

Therapies available:

Awakening the intelligence of the body, Breema, Counselling, Inner Body Exploration, Journey to the Memories of the body, Holoenergetic Healing, Holistic Astrology, Homoeopathy & Bach Flower Remedies, Massage, Physiotherapy, Reconnective Healing, Shiatsu, Thai Yoga Massage

About Pitanga

Teachers and therapists voluntarily provide their professional services to Pitanga. Your contribution towards Pitanga is used to keep up the place with its classrooms and gardens around.

Interested in an activity?

Pitanga is a service for the residents and guests of of Auroville. Guests who are not registered in Auroville will not be allowed to participate in our activities. Please keep your guest card at hand when signing up for an activity.

For classes: Sign up with the receptionist fifteen minutes before the class starts. A donation from guests is requested (Rs. 200/class). This can be made either before every lesson, or through a serial card.

No cash transactions at Pitanga. Donations are accepted by transfer or by AUROCARD.

For therapies: Book with the reception either personally or by phone. Guest contributions for the therapies vary.

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The activities begin on time.

Latecomers are not admitted.

For Iyengar-Yoga practitioners:

For Iyengar Yoga practitioners: Available levels of practice for guests are beginners' and mixed level classes. In addition to this one intermediate class on Tuesdays is available for which the student should be able to sustain Salamba Sirsanana (head stand) for 5 min.

Please note the special registration procedure for certain classes marked with R• mentioned overleaf.

Description of some activities:

Āsanas, Iyengar Yoga Āsanas based on the School of B.K.S. Iyengar are yoga exercises done with a lot of precision, using alignment principles, props and therapeutic applications. As per schedule classes by Tatiana or Abha for beginners and practitioners of various levels.

Āsanas for women A class for women of all ages who are interested in studying the Iyengar way of supporting the women's physical health. The program consists especially of Āsanas of the "Subha" type that are helpful in pre-menstrual symptoms / disorders or can relieve pain or headache during menstruation. Pregnant women are advised to join the special class for Pregnant Women.

Yoga Therapy Classes are focusing on selected exercises of breathing, like the "Six Healing Sounds" from the Taoist Pranayama, Chi Self Massage exercises and other health enhancing exercises from the Asian healing background. A recurring exercise studied is the Five Tibetan Ritual Movement which is a yogic system of simple yet highly energizing exercises.

Discovery games of the energy body We are inviting children from 7-9 years to play together with energy, colour and sound for a training on the awareness the subtle energy body.

Pitanga - Cultural Centre

Contact: 262 2403, 262 2994 - Email: pitanga@auroville.org.in

PLEASE BE AWARE: NO CASH TRANSACTIONS AT PITANGA.