

January in Vérité

Please note that our email address programming@verite.in is temporarily not working. To contact us please only use verite@auroville.org.in

Weekly classes:

Sundays:

Meditation Group Sitting - with Pierre 9.00 am – 12 noon

Mondays:

Kripalu Yoga– with Milena 6.30 – 8 am (Jan 9 & 13)

Dance Space– with Dariya 5 – 7 pm

Tuesdays:

Kripalu Yoga– with Milena 6.30 – 8 am (Jan 10 & 17)

Pilates - with Philippe & Sabine 4 – 5 pm

Nia - with Philippe & Sabine 5 – 6 pm

Qi Gong - with Hang Wang 5:30 – 7:00 pm (Starting Jan 17)

Wednesdays:

Kripalu Yoga– with Milena 6.30 – 8 am (Jan 11 & 18)

Somatic Exploration- With Maggie 5 – 6 pm

(Call to confirm on 9486623465)

Aviva & Intimate Yoga for Women– with Bogi 5 – 6 pm (starting Jan 18)

Thursdays:

Kripalu Yoga– with Milena 6.30 – 8 am (Jan 12 & 19)

Beats of Soul – with Philippe & Sabine 5 – 7 pm

Qi Gong - with Hang Wang 5:30 – 7:00 pm (Starting Jan 19)

Fridays:

Kripalu Yoga– with Milena 6.30 – 8 am (Jan 6, 13 & 20)

Pilates - with Philippe & Sabine 4 – 5 pm

Nia - with Philippe & Sabine 5 – 6 pm

Workshops:

Moon Yoga- with Zahra Haji (one day workshop) : yoga, meditation and moon charting workshop for women

Monday Jan 2 or Tuesday Jan 3 from 7 - 10.30 am

As the moon changes phases (from crescent, to full, to waning and new moon) there is a profound connection to how a woman's physical, mental and emotional energy changes during her own monthly cycle. In this 3 hour workshop, you will learn the moon's influences and how to use yoga and meditation to balance your body, calm your mind and open your heart to the divine feminine within.

Aviva's Method – with Bogi

Friday, Jan 6 or Friday Jan 20, 9 am – 12.30pm

In this workshop we learn a 30 minutes long “hormonal dance” that was created and researched by a Hungarian woman in the 70ies. Using the precise form of this dance as a hormonal medicament twice a week stimulates and harmonizes the hormonal system. This can help to regulate the period, eliminate symptoms of menopause or premenstrual symptoms, be used as a contraceptive method, help conception in case of infertility, and many more benefits.

Everybody welcome! For more information please contact: bogi@auroville.org.in or call 8940695720

The Perceptible Breath – with Marion K.Schulz (7 day workshop)

January 9 – 13, 2012 from 9 -12 noon (daily) & 3 - 4 pm (9, 10 & 12 Jan)

Registration required contact – 2622 045 or 2622 870

Sufi Dance – With Upahar

Wednesday, Jan 18 from 6 – 8 pm

Sufi Kirtan– With Upahar

Friday Jan 20 from 6 – 8 pm

Betty Edward's Method – (drawing on the Right side of the brain) - with Marianna & Kitty

This method is very useful as you will not learn just about drawing but more about yourself.

Introductory Session – Wednesday, Jan 4 from 5 - 6.30 pm

Workshop - Wednesday to Saturday, Jan 11-14 from 9 am – 12 noon

- The workshop will take place only if we have minimum 10 participants

Shiatsu Training– with Ulrike

Thursday & Saturday Jan 19 & 21 from 9.30 am – 5 pm

Level I

Thursday & Saturday Jan 26 & 28 from 9.30 am – 5 pm

Level I

Thursday & Saturday Feb 2 & 4 from 9.30 am – 5 pm

Level III

Treatments:

Shiatsu & Acupuncture – with Ulrike

For an appointment please contact 9442069249

Aviva & Intimate Yoga Consultations - with Bogi

For women or men

Please contact bogi@auroville.org.in or call 8940695720

Lomi Lomi – with Abbey

For Aurovilian women only. Please contact 9442355293

Lomi Lomi and Ayurvedic Massage - with Zsolti

For an appointment please contact bogizsolti@gmail.com or call 8940695720

Massage – *with Hang Wang* (starting Jan 10)

Massage & bodywork: Swedish, Deep Tissue, Shiatsu, Structural Integration, Carnio – Sacral & Pranic Healing. Contact – 0413 2622045