

## February in Vérité

### Morning Yoga Classes:

Sundays, Mondays, Wednesdays, Fridays

**Hatha Yoga**

with Lev

6:45 — 8.15 am

Tuesdays and Thursdays

**Satyananda Yoga & Sophrology**

(until February 20)

with Sandra

6.45 — 8.15 am

Saturdays

**Hatha Yoga**

with Jan

6.45 — 8.15 am

### New Afternoon Yoga Classes:

Wednesdays, Fridays and Sundays

**Raja Yoga**

with Iva Tim

2:30 — 4 pm

Towards Self-realization through aligning chakras, using asanas, sublimation, pranayama, and resonance! Beginners (and all levels) welcome.

### Weekly “Drop-In” Programs

Sundays

**Meditation Group Sitting**

with Pierre

9 am — 12 noon

Mondays

**Dance Space**

with Dariya

5 — 7 pm

**Body Prayer**

with Iva Tim

10 — 11 am

Tuesdays

**Body Meditation**

with Elian

2 — 3 pm

**Being in the Body**

with Elian

3:30 — 6:30 pm

**Folk Dance**

(for children accompanied by adults)

with Bogi

5 — 6 pm

**Rainbow Chant**

with Jivan

7 — 8.30 pm

Wednesdays

**Receiving Guidance from Dreams**

(starting Feb 10)

with Azima

2.30 — 4.30 pm

**Nia**

(dance and movement practice for everybody!)

with Philippe & Sabine

5 — 6 pm

**Body Prayer**

with Iva Tim

10 — 11 am

**Somatic Explorations**

(open to those who have already learned the basic practice)

with Maggie

5 — 6 pm

Thursdays

**Body Meditation**

with Elian

2 — 3 pm

**Being in the Body**

with Elian

3:30 — 6:30 pm

**Kirtan (Bhajans)**

with Jivan

5.30 — 7 pm

## **Special Programs & Workshops:**

### ***Intimate Yoga for Women- Pelvic Floor Workshop with Bogi***

Monday to Thursday, February 1 to 4

9.30 am - 12.30 pm

Learn a daily practice that is easy to do and extremely beneficial when practiced regularly. Become aware of the pelvic muscles, learn how to move them, improve their elasticity and strength. Continuing the 15 minute practice daily for 10 weeks, you can build up 132% extra strength!

Using conscious movements, guided meditations and sharing, we work with the muscles and the two lower chakras. We increase our awareness and energy level and maintain or regain youth, strength and confidence through all women's life challenges.

This program supports a self-healing process for all sicknesses or weaknesses of the pelvic area such as: incontinence, menstrual pain, irregular period, difficulties with conceiving, hemorrhoid problems and bowel disorders. It is also beneficial during pregnancy, as the trained pelvic muscles support the growing uterus and potentiate an easy birth and fast recovery.

Benefits of the workshops are stronger muscles and deeper connection with this beautiful area of womanhood. For more information, contact Bogi: [bogi@auroville.org.in](mailto:bogi@auroville.org.in), or: 9626803920

### ***Intro to Zen Shiatsu & Body Diagnosis with Rani Willis***

Tuesday and Wednesday, February 2 & 3

2 — 4:30 pm

An introduction to the ancient techniques of shiatsu, which balances the flow of Ki through the meridians and stimulates the healing process in the body. Learn to recognize signs of imbalance with body diagnosis and ways to support this.

Rani has diplomas in Zen Shiatsu, Oriental Therapies, and ISHTA Yoga.

### ***Sufi Dance and Songs with Upahar***

Wednesday, February 3, 11.15 am – 12.45 pm

### ***Kirtan (Bhajans) with Upahar***

Wednesday, February 3, 7 – 9 pm

### ***Open Dialogue on the Purity of Heart with Gurpreet Ji***

Friday, February 5, 10 am- 1 pm or 7 -9 pm

You are invited to an open dialogue with Gurpreet Ji, about being in the heart space, something that does not involve the activities of thinking or believing. This is not a lecture or a workshop. It is simply an invitation to dive into the simplicity of the heart.

Gurpreet Ji lives in Canada. She is a single mother, who earns her livelihood by operating a hair salon. After a death in her family, she earnestly started seeking the truth about life, reading books, and trying various ways to discover Truth. Eventually she met with John De Ruiter, who she found to be a living master, an embodiment of Truth. According to her bio, "During the next 6 years, through sheer honesty and surrendering to what honesty revealed, at any cost to her mind and emotions, she went Home."

Gurpreet is not associated with any Religion and she does not teach any techniques, but simply invites everyone to be in the space she's coming from to have a taste of what she calls "the true way of Being". Participants are encouraged to ask any kind of questions.

### ***Somatic Movement Workshop (in the tradition of Thomas Hanna) with Maggie***

*(Exploring the 'Myth of Aging' Series)*

Friday, 12 February, 9.30 am - 12.00 noon and 2 - 4.30 pm

**advance registration required: call Maggie 94866-23465**

### ***Flux of Life (a 5 day workshop) with Elian***

Monday to Friday, February 15 – 19

9 am- 12.30 pm and 2.30 - 5 pm

**advance registration required: call Kathir 0413 2622045**

### ***Creative Writing with Veerle***

For Aurovilians only  
Saturday, February, 20 & Tuesday, February, 23  
3.30 – 6 pm

**Veerle Vrindts** (1987) is a Belgian writer for youth, cultural anthropologist, traveller and dreamer. At the age of thirteen she published her first novel ' Geheime Vrienden' (Secret Friends) in Belgium and the Netherlands. Her next to novels followed soon after. Veerle organized workshops and creative writing groups in Belgium and South Africa. During her 3 month stay in Auroville, she researches youth culture in the universal city and is looking forward to welcome you at the creative writing workshops she will facilitate in Vérité.

### ***Japanese Tea Ceremony with Tea Masters from Japan***

Sunday, February 21- Sunday, February 28

Limited seating; advance appointment required.

Contact: Jyoti N. Tel. No. 0413-2622192 and Email: [jyotiisha@gmail.com](mailto:jyotiisha@gmail.com) for more information

### **Treatment Sessions:**

#### ***Holistic Massage \* Clinical Somatic Movement Education \* Reiki - with Maggie***

Monday – Friday mornings

call for appointment: 94866-23465

#### ***Om Massage - with Shambo***

Monday & Wednesday mornings

(oil massage incorporating Ayurvedic techniques with yoga therapy)

contact 94423 98608

#### ***Lomi Lomi (Hawaiian Massage) and Ayurvedic Massage - with Zsolti***

Monday – Friday

contact 9626803920

#### ***Lomi Lomi (Hawaiian Massage) - with Bogi***

Monday – Friday

contact 9626803920

#### ***Lomi Lomi Massage - with Abbey***

(for Aurovilian women only) contact 94423 55293

#### ***Breema Bodywork with David Hamilton (Iva Tim)***

Fully dressed on a mat on the floor, the session incorporates some stretching, light pressure, and hara or stomach massage. David is offering treatments on Thursday afternoons in February. For appointment, please call 9047771046.