

Auroville

# NEWS & NOTES

No 1044 - A weekly bulletin for residents of Auroville

12 September 2024

RA EDITION



Ganesh Pooja at Auroorchard, September 2024

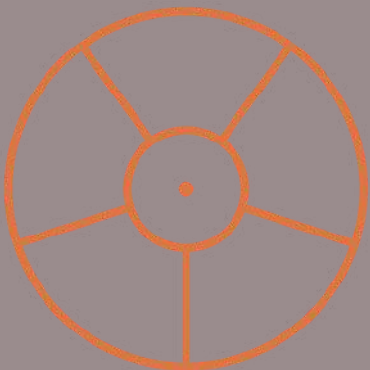
## PONDERING

'He is our friend'. "... each one must invoke Ganesh according to his own feeling – the traditional way is not necessarily the best" "In 1930 we were having regular meditations in the Prosperity hall, on the significance of flowers. At one of these meditations, quite unexpectedly, Ganesh appeared suddenly to my inner view.

He was of golden light and surrounded by a very luminous golden aura. His form was the usual one as on his images. It was the first time I ever saw him and I expressed some surprise over his sudden appearance. Then he told me, "You see I am a living being quite real and concrete – and to give you a concrete proof of my reality I shall send to you henceforth, all the money you will need. And on this promise he disappeared. He has kept his promise for years and the money was coming abundantly".

– The Mother (Ref: Letter to Mr. Madanlal Himatsingka 8th November 1962)

<https://sa15.in/sri-aurobindo-and-the-mother-on-lord-ganesh/>





Absolved from vision's grip and the folds of thought,  
Rapt from her sense like disappearing scenes  
In the stupendous theatre of Space  
The heaven-worlds vanished in spiritual light.

A movement was abroad, a cry, a word,  
Beginningless in its vast discovery,  
Momentless in its unthinkable return:  
Chaired in calm seas she heard the eternal Thought  
Rhythming itself abroad unutterably  
In spaceless orbits and on timeless roads.

In an ineffable world she lived fulfilled.

An energy of the triune Infinite,  
In a measureless Reality she dwelt,  
A rapture and a being and a force,  
A linked and myriad-motioned plenitude,  
A virgin unity, a luminous spouse,  
Housing a multitudinous embrace  
To marry all in God's immense delight,  
Bearing the eternity of every spirit,  
Bearing the burden of universal love,  
A wonderful mother of unnumbered souls.

All things she knew, all things imagined or willed:  
Her ear was opened to ideal sound,  
Shape the convention bound no more her sight,  
A thousand doors of oneness was her heart.

A crypt and sanctuary of brooding light  
Appeared, the last recess of things beyond.

Then in its rounds the enormous fiat paused,  
Silence gave back to the Unknowable  
All it had given. Still was her listening thought.  
The form of things had ceased within her soul.

Invisible that perfect godhead now.

Around her some tremendous spirit lived,  
Mysterious flame around a melting pearl,  
And in the phantom of abolished Space  
There was a voice unheard by ears that cried:  
"Choose, spirit, thy supreme choice not given again;  
For now from my highest being looks at thee  
The nameless formless peace where all things rest.

In a happy vast sublime cessation know,—  
An immense extinction in eternity,  
A point that disappears in the infinite,—  
Felicity of the extinguished flame,  
Last sinking of a wave in a boundless sea,  
End of the trouble of thy wandering thoughts,  
Close of the journeying of thy pilgrim soul.

Accept, O music, weariness of thy notes,  
O stream, wide breaking of thy channel banks."

The moments fell into eternity.

But someone yearned within a bosom unknown  
And silently the woman's heart replied:  
"Thy peace, O Lord, a boon within to keep  
Amid the roar and ruin of wild Time  
For the magnificent soul of man on earth.  
Thy calm, O Lord, that bears thy hands of joy."

Limitless like ocean round a lonely isle  
A second time the eternal cry arose:  
"Wide open are the ineffable gates in front.

My spirit leans down to break the knot of earth,  
Amorous of oneness without thought or sign  
To cast down wall and fence, to strip heaven bare,  
See with the large eye of infinity,  
Unweave the stars and into silence pass."

In an immense and world-destroying pause  
She heard a million creatures cry to her.

Through the tremendous stillness of her thoughts  
Immeasurably the woman's nature spoke:  
"Thy oneness, Lord, in many approaching hearts,  
My sweet infinity of thy numberless souls."

Mightily retreating like a sea in ebb  
A third time swelled the great admonishing call:  
"I spread abroad the refuge of my wings.

Out of its incommunicable deeps  
My power looks forth of mightiest splendour, stilled  
Into its majesty of sleep, withdrawn  
Above the dreadful whirlings of the world."

A sob of things was answer to the voice,  
And passionately the woman's heart replied:  
"Thy energy, Lord, to seize on woman and man,  
To take all things and creatures in their grief  
And gather them into a mother's arms."

Solemn and distant like a seraph's lyre  
A last great time the warning sound was heard:  
"I open the wide eye of solitude

To uncover the voiceless rapture of my bliss,  
Where in a pure and exquisite hush it lies  
Motionless in its slumber of ecstasy,  
Resting from the sweet madness of the dance  
Out of whose beat the throb of hearts was born."

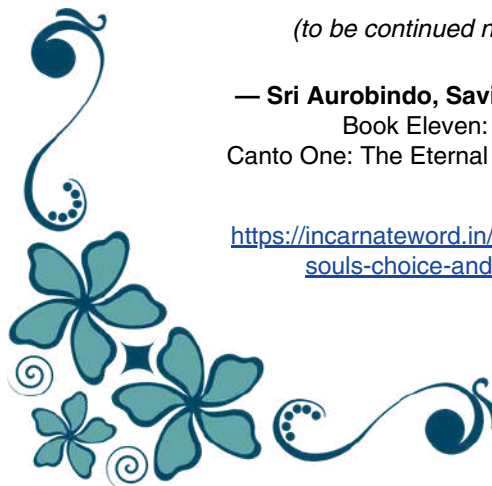
Breaking the Silence with appeal and cry  
A hymn of adoration tirelessly climbed,  
A music beat of winged uniting souls,  
Then all the woman yearningly replied:  
"Thy embrace which rends the living knot of pain,  
Thy joy, O Lord, in which all creatures breathe,  
Thy magic flowing waters of deep love,  
Thy sweetness give to me for earth and men."

*(to be continued next week)*

— **Sri Aurobindo, Savitri A Legend and a Symbol**  
Book Eleven: The Book of Everlasting Day  
Canto One: The Eternal Day: The Soul's Choice and  
the Supreme Consummation

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

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](mailto: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](mailto: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 donate at this account Nr: **FS #252150**.
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is:  
[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

Thank you for your continued support!

In community,  
The RA Community Edition News and Notes Team



## IMPORTANT INFORMATION REGARDING THE RA NEWS & NOTES

Dear community,

Here is some important information regarding the RA News & Notes:

- The RA News & Notes team is taking a **2-week break** (23 Sept - 6 Oct)
- After the break, the team plans to restructure the publication to focus on essential news only
- The team aims to streamline content to better serve the community during the ongoing crisis
- More details on restructuring will be communicated during the break
- Last submission deadline before the break: **Tuesday 17 September, 5pm**

Please read the letter below for more information:

### RA News & Notes break and restructuring

Dear community,

Following 18 months of dedicated work, **the News & Notes Community Edition team will be taking a much needed break for two weeks, from 23rd September to 6th October.** We understand this partial interruption of the N&N will be an inconvenience to the community, and we apologise for this, however this short break cannot be avoided in our current configuration.

### Challenges

It has been challenging to keep this publication running over all these months. The initial reason for this alternate news channel was to allow an uncensored, community-centred platform. Auroville's historic News & Notes refused to publish the RA-selected groups' publications and we felt it was necessary to keep holding this space for all groups and residents, which is why we created this new, inclusive space. Yet seeing many Aurovilians still using a publication which censors legitimate content on a regular basis is demoralising. However we would like to express our heartfelt thanks to all those who participate and help in whatever ways they can to keep our Community Edition going, and make it one of Auroville's core sources of unbiased information. Please continue supporting us in any way you can, and please use this platform to express yourselves, as this is what gives us the strength to persevere.

Among other challenges, our financial resources are limited, and we have been able to cover our costs solely thanks to supporters during this whole time. The current team is mostly constituted of volunteers, who give their time selflessly to keep this essential community service available to all. These limitations in resources and manpower make it difficult to keep the RA News & Notes in its current format.

Considering a lot of people still publish in the censored news, and our limited resources to continue this community edition, publishing the same information twice seems redundant. We have thought about how we can best serve the community and arrived at the conclusion that a restructuring would be the best option to avoid unnecessary duplication of work.

### Upcoming Changes

During this two-week break our team will look into a restructuring of the publication to address these issues. For now, we would like to focus on the essential news only, in line with what several community members have been suggesting to us for a while. Publishing the recurring events, workshops, activities schedules, and other such items, takes up a significant portion of our work. We will need to find an alternative medium for sharing these activities of the community, at least as a temporary measure.

After the break, we will remain one of the community's central publications for:

- Working Groups announcements
- Petitions, GMs, community events and other such elements required for the good functioning of the RA
- Residents' opinion pieces and personal sharings, which the RA N&N has provided for anonymously (if desired)
- Essential services' timings and important announcements
- Other news items on Auroville's current reality

We feel the need to **focus the RA News & Notes on content that is essential to the good and healthy functioning of our community while we navigate the ongoing crisis.** This change will be explained in greater detail in a follow-up announcement.

### Moving Forward

We would like to reassure the community that, moving forward, we remain committed to our values of free expression, inclusivity, and respect.

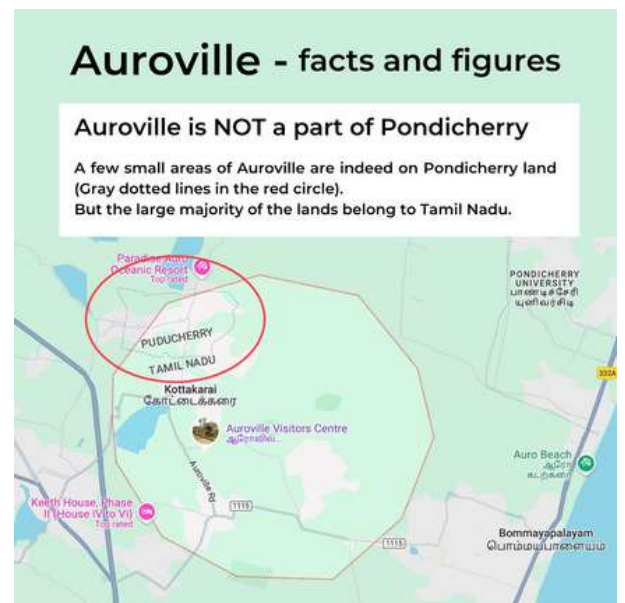
**We will communicate more on the RA News & Notes restructuring during our break.**

For now, please note that if you want to publish any contents before the break, you will have to submit it before **Tuesday 17th September - 5pm.** Any content submitted after this date will not be included.

In community,  
The RA News & Notes team



## FOOD FOR THOUGHT



## FROM THE ENTRY SERVICE

### ES # 228 DATED: 09-09-2024

The following person has been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks in writing to [auroville.entryboard@gmail.com](mailto:auroville.entryboard@gmail.com). We thank you in advance.

Warmly,  
Amy B., Don, Fabienne, Grace, Mirco, Sara, Sonja, Vadivel  
The Entry Board

### RETURNING AUROVILIAN ANNOUNCED:

- **Victoria CORTES (Italy)** staying at Auromodele and volunteering at the Auroville Library

### NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as a new Secretary is appointed, the meetings of Confirmed Aurovilians with the Secretary will be pending.

## FROM THE WORKING COMMITTEE

### INFORMATION RE AFSANAH'S GUEST HOUSE AND PTPS

Dear community,

As you may be aware there is an ongoing attempt by the 'FAMC' selected by the Governing Board, with the support of some trustees of the relevant trusts, to dismiss one of the executives of PTPS (Pour Tous Purchasing Service, Aspiration) and the executives of Afsanah's Guest House, without valid reasons given and without following proper process.

We wish to share with you two timelines of events related to these situations which we find concerning due to their disregard for harmony and internal processes.

PTPS has been capably run for 2 years by the current executives who have not only kept this unit running but who have also brought about great improvements, doing so with commendable transparency. ([Read here the Timeline of events for PTPS](#)).

The Afsanah Guest House is a similar case, where its executives and management team have been diligently and successfully running it, significantly increasing its overall performance as well as its financial contribution to the community. ([Read here the Afsanah GH Statement](#)).

These two summaries of events shed light on how a few people feel empowered to ignore established procedures, and have no qualms forcibly imposing their views on the Residents' Assembly and its selected working groups.

The complete disregard for Auroville's community processes, the lack of any kind of clear communication and refusal to answer basic questions, the casual appropriation of decision-making by a few individuals, should all be carefully looked at by the community.

We question the replacement of people who have proven they are up to the tasks they took on, and who wholeheartedly give their service to Auroville. We need such people to be supported, and we need to question the motives behind these arbitrary decisions to remove them.

These two cases are not isolated, but the continuation of a trend which is unravelling the fabric of Auroville and what we stand for.

If anyone would like further information, please write to us at [workincom@auroville.services](mailto:workincom@auroville.services) or visit us during our open house time on Tuesdays from 10 to 12 at the old Koodam Office (parking and entrance opposite the Auroville Library).

In community,  
The Working Committee of the RA  
Aravinda, Bharathy, Chali, Mael (TOS), Matthieu, Prashant (TOS), Valli



## COMMUNITY NEWS

### COMMUNITY SHARING

#### AUROVILLE DOG SHELTER

JOIN OUR DOG WALKING CLUB - BRING JOY TO DOGS AND YOURSELF!

Are you looking for a meaningful way to start your day? Dogs at the Auroville Dog Shelter need your help!



Our four Labradors, along with many other lovable dogs, are waiting eagerly for their daily walks. Walking is not just an exercise for them—it's a chance to socialize, explore nature, and feel the love and care they deserve.

That's why we've launched our **Daily Morning Dog Walking Program**, and we'd love for you to be a part of it! Whether you're a seasoned jogger or simply enjoy a peaceful stroll, there's a dog waiting to be your companion.

#### What's in it for you?

- A Heartwarming Experience: Spend time with affectionate dogs who will brighten your day as much as you brighten theirs.
- Health & Happiness: Walking in nature is a great way to stay active and boost your mood.
- Community & Connection: Join a group of like-minded people who love animals as much as you do.

#### When?

*Every morning from 9:00 to 10:00 am*, we explore the beautiful surroundings of the Auroville Dog Shelter.

#### Who Can Join?

*Everyone is welcome!* Whether you're a jogger, walker, or just someone who loves animals, there's a perfect dog waiting for you. Children are especially welcome, and no prior experience is necessary—we'll guide you every step of the way!

Come by the Auroville Dog Shelter and be a part of something special.

For more information, contact Lore at 6384180772. We can't wait to see you there!





## SUPPORT NEEDED

### A NUN'S PERSPECTIVE: KARSHA NUNS IN AUROVILLE

A PROJECT FROM SERENA AURORA & [AURORA'S EYE](#)

#### FILMS

2 years ago I had the lovely experience of going to Ladakh as part of an Auroville learning exchange programme.

Now I wish to bring 10 nuns from a Tibetan Buddhist nunnary in Ladakh, to Auroville for a week, and we need your help with the travel costs.

Please support this project in anyway you can by contributing or by sharing this within your networks.

This is the donation link

<https://aviusa.org/karshanuns/>

Love and light  
Serena

Read [HERE](#) about the Exchange Programme



## VOICES AND NOTES

### OPEN LETTER TO ANU

**About some letter and the arrogance of a so-called "foreigner"**

I am delighted to hear that a person who has now worked relentlessly for 3 years towards the disharmony, the division of the community, and the total absence of respect between Aurovilians, has claimed recently in a message posted in "Connect" (in which she criticizes the letter sent by a "foreigner" to an Indian official) that Auroville "was founded on principles of harmony, unity, and mutual respect." Good to know! It is a bit rich coming from people who have constantly and very practically tried to erase those very principles, but who knows, maybe some light has penetrated through the thickness of their brain.

The letter written by this bad "foreigner", we are so told, reeks of condescension and arrogance. I am not going to defend the tone of the letter, which is definitely insulting and should have been moderated because in the end it will be counterproductive.

But come on! In spite of the anger given free rein in the letter, I would like to know what is better from the point of view of Auroville ideals: to protest against the denial of visas to Aurovilians who have been here for decades, or to defend this denial and consequently the expulsion of residents? What is closer to the ideals of Auroville "founded on unity": the division between foreign and Indian residents or the idea that we are all brothers and sisters and that to expel one is a blow to the entire Auroville family? What is wrong in saying that the Act of the Auroville Foundation has been completely distorted by the willful disappearance of the Residents Assembly's role? Is it correct to say that the employees of the Auroville Foundation office are those who are "designated as the legitimate stewards of the land according to the Act"?

The author of the rejoinder to the "foreigner's letter" regrets that it does not "foster dialogue". How has she tried to "foster dialogue" for the past three years? She protests loudly against a letter she finds rude. But has she ever protested against the arbitrary dismissal of hard-working and honest Aurovilians from their job? Against the stealing of mailboxes? Against the sudden cutting of maintenances without a word of explanation?

I am sorry. It is true that the expressions chosen in the letter to the official and its tone are wrong and some portions are not even correct factually. But the rejoinder to that letter reeks of racism, authoritarianism, and total ignorance of the Auroville spirit.

- an Aurovillian

## POETRY

Her first encounter  
With a snake  
Left her  
Quivering  
Questioning  
"What if...?"

The snake  
Didn't intend  
To stay that long.

- Anandi Z.



### The Morning Light

In the incandescence of the morning light  
When beauty stole upon the sleeping lands  
I woke to find within a true insight,  
That everything is in the Mother's hands.

All the distortions of the truth She sees  
That work behind the subtlest of veils,  
In rooting out of life all dark disease  
All negative action before Her presence fails.

What all must do aspiring for change  
Have trust and faith in Her power and Her love,  
Repel the darkness and in our hearts estrange  
Defeat and in Her movements learn to move.

- Narad

## AWAKENING SPIRIT

### NEXT OPEN CIRCLE ON THE PSYCHIC BEING

Dear Community,

We remind you that the next Open Circle on the Psychic Being will happen **Saturday 14 September at 3.30 pm**, at the Pavilion of Tibetan Culture.

Please, kindly book your participation in advance by sending us an email to [innerbeing.auroville@gmail.com](mailto:innerbeing.auroville@gmail.com)

Sincerely,

Dan, for the InnerBeing Team



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

**Tuesday, 17th September, 9 am - 12 noon**  
**Focus: The Great Stair of Existence**

Led by Ashesh Joshi

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

All are Welcome



### SAVITRI SATSANG WITH NARAD

Savitri Satsang with Narad will take place every

**Wednesday at 6:30 pm**

at the home of Uma and William in Kalpana.

## ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

### The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to Aurovilians and Newcomers  
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens  
Daily: 9.00 AM to 3.30 PM
- Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

### The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:

Monday – Saturday 6.00 AM to 8.00 AM  
4.30 PM to 7.30 PM

Sunday 6.00 AM to 12.00 PM  
4.30 PM to 7.30 PM

- The Inner Chamber is open to SAVI registered Volunteers:

Wednesday – Monday 8.00 AM to 8.40 AM.  
Arrival at 7.45 AM at the Office Gate

- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):

Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM

Arrival at 7.45 AM at the Office Gate

- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9.00 AM to 11.00 AM

- The Auroville units can bring their staff to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):

Tuesday 8.00 AM to 8.30 AM

### The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders

Monday – Sunday 7 AM to 8 AM,

Tuesday AM closed.

Daily 5 PM to 6 PM

### Access to Matrimandir for Visitors and Guests Matrimandir Viewing Point

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost.

Free passes can be obtained at the Auroville Visitors Centre

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Timings starting from the Visitors Centre:

Daily: 9.00 AM to 5.30 PM

### The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber, at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

## CONFLUENCE

TUESDAY 17 SEPTEMBER 2024

In the Peace Area, Matrimandir Gardens

Autumn pre-Fullmoon 17 September 2024.

Coming Together in a consecrated atmosphere in silence, sound contemplation, walking, observing, listening with simple offerings, flowers, colors, candles.



- Installations and flower decorations in the Garden of Unity
- Translations of Mother's Symbol in 36 languages
- Soundscapes in the Garden of the Unexpected
- Creative Offering by children, Sanskrit chants in the Stone Circle
- Live music in the Amphitheater
- Silence, flowers and candles under the Banyan Tree.

The Gardens open at 5.30pm

Stone Circle Offering 6 pm

Amphitheater Music 6.45 pm

All Aurovilians, Newcomers welcome

Volunteers and guests, please bring your Aurocard.

Please respect the consecrated atmosphere of the gardens,  
Photography, media not allowed.

*"Auroville is an attempt towards world peace, friendship, fraternity, unity"*

The Mother, 20 Sept 1966.

### AMPHITHEATRE - MATRIMANDIR

Meditation at sunset with SAVITRI,  
Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music.

Every THURSDAY  
6.00 to 6.30 pm

(weather permitting)



Enjoy the beautiful open space, 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 to use cameras, i-pads, cell phones, etc. No photos.

Dear Guests, please carry your Guest Card with you –Access only for the Amphitheatre from 5.45 pm and the time of the meditation.

Thank you.

Surya, Velmurugan and Vinay

### 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, or at an agreed upon venue in Auroville

By appointment only: please call 8300191193



Also check Zech's Weekly Sharings:

<https://zechjoya.blogspot.com> or scan the QR Code





## THE OM CHOIR IN SAVITRI BHAVAN

Thursdays, 5:30 p.m.

ALL ARE WELCOME

- Narad



## AARTI MANIK - VOYAGE

VOYAGE  
aarti manik



20 sep - 9 oct 2024

tue - fri 2 to 5.30

sat 9.30 to 12.30 and 2 to 5.30

opening 20 september at 4.30  
centre d'art - citadines - auroville



## ART & CULTURE

### INVITATION TO MEET ARTIST BEL

SATURDAY 14TH SEPTEMBER

Invitation  
to meet the artist  
Bel

Look  
See  
Ask  
Enjoy

Saturday, 14 September  
4pm - 6pm at Pitanga  
Refreshments will be served.  
All are welcome.

This is part of the ongoing exhibition

Exhibition timings: Daily, except Sundays  
8:00am - 12:30pm & 2:00pm - 5:30pm  
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAA1A0037BY3N

LaSaMaKa  
an activity  
under Art Service

## HEALTH



### OFFERING NURSING SERVICES

Warm morning to everyone.

It's my pleasure to introduce myself to all of you. My name is MADHI and I'm 26 years old. I'm living in Auroville from my childhood and my family also. I have done my bachelors degree in B.SC (NURSING) and I have two years experience as a STAFF NURSE in hospitals (ONE years in psychiatric ward, six month in ICU and six month in EMERGENCY).

Past two years I'm working in Auroville only with private clients - In **HOME VISIT CARE FOR ELDERLY PEOPLE, BED RIDDEN PATIENT, PSYCHIATRIC PATIENT, ETC**.

If anyone needs help or any kind of hospital care or Home care or Home visit or care taker please contact me and I'm willing to contribute my professional skills in a right manner and right way.

THANK YOU IN ADVANCE.

MADHI CONTACT NO: 9597222826.

Email: [Madhiazhagan014@gmail.com](mailto:Madhiazhagan014@gmail.com)

## CENTRE D'ART CITADINES EXHIBITIONS

From 20 September to 9 October 2024

Tuesday - Friday 2-5.30

Saturday 9.30-12.30, 2-5.30pm

Opening on Friday 20 September at 4.30

Guided tours on Saturday at 10.30

## DEEPTI MUNOT - FRAGILE LAYERS

20 September / 9 October 2024  
Tue to Fri 2 to 5.30 - Sat 9.30 to 12.30, 2 to 5.30



FRAGILE LAYERS  
by Deepti Munot

Opening on 20 September at 4.30

## AUROKIYA INTEGRAL EYE CENTRE @ ARKA



Aurokiya Integral Eye Centre  
(An Auroville Activity)



### Working Hours:

Monday - Saturday  
(9.00 am - 5.30 pm)

### Services Provided:

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

Contact: [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com)

WA/ Mobile: 8012305151; [www.aurokiya.com](http://www.aurokiya.com)





## SANTÉ SERVICES IN SEPTEMBER 2024



### Working Hours:

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

### Tests and Sample collection:

Mon - Fri : **8:30am** - 12:00 pm.

No sample collection on Saturday.

### For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 94422 24680

Government Ambulance (24/7) : Phone: 108

### Appointment:

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

<b>Doctor Consultation with Dr.Senthil:</b> Monday to Friday	<b>Nursing Care:</b> <b>Thilagam, Ezhil, Archana, Sandhya: Daily</b> No appointment necessary
<b>Ayurveda with Dr.Be:</b> Tue/ Wed/ Fri	<b>Integrative Psychotherapy with Juan Andres:</b> TOS
<b>Acupuncture with Andres:</b> TOS	<b>Homeopathy with Michael:</b> Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday	<b>Physiotherapy with Arun</b> Monday to Saturday (except Friday)
<b>Women's Wellness with Paula:</b> Tuesday & Wednesday	<b>Soundbed Session with Sandhya/ Thilagam:</b> Monday to Saturday
<b>Bio-Well Assessment (Evaluation of your well-being) with Helena:</b> TOS	

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.**

## LEELA THERAPY



A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

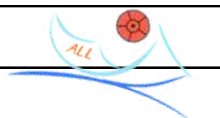
Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery.

Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

For more details see [www.innersightav.org](http://www.innersightav.org) or whatsapp Kardash on 9940934875.

## EDUCATION



### UPDATE FROM LANGUAGE LAB:

Kindly note that Lalitasahasranaama chanting sessions are weekly Wednesdays from 5:30pm - 6:30pm (and not 5-6 pm as mistakenly announced last week)

## TAMIL CLASSES

Tamil classes for absolute beginners

Start Date: Monday, 7th Oct 2024

Time: 7:15pm



Venue: Auroville Council Room

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

To Sign up:

1. Follow the QR Code -->



2. email: [payilagampodcast@gmail.com](mailto:payilagampodcast@gmail.com)

## PIANO CLASSES



Classic and Jazz for beginners and advanced. Children most welcome. Music-theory, composition and the art of improvisation.

Please call 70948 12897 (only whatsapp) or [vonlieres@gmx.de](mailto:vonlieres@gmx.de)

I also come to the students place for classes. Hartmut

## CELLO CLASSES

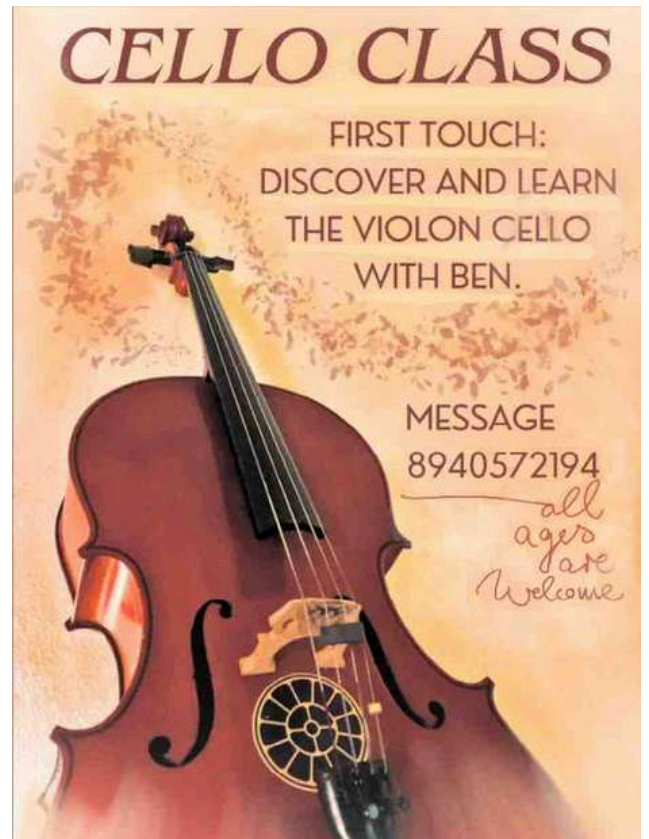
# CELLO CLASS

FIRST TOUCH:  
DISCOVER AND LEARN  
THE VIOLON CELLO  
WITH BEN.

MESSAGE

8940572194

*all ages are welcome*



## TUTOR GRADE 1 TO UNIVERSITY AND SPOKEN ENGLISH AND LANGUAGE TRAINER

With my 18 years of experience in education, I offer academic tuition sessions from grade 1 to university level in all subjects. Also I am a spoken English and language trainer. My contact number is 8270512606.

Thank you  
Ashwini, Aspiration



## CLASSES, WORKSHOPS & HEALING ARTS

### VIPASSANA MEDITATION

**Date:** Every Sunday - for those who have attended at least one ten day Vipassana course as taught by SN Goenka.

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

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



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

### CAPOEIRA - MARTIAL ART AND MUSIC WITH GINGA SAROBA

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



Join us for classes for teens and adults (15 yrs and above)  
**Intermediate :** Tuesday, Thursday and Saturday - 5.15 PM - Dehashakti

**Beginners: Tuesday and Thursday - 6.00 PM- Dehashakti**  
**Contact: 7598446327**

Let us know if you would like more information.

### AUROVILLE AIKIDO AT AV BUDOKAN (DEHASHAKTI)



Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.

*The AV Aikido group welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice!*

#### Adult classes:

- Tuesday, Thursday and Saturday, 6 - 7:30am, early morning. Beginners are most welcome. Girls and women are especially called to join us.

#### Children/ young students:

- Monday, Wednesday and Friday from 4 - 5pm
- For the time being no Saturday 9 - 10am class are offered.

Contact us for more info and registration: write to [budokan@aurville.org.in](mailto:budokan@aurville.org.in) or WA 8300643963 Philippe G. or call 9952812843 N. Murugan.

Cristo, Surya, Murugan, Rita and Philippe for Auroville Aikido

### TRANSFORMATIVE SOUL JOURNEY

REVELATION FOREST - 15 SEPTEMBER 3:30PM

Join Kundhavi Devi at Revelation Forest, Auroville on **Sept 15 for a shamanic journey.**

Join us for an unforgettable experience of spiritual growth, healing, and self-discovery!

#### Experience:

- Shamanic drumming
- Light language
- Deep healing
- Higher dimensional connection

#### Event Details:

- Date: September 15
- Time: 3:30 - 5:00 pm
- Location: Revelation Forest, Auroville
- Registration: Contact Kundhavi Devi at 9360043538
- Limited to 15 participants
- Contributions welcome

#### Contact:

Kundhavi - +91 93600 43538 / Arun - +91 9500183706



### PROGRAM FACILITATION WORKSHOP

SATURDAY 14TH SEPTEMBER



Learn to create safe, nurturing environments while crafting programs that leave a lasting impact. This is more than just a workshop—it's an opportunity to grow as a leader and designer of transformative experiences.

**Youth Space, Center Field**  
**14th of September (Sat) 9:30am to 4:30pm.**

Register via the link or by scanning the QRcode!  
<https://forms.gle/kkSVVpx6cCaayPmQA>



### BOTANICAL GARDENS - GROWING ROOTS WORKSHOP

9TH - 11TH OCTOBER



Join us for a 3-day intensive workshop on the life of seeds. Learn seed germination techniques of TDEF (Tropical Dry Evergreen Forest) species, nursery set up, management & maintenance strategies.

The workshop is suitable for botanists, nursery managers, restoration practitioners & land stewards. A basic level of TDEF species knowledge is essential.

**DATES: 9TH TO 11TH OCT '24**

Location : Auroville Botanical Garden

Fees : Rs.4000/- (includes the course fees, daily lunch and refreshments)

For details & to apply please email us at : [ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com)

Last date to register: 23rd sep'24

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





## MIKSANG - A MINDFUL PHOTO WALK

SATURDAY 14TH SEPTEMBER - 8AM TO 9.45AM

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.



In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment - seeing, appreciating, comprehending, expressing, sharing - that is all there is.

This meditative practice can help you open to the present moment, meet the world as it is, and let

the ordinary magic of the world erupt in front of you.

No prior experience (of anything) is needed. All you need is something to take photos with.

The session will be led by Helen - a mindfulness teacher with a passion for Miksang. For details and booking message Helen on 70947 53054 or visit [innersightav.org](http://innersightav.org).

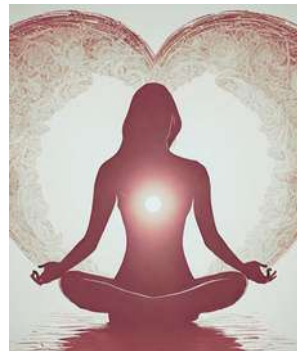
## MINDFULNESS KINDFULNESS - HALF DAY RETREAT

SATURDAY 21ST SEPTEMBER

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.

This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion - for ourselves & others.

Participants will have the choice of practising in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone - those new to meditation as well as experienced meditators looking to deepen their practice.



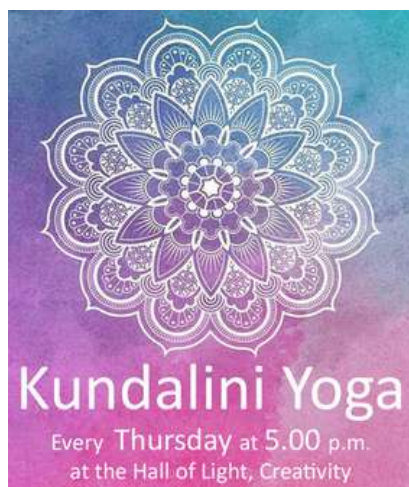
**Saturday 21st September (9.15am - 12.30pm) at Creativity Hall of Light.**

Booking is required. To register whatsapp Helen on 70947 53054 or visit [innersightav.org](http://innersightav.org).

## KUNDALINI YOGA

THURSDAYS, HALL OF LIGHT, CREATIVITY

Kundalini Yoga is a dynamic and powerful practice designed to enhance your physical, mental, and emotional health. It purifies your electromagnetic field as well as your nadis. By the end of the session, you will feel more spacious, calm, and joyful. To achieve these benefits, Kundalini Yoga combines Asanas, Pranayamas, Mudras, and Mantras.



**Thursdays, from 5 - 6.30 p.m. in the Hall of Light, Creativity.**

All levels, come 5 minutes before, bring your own mat. On Contribution.

Contact: Bel WhatsApp 75988 92065. Certified Kundalini Yoga teacher.

## WELL-BEING SERVICES AT ANITYA COMMUNITY !

# WELL-BEING

## @ JOI ANITYA

Joi of Impermanence

THAI YOGA  
BODYWORK

ANDRES  
(+91) 9751607501

AYURVEDIC  
MASSAGE

ELENE  
(+91) 7094143719

INTEGRAL  
COACHING

DAVE  
(+44) 7564119728

SHAH-LU-HA-KA  
BODYWORK

NIKKI  
(+91) 7094716136

MINDFULNESS  
MEDITATION

HELEN  
(+91) 7094753054

WOMEN  
CIRCLES

PREM SHAKTI  
(+91) 9489244823

Info and Bookings through WhatsApp
Anitya Community Centerfield
joyofimpermanence@auroville.org.in

Joi Anitya is a Registered Project under Hospitality Trust, Auroville Foundation

## AUROMODE YOGA SPACE

### AURROTHAIMA - HEALTH & HEALING TRUST



SEPTEMBER 2024 SCHEDULE

Registrations are a must for all the programs.

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

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

Day	Time	Description
All days of the week (Monday to Sunday)	5 30 pm - 6 45 pm	Vinyasa flow Yoga by Arun

Find our Yoga Shala -

<https://youtube.com/shorts/8FTldxoWt9k?si=JMKXs062TplaE82D>

Auromode Apartments

0413 262 2224

Location: <https://g.co/kgs/frzmN4>

## Vinyasa Flow Yoga with Bala - August 2024

Traditional yoga practices are characterized by discipline, and Bala believes in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

Friday, Saturday & Sunday  
Time - 5 30 pm to 7 00 pm

**Registration must**

Please WA to know information about cost and other details

**Auromode Yoga Space**  
Email - [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) WA + 91 98926 99804







## VÉRITÉ WORKSHOPS

Pre-registration required

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

### Awareness Through the Body: Exploration of the Element Space – with Amir

**Saturday, September 14, 9:15am – 12:00pm**

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In this session, we will explore the element of **Space** to cultivate contact with oneself and the world in a more intimate way.

### Face & Eye Yoga: Face Yourself – with Mamta

**Saturday, September 14, 2:00pm – 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.

### Sivananda Yoga: Masterclass – with Mani

**Saturday, September 21, 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 Practices – with Parvathi

**Saturday, September 21, 2:00pm – 4:00pm**

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

### Cancellation of classes for the following:

Deep Sound Bath – with Satyayuga (Monday 9 & 16 Sep, Thursday 12 & 19 Sep, Saturday 14 & 21 Sep, 5pm – 6pm)

## REGENERATION LISTENING CIRCLE



Learn the ways of Silence and how to utilize its Power  
**Saturday at 4:30 pm**

#### Experiences of previous participants:

*"Because of the ecological problems humanity is facing, I didn't want to have children, but after this circle today, I do again"* - Guest

*"I'm very sensitive, and I could feel the spirits of Mother Nature with us in this circle; very beautiful"* - Newcomer

*"This talking-stick gives me Power; and with great Power, comes great Responsibility"* - Aurovilian

Limited seating - Location will be shared after your reservation under  
+49 1638041124 WhatsApp - Session duration: 1.5 h

Group booking for the Consensus Circle is possible on request

Submitted by Nadim

## TAI CHI HALL @ SHARNGA

### Schedule of classes after 24th August

Every day except Sundays.

Mondays and Saturdays: 7.30-9.30

Tuesdays to Fridays: 7.30-9

Upcoming: no classes on 29th August and 3 Sept



## SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: 0091 (0)413 - 3509950

Mobile/Whatsapp: +91 9385623342

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



### REGULAR CLASSES:

#### Qi Gong - with Lhamo

- **Every Monday - Wednesday and Friday 7 - 8:15am**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

#### Traditional Sanskrit Mantras with Sonia

- **Friday from 5 - 6pm (Regular Students only).**

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

### THERAPIES:

#### Cheek Acupuncture with Lhamo

- **On appointment only (+91 84380 53127)**

Cheek acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body.

#### Gua Sha (Chinese Detox Scrub) with Lhamo

- **On appointment only (+91 84380 53127)**

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

#### Modern Trance Healing - Hypnotherapy with Lhamo

- **On appointment only (+91 84380 53127)**

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. In Modern Trance Healing, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.



## PITANGA



### Program - September 2024

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

##### Mondays

7:30am – 9am, **Asanas mixed level** with Rachel  
8:30am – 10am, **Yoga Therapy** with Gala  
4pm – 5pm, **Doing No -Thing Consciously** with Mike  
5:30pm – 6:45pm, **Vinyasa Flow Yoga** with Dinagar

##### Tuesdays

7:30am – 8:45am, **Self Practice** with Rachel  
7:30am–8:45am, **Ojasana Hatha-Nada Yoga** with Ojas  
5:30pm – 7pm, **KoTree Yoga** with Grace Gitadelila

##### Wednesdays

7:30am – 9am, **Asanas mixed level** with Rachel  
8:30am – 10am, **Yoga Therapy** with Gala  
5:30pm – 6:45pm, **Vinyasa Flow Yoga** with Dinagar

##### Thursdays

4:30pm – 5:30pm, **Aviva Exercise** with Suriyagandhi  
5:30pm – 7pm, **KoTree Yoga** with Grace Gitadelila

##### Fridays

6:45am – 8am, **Pranayama** with François & Namrita, For former “The Art of Living” course participants  
7:30am – 9am, **Asanas mixed level** with Rachel  
8:30am – 10am, **Yoga Therapy** with Gala  
4:30pm – 5:30pm, **Readings of the Life Divine** with Balvinder  
5:15pm – 6:15pm, **Feldenkrais** with Shari  
5:30pm – 6:45pm, **Vinyasa Flow Yoga** with Dinagar

##### Saturdays

7:30am – 8:45am, **Ojasana Hatha-Nada Yoga** with Ojas  
9am – 10:30am, **Asanas intermediate level** with Rachel  
4pm – 5pm, **Odissi Classical Dance**, a beginners’ class especially for children, with Agila, assisted by Rekha  
4pm – 5:30pm, **KoTree Yoga** with Grace Gitadelila

#### YOUTH ACTIVITIES

*These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.*

##### Asanas for Teenagers with Lisbeth

- Mondays, Wednesdays, 4pm – 5:15pm
- Not during term-break 23/09 – 2/10

These classes are for the teenagers from AV schools. It is still possible to join the course as there is some space in one of the classes. The student can come and try out, then see with the teacher. You’ll be added to the TeenYoga app for communication.

##### Yoga for children, from 9 yrs. +, with Gala

- Saturdays 10am – 11am

##### Energy games for children, 9 yrs. +, with Gala

- Saturdays 11am – 12pm

#### CLASSES – BY PRIOR REGISTRATION

##### Art Therapy with Gala

- Thursdays, 3 – 5pm for adults
- Fridays, 3 – 5pm for families

##### ATB Exploration with Isora, and teachers in training Rosario and Teresa

- Thursdays, 5:30pm – 6:45pm
- Prior registration required.

#### HEALING SPACE – BY APPOINTMENT

- Acupuncture by Heidi
- Shiatsu by Patricia G
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan

#### NEW ACTIVITIES

##### Ojasana Hatha-Nada Yoga with Ojas

- Tuesdays & Saturdays, 7:30am – 8:45am

Ojas, volunteering with the Auroville Theatre Group, invites you to his classes: “Each 1 hour and 15-minute session will include pre-practice exercises to achieve correct yoga postures and flexibility for performing yoga asanas. I’ll also focus on breathing work to enhance Prana Shakti, known as life force. Towards the end of the session, I will incorporate sound healing and mantra chanting. This session is a combination of Hatha Yoga and Nada Yoga, designed to help participants experience their own selves and become more aware. As awareness deepens, they will move closer to the divine. I’m reminded of Sri Aurobindo’s words: ‘The principle of yoga is the turning of one or all powers of our human existence into a means of reaching divine being.’”

This is a drop-in class for adults.

##### Syntropy Insight Bodywork with Véronique D.



The body and mind connected in a deep state of relaxation allows the nervous system to find new pathways for a comfortable and graceful posture as well as for an open and fluid mobility with less effort.

Syntropy Insight Bodywork is the experience of a soft healing touch that will take you into very slow integrated movements.

Through deep listening, both the practitioner and the person receiving go on a common exploration which can feel like a dance on the way to new possibilities in the body and in Life in general.

“Make the impossible possible, the possible easy and the easy elegant.” – Moshe Feldenkrais

*For an appointment with Veronique, please contact Pitanga.*

##### Weekly Readings of The Life Divine with Balvinder,

- Fridays, 4:30 – 5:30pm

“The ascent to the divine life is the human journey...This alone is man’s real business in the world and the justification of his existence...” Sri Aurobindo.

The weekly reading sessions of The Life Divine are led by Balvinder, an Aurovilian and lifelong student of Sri Aurobindo’s writings. Each session will proceed with Balvinder’s reading and giving explanations of the English prose.

No prior knowledge of The Life Divine is necessary, just an openness to experiencing the beauty and wisdom of Sri Aurobindo's masterpiece. All are welcome to join. Feel free to come and listen even once to see if this is for you.

No registration is necessary. It is helpful to have a book.

However, a few extra copies are with us.

### Yoga with Rachel

- **Monday, Wednesday, Friday 7:30am – 9am, Asanas mixed level**

Rachel offers detailed verbal guidance and instruction based on her extensive practical experience to guide you into the posture, focusing on the alignment of body, mind and essence. This practice helps to improve physical and mental abilities, helping us to live in the present with stability and joy.

- **Tuesday 7:30 – 8:45am, Self Practice**

The practitioner is invited to develop a deeper understanding of the asana practice by observing themselves in the different stages: observe, experiment, learn, stay, hold, undo, relax, rest or recover at your own pace to improve the understanding of your practice and one's self. This is not a teacher-led class but a self-directed practice open to all yoga practitioners, while the teacher holds the space with her presence, helping in case of any doubt.

- **Saturday 9am – 10:30am, Asanas intermediate level**

For regular practitioners who wish to deepen their practice and 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.

- **Private Yoga sessions available on request.**

### Vinyasa Flow with Dinagar

- **Monday, Wednesday, Friday 5:30pm – 6:45pm**

In Vinyasa Flow Yoga, we connect asanas in a flowing sequence with the breath as our anchor. Dinagar studied with Balaganesh in Auroville and completed his teacher training in November 2023. He is excited to share the benefits of this dynamic practice in Auroville and looks forward to learning and growing with you. Pitanga is very happy to welcome an Auroville youth as a teacher in our team of dedicated facilitators.

### KoTree Yoga with Grace Gitadelila

- **Tuesdays & Thursdays 5:30pm – 7pm, Saturdays 4pm – 5:30pm**

KoTree Yoga is a feminine form in which asana sequences, movements and held poses, with attention to the breath, lead to create fluidity of fascia, muscle tonus, supple spine, and inner deep peace.

This is a drop-in class for all levels of adult practitioners.

## WORKSHOPS

### Massage and Bodywork, A workshop for beginners – Module 1 with Shari

- **23 August – 27 September 2024**
- **Six Fridays, from 10 am – 1 pm**

Are you interested in becoming a massage/bodywork practitioner?

Do you have good intuition that guides you in massage, but want to know more about what your intuition means?

Shari is offering an in-depth six-week beginner's course in massage and bodywork that will include anatomy and physiology, healing touch, techniques for treatments and the basics of a safe, effective, relaxing bodywork session.



*"I teach a system of bodywork which I call 'Syntropy Insight Bodywork,' which is based on Feldenkrais's work, Functional Integration. The client remains fully clothed, and the technique is very gentle relaxing movement sequences to treat the entire body."*

No prior experience is necessary. A commitment of the full six-week course and a contribution is requested.

Please contact Shari for further details: 73059 41614.

*Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.*

*If you wish to receive our program of activities by email, please write to us.*

*See you at Pitanga, with a smile !*

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

## THE EMBODIED VOICE - WORKSHOP/RETREAT 14TH & 15TH SEPTEMBER

A two half-day workshop/retreat offering deep rest and listening, intuitive expression, self-massage and bodywork to soften physical constrictions, emotional processes, and partner/group explorations to play, feel connected, and sing or give voice in a way that feels both wild and safe.



**Open to everyone.** Relax into a place of allowing and enoughness, and witness what unfolds in honest process.

For more information, registration, and individual voice sessions, email: [shalini.voicework@gmail.com](mailto:shalini.voicework@gmail.com)

## CHILDBIRTH PREPARATION CLASSES WEDNESDAYS, CREATIVITY

Childbirth preparation classes, including fathers, are offered throughout the year, at **Hall of Light, Creativity** community on Wednesdays. We received much appreciation for our childbirth classes, which help pregnant mothers, and their families understand pregnancy from a more holistic perspective. Each week, we have different themes and concepts. You're welcome to join us for a consultation and then enroll in classes.



**5 pm to 6 pm** - Movement classes like Yoga, dance, breath work, etc

**6 pm to 7 pm** – Theory on various aspects of pregnancy

Like to join the classes? Join our whatsapp group here <https://chat.whatsapp.com/HbXJDkUuDGw9CsmhIkVl> or send message to Bala +91 9892699804 to add you in the group

All classes are drop in – out, if you are few minutes late or need to leave early we understand.

Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, integrative child birth and women's wellness care in Auroville.

Our goal is to bring respectful maternity care to all.

If you like to know more about our work email us - [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in) and general administrative queries to Bala ( WA only ) + 91 9892699804.



## QUIET HEALING CENTER



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

### SEPTEMBER PROGRAM

#### WOGA® (Yoga in Water) Class with Friederike & Tamara

**Friday 13th & Monday 30th September (4:30 -6.00pm)**

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.



The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

**Prerequisites:** no previous experience required (also no need to know how to swim!).

#### Watsu® Yoga Round with Ellie & Roberto or Fred Saturday 14th & Sunday 29th September (3:00 - 6.30pm)

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



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

**Prerequisites:** no previous experience required (also no need to know how to swim!).

#### Watsu® & OBA Basic with Fred Tuesday 17th - Sunday 22nd September (1:00 - 6:30pm : 31 hours)

Watsu and OBA (Oceanic Bodywork Aqua) are bodywork and therapy modalities given in a warm water pool. In this course, you'll learn Watsu's basic sequence and techniques to work with someone on the surface. During the OBA Basic, you'll get acquainted with bringing your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you'll practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

This course offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas – ultimately, for freeing body and mind.

**Prerequisites:** no previous experience required (also no need to know how to swim!).

#### Baby Watsu® Class with Appie & Friederike Monday 23rd September (9:30 - 11:00am)



A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together.

You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

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

#### Watsu® 1 TF (Transition Flow) Basic with Dariya 24th - 28th September (8:45am - 6:00pm: 34 hours)

In this follow-up course, you will be taught to connect the movements and positions you've learned in Watsu Basic with long, gracefully flowing transitions and to adapt your work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.



On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others. By attending this course, you'll have completed the first level of Watsu's 3-tier training program.

**Prerequisites:** Watsu Basic



### 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



## FERMENTED DRINKS WORKSHOP AT MARC'S COFFEE

EVERY SATURDAY 10-11:30 AM



Learn how to make delicious Kombucha at home following Matilde's recipes. **1.5 hour session** for beginners that will allow you to make safe fermented drinks at home, learning the basics of fermentation techniques. The session will end with a tasting from the brewery, a scoby and some tea to take home and kick-start your kombucha making journey.

The booking should be done 24hrs prior to the class for the confirmation. Write to: [matilde@marcscoffees.com](mailto:matilde@marcscoffees.com)

## ACTIVITIES & EVENTS

### MARC'S ROOFTOP EVENT

**ROOFTOP SESSIONS #10**  
DJ SETS BY ATOMIC PHANTOM DARREN

**5PM TO 8:30PM**  
13/09/2024

**FEAT - A TACO POP-UP BY EL TACO LOCO**

**INK AND ART**  
NAIL TATTOOS, COFFEE FLASH + PAINTING JAM+ MORE

**DREAMINC + PNLVSNS**

MARC'S CAFE - STORE  
AUROVILLE MAIN ROAD KUILAPALAYAM

### GUIDED TOURS IN AUROVILLE BOTANICAL GARDENS

From the 20<sup>th</sup> of July to the 20<sup>th</sup> of October 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: [avbgtours@gmail.com](mailto:avbgtours@gmail.com) to book your walk

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

## PITANGA - MUSICAL EVENT

**AMBIENT MUSIC / SOUNDSCAPE**  
LIVE & DJ SET  
by *Keep in Touch*  
Atomic Phantom (Auroville) + Sacred Seeds (Kerala)

**Sunday 15th September 2024 - 7:30pm**  
at  
**Pitanga Cultural Center, Auroville**

Join us for a quiet celebration of Onam and our first album release. Bring your yoga mat and/or blanket for a comfortable immersive sonic experience through made in Auroville soundsystem.

Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAL0032BY3N

### AUROVILLE CYCLOTHON

**GREENRIDE CYCLOTHON AUROVILLE**  
To celebrate the "World car free day"

Event Date & Venue:  
**September 22nd, 2024**  
Certitude Sports Ground, Auroville

Race Categories  
**75 kms | 52 kms | 20 kms**

Registration  
Starting **4th Sept.** | Closing **17th Sept. 12PM**

Register Now:

Visit our website for registration  
<http://www.aurocabs.in/greenride/>



**SVARAM SOUND JOURNEY**



**SOUND JOURNEY**

We are back for our 2024-2025 Season!

Every Wednesday

5:30 - 6:30 pm

Unity Pavilion, Auroville

In the meantime, we continue to offer our personalised Sound Experiences. Please scan the QR Code below for details



**DANCES OF UNIVERSAL PEACE**

SUNDAY 15TH SEPTEMBER

**Dances of Universal Peace  
Opening to Grace**

5:00 - 6:30 pm, Sunday September 15th  
Pavilion Of Tibetan Culture, International Zone, Auroville



Dances of Universal Peace combines simple steps with sacred songs from around the world.

All welcome. No prior experience needed.

Contributions to the Pavilion of Tibetan Culture are welcome

**YOUTH LINK KIRTAN CIRCLE**

Join the Kirtan circle! Kirtan is a form of singing and chanting, often performed in a call-and-response style. It serves as a spiritual practice that fosters connection, community, and a deep sense of inner peace.

Facilitate by Kaia & Dave  
**Monday 16th of September 4:30pm to 6pm**  
Youth space, Center Field



**LILA LOCA - PARENT-CHILD GROUP**

**Parent-Child Group  
in Lilaloka**

You are welcome to a joyful morning every Friday from 9:30 am - 11:30 am

For ages 8 Months-2.5 Years

At Lilaloka, Auroville

lets create a quiet and safe space for the children - where they can play with natural and self made materials and toys, following their own interest and rhythm. we learn songs together and share a snack!



CONTACT:  
+91 83000 36727  
+91 91590 53161

**COFFEE CUPPING SESSION**

EVERY SATURDAY, COFFEE LEARNING COMMUNITY

Discover the art of savouring specialty coffees through cupping sessions at the Coffee Learning Community (located above Marc's Cafe). No prior experience is necessary; we will guide you through each step, teaching you how to discern the subtle nuances in the sensory experience.



The session lasts for two hours, beginning with an introduction to the flavour wheel and instructions on how to utilise the cupping sheet. We'll cover the fundamentals of cupping and guide you in describing the distinctive attributes of the coffees.

Dates: **Every Saturday from 10.00 am to 12.00 pm.**

As a bonus, you'll receive a complimentary packet of Marc's latest nano lot.

**TANGO AUROVILLE**



**YOUTH CENTER PIZZA NIGHT - SATURDAY**

**Pizza**  
night  
at the  
youth center  
Every Saturday  
7:00 - 9:00 PM

come enjoy some pizzas and music with fresh vibration

**BOOK READING CIRCLE - EVERY MONDAY**

**READING CIRCLE**  
Mondays | 6PM - 7PM  
AUROVILLE LIBRARY  
All are welcome to listen or read along.

Book:  
"The Prophet" by Kahlil Gibran  
Organized by Mal +919080159721

**IT MATTERS - WEEKLY ACTIVITIES - A/C ROOM**

16 SEPTEMBER TO 21 SEPTEMBER  
Location: It Matters, Auroville Main road.  
More info on [itmatters.auroville.org/activities](http://itmatters.auroville.org/activities) or instagram @auroville.curated.  
All activities are Rs./600 for guests and Rs./150 for Aurovilians/Newcomers/Savi Registered Volunteers.  
Discount vouchers available.

- 11 September, Wednesday, 7:30 — 8:30am : **Shatkarma Yoga & Asanas** with Akira (Pre Registration only; 24h in advance)
- 12 September, Thursday, 5:30 — 6:30pm : **Mandala drawing** with Thamizh
- 13 September, Friday, 7:30 — 8:30am : **Shatkarma Yoga & Asanas** with Akira (Pre Registration only; 24h in advance )
- 13 September, Friday, 5:30 — 6:30pm : **Kollywood dance** with Pranathi
- 14 September, Saturday, 3:00 — 4:00pm : **Art Mystery Activity** with Sandra
- 14 September, Saturday, 4:30 — 5:30pm : **The Savitri Research Project** with Matthias
- 16 September, Monday, 5:30 — 6:30pm : **Taichi, The way of the Leaf** with Kaarthikeyan Kirubhakaran
- 20 September, Friday, 5:30 — 6:30pm : **Kollywood dance** with Pranathi
- 21 September, Saturday, 4:30 — 5:30pm : **The Savitri Research Project** with Matthias

**THE PAVILLION DE FRANCE AND UNICORN COLLECTIF PRESENT**

"Au Fil des Fables" an introduction about the History of stories told by Mireille in French.

At the French Pavilion on Saturday 14 September at 5pm. For adults.



Unicorn collectif et Pavillon de France présente

**CONTES et autres HISTOIRES**  
1. Au fil des fables

Les récits et les fables voyagent depuis la nuit des temps. Explorons ces temps anciens et suivons le chemin qu'ont emprunté les fabulistes.

Raconté par Mireille

Au pavillon de France.  
**Samedi 14 Septembre à 17H.**

**FOODS, GOODS & SERVICES**

**VÉRITÉ CAFÉ**

**Vérité**

**TASTE OF YOGA**  
NOW OPEN AT VÉRITÉ

9:00 - 12:00  
13:00 - 16:30  
Monday to Saturday

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with utmost care, integrating sattvic principles to promote overall well-being.

**ARE YOUR TREES GETTING THE CARE THEY NEED?!**

At TreeCare we have been working hard to expand our services and reduce our wait time. Call us today for a free visit & consultation.

Contact us through +91 90420 59890 or [office@treecareindia.com](mailto:office@treecareindia.com).

We have always believed in providing the best quality services, as well as educating people about the field of ARBORICULTURE and its importance in today's landscape.

Warmly,  
TreeCare Team





## RAPID CARE SERVICES RCS

Dear Residents,

We are thrilled to announce that Rapid Care Services, your trusted one stop solution for repair and maintenance and ancillary works since 2022, is expanding its range of services.



In addition to our existing offerings, we are now providing the following additional services. These new services are designed to offer a more comprehensive support for your home and yard.

- Landscaping design and development
- Deep cleaning services (Home improvement)

Our team remains dedicated to providing reliable service meeting customer satisfaction. Whether you need help with our new offerings or our original services, we're here to be of assistance.

For more information or to schedule a service, please don't hesitate to contact us. We look forward to continuing to serve you with our enhanced range of services!

Warm regards,  
The Rapid Care Services Team

Category	Services
<b>Metal Works</b>	Channels, Doors, Piping, Fabrication
<b>Plumbing</b>	End to End, Job works
<b>Furniture</b>	Repairs, Made to order
<b>Masonry</b>	Repairs, Renovations and Remodulation
<b>Painting</b>	End to End, Job works, Floor Waxing
<b>General Maintenance</b>	Fumigation, All Home Utilities, Fencing
<b>Installations</b>	Washer and Dryer, Air Conditioner, Inverter, Water Filter, Security Camera
<b>Electrical Works</b>	Wring, Meter box, Lights, Switches & Sockets, Motion sensor.
<b>Newly Added:</b>	
<b>Cleaning Service</b>	Deep cleaning – House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning, Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
<b>Landscape Design</b>	Overall design of outdoor spaces, from entrances to courtyards and community areas.
<b>Repair &amp; Renovation</b>	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
<b>Transport Service</b>	Load Carrier facility.

Contact: + 91 8270071581

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

Secondary Email: [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)

Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

## SATSANGA RESTAURANT

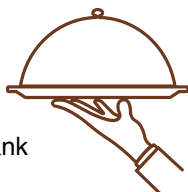
### Combo Menu - Home delivery

European and Indian dishes: vegetarian, chicken, fish, prawn, meat, pasta, paneer cottage cheese and much more!

Call:  
WA: 8825801990 or 9080386900  
Landline: 0413-2918553

Address: Auroville main road, next to HDFC Bank  
Email: [aurosatsanga@gmail.com](mailto:aurosatsanga@gmail.com)

*Satsanga*



## PERMACULTURE 360° FARM TOUR AT TERRA SOUL



terra soul

@ AUROVILLE

Permaculture 360°

Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?

Join us

Saturday from 11:00 AM to 1:00 PM for an immersive tour of our permaculture farm in Auroville!

- ✓ Guided tour of our lush permaculture farm
- ✓ A chance to connect with Nature and like-minded communities
- ✓ Delicious farm-to-table lunch made from our fresh harvest

CALL & BOOK A TOUR NOW

JUAN - 9443434182

[terrasoul\\_community](https://www.instagram.com/terrasoul_community)

👤 Limited spots available!

Register now to secure your place before coming and step into a world of sustainability.

## OPEN HOUSE

### HIVE COWORKING SPACE



NEED A PLACE TO WORK?

OPEN HOUSE

HIVE COWORKING

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | [www.auromode.in](http://www.auromode.in)

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee - **All for FREE** on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 5 pm
- Visit us at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 7092197375 (WA) / +91 9042759540 (WA) or drop by.

All are Welcome!!!

## TRAVEL NEWS FROM INSIDE INDIA

Namaste, Bonjour, Hello, and Vanakkam from the Inside India!

We're here to take the hassle out of your travel planning, whether you're flying across the world or exploring the beauty of India. You name it, we handle it: flight, train, and bus tickets, travel insurance, visas, taxis, and even cozy stays for your rest. Passport renewal? We've got that covered too!

### Office Hours & Contact Information:

- **Location:** Kalpana office
- **Hours:** 10 AM - 5 PM (Mon-Fri)
- **Contact:** Mr. Ganesh: 2623030 (Landline), +91 98945 98686 (Mobile/WhatsApp)
- **Email:** [travelshop@inside-india.com](mailto:travelshop@inside-india.com)

### Dreaming of a Custom India Tour?

We're here to help you craft the perfect adventure across India, especially the stunning South. Send us your travel wish list at [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in) or [insideindia@inside-india.com](mailto:insideindia@inside-india.com).

### Exclusive Offers:

- **Emirates:** From Chennai to Lyon, Paris
- **Etihaad:** Fly to Paris, Frankfurt, London, Dublin, Brussels, Munich, Amsterdam, Madrid, Milan, Rome
- **Thai Airways:** Chennai to Seoul, Jakarta
- **Air India:** Chennai to Paris, London, Amsterdam, Milan, Nairobi
- **Qatar Airways:** Chennai to Frankfurt, London, Brussels, Munich, Lyon, Milan
- **SriLankan Airlines:** Chennai to Jakarta
- **Aeroflot:** Delhi to Moscow
- **IndiGo:** Daily flights from Chennai to Jaffna, starting Sept 1

### Travel Tips:

- **Fast-Track Your Airport Experience!** Skip the queues at Chennai Airport with DigiYatra. Download the app today and breeze through check-ins with facial recognition technology.



- **Parking made easy!** Use the Multi-Level Car Park (MLCP) at Chennai Airport, with skybridge access to both Domestic and International Terminals.



### Travel Notices:

- **Visa-Free Entry to Sri Lanka.** Starting October, Sri Lanka will offer visa-free entry to citizens of 35 countries, including the UK, USA, Canada, India, and more!
- **Vistara and Air India Merge:** As Vistara joins Air India, your bookings are still valid, but after November 12, 2024, your flights will be operated by Air India. Stay tuned for updates.
- **Fast Track Immigration - Trusted Traveller Program:** Eligible Indian nationals and OCI cardholders can fast-track their immigration with biometrics. Apply now for smoother travel experiences: [FTI-TTP Program](https://www.fiti-ttp.com).

Also if you want to follow us for more regular infos:

Instagram: [https://www.instagram.com/insideindia\\_av/](https://www.instagram.com/insideindia_av/)

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

Thank you to all our loyal travelers! Have a fantastic week ahead!

Inside India Travel Team



## SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Dear Community,

we are happy to inform you that Sarvam Computers has moved to the newer location in Utsav Complex. And we would always like to provide you with fast and reliable service.

Sarvam Computer offers all types of computer sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenance etc.

### Contact:

Bala

Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- [sarvamcomputers@auroville.org.in](mailto:sarvamcomputers@auroville.org.in)



## ECO FEMME OPEN HOUSE

eco femme

### Come learn about:

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

### EVERYONE IS WELCOME.

Every Thursday, 10:30am - 12:00pm

P.S. You can pick up all our eco-friendly products at a discount!



Eco Femme Office  
Auroshilpam, Auroville

[ecofemme.org](http://ecofemme.org) | WA: +91 94871 79556



## HALF-PRICE MAROMA PRODUCTS FOR ALL AUROVILIANS IN THE OUTLET STORE



Maroma is happy to announce that it is offering all products at half-price to all Aurovilians in its **Aspiration Outlet**. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is located in the Maroma Campus in Aspiration and is open **9am - 5pm, Mon-Sat**. See you there!

Much love,

The Maroma Team



## AURODENT - DENTAL CLINIC

Auromode, Auroville

**For Appointment please contact us**

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

Phone: 0413-2622063 WhatsApp: 9629199328

### Working hours:

- Monday - Friday (9am - 1pm & 2pm - 6pm)
- Saturday (9am - 1pm)



## SPECIAL BREAKFAST AT MARC'S

Greetings from Marc's Café!

Join us every **Tuesday from 8:00 to 11:00 AM** for a special breakfast at Marc's.

Celebrate the Auroville spirit and connect with the community **over a cup of coffee and freshly baked croissants.**

Exclusive Offer: Enjoy a 50% discount on the mentioned items for all Aurovillians, newcomers, and SAVI volunteers.

See you soon!  
Marc's Team



## FOOD FOREST TOUR

[www.myfoodforest.in](http://www.myfoodforest.in)

**FOOD FOREST TOUR**  
WITH VEGAN ICE CREAMS, GREEN SMOOTHIES and more...

**EVERY SATURDAY & SUNDAY from 9:30 to 11:30**

Come to an experience in my permaculture garden, learn about organic farming and get inspired to start growing your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers. After the tour we are going to create delicious nourishing **RAW VEGAN ICE CREAM BOWLS** with lots of toppings from the garden.

at La Ferme Community (5min from AV Bakery)  
Sign up and more info [www.myfoodforest.in](http://www.myfoodforest.in)  
whats app Sarah 9047421044

For groups of min 4 people any other weekday is possible.

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

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

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



## 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 Julien **AIRCON CLEAN** now at 9786809518 or email us at [airconclean.av@gmail.com](mailto:airconclean.av@gmail.com)



## FOODLINK MARKET OPEN EVERY DAY

We welcome you every morning from **9.30 am to 12.30 pm**. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI. For more info, call /whatsapp us: +91 83002 68804 or pass by. Foodlink Team



Fruits, vegetables, milk & eggs from Auroville farms

Monday - Saturday  
9:30 AM - 12:30 PM

FoodLink  
Solar Kitchen Complex  
Crown Road, Auroville

Call/WhatsApp:  
+91 83002 68804



No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

## DROPZY

**Dropzy**

Food, Groceries, Fruits & Veggies, Body Care, Wellness, etc.

Stay home, order and access. We'll drop it to you.



**Dropzy** is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc. **Dropzy** delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

Download link as shown below:

Android

<https://rb.gy/32zxic>

iPhone

<https://rb.gy/visp4c>

Desktop

<https://rb.gy/bpnud5>



Stay tuned in to our announcements and the app regularly, for more updates.

Best regards, Sathish Arumugam / For Dropzy  
Mobile: +91 8098144686 / [www.dropzy.in](http://www.dropzy.in)

## SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

So much beautiful fresh produce in this season. Subscribe for a basket that can be picked up from Solitude Farm once a week ( or more ).

Salad greens, spinaches, veggies, fruits and more.

**9843319260**

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





## ANITYA COMMUNITY LUNCH

Our community lunches are still happening during the summer!



Contact Serena on WA to book one day in advance: **+91 84897 60966**

Contribution required (discount for AV/ NC and Volunteers)  
See you at **12:30 on Thursdays and Saturdays** in our community kitchen!

# JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



**Every Thursday & Saturday- Contribution required**



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

**Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY**

**MUST book min. 1 day in advance: +918489760966**

Anitya is a community project registered under LEAD, Auroville  
Location: Center Field, after center GH, follow the ANITYA signs  
To know more about Anitya: [joyofimpermanence.in](http://joyofimpermanence.in)



## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

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

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

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

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



## HAIRCUTS



Hairdresser. For your and / or your child's next haircut: inspired, striving-for-the-perfect, 12 yrs young artist Ahana looks after your and / or your child's hair and well being.

For an appointment kindly contact 9751513906 (all messenger providers, no calls) or [essence.touch@yahoo.de](mailto:essence.touch@yahoo.de)

## LOOKING FOR

### DONATE OR LEND A LAPTOP! 🗨️

Hey, amazing community! 🌟

Do you have a laptop that's not being used? YouthLink is looking for one to support a new member, and we'd love your help! Whether you'd like to donate or lend us a laptop, we're also ready to contribute towards it if needed. 🙏

Your laptop could be the missing piece that powers new projects, events, and more for the community.

Reach out to us if you're interested in helping us make a difference!

Mail - [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in)  
WhatsApp@ +91 85248 25120



## AUROVILLE LIBRARY TIMINGS

Our timings are:

**Mornings:**

Monday - Saturday: 9am - 12.30pm

**Afternoons:**

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

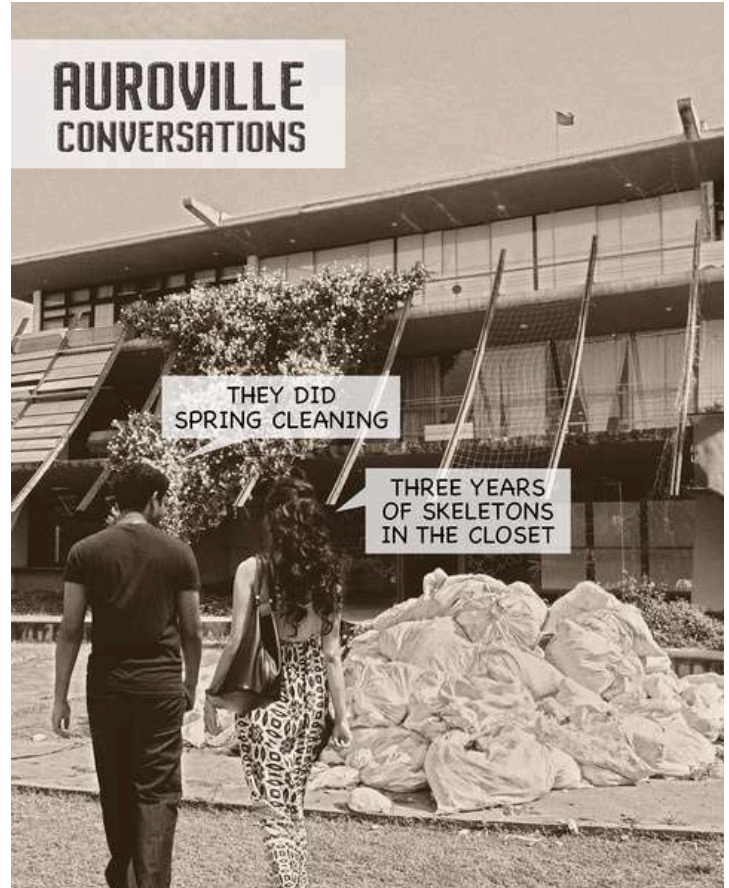
Tuesdays: 4pm - 6.30pm

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



## AUROVILLE CONVERSATIONS

### AUROVILLE CONVERSATIONS



*Submitted by an Aurovillian*

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions



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

Scan the QR code.

This weeks extra:

Pour lire les événements de PTPS cliquez [ICI](#)



## FO GROUPS NEWS

(not selected by due Residents Assembly process)

### FROM THE FO N&N 1043

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



**AUROFILM**

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

**Reminder: Friday 13th "MACHUCA" by Andres Wood**, Chile, Spain, 2004

Synopsis: Set in Santiago during the months leading up to the 1973 coup d'état led by General Augusto Pinochet – who overthrew Salvador Allende's socialist government – the film tells the story of two boys who attend an elite Catholic school: Gonzalo Infante with a European background – and Pedro Machuca – who is poor and comes from an indigenous background. The story is told from the viewpoint of Gonzalo the 12-year-old upper-class boy, and it is set in a turbulent time in Chile. The working class was demanding social justice and significant changes to the country's... The film won several awards and was Chile's Oscar entry for Best Foreign Language Film.

*This interesting Latin American film, where the main characters are children, focuses on everyday life rather than on a real view of the life of the middle and upper classes in Chile and the political situation. accompanied by an incredibly beautiful soundtrack that drives the drama of the story! Original version in Spanish with English subtitles. Duration: 2h01.*



**Friday 20th September at 7:30 pm**

Due to the film is 3 hours 35 minutes long, the screening will start half an hour before.

**"LAGAAN"** – in English **"Once Upon a Time in India"**

Directed by **Ashutosh Gowariker**, India, 2001

With: Aamir Khan, Gracy Singh, Rachel Shelley, Paul Blackthorne



Synopsis: Set in 1893, during the late Victorian period of British colonial rule in India, the film follows the inhabitants of a village in Central India, who live under an oppressive and racist regime, paying land tax (lagaan) despite poverty and a poor harvest caused by drought. Unable to bear the burden, they ask the king, Raja Puran Singh, for relief from lagaan. The king is watching a cricket match between British officers. When he meets the villagers later, the regiment's captain, Andrew Russell, proposes a cricket match against his team, allowing villagers exemption from lagaan for three years should they win or if they lose, they will have to pay the triple tax. Leading the villagers is a handsome young man named Bhuvan, who accepts Russell's wager, and the match is scheduled to take place after three months... "Lagaan" won eight Filmfare Awards, including those for best film and best director.

Lagaan is considered one of the greatest successes of Indian cinema.

*This film is not just a patriotic, love and sport story. It's the experience of watching something that makes you feel alive, that delights you!*

Original version in Hindi with English subtitles. Duration: 3h35

**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—Kuilalpalayam	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—Kuilalpalayam	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**

<b>Ambulance (24/7):</b>		
Auroville 9442224680	PIMS 0413 2656271	
<b>Security (24/7):</b>		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
<b>Health:</b>		
Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 8903836246
<b>Mental health 24/7 support:</b>		
Vandrevala Foundation +91 9999666555		
<b>India Emergency Response Service (24/7): 108</b>		



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 16 September 2024 - 22 September 2024

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

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



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

Watch out, now some days are mixed up from the usual!

### Indian - Monday 16 September, 8:00 pm:

- ANANDI GOPAL

India, 2019, Dir. Sameer Vidwans w/Bhagyashree Milind, Lalit Prabhakar, Sonia Albizuri, and others, Biography, 134mins, Marathi w/ English subtitles, Rated: NR (PG)

In times when gender equality and feminism are raised at almost every forum and podium, a couple in the 1800's practised and fought for these very ideas. Anandi Gopal is a love story more than a biopic about the struggle of a husband to educate his wife and her response and determination to become the first Indian Female Doctor. *This period biopic is not only highly acclaimed, but also a reminder that the topic is still alive.*

### Potpourri - Tuesday 17 September, 8:00 pm:

- DRAMMA DELLA GELOSIA (TUTTI I PARTICOLARI IN CRONACA) (Pizza Triangle)

Italy-Spain, 1970, Writer-Dir. Ettore Scola w/ Marcello Mastroianni, Monica Vitti, Giancarlo Giannini, and others, Slapstick-Comedy, 99mins, Italian w/English subtitles, Rated: R

The literal translation of the original title is "Drama of jealousy (all the details in the news)". It is a three-way love affair in the Rome of the early seventies. Construction worker Oreste and young fiancée Adelaide meet Nello, cook in a pizzeria. This love triangle often goes to communist rallies and enjoy the filthy beach of Ostia. Will the hostile environment leave a way to jealousy? *A much acclaimed and awarded film!*

### Selection - Wednesday 18 September, 8:00 pm:

- BROKEN FLOWERS

USA, 2005, Dir. Jim Jarmusch, w/ Bill Murray, Sharon Stone, Jessica Lange, and others, Drama-Mystery, 106 mins, English w/ English subtitles, Rated: R.

As the extremely withdrawn Don Johnston is dumped by his latest woman, he receives an anonymous letter from a former lover informing him that he has a son who may be looking for him. A freelance sleuth neighbor moves Don to embark on a cross-country search for his old flames in search of answers.

### Interesting - Thursday 19 September, 8:00 pm:

- HARE KRISHNA! THE MANTRA, THE MOVEMENT AND THE SWAMI WHO STARTED IT

USA, 2017, Dir. John Griesser-Nitin G.-Jean Griesser w/A.C. Bhaktivedanta Swami, Bhaktisiddhanta Saraswati, George Harrison, and others, Documentary, 90mins, English w/ English subtitles, Rated: NR (PG)

This film is an exploration of the life and philosophy of Srila Prabhupada, the controversial Indian swami whose teachings sparked a movement now known as Hare Krishna. The film focuses on the life of Srila Prabhupada, a Swamiji, who takes upon the journey and reaches America in his 70s and without any monetary support ignites a worldwide spiritual phenomenon.

### International - Saturday 21 September, 8:00 pm:

- THELMA

USA, 2024, Writer-Dir. Josh Margolin w/ June Squibb, Fred Hechinger, Richard Roundtree, and others, Action-Comedy, 98mins, English w/ English subtitles, Rated: PG-13

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone, who pretended to be her grandson. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

### Children's Matinee - Sunday 22 September, 4:00 pm:

- THE GARFIELD MOVIE

USA-UK-HongKong, 2024, Dir. Mark Dindal w/Chris Pratt, Samuel L. Jackson, Hannah Waddingham, and others, Animation-Adventure, 101mins, English w/ English subtitles, Rated: PG  
Garfield, the world-famous, Monday-hating, lasagna-loving indoor cat, is about to have a wild outdoor adventure. After an unexpected reunion with his long-lost father - scruffy street cat Vic - Garfield and his canine friend Odie are forced from their perfectly pampered life into joining Vic in a hilarious, high-stakes heist.

### NEW GERMAN CINEMA @ CINÉ-CLUB

#### Ciné-Club Sunday 22 September, 8:00 pm:

- JEDER FÜR SICH UND GOTT GEGEN ALLE (The Enigma of Kasper Hauser)

Germany, 1974, Dir. Werner Herzog, w/ Bruno.S, Walter Ladengast, and others, Biography- History, 110 mins, German w/ English subtitles, Rated: NR.

The film is based upon the true and mysterious story of Kaspar Hauser, a young man who suddenly appeared in Nuremberg in 1828, barely able to talk or walk, and bearing a strange note; he later explained that he had been held captive and only recently released, for reasons unknown. His benefactor attempts to integrate him into society, with intriguing results.

**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.

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

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

