEEL THE VIBE AT CRIPA - AUROVILLE
 JOIN US TO FEEL THE VIBE OF MUSIC AND DANCE
 PERFORMANCE BY AUROVILLE YOUTH.



JOB OPPORTUNITIES

ECO FEMME HAS SOME EXCITING JOB OPPORTUNITIES!

We have 2 vacancies immediately available in our communications department:

- Communications team leader
- Social media manager

Both these roles offer a chance to immerse yourself in Eco Femme's ground breaking work, be part of a passionate, dynamic and mission driven team and indirectly contribute to our overarching social and environmental mission to reduce sanitary waste and transform the prevailing narratives about menstruation to create conditions for a period positive culture.

For more information and detailed job descriptions, please write to kathy@ecofemme.org.

These positions are available immediately and applicants are invited until the 7th February. Please note we will only entertain applicants with prior experience and applicants must be living in or around Auroville (no remote work).

VOLUNTEER AT THE DOG SHELTER

HEALTH

SANTÉ SERVICES IN MARCH 2024



Working Hours:

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

Tests and Sample collection:

Mon-Fri before 8:30 - 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

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

EYE WELLNESS CENTRE

Working Hours:
Monday - Saturday
(9.00 am -5.30 pm)

Services Provided:

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

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com
 WA/ Mobile: 8012305151: www.aurokiya.com

EDUCATION

SPOKEN ENGLISH AND HINDI

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

TUTION GRADE 1-12

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



NEWS FROM AUROVILLE LANGUAGE LAB

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

3rd ALL Open House!

Thanks to all the people who came to the Open House this past Saturday, February 24th. It was the Lab's 3rd Open House. Visitors were welcomed with tours, film presentations, Tomatis listening and active phase exercise sessions, followed by lemon juice, fruit, and snacks. (The low-oil, no-chilly samosas were fantastic 😊!) The mix of nationalities was wonderful to see, and the energy was uplifting and convivial.



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 mediathèque. Our regular day-time students are welcome to take advantage of these sessions as well for some additional practice. 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 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 Bechedorf & 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.

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

Looking for: We found a volunteer for the Telegu translation editing work, and for most of the other tasks. But we could definitely still do with someone to help with fundraising, and we always welcome volunteer language teachers.

Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 0413-3509932 or 04132622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <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 (SAIIR) 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 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!

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

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. Days & Timings to be announced

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**.

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**.

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!

There's a language you would like to learn but it's not listed ... please let us know!

To join or enquire:

Please fill out our form at <http://register.aurovillelanguagelab.org/>
You may also drop us an email at info@aurovillelanguagelab.org, call us at 2623661 or come visit us!

Please Note:

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

Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate	11:00am - 12:00pm	Tuesday & Thursday
	Conversation Intermediate 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 February 2024	10:30am - 12noon	Saturday
French	Beginner To start 10 February 2024	2:30- 4:30pm	Saturday
	Conversation Post Beginner Start date 10 February 2024	10:30am - 12noon	Saturday
	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 th February 2024	4 - 5pm	Tuesday & Thursday
Spanish	Beginner Start date 24 January 2024	2:30 - 3:30pm	Monday & Wednesday
	Intermediate	2:30 - 4pm	Tuesday
Japanese	Beginner To start March 2024	TBA	TBA
Italian	Beginner Start date 7 February 2024	4 - 5pm	Wednesday & Friday
	Intermediate Start date 15 February	4 - 5.30 pm	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

CLASSES, WORKSHOPS & HEALING ARTS

TAI CHI CLASSES BY PARK JISUNG

YANG STYLE TAI-CHI 16 FORM

Facilitated by Park Jiseong

Tai-Chi is the art of change.
Learning how to drive your energy.
Also called "Moving Zen"
Tai-chi is a mental & physical training method.

20 LESSONS from 4th of March
Every Mon, Wed, Fri 7AM-8AM

Register on 70943 39490 Town Hall Stage, Auroville

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 and 83001 89062 (Surya) - 99528 12843 (Murugan/WA) - 83006 43963 (Philippe/WA). Reasonable contributions required.

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.

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

TAI CHI HALL @ SHARNGA

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

Mondays & Saturdays:

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

Tuesdays - Fridays:

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

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

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

taichi.auroville.org / taichi@auroville.org.in



PITANGA



Program March 2024

DROP-IN CLASSES *Join without prior registration!*

Mondays

7:30am – 9am | **Asanas** with Rachel | All levels |
4:00pm – 5:00pm | **Biodynamic Deep Presence** with Mike S. | All are welcome to join Not on March 26.

Tuesdays

9 am – 10:30 am | **Iyengar Yoga for the Spine** | with Chloe | 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 |

Thursdays

4:30 – 5:30pm | **Aviva Exercise** with Suriya | For women |
4:30 – 6:00pm | **Vocal Sound Healing** with Lola | All levels
5:00pm 6:30pm | **Restorative Yoga** | with Rachel | All levels
On 7. March from 3:00pm – 4:15pm

Fridays

6:45am – 8am | **Pranayama** with François & Namrita | *For former "The Art of Living" course participants*
7:30am – 9am | **Asanas** with Rachel | All levels |
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 10:30am | **Intermediate level Asana class** | with Rachel | *Only intermediate students who are able to maintain a stable Sirsasana and Sarvangasana*
11:00am -12:15pm | **ATB explorations** |with Isora, Rosario & Teresa. | All are welcome to join |
4:30pm – 5:30pm | **Body Music** with Anandi Z. | All are welcome to join Not on March 2.

CLASSES with prior REGISTRATION

Please register in advance

3:00pm – 4:00pm | **Chinese tea ceremony** (Gongfu cha) |by Chun | Do not wear any perfume on this day.

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 classes with Lisbeth will resume on 4 March
Mondays & Wednesdays | 4:00pm – 5:15pm |

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

Classes with Gala resume on 15.. March

HEALING SPACE — BY APPOINTMENT

- Acupuncture by Heidi (restarting on March 4)
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Cranio Sacral by Anne H.
- Chiropractic by Afsaneh
- Harmonization of Spirit and Body by Nadia L.
- Thai Yoga Massage by Juan

NEW ACTIVITIES

Surya Namaskar with Aadhithya



Monday 4 - 9 March, Monday – Saturday, daily 1 hour from 8.30am to 9.30am

Surya Namaskar is the ultimate exercise for the body, mind and soul. In this course you will learn six different ways of practicing Surya Namaskar.

Learn how this may help you to avoid catching a cold or to remain calm in adverse conditions.

About the teacher: Aadhithya was taught the yoga practice at the age of 7 years by great Siddha Shri Chinmayapuree. While working internationally as a Consultant, he has been practising and teaching yoga for the last four decades wherever he goes. At present he and his family are visiting Auroville.

The course has limited places. Please register at Pitanga beforehand.

New Yoga classes with Rachel



"Restorative Yoga - all levels
Thursdays 5:00pm - 6:30pm

"Restorative poses and breath work help to calm and soothe the nervous system, improve sleep and reduce stress and anxiety as we open the body in a supported yoga practice. For new and continuing practitioners of all ages."

Starting on Thursdays, 15. February at 5:30pm

Intermediate Asana Class

Saturdays 9:00am-10:30am.

For regular practitioners who wish to deepen their practice. For those who have a good understanding of the basic yoga postures with consistent practice and are able to maintain a stable Sirsasana and Sarvangasana or their variations for at least 5 minutes.

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, from 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



If you wish to receive our program of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile !

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

VIPASSANA MEDITATION

Date: Every Sunday

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

No registration is required.

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



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



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

PRESENTS

LA STYLE SALSA DANCE

Salsa is dance from Los Angeles, It's all with Music & Dance with Presences of mind. It is FUN, GREAT skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. SALSA dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination. You can get a real high in energy from dancing and in the stressful world we reach this natural calm is a Good Thing.



Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions

Location: CRIPA (Kalabhumi)
Every Thursday at 7:30 pm

Contact:
Instructor: Raja
Mobile: +91 97513 95939 (Voice and WA)

www.angamtree.com/workshops

*Kindly WhatsApp to be added in the Salsa WhatsApp Group

WELLNESS WOOD PRODUCTS

The Tree is very important for life. In our process we used the trees which have been used as pillars in old heritage houses in the villages. These pillars are more than 200 years old which have the synergy with the land. Our Karalakattai products are made from these heritage wooden pillars.

The history and origin of karlakattai, The name says it all!!

Karalakattai (wooden Indian clubs) training is a traditional form of body conditioning practiced originally by

Tamil warriors and other parts of south India in the past. The history and origins of karlakattai date back to ancient years ago when the civilizations were for med and the evidence is seen in the temple carvings and ancient scripts.

Contact:
Raja
+91 9751395939
www.angamtree.com



TRADITIONAL MASSAGE THERAPY CLASSES

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamil Nādu, Southern India. It is one of the oldest systems of medicine in India.



The certificate course has three levels:

- Basic: 10 Hours
- Intermediate: 20 Hours
- Advanced: 30 Hours

Course modules:

- Varma Massage Therapy
- Varma Touch Therapy
- Varma Myology (Muscles)
- Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address.

We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

Warm regards
Angam Tree
Raja
Mobile: +91 97513 95939

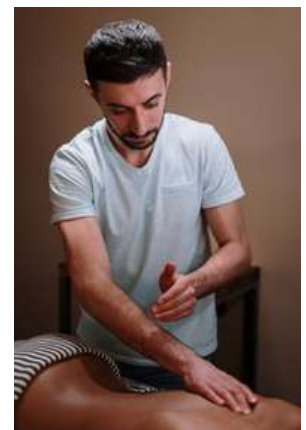
STUDENT INTERNSHIP PROGRAM: TRADITIONAL BODYWORK



Our internship programme offers a unique opportunity to get experience of therapy setting and access modules of our in-house training programme on skills and planning



- Respond to enquiries, Greet and Meet the Client, Complete Client Information Form
- Conduct postural assessment and evaluation
- Discuss the case with the supervising therapist - Perform any further additional assessments or enquires. Deliver Deep Tissue Massage
- During the appointment the supervising therapist may enter the room, demonstrate any techniques or assessments - allow you opportunity to ask further questions



This position should only be applied for if the applicant is looking to start a career as a massage therapist and is interested in developing their skills and knowledge both as a therapist and how to grow and manage their client base.

Kindly email your resumes with the subject title Internship Program at the following Email ID: angamtree@auroville.org.in

You can learn more about us and our initiatives at <https://angamtree.com>

For Angam Tree
 Manager: Raja
 Celebration Community
 Mobile: +91 97513 95939

ANGAM TREE: THERAPIES

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle



cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.

Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing



wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.

Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms



prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.

You can learn more about us and register at www.angamtree.com/therapies

For Angamtree,
 Auromode
 Manager: Raja
 Mobile: +91 97513 95939
angamtree@auroville.org.in



AUTHENTIC MOVEMENT WORKSHOP

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 unsecure 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.

AUROMODE YOGA SPACE

MARCH 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 & WA(only) +91 98926 99804

Day	Time	Description
Monday to Friday	10 00 am to 11 00 am	Mobility with Karlakattai–Classes from March 1
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
March 1 to 22, 2024	Morning and evening	200 hr Hatha/ Vinyasa / Vinyasa flow Yoga TTC intensive
March 1 to 29, 2024	Morning and evening	300 hr Hatha Vinyasa / Vinyasa flow Yoga TTC intensive

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 - 10am to 11am:

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.

Auroville Yoga 200 hr TTC schedule:

200 hours-22 days- March 1 to 22, 2024

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow,

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance,USA accredited Certification.

Auroville Yoga 200 hr TTC schedule:

200 hours-29 days- March 1 to 29, 2024

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

Join us to deepen your yoga practice.

Internationally recognised Yoga Alliance,USA accredited Certification.

Auroville Yoga 200 hr TTC schedule

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

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Internationally recognised Yoga Alliance,USA accredited Certification.

200 hours-22 days- March 1 to 22, 2024

Contact - balaganesh.siva@gmail.com/WA + 9198926 99804



AWARENESS THROUGH THE BODY

Intro Awareness Through the Body theme of 'leading & following'



with Vega & Honor

2nd March (Sat) 9.30am - 12.30pm

advance registration required:

dancingtree.smile@gmail.com

whatsapp: 9159856148

All are welcome for an introductory exploration of [Awareness Through the Body](#) (ATB). This practice, developed in Auroville, aims to build self-awareness and self-regulation, increasingly allowing us to lead from our innermost psychic center. Taking the theme of 'leading & following' we will explore roles that we are all called to adopt at times in our lives, whether it be at home, school, work or in society. We will use a variety of introspective and interactive, dynamic and still exercises gently leading us to a deeper space of awareness.

Saturday 2nd March, 9:30 am - 12:30 pm, Transition School ATB hall.

Advance registration required at:

dancingtree.smile@gmail.com or

whatsapp: **9159856148**

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

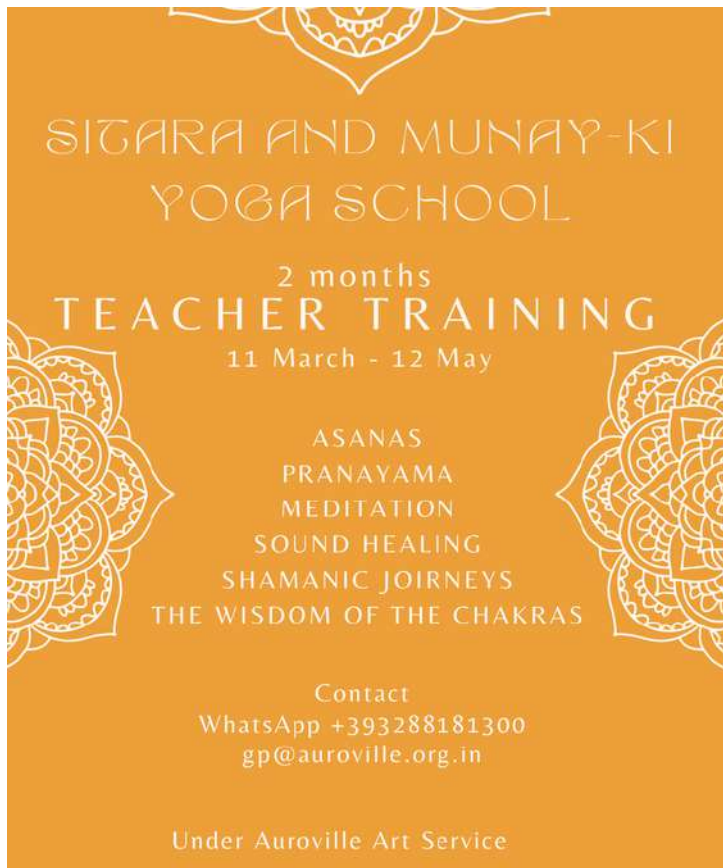


+919489244823



AV, NC & SAVI discounts available

YOGA SCHOOL WITH SITARA AND MUNAY-KI



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

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India
Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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




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

THERAPIES

	SHIATSU MASSAGE	 Sara +91 9443617308
	EXPRESSIVE ARTS SESSION	 Anjali +91 95600 26678

ACTIVITIES

	HATHA YOGA Wednesdays - 5:30 - 6:30pm Saturdays - 7:30 to 8:30am	 Ramesh +91 98451 68490
	MINDFULNESS MEDITATION Thursdays - 7 - 8pm	 Gijs +91 73394 59425
	SANSKRIT TRADITIONAL CHANTING Thursdays - 9-10am (drop in class) Fridays - 5 to 6pm (Regular Students)	 Sonia +91 8940288090

EXPERIENCE GROUNDING: AN EXPRESSIVE ARTS WORKSHOP

by **Anjali Alloria**

(Intermodal Expressive Arts Practitioner)

Are you seeking a creative way to ground your energies, emotions, or experiences?

Join us to explore how the arts modalities of drawing, painting, writing, movement, music, mindfulness, and connection to nature can support you with this exploration.

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

Date: **Saturday, 2nd March**

Time: **10am to 12pm**

Location: Serendipity Guest house (opp. Center GH)



EXPRESSIVE ARTS WORKSHOP

Experience **GROUNDING**

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

2nd MARCH
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)

BANSURI FLUTE CLASSES

The Sound of Bamboo
Various Styles of the Indian Flute



Bansuri (Flute) Group Classes With Michael Kalabhumu Music Studio

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

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

Contribution:

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

More Info: www.the-sound-of-bamboo.com

To Donate: <https://pay.auroville.org/divine-arts>

Learn More About Divine Arts:

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

About Divine Arts:

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



VÉRITÉ REGULAR EVENTS - MARCH 2024

CLASSES

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



Yoga Breath & Meditation Practice for Beginners – with Mamta at Vérité – Monday 7:30am – 8:30am: Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Pranayama & Meditation: Re-balance your Nervous System - with Radhika (no class on 25 Mar) at Vérité – Monday 9:15am – 10:15am: You will be guided in breathwork techniques such as Suka, Nadi Shodan and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Regeneration Circle: Voices of Wholeness – with Nadim (no class on 25 Mar) at Vérité – Monday 1:30pm – 3:00pm: A talking stick-guided exploration of the global regenerative movement. Dive into topics like Regenerative Tourism, Economics, Agriculture, and Governance, fostering a deeper understanding and commitment to sustainable practices and collaborative growth in a world striving for ecological and cultural harmony. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yin Yoga Nidra – with Bijou (no class on 20 & 25 Mar) at Vérité– Monday & Wednesday 3:30pm - 4:30pm: Very simple, gravity-assisted Yin Yoga asanas, followed by a Nidra (guided semi-sleep meditation) session which allows the Yin Yoga to have maximum benefit on the body and mind. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Deep Sound Bath with Satyayuga at Vérité – Monday 5:00pm - 6:00pm: Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Hatha Vinyasa Yoga - with Andres at Vérité – Monday, Wednesday & Friday 5:00pm - 6:00pm: Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosh), equanimity (samatha), health, connection and well-being are established in daily life! Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Sivananda Yoga - with Mani at Vérité – Tuesday & Thursday 7:30am – 8:30am & Saturday 5:00pm – 6:00pm: The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), increasing the pranic energy level, channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yoga Asana: Deep Stretch & Relaxation – with Radha (no class on 19 & 26 Mar) at Vérité – Tuesday 9.15am - 10.15am, Wednesday & Friday 7.30am - 8.30am: The class will involve mindful movement to help you release tension from your body and mind. We will start with Pranayama, breath work; then gently progress to Asana. The dynamic flow of different sequences of asanas will provide a rigorous full body stretch by activating your muscles and promote mental stability and concentration. The flow will help you build stamina, strength, and flexibility. The session will conclude with Dharana/Dhyana (meditation/concentration) making you feel energized and relaxed. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Face & Eye Yoga – with Mamta (no class on 19 Mar) at Vérité – Tuesday 3:30pm - 4:30pm: The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Vocal Improvisation & Circle Singing with Lola at Vérité – Tuesday 5:00pm - 6:30pm: Connect with your soul through your voice; connect with others from your soul. Do you like music? Do you like to sing? What is your sound at this moment? Come to explore your voice, discover how to express yourself with your "soul sound" & how to connect with others with no words. All are welcome; no experience needed, but please be on time. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Vinyasa Flow - with Rebeca (no class on 7 Mar) at Vérité – Tuesday & Thursday 5:00pm - 6:00pm: Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength, and flexibility. Under the view of a physiotherapist teacher, there is a focus on individual alignment with anatomical explanations for safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Gentle Hatha Yoga – with Claire (no class on 20 & 21 Mar) at Vérité – Wednesday 9.15am - 10.15am, Thursday 3.30pm – 4.30pm, & Saturday 7.30am - 8.30am: The session includes guidance in simple yogic breathing techniques and "warmups" for gentle joint rotation and stretching. We will then learn/ practice the Sun Salutation (and variations) and relaxation postures, including Savasana. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Kirtan - Songs for Your Soul (contributions are voluntary) – with Mamta at Vérité – Wednesday 5:00pm - 6:00pm: Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yoga for Inner Alignment, Pranayama & Asanas – with Radhika (no class on 21 Mar) at Vérité - Thursday, 9:15am – 10:15am: This yoga is a physical practice that embraces the reality of life through attitude, alignment, and action, helping us to feel more grounded and centered in our daily activities. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Sufi Whirling & Zikr Practice – with Prem at Vérité – Thursday 5:00pm - 6:00pm: Whirling is an active meditation technique where practitioners spin in circles with an aim to attain spiritual ecstasy and unity. Zikr involves repetitive chanting for spiritual purification and enlightenment. Both emphasize inner reflection, devotion, and surrender to a higher state of consciousness. Open to all; no prior experience necessary. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Free Flow Dance & Movement – with Vega at Vérité – Friday 5:00pm - 6.30pm: The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Ecstatic Dance – with Bijou at Vérité – Saturday 5:00pm - 6:30pm: Ecstatic dance is an inner/outer journey, an authentic moving meditation where presence & embodied joy can be experienced. It creates a direct body-mind-spirit connection, allowing our body & inner guide to be our own teachers. It is a form of dance in which the dancers release themselves to the rhythm & move freely as the music takes them, leading to a trance-like state & a feeling of ecstasy. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

TREATMENTS AND THERAPIES

By Appointment:

Call **0413 2622045, 2622606, WA 9363624083**
or e-mail treatments@verite.in



Private Yoga Sessions - with Andres at Vérité

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Private Yoga Sessions - with Andres at Vérité

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Thai Yoga Massage - with Andres at Vérité

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling, and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Thai Yoga Massage - with Andres at Vérité

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling, and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Biodynamic Craniosacral Therapy - with Mila at Vérité. This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Biodynamic Craniosacral Therapy - with Mila at Vérité. This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Integrated Craniosacral & Foot Reflexology – with Radhika at Vérité. Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology,

easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage - with Raja at Vérité. Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Heart-Centered Resilience – with Susan at Verite. Learn simple, heart-focused skills to help regulate your body's response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60–90-minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended by appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

VÉRITÉ WORKSHOPS

Pre-registration required

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



Sivananda Yoga: Masterclass – with Mani Saturday, March 2, 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.

Food is Medicine - Lifestyle Health Practice – with Parvathi Saturday, March 2, 2:00pm – 4:30pm

Learn about your body constitution (Tridosha), and the importance of plant foods, spices and lifestyle practices to benefit your particular constitution. There will also be a demonstration of the proper way to make an herbal decoction/ infusion tea.

Awareness Through the Body Exploration – with Amir Friday, March 8, 9:15am – 12:00pm

In this ATB exploration we combine introspective exercises with dynamic and fun activities to facilitate the process towards a deeper self-knowledge and more fulfilling forms of self-regulation.

Holistic Approach to Ayurvedic Lifestyle – with Dr. Geeta Friday, March 8, 2:00pm – 4:30pm

Learn the fundamental principles of Ayurveda, India's traditional science of holistic self-care, including the concepts of Swasthya, Aswasthya, Dosha, & Prakriti. Based on her long-term experience as an Ayurvedic practitioner, Dr. Geeta will also share practical information about the use of herbs and simple lifestyle practices that support well-being.

Introduction to Traditional Thai Yoga Massage (Nuad Boran) – with Andres Saturday, March 9, 9:15am – 4:30pm (Theory booklet included)

Nuad Boran or Traditional Thai Yoga Massage Therapy is an ancient technique used to unblock energy stagnation & awaken our inner healer. This is achieved through both acupressure on the energy meridians (Nadis/Send Lines) & movements of the body & joints based on Yoga Asanas. No prior experience required; people of all backgrounds who feel drawn to it as a transformative practice are welcome.

Face & Eye Yoga: Face your Self – with Mamta Saturday, March 9, 2:00pm – 4:45pm

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



VÉRITÉ PROGRAMS – MARCH 2024

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

YOGA & RE-CREATION PROGRAMS

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Breath & Meditation Practice for Beginners	7:30am - 8.30am	Mamta
Mondays	Pranayama & Meditation (no class Mar 25)	9:15am - 10:15am	Radhika
Mondays	Regeneration Circle: Voices of Wholeness (contributions are voluntary (no class Mar 25)	1:30pm - 3:00pm	Nadim
Mondays	Yin Yoga Nidra (no class Mar 25)	3:30pm - 4:30pm	Bijou
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Sivananda Yoga	7:30am - 8:30am	Mani
Tuesdays	Yoga Asana: Deep Stretch & Relaxation (no class Mar 19 & 26)	9:15am - 10:15am	Radha
Tuesdays	Face & Eye Yoga (no class Mar 19)	3:30pm - 4:30pm	Mamta
Tuesdays	Vocal Improvisation & Circle Singing	5:00pm - 6:30pm	Lola
Tuesdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30am - 8.30am	Radha
Wednesdays	Gentle Hatha Yoga (no class Mar 20)	9:15am - 10:15am	Claire
Wednesdays	Yin Yoga Nidra (no class Mar 20)	3:30pm - 4:30pm	Bijou
Wednesdays	Kirtan- Songs for Your Soul (contributions are voluntary)	5:00pm - 6:00pm	Mamta
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Sivananda Yoga	7:30am - 8.30am	Mani
Thursdays	Yoga for Inner Alignment - Pranayama & Asanas (no class Mar 21)	9:15am - 10:15am	Radhika
Thursdays	Gentle Hatha Yoga (no class Mar 21)	3:30pm - 4:30pm	Claire
Thursdays	Vinyasa Flow (no class Mar 7)	5:00pm - 6:00pm	Rebeca
Thursdays	Sufi Whirling & Zikr Practice	5:00pm - 6:00pm	Prem
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30am - 8.30am	Radha
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement	5:00pm – 6:30pm	Vega
Saturdays	Gentle Hatha Yoga	7:30am - 8.30am	Claire
Saturdays	Sivananda Yoga	5:00pm - 6:00pm	Mani
Saturdays	Ecstatic Dance	5:00pm – 6:30pm	Bijou
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, March 2	Master Class: Sivananda Yoga	9.15am - 12.00pm	Mani
Saturday, March 2	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:30pm	Parvathi
Friday, March 8	Awareness Through the Body Exploration	9.15am - 12.00pm	Amir
Friday, March 8	Holistic Approach to Ayurvedic Lifestyle	2:00pm - 4:30pm	Dr Geeta
Saturday, March 9	Introduction to Traditional Thai Yoga Massage (Nuad Boran)	9.15am - 4.45pm	Andres
Saturday, March 9	Face & Eye Yoga: Face Your Self	2:00pm - 4:30pm	Mamta
Thursday, March 14	Yoga Therapy for Back Pain	9.15am - 12.00pm	Bijou
Friday, March 15	Master Class: Pranayama, Mantra & Asana for Internal Organs	9.15am - 12.00pm	Andres
Friday, March 22	Ayurveda for Self-Harmony	9:15am - 12:00pm	Claire
Friday, March 22	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:30pm	Parvathi
Thursday, March 28	Moon Cycle & Yoga for Women	9.15am - 12.00pm	Radha
Thursday, March 28	Contact Improvisation Dance	2:00pm - 4:30pm	Bijou
Friday, March 29	Understanding Pranayama & Its Practice in Asanas & Meditation	9:15am - 12:00pm	Radhika
Friday, March 29	Holistic Approach to Ayurvedic Lifestyle	2:00pm - 4:30pm	Dr Geeta
Saturday, March 30	Safe Yoga Asana Practice - Do's & Don'ts	9:15am - 12:00pm	Rebeca
Saturday, March 30	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:30pm	Parvathi

	Therapies (by appointment only)	Therapist
	Thai Yoga Massage	Andres
	Private Yoga Session / Yoga Therapy	Andres
	Biodynamic Cranio-sacral Therapy	Mila
	Integrated Craniosacral & Foot Reflexology	Radhika
	Craniosacral Therapy	Radhika
	Foot Reflexology	Radhika
	Heart-Centered Resilience	Susan
	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

COURSES AND CONFERENCES

THE FRENCH PAVILION PRESENTS

The French Pavilion continues its series of conferences on the relationships between spirituality and social life.

Conference No. 3

How the shape of our society shapes our relationship with the invisible.

Lecture by Mazen, professor of philosophy

Wednesday March 6 at 5 p.m. at the French Pavilion In French



In this lecture, Mazen will address the question of spirituality from the point of view of social organization. How any society in its organization constitutes a certain shaping of the links between the visible (the world of the senses) and the invisible (the spiritual), between the *One and the Many*.

What about the way in which societies seek the unity of the social body on these two levels of the visible and the invisible? How can a critical analysis of societies open up avenues on how to articulate spirituality and social life in the service of human unity?

Mazen is a professor of philosophy. He currently teaches at the National Institute for Young Blind People (INJA) in Paris, is a trainer at the Valentin Haüy association. Born in Lebanon, at the junction of cultures and religions, his search for the link between religion and society has been a long-standing field of enquiry for him. The conference will be given in French.

VASTU DARSHANA - THE INDIC PERSPECTIVE COURSE

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'.

ard 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

Please note that prior registration is required.

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

ACTIVITIES & EVENTS

RECONNECTING WITH YOUR INNER CYCLE

Last for the season!!

The world of menstruation as a gateway to connect with your body and your inner power:



Eco Femme invites you to explore...

- Wonderful and wild world of menstruation
- Women as cyclical beings
- Learn menstrual cycle tracking to nurture the power of your womb
- Embodied practices to connect with your body (including some belly dance steps)
- Eco-Sisterhood through sharing authentically.

Date: 7th March (*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 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!

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

YOUTH CENTER SUNDAY EXPRESS

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 CYCLOTHON - MARCH 10TH



AUROVILLE CYCLOTHON REGISTRATION OPENS

100 kms | 50 kms | 15 kms

MARCH 10th, 2024

- BIB
- Finishers medal
- Refreshment on Race day

For registrations: www.aurovillecyclothon.com

Volunteers needed for this event.

Contact :
 Raju : 9443074825
 Prabhu : 9894442349
 Murali : 9943798879

Thank you,
 Auroville Cyclothon Team

EDIBLE WEEDS WALKS

We are right on the last month of the Edible Weed Walk season. In March - we will have 5 sessions on Saturdays before we close the season: **2, 9, 16, 23, and 30 March 2024**. You can join one or more. To join, please do not wait for the last moment. We receive requests after the registration closes and sometimes even early in the morning of the walk. Do plan and register early. The walk will be on Saturdays at an easily accessible location within Auroville. It will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

Edible Weed Walk @ NinaS

EDIBLE WEED WALKS ON SATURDAYS IN MARCH

Let's walk

Oxalis corniculata
Creeping woodsorrel

Pg.38 of Edible Weeds
Coloring Book



The last five of the season
Don't wait till
the last moment
to register

Dates: March 2024:
2, 9, 16, 23, 30
Pre-registration required

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



Scan
for the book

WhatsApp +91 98409 36907 or
 Email: edibleweedwalk@gmail.com

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

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.

PIZZA NIGHT

FRI - SAT - SUN **START AT 07:00 pm - 09:00pm** **YOUTH CENTER Auroville**

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

STAY TUNED

AUROORCHARD

AuroOrchard

Volunteer and learn farming hands-on!

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

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

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

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

FOOD FOREST TOUR

www.myfoodforest.info / 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 whatsapp Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

KUILAI CREATIVE CENTRE

Contact: kulaicreativecentre@auroville.org.in;
kulaicreativecentre.auroville@gmail.com
WhatsApp: + 91-8608473385 / 9843195290



செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	குழந்தைகளை 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 15 years
தைபயல் செயல்பாடு TAILORING ACTIVITY	MONDAY, TUESDAY & FRIDAY	11 AM TO 1 PM AND 2 PM TO 4 PM	FREE	ABOVE 15 years
மாணவ குழை வகுப்பு EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 10 th Grade
உடற்பயிற்சி PHYSICAL FITNESS குவிப்பம் - PARKING யின் சுருந்தி-UPCYCLING தமிழ்நாட்டில்-HP-HOP உடல் மூலம் விழிப்புணர்வு - AWARENESS THROUGH BODY	SATURDAY	9AM TO 5 PM	FREE	ABOVE 5 years
பந்த தாட்டியம் - BHARATA VASTIYAM கராத்தே- KARATE தோட்ட- வேலை- GARDENING தமிழ்நாட்டில்-HP-HOP விழிப்புணர்வு	SUNDAY	10AM TO 4 PM	FREE	ABOVE 5 years

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- Kuilai Creative Centre Collection Protection, Auroville, India - 605101,

Contact: +91-9843195290 / 8608473385

kuilaicreativecentre.auroville@gmail.com

CHANTING CLASS - SERENDIPITY




**Traditional
Mantras & Stotras
Chanting Classes**

at Serendipity Community

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

with Sonia Novaes



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

AUROVILLE BOTANICAL GARDEN

From the 20th of December to the 20th of March 2024



Come walk with us!
Guided Garden Tour

Auroville Botanical Gardens

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



TALK AT AV LIBRARY WITH DEEPA

About Deepa

Deepa, is the founder of (inter) nationally acclaimed alternative initiatives in: gift culture, zero waste lifestyle, minimalism, slow travel, flow funds, reclaiming your food one pot at a time, living a self designed- intentional- de-schooled life etc. For the last decade she has been exploring spirituality through various mediums. She lives nomadically with whoever invites her, expanding her definition of home, friends and family. More about her skill set- work- life-travels <https://tinyurl.com/v9nwba2>

Date: **2nd march, sat**

Time: **5 - 6:30pm**

Topic: Deepa's cycling journey from Delhi- Auroville during the pandemic without phone, money, tent, map, compass, watch..



AVAILABLE



DISHWASHER (BOSH, 2020)

As no Aurovillian showed interest in the dishwasher left by Klara, we want to offer the Dishwasher for a modest contribution preferable to an Auroville community kitchen, a large family or a place where Aurovillians and Newcomers come together to share food or refreshments.

A/C (LG, 5stars, 2018, 2 Ton Inverter model) in excellent condition also available.

If interested, please contact: Arumugam (Puncture Service), 94423 00346 or Shivaya 94896 01312

FOODS, GOODS & SERVICES

STUDIO BASED ART THERAPY AND COUNSELING

tialovesart@gmail.com / 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

www.createandtransform.org

WA 7094007610

Aurelec, Kuilapalayam, Auroville

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

SURABHI SUPPLIES

Dear Auroville Community,

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

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

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

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

Email: surabhisupplies@auroville.org.in

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies

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.

We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



Category	Services
Metal Works	Channels , Doors , Piping , Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera
Electrical Works	Wring, Meter box, Lights, Switches & Sockets, Motion sensor.

Contact: + 91 8270071581 / +91 7639810621

Primary Email: rapidcare@auroville.org.in

Secondary Email: rctrapidcareservice@gmail.com

Instagram handle: @rapidcare1

For Rapid Care
Balaji & Arun

AUROVILLE LIBRARY TIMINGS

Auroville Library opening timings:

Mon - Sat: 9am - 12.30pm

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

Tues: 4pm - 6.30pm

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



REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

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

You may contact him via phone

/ SMS or whatsapp

+91 94434 93025



SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

fresh seasonal local foods available in our basket service.

pick up from the farm 1 month to 1 year subscription.

please email solitudepermaculture@gmail.com or 9843319260

whatsapp

Solitude farm & café



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



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

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

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

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

Regards, Julien.

LIGHT FISH: PHOTOGRAPHY STUDIO

sales@light-fish.com

LIGHT FISH
Studio
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PHOTOGRAPHY
Services

Fashion Photography
Product Photography
Food Photography
Architectural Photography

phone: 8279300821
sales@light-fish.com

AV RADIO



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:

- [Seeking Our Inner Being Se. 1, Ep. 9 Part 2. \(Spirituality\)](#)
- [Seeking Our Inner Being Se. 1, Ep. 9 Part 1. \(Spirituality\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi - 460\(Integral Yoga\)](#)
- [Marlenka's weekly Offering - Ep.114\(Literature\)](#)

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

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

Peace and love
Regards, Wobblin



AUROFILM ARCHIVES

Dear community,

As part of Aurofilm's archives, we are sharing with you 3 documentaries about the first Auroville Singing Festival. It was organized with 130 participants from many different nationalities and held in the open air amphitheatre at Kalabhoomi, in October 2013.

- The first film (17min) includes interviews of the organizers, rehearsals and performances during the event:

[Auroville Singing Festival 2013 - Interviews and Rehearsals](#)

- The second one (40 min) includes extracts of the first day performances of the Festival:

[Auroville Singing Festival 2013 \(first day\)](#)

- The third one (43min) includes extracts of the second day performances of the Festival:

[Auroville Singing Festival 2013 \(second day\)](#)

We hope you enjoy watching and remembering this nice event that has more than 10 years of history in Auroville and which led to a new version of it last year!

With love,

Aurofilm team

CINEMA



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

Reminder: FRIDAY 1st MARCH "THE TREASURE OF THE SIERRA MADRE" – United States, 1969, by **John Huston**

and **FRIDAY 8th MARCH**

"THE LEMON TREE" –(Original title: **Etz Limon**) – Israel, 2008

Directed by Eran RIKLIS

With: Hiam Abbass, Rona Lipaz-Michael, Ali Suliman

Synopsis: Salma Zidane, Widow, lives on the Palestinian West Bank, in a little house flanked by lemon trees planted by her great-grand parents. Unfortunately, when the Israeli minister of defense builds a house adjacent to her own, her lemon trees are deemed a security risk. Salma hires a lawyer to prevent the powerful man from having her ancestral trees removed. Things seem bleak, but it looks like hope could shine in from an unexpected source, when the minister's neglected wife develops sympathy for Salma's plight. The film received nominations for several awards such as Best Actress and Best Screenwriter at the 21st European Film Awards. Based on a true story, this touching film is about the healing power of empathy in the continuing Israeli-Palestinian conflict. It is also a tribute to women on this year's Women's Day...

Original version in Hebrew and Arabic with English Subtitles - Duration: 1h.46'

OPEN SPACE DOCUMENTARY ARTS PROGRAMME

Auroville Film Institute in collaboration with University of Ladakh announces India's first Multi-site Documentary Arts Diploma - in Auroville-Pondicherry and Ladakh.

"Open Space Documentary Arts Programme" starting 18th March 2024, is a 1 yr - dynamically designed integrative, interactive and application oriented filmmaking diploma programme, incorporating experiential learning modules in Auroville-Pondicherry and Ladakh. Mobility, flexibility and trans-cultural-disciplinarity is the key to this programme.

To know more please visit:

<https://filmstitute.auroville.org/2023/11/21/open-space-documentary-arts/>

<https://uol.ac.in/>

Or call Richa Hushing +91 9969879319

[/filmstitute@auroville.org.in](mailto:filmstitute@auroville.org.in) and Tsultim Zangmo at + 91 9797067266 t.zangmo2009@gmail.com

Open Space Documentary Arts
1 YEAR PG DIPLOMA





Back by popular demand! Don't miss!

Saturday, 2nd March @ 4:30pm in Cinema Paradiso
(70 min, English, Rated NR/PG)

Findhorn, the world-renowned spiritual community in northern Scotland has been traumatized by the tragic loss of its community center and sanctuary, an exodus of young people due to Brexit, and mass layoffs as the Foundation struggled financially post-Covid. This just-released documentary tenderly captures the community confronting these challenges amidst their 60th birthday celebrations.

Screening of Firebird will be followed by an online Q&A with producer, Maria Craig and son-of-founders, Jonathan Caddy, coordinated in-person by Daniel Greenberg - a Friend of Auroville and recent Director of Education at the Findhorn Foundation.

THE FRENCH PAVILION PRESENTS

The French Pavilion in partnership with Les Baladantes Are happy to invite you

Sunday March 3 at 6 p.m.

at the French Pavilion

For a film and a reading-sharing of texts around

“The Man Who Planted Trees” by Jean Giono



The Man Who Planted Trees is a short story written in 1953 by the French writer Jean Giono to “make people love planting trees”, in his own words. The story conveys many messages, particularly ecological and humanist ones. The story of Elzéard Bouffier is often considered a parable of the positive action that man can have on his environment and the harmony that ensue. The short story is also an ode to work, to stubbornness, to patience, to humility, and to rurality.

During this evening, we will read together texts by Jean Giono and texts about nature, then we will watch the film “The Man Who Planted Trees” (30 min, French with English subtitles) by Frédéric Back, narrated by Philippe Noiret. You are welcome to bring and share texts that you like around the themes of this book. We will read some extracts together after watching the film.

FRENCH NEWS & NOTES



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

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		
Security (24/7):			
AV Safety & Security Team 9443090107	Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:			
Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
Mental health 24/7 support:			
Vandrevala Foundation +91 9999666555			
India Emergency Response Service (24/7): 108			



Cinema Paradiso

Multimedia Center (MMC) Auditorium
Film program 04 March 2023 10 March 2023

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 4 March, 8:00 pm:

• FIRE IN THE MOUNTAINS

India, 2021, Writer-Dir. Ajitpal Singh w/Vinamrata Rai, Chandan Bisht, Harshita Tiwari, and others, Drama, 84mins, Hindi w/ English subtitles, Rated: NR (PG)

This much acclaimed debut feature by the director, filmed using handheld camera, tells the story of a woman unafraid to stand her ground and find ways forward for her family and village.

Chandra and her husband, Dharam, run a homestay in a small Himalayan village. The terrain poses a problem to transport their son Prakash down the mountain in his wheelchair to go to the doctor and school. Though Chandra believes Prakash needs more medical attention, Dharam rather put the money toward a shamanic ritual. Tensions increase as their worldviews collide.

Potpourri – Tuesday 5 March, 8:00 pm:

• THE RED SHOES

USA, 1948, Dir. Michael Powell & Emeric Pressburger w/Anton Walbrook, Marius Goring, Moira Shearer, and others, Drama-Musical, 135mins, Rated: NR (PG)

In this classic, Boris Lermontov is an authoritarian ballet impresario, whose proteges realize the full promise of their talents, but at a price: utter devotion to their art and complete loyalty to Lermontov himself. Under his near-obsessive guidance, young ballerina Victoria Page is poised for superstardom, but earns Lermontov's scorn when she falls in love with Julian Craster, composer of the ballet Lermontov is staging to showcase her talents. Vicky leaves the company and marries Craster, but still finds herself torn between her art and her heart.

Interesting – Wednesday 6 March, 8:00 pm:

• AEON OZ

Austria-Colombia-Germany-India-Nepal, 2023, Dir. Heinz Kasper w/Juana Del Mar JimÉnez Infante, Experimental-Essay Film, 63mins, no dialog w/ animation in Sanskrit-English-German-Spanish, Rated: NR (G)

This subtle art film is about the element of light in its all-encompassing intensity. Where all spectra combine to form one element. Rapid cloud images, sublime places, reflecting backlights, poetic sound images, a euphoric body. Dancing metamorphoses around mysterious cultural monuments and impressive landscapes across India, Nepal and Colombia. A brilliant mystic conglomeration for all the senses. To hear, to see, to feel and to be... This screening is made possible by generous sharing by the film team. In this Indian première of the film the director will be present in person for a brief Q&A after the screening. Don't Miss!

Selection – Thursday 7 March, 8:00 pm:

• ERIN BRONKOVICH

USA, 2000, Dir. Steven Soderbergh w/ Julia Roberts, Albert Finney, David Brisbin, and others, Biography-Drama, 131mins, English w/ English subtitles, Rated: R

An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water supply. This legal drama is based on the true story of a woman who helped win the largest settlement ever paid in a direct-action lawsuit.

International – Saturday, 9 March, 8:00 pm:

• PAPICHA

France-Algeria, 2019, Writer-Dir. Mounia Meddour w/Lyna Khoudri, Shirine Boutella, Hilda Amira Douaouda, and others, Drama, 108mins, French-Arabic w/ English subtitles, Rated: R In 1997 Algiers, terrorists wanting an archaic Islamic state are everywhere. They oppress women, determined to control their bodies, clothing, and public space. Young student Nedjma is passionate about creating a fashion show. A film to watch!

Children's Matinee- Sunday, 10 March, 4:00 pm:

• MOANA

USA, 2016, Dir. Ron Clements-John Musker-Don Hall-Chris Williams w/Auli'i Cravalho, Dwayne Johnson, Rachel House and others, Animation-Adventure, 107mins, English w/ English subtitles, Rated: PG

In ancient Polynesia, when a terrible curse incurred by the demigod Maui reaches Moana's island, she answers the Ocean's call to seek out Maui to set things right.

RIDLEY SCOTT FILM FESTIVAL@ Ciné-Club:

Ciné-Club Sunday 10 March, 8:00 pm:

• GLADIATOR

USA-UK, 2000, Dir. Ridley Scott w/ Russell Crowe, Joaquin Phoenix, and others, Action – Drama, 155 mins, English w/ English subtitles, Rated: R

Maximus is a powerful Roman general, loved by the people and the aging Emperor, Marcus Aurelius. Before his death, the emperor chooses Maximus to be his heir over his own son, Commodus, and a power struggle leaves Maximus and his family condemned to death. The powerful general is unable to save his family. The only desire that fuels him now is the chance to rise to the top so that he will be able to look into the eyes of the man who will feel his revenge.

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. 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