HAPPY NEW YEAR 2016
The Godward Emotions

Necessarily in the end prayer either ceases in the greater thing for which it prepared us,— in fact the form we call prayer is not itself essential so long as the faith, the will, the aspiration are there,— or remains only for the joy of the relation. Also its objects, the artha or interest it seeks to realise, become higher and higher until we reach the highest motiveless devotion, which is that of divine love pure and simple without any other demand or longing.

The relations which arise out of this attitude towards the Divine, are that of the divine Father and the Mother with the child and that of the divine Friend. To the Divine as these things the human soul comes for help, for protection, for guidance, for fruition,— or if knowledge be the aim, to the Guide, Teacher, Giver of light, for the Divine is the Sun of knowledge,— or it comes in pain and suffering for relief and solace and deliverance, it may be deliverance either from the suffering itself or from the world-existence which is the habitat of the suffering or from all its inner and real causes. In these things we find there is a certain gradation. For the relation of fatherhood is always less close, intense, passionate, intimate, and therefore it is less resorted to in the Yoga which seeks for the closest union. That of the divine Friend is a thing sweeter and more intimate, admits of an equality and intimacy even in inequality and the beginning of mutual self-giving; at its closest when all idea of other giving and taking disappears, when this relation becomes motiveless except for the one sole all-sufficing motive of love, it turns into the free and happy relation of the playmate in the Lila of existence. But closer and more intimate still is the relation of the Mother and the child, and that therefore plays a very large part wherever the religious impulse is most richly fervent and springs most warmly from the heart of man. The soul goes to the Mother-Soul in all its desires and troubles and the divine Mother wishes that it should be so, so that she may pour out her heart of love. It turns to her too because of the self-existent nature of this love and because that points us to the home towards which we turn from our wanderings in the world and to the bosom in which we find our rest.

But the highest and the greatest relation is that which starts from none of the ordinary religious motives, but is rather of the very essence of Yoga, springs from the very nature of love itself; it is the passion of the Lover and the Beloved. Wherever there is the desire of the soul for its utter union with God, this form of the divine yearning makes its way even into religions which seem to do without it and give it no place in their ordinary system. Here the one thing asked for is love, the one thing feared is the loss of love, the one sorrow is the sorrow of separation of love; for all other things either do not exist for the lover or come in only as incidents or as results and not as objects or conditions of love. All love is indeed in its nature self-existent because it springs from a secret oneness in being and a sense of that oneness or desire of oneness in the heart between souls that are yet able to conceive of themselves as different from each other and divided. Therefore all these other relations too can arrive at their self-existent motiveless joy of being for the sake of love alone. But still they start from and to the end they to some extent find a satisfaction of their play in other motives. But here the beginning is love and the end is love and the whole aim is love. There is indeed the desire of possession, but even this is overcome in the fullness of the self-existent love and the final demand of the Bhakta is simply that his bhakti may never cease nor diminish. He does not ask for heaven or for liberation from birth or for any other object, but only that his love may be eternal and absolute.

Love is a passion and it seeks for two things, eternity and intensity, and in the relation of the Lover and Beloved the seeking for eternity and for intensity is instinctive and self-born. Love is a seeking for mutual possession, and it is here that the demand for mutual possession becomes absolute. Passing beyond desire of possession which means a difference, it is a seeking for oneness, and it is here that the idea of oneness, of two souls merging into each other and becoming one finds the acme of its longing and the utterness of its satisfaction. Love, too, is a yearning for beauty, and it is here that the yearning is eternally satisfied in the vision and the touch and the joy of the All-beautiful. Love is a child and a seeker of Delight, and it is here that it finds the highest possible ecstasy both of the heart-consciousness and of every fibre of the being. Moreover, this relation is that which as between human being and human being demands the most and, even while reaching the greatest intensities, is still the least satisfied, because only in the Divine can it find its real and its utter satisfaction. Therefore it is here most that the turning of human emotion Godwards finds its full meaning and discovers all the truth of which love is the human symbol, all its essential instincts divinised, raised, satisfied in the bliss from which our life was born and towards which by oneness it returns in the Ananda of the divine existence where love is absolute, eternal and unalloyed.

The Synthesis of Yoga,
Part III: The Yoga of Divine Love, Chapter III

SRI AUROBINDO

To feel and love the God of beauty
and good in the ugly and the evil,
and still yearn in utter love to heal
it of its ugliness and its evil,
this is real virtue and morality.

Sri Aurobindo
ref. Essays Divine And Human, Jnana, p.428

Cover “This beautiful card was developed thanks to the talent and skills of Aravinda and Jasmin”
L’avenir d’Auroville / Town Development Council (TDC)

November - December 2015 report
Reminder: This report is a synopsis of key topics discussed in regular meetings. It does not include any communication that has been published in the News & Notes or on the Auronet webpage of L’avenir d’Auroville / Town Development Council (TDC), such as community announcements, financial reports and site or building permissions.

Regular members: Cristo (Regional Development), Jacqueline (Urban Design), Manohar (WC representative) present one meeting a week until December 15th, Sauro (Overall Coordination and Facilitation), and Toby (Township Development).

Occasional attendees: DDP team (Kaja Delezuch & Luis Feduchi), Sonja (HS), Foodlink representatives (Bindu, Dorle, Jeff & Ramalingam), Sustainable Resource Center SRC representatives (Angela, Ribhu & Dorle) and Varuna representatives (Christian, Michael Bonke, Vladimir & Walter).

I. TDC-RELATED TOPICS
A/ Site and Building Applications
Approximately 20 site and building applications were studied (whether for feedback, discussion, follow-up, team presentations, etc.) during TDC planning meetings in November and December, not to mention those studied in dedicated site and building application-related meetings.
B/ Tender process
As approved by the TDC in 2012, the tender process is required only for projects above 1 crore. Therefore, any project with PEC approval can proceed.

II. HOUSING TOPICS
A/ Individual Housing
The TDC frequently receives applications to build individual houses in the City and Greenbelt area. Usually, the application also requests a piece of land around it. To regulate the process of these requests, especially for individual housing, we would like to communicate the following:

The Greenbelt is mainly managed by the Farm and the Forest Group (with the Green Group). These official groups are in charge of the development in these areas and are the stewards of these lands. Housing possibilities arise only when the activity of the “steward-to-be” corresponds to the directives and guidelines of the Farm and Forest Group. The application of any building or house should be related to the activities undertaken in perspective of forest and/or farm in the Greenbelt.

In the City (including some communities bordering the city), lands are reserved for projects according to land use. Projects proposed by project developers and the Housing Service find their way to the TDC and are processed according to community-approved guidelines. In this respect, some areas are reserved for low-density housing (aka clusters), but only on a project basis.

The TDC has made an agreement with the Housing Service and the Land Board to protect lands which are vulnerable to encroachment. The Housing Service will propose temporary housing on those locations for the specific purpose of protecting the area.

The developments mentioned above imply that space for individual houses is limited and only possible with consent of the Forest & Farm Group, the Housing Service or as a project initiated by a project developer/architect. In any case, final approval is granted by the TDC.

B/ Detailed Development Plan (DDP)
A meeting was held to discuss the DDP and the next steps.

Luis and Kaja informed the TDC that they are currently working on integrating all the feedback received and are focusing on preparing a more “user-friendly” plan (less technical, readable more easily by a larger public). This should be ready by end of December, at which point the updated plans will be sent out for another 3-week analysis. This period is intended for specific questions and the adaptation of projects and applications to established parameters.

It was also added that emphasis should be put on the commitment expected by stewards regarding the “green” areas in these sectors concerning not only maintaining these spaces and keeping them open and accessible by all. Regarding parking spaces, it was pointed out that some buildings will be part of amenities, providing parking place for bikes and cycles.

C/ Sacred Groves
Several emails have been sent between various working groups regarding the Sacred Groves (SG) project and the damages that ensued following the heavy rains. The TDC is expecting more reports (from the SG, the Monitoring group, etc.) which will be sent to the FAMC as well as to the US donors for their information.

III. LAND-RELATED TOPICS
A/ Land stewardship - small reminder
The TDC takes care of land allocation.
The FAMC takes care of stewardship.
The LB takes care of land protection.
B/ Development on private lands
It has come to our notice that several units have been associated to private developments within the Master Plan area.

We would like to bring to your attention that development in the Master Plan area would require an NOC from the Auroville Foundation as per G.O. of Tamil Nadu Govt dated 20.01.2003 in order to secure against the possibility of any misuse or unwanted development from private parties. This information was publicly shared by the Working Committee in 2005.

Please be aware that we have been trying for many years to have a proper regulation of planning and development in the Greenbelt. Keeping that in mind, participation of Auroville units in private initiatives should be avoided or regulated in coordination with the concerned groups and the Auroville Foundation.

IV. ROADS
A/ Road access Transition/Transformation - Dehashakti
The TDC has been studying this road access as multiple complaints regarding safety have been coming in. The proposal to block motorized traffic (and allow only cycles to use this road) was published in the N&N for feedback.
B/ Grace By-pass
A proposal to connect the Crown Road to the Grace radial was published in the N&N for feedback.
C/ Surrender-Gaia crossing - road diversion
The TDC would like to inform you that the Road Service is currently diverting traffic around the private land that is between Surrender and the Gaia crossing.

Lorries coming from Certitude will be diverted at the Solar Kitchen crossing towards the Matrimandir visitor entrances. Other 4-wheelers, including Tata AC, can use the bypass that goes towards Grace and then joins the Gaia crossing (as was the case when the field had been plowed just before/during the rains).

Both the TDC and the Road Service would like to request you to please bear with us. Sorry for any inconvenience.

V. REGIONAL DEVELOPMENT - no updates this time, check next month’s report!
VI. GROUPS, ZONES, SERVICES

A/ Housing Service (HS)

a) Sacred Groves
The HS requested a clear progress report regarding budget as well as safety issues.
A report is being prepared by the monitoring group and will be sent to the HS and the FAMC.
b) New plot for 10 houses:
Several possibilities are being studied, for example near Victory (approx. 1 acre) and Celebration. According to the upcoming survey results, maybe 2 or 3 plots could be available.
c) Pony Farm:
The HS extended a further reminder regarding the contribution for the well.
The TDC is currently studying the budget.
d) Maitreye wastewater:
Current state of affairs: the WWTP is still being processed, and in the meantime, the HS will repair the septic tank as a temporary solution.

VII. OTHER TOPICS

A/ Auroville’s 50th anniversary

The TDC is aware that many projects are being set into motion for Auroville’s 50-year anniversary and is looking into those that may need site and/or building applications. It is requested of the community to respect the permission process.
The 50-year anniversary team will be having a meeting to make a list of 1st and 2nd priorities in their list of projects which will be communicated to the TDC. The team wanted to discuss subjects such as parking (and transport within AV) as well as accommodation (cheap, VIP, etc.). However, there still are several unknown elements, such as the number of participants, etc.

B/ Waste Water Treatment Plant (WWTP)

Studies regarding the WWTP are ready; they are currently being set up in the TDC, FAMC and WC. The option of setting up different phases for the WWTP is being studied.

However, an immediate solution for Maitreye’s wastewater problem needs to be found.
It was agreed by all present that a new service for wastewater should be set up.

C/ Solar plant - Varuna

A meeting was held to discuss a project to set up a solar plant and the next steps.
There is a very low possibility of moving the solar plant onto the roof of the Line of Force/Strength (LoF/S) because its roof may not be flat and will probably be kept “free” for gardens or public spaces. Whether this entails relocating the solar panels to other roofs or even elsewhere, it was highlighted that either type of relocation posed no problem whatsoever to the project holder.
The TDC was informed that Varuna will slowly be shifting from wind (where the sites are limited) to solar (sites and areas are literally unlimited). To this effect, this project represents a small experiment. As this site is relatively close to Citadines, the Town Hall and Matrimandir, it will be possible to cover this whole area with 1 single system, i.e. create a single consumption cluster instead of each having an individual generator.
There is already a bore-well, and setting up this solar plant would develop further the whole infrastructure of this area (cables, pipes, etc.), respecting future MP developments. Following this train of thought, it was agreed that the Energy MP will be sent to Varuna.
The next step is to survey the whole area, trees included, and mark the LoF/S on the ground to better understand and determine the implications for the solar plant. The SA does not need to be modified, but a date will be set for the survey (ideally, bushes and shrubs should be cleared before that date). If and when NOC will be given, parameters and layout details will be established (for ex. reg. sqm).
It will be seen whether this site will be applied for by Varuna or Mitra (AV unit).

ANNOUNCEMENTS

General Meeting on new draft FAMC mandate

Dear community,
We would like to present to you the new draft FAMC mandate after having received and integrated feedback from the residents of Auroville. More information on the mandate and feedback received is available on the Aurnet and will also be circulated via the mass mail system of Residents Assembly Service. Hard copies will be available at the AV Council desk.
The purpose of this meeting would be to discuss and finalize this mandate before organizing a decision making event.
The Auroville Council invites all to a General Meeting where the members of the subgroup who worked on the mandate will be present for a question and answer session.

When: 22nd January
Where: Unity Pavilion
Time: 4.30 pm - 6.pm

Looking forward to your active participation!
Sincerely,
The Auroville Council

Increased scrutiny by Immigration and/or Police officers

Dear members of the community,
This is to inform you that officers from the Immigration and/or Police are visiting various communities in Auroville to see if residents of foreign origin are indeed living in the place mentioned in their Residential Permit / Stay Visa.
It is a simple but new formality which requires all Auroville residents to extend their cooperation and courtesy in their interaction with them.

In case of lack of details or doubts, if any, you may please refer the officer to the Working Committee office.
Thanking you, The Working Committee

Call for Grant Proposals for SDZ Spring 2016

The Project Coordination Group (PCG) will review grant proposals submitted for possible funding by Stichting De Zaaier in the spring of 2016. All documents related to this purpose are to be submitted as a Word document in the
Currently YouthLink is coordinated by 2 full-time members, wonderful months and lots of progress has been made.

YouthLink in March, and an office in June. It has been 12

Join YouthLink!

Please note that no funds are available for infrastructure, buildings or transport. Requests for equipment will only be considered if specifically required for the implementation of the project and are not already available in Auroville

A revised grant application form, budget request form and guide for filling these in are available on request from pcg@auroville.org.in or may be downloaded from Auronet.

If you have received funding for a project through the Project Coordination Group in previous years, be certain that you have sent us the report for that project before making a new application for a different project.

For more information or assistance you may write to pcg@auroville.org.in or contact the Project Coordination Group at the ACUR (Town Hall) by phoning 2622250 or 2622795.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your project is to be reviewed by the Auroville and/or Outreach School Boards prior to the Project Coordination Group review. (Please be sure to contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school board, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.

Join YouthLink!

Youth talk started in January 2015, with the emergence of YouthLink in March, and an office in June. It has been 12 wonderful months and lots of progress has been made. Currently YouthLink is coordinated by 2 full-time members, who are part of a Core Team of approximately 15 youth. So far we have about 50 mentors who signed up to guide us on the way and about 50 youth who signed up to join our team... but we haven't been able to actively engage all, yet. Not all have the time to drive and coordinate initiatives. Therefore YouthLink is in need of several more youth, with the time and skills to support the team. There is a lot of work to do :) And it’s a lot of fun!

YouthLink needs youth 18-35yrs, capable, enthusiastic people who may have various interests and skills in communications, basic accounting, can speak in public and are willing to ‘drive’ one or more initiatives. We are particularly eager to find youth interested in the topics of Housing, Higher Education, event organisation and designing a youth conference in Auroville. Anyone with skills in fundraising, project writing and/or working with Auroville’s youth-related policies would be a great help. Also we are looking for youth who are creative, to help make short videos, posters and maintain our website.

Younger youth are encouraged and most welcome too, but we are aware that you may still be in school so we will work with you during your free hours. We encourage Aurovilians or Newcomers to join, but we remain open to those who are aspiring Aurovilians who have grown up in this area as well. Long-term volunteers are welcome to help us too, perhaps with smaller tasks. Speaking more languages, especially Tamil, would help but is not a requirement. This could be a part-time or even less than part-time commitment, however we call for those who will take up a responsibility of their choice and follow through.

The work is very dynamic, and not necessarily tied to an office. Much of our work takes place in link to Working Groups, Services, Schools, and Outreach Units. We work by consulting our mentors, other individuals and by connecting to various youth-related projects in the community. We use the office during working hours, but much of our work also gets done after 4 pm and sometimes on weekends. We call for those with commitment, patience and flexibility. We hope that you will come with deep inner call to work together in collaboration and ‘thinking out of the box’ to build a better Auroville for all.

If any of the above calls to you personally... if something about Auroville makes you want to improve our current reality... if you have been sitting on an innovative idea for too long and need a team to help realise it... let us know. We welcome you to support our current workload, but we also welcome new initiatives that are in line with Auroville’s ideals, and are youth-related.

Warmly,
Kavitha & Vinay on behalf of the YouthLink CoreTeam
[Email: youth@auroville.org.in / Phone: +91 8940568266, +91 9751944989/AurovilleRetreat: http://wayforward.auroville.org.in / Facebook: ‘YouthLink, Auroville’]

The Residents Assembly Service (RAS) wishes you a Happy New Year 2016!

We want to thank all the residents for their participation during the last year. Did you know that it takes only one resident to call for a General Meeting? The RAS is at your service, and for 2016 we wish to serve you better. For this, we need more people who are passionate about community participation. Join us!

Our Wish List: (^_^)
- Programmers
- Facilitators
- Web designers
- Journalists
- Writers
- Researchers
- Note takers
- Good will and helping hands

Contact us with an email to: raservice@auroville.org.in or call Inge on her mobil: 948 86 72 029

Love,

Inge, Jesse and Slava from the Residents’ Assembly Service and volunteers
Greetings from Auroville

The year 2015 brought new energy and progress for Auroville’s urgent land needs – acquisition, unification, and protection. We thank every one of you for the many forms of goodwill and support you have provided to the efforts!

This New Year is a special one as it holds the 29th February – date of the 15th anniversary of the Supramental descent upon Earth. Thanks to a generous gesture by friends of Auroville’s, this year we have launched a website: www.ladivinite.fi - Having intensively studied works of Sri Aurobindo and the Mother, and in contact with Aurovilian Shradhavan, Pavitra has become a sincere adherent to our Integral Yoga and would hope to share this approach to life with his country through the website, personal contacts, writings and possible conferences in future. Last month, team members had a discussion with Dutch/Finnish AVI Finland centre that’s well on their way to become an active

Carolynn NEWMAN (Canadian)
CONFIRMATION OF RETURNING AUROVILIANS:
Aurojina ALLEN (Australian)

CONFIRMATION OF NEWCOMER TO AUROVILIANS STATUS
AFTER ANNOUNCEMENT IN N&N AND CONSIDERATION OF FEEDBACK RECEIVED FROM RESIDENTS:
Matthieu GARDELLE (French)
Shanthi PIGNOLET (French)
Liron LEVI (Israeli)

We will soon invite you to fill in the B-Form request for a meeting with the AV Foundation Secretary with the aim to add your name to the Register of Residents.

PEOPLE WHO HAVE LEFT AUROVILLE ON THEIR OWN:
Chloe BENNETT (French)

In case the above person(s) wishes to come back to live and work in Auroville, (s)he will need to restart his/her newcomer process.

Dear Newcomers,

The Entry Service team would like to inform you of the timings designated specifically for you to collect or submit the Newcomer Kit. Please pass by our office in Town Hall during these hours only: Monday & Wednesday at 2pm to 4pm. We look forward to seeing you.

We are open for B-Forms and Recommendation letter matters, on appointment only.

For all other matters, the office is open on Mondays, Wednesdays and Fridays at 10-12am, except for every last week of each month when we are closed to the public to do the internal office work.

The Entry Service team (B, Chitra, Eva, Ishita, Matilde, Neeti, Chloe)

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Dear Artists,

For the year 2016, we are booked till the 31st of March 2016. If you are planning to have your Art Show in our premises please be interested in participating. This is an opportunity to share all the projects and ideas that have been put forward for the 50th Anniversary celebrations. Alternatively, are you in a position to help carry out any of the many events and initiatives being planned? Take a look at our schedule for group/project presentations given below; see what captures your enthusiasm. Don’t miss the chance to be part of this special occasion!

On 30 January, AVI Netherlands’ general assembly meeting will take place at which administrative and financial year reports will be tabled and new members of the centre’s board nominated.

BEST WISHES FOR 2016 = AVI Centres extend their very best wishes for the coming year to all members of the Auroville, AVI and Aurobindonian family worldwide, hoping to further collaborate in strengthening the work at hand. For all AVI matters, contact: vani@auroville.org.in

This column is maintained by: mauna@auroville.org.in

50th Anniversary Project Expo

Friday, January 8th in Unity Pavilion from 10 am to 6 pm

Come present your project to other project holders and the community. Invite your friends, family and everyone who you believe may be interested in participating. This is an opportunity to share all the projects and ideas that have been put forward for the 50th Anniversary celebrations.

Alternatively, are you in a position to help carry out any of the many events and initiatives being planned? Take a look at our schedule for group/project presentations given below; see what captures your enthusiasm. Don’t miss the chance to be part of this special occasion!

<table>
<thead>
<tr>
<th>TIME</th>
<th>GROUP</th>
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<tbody>
<tr>
<td>10:00 - 10:30</td>
<td>Creative Arts - Audio-Visual</td>
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<td>10:30 - 11:00</td>
<td>Creative Arts - Exhibitions</td>
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<td>11:00 - 11:30</td>
<td>Creative Arts - Public Art</td>
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<td>12:00 - 12:30</td>
<td>Inspiring Spaces - Space for Growth</td>
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<td>12:30 - 13:30</td>
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<td>13:30 - 14:00</td>
<td>Inspiring Spaces - Space for Light and Sound</td>
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<td>16:00 - 16:30</td>
<td>Organisation - External Liaison &amp; Communication</td>
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<td>16:30 - 17:00</td>
<td>Organisation - Programming and Support Services</td>
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<td>17:00 - 17:30</td>
<td>Organisation - Event Coordination</td>
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POSTINGS

In remembrance

Johan - father of Narayan - was forgotten in last week’s News, under ‘people who moved on’ in 2015. Dariya

Baby born

We are very excited to announce a new member to our family. Our younger son Arun and his wife Sandiya were blessed with a baby boy named “Lithishwara” on 21st of December. Yours, Bhavani & Vasanth

Dear Artists - A message from Kala Kendra

We joyfully welcome Srija Born November 22nd, 2015 at 11:55 am. Love, Bhavani & Vasanth

Dear Artists,

As you are well aware Kala Kendra in Bharat Nivas, the Pavilion of India, offers Exhibition Space for Artists in Auroville as well as to the Artists from the Bio-Region.

For the year 2016, we are booked till the 31st of March 2016. If you are planning to have your Art Show in our premises please write to us at: kalkendra@auroville.org.in.

Our Gallery is available from 1st April 2016 to 31st of December 2016. You can also contact us for your reservations at: 0413-2622488.

Wishing you all a Colorful and Creative New Year.

Study Group on Greek Mythology and Ilion (French Speaking)

It is not too late to join the study group on Greek mythology allowing in the long term to understand Ilion, the poem of Sri Aurobindo.

Every Saturday morning from 10:30 to 12:00 at Savitri Bhavan, House of Agenda.

Contact Claude W.: 852959873

Special Sale at WellCafe

If you are looking for gifts or if you need some baskets, we would like to offer you Wellpaper’s products at very low prices!

Timings: from Monday to Saturdays, 9:30 am till 4.30 pm.

Place: The sale will take place at WellCafe at Sve-dame

Please call us on 85222219 for any assistance or additional information.

You are all welcome, Wellpaper team

Marathon Market Registration is on

Dear all,

This year 14th Feb Marathon Run is happening, we are getting ready with the plan of the Marathon market - If you are interested in having a stall of your products or services on the 13th and 14th (half day) of February 2016, please contact us. Details will be sent to you once finalized. Please register your organization by sending an email to this address: marathonmarket@auroville.org.in.

Registration closes on 15 Jan 2015 - Marathon market Team.
Cycle paths...
A reminder to visitors, guests and everyone else who cycles and walks through Auroville
Instead of biting the dust moving on the main roads try the network of over 25 km of cycle/walking paths throughout Auroville, linking communities and activities in an alternative way. They are used by Aurovilians, workers and visitors alike. The cycle paths will take you to your destination through young forests and you can enjoy their peace and shade away from the dust, noise and speed of the roads. Most entrances are marked by a blue sign showing they are reserved for cyclists and walkers. Some are protected by barriers at the entrance, preventing motorcycles to use them.

In the Visitors Center Cycle Path Maps are available and it would be great if Guesthouse managers would stock these maps and let their guests know about the existence of this cycle path network, have a lovely ride!

Dear Ecoservice users
From now on, for collection of recycle and waste please call Palani - 9443535172 / Kali - 9443090114 or send us a mail at: ecoservice@auroville.org.in

AVAILABLE

TVS
A TVS XL in good condition, if you are interested to buy it, please contact Rabi: 8940524796

Royal Enfield
A Royal Enfield thunderbird twinspark, 350 cc, built 2010 + tools + papers+ recent service. Ph: 8525961844. Mathis (Infinity)

Furniture
Antique writing desk, teak, with 2 drawers (120cm/70cm/82cm resp.75cm), table lamp(ceramic) with silken lamp-shade(46cm), electronic voltage stabilizer 1KVA (V-guard) - Monika <2622918> or <hamonie@auroville.org.in>

LOOKING FOR...

Furniture
Dear Aurovilian friends, I’ve got a new beautiful house and I need your kind help to fill it up and furnish it a little bit. I need some kitchen tools such as cutlery, saucepans, cups and dishes... bed sheets and pillowcases... some simple furniture like a little sideboard. By the way anything you can give will be accepted with love. Contacts: 9487340778 giacomoauroville@gmail.com - Thank you, Giacomo

Someone coming from Australia
Does anyone know of someone coming from Australia in the upcoming month who could bring me a very small package?
Love, Penny (penny@auroville.org.in; 9442938514)"

Need of assistance
I am Sangara, I need some assistance for the creation of a small forest area covered of less than 1 acre. It is located behind the Saranga. I hope that volunteers may come to help me with this project. There are many aspects needed to start the project like interested volunteers and materials. I will teach music lessons in exchange of your contribution - such as South Indian classical music, vocals, flute and violin as well as other instruments. Contact me by phone (Sangara): 9047722987 - Thank you, Sincerely, S.Sangaraparanan.

A Harmonium
I am looking for a harmonium that I might be able to use for the next few months as I left mine in the US and I need one for my music practice. If anyone has one sitting around and they don't mind me using it that would be great! Or if you have one for sale, please let me know too! Thank you so much! Contact: 890-383-2615. alohatouch@gmail.com Jivatma (from Existence)

Someone going to France
Dear friends, I am looking for someone going to France soon or not so soon to kindly bring me the book “Cosmos” by Michel Onfray, Flammarion. Thanks in advance for your kind benevolence. Repayment guaranteed. Contact Soham - Transformation: 262 3038

A fridge
Do you have a fridge in working condition that we could borrow from the 15th of January to the 15th of March? We would be happy to clean it and service it to give it back in better shape than we got it. We could also consider buying it. Please call Anadi at: 9655477329 or Batsala at: 9443377461. Thank You!!

AC check-up
Need a person to check and re-condition an Air Conditioner, ASAP. Please contact Jocelyn (Certiude): 262 3339

A second-hand motorcycle and second-hand mountain bike
Both in good condition. The bicycle should be large or XL size. Please contact me by phone: 9585862263 or email: steffen@auroville.org.in, Steffen

Portable Aurocard Reader (POSS) Needed
The Vérité programming group is in urgent need of a portable Aurocard reader (the old, wireless black handheld model) which are no longer being manufactured. If you have one that you no longer use, please contact us and we’ll be happy to pick it up and compensate you for it! Just call Kathir during work hours at: 2622 045.

Old coconut mattresses
If anyone wants to get rid of coconut mattresses, please contact Vladimir at: 2622947, for AV “White Arrows” - Archery club
**Thank You**

Christmas celebration at the Unity Pavilion on the afternoon/evening of 24 December has been a memorable event for all those who participated as well as for the organizers. It was an evening of fun and joy and festivities and sharing. We wish to thank all our donors - Naturellement, AV Bakery, Pierre, La Ferme Cheese - for their generous in-kind contributions. Also we are grateful to those Aurovilians who brought cakes, cookies and sweets to share. The Bharat Nivas light and sound team provided the sound system, and Carla and Paula and their team made the evening memorable with some wonderful music which created a real festival atmosphere. All the volunteers who responded to our call in News & Notes and played a significant part in organizing – Beate, Damu, Gauthami, Jennifer, Moagi, Mani, and their team made the evening memorable with some wonderful music which created a real festival atmosphere. All the volunteers who responded to our call in News & Notes and played a significant part in organizing – Beate, Damu, Gauthami, Jennifer, Moagi, Mani, and their team.

We also take this opportunity to wish one and all a Peaceful and Fulfilling NEW YEAR 2016!

Jaya, Shivaya, Kasthuri, Rema, Nadia and Eric

**Appeal**

**Sponsor a child to gain an education**

Dear Friends,

New Era Secondary School (NESS), Aspiration, is an Auroville affiliated secondary school using the CBSE (Central Board of Secondary Education) curriculum. We have recently restructured the Trustee Board and Management team and the new school year has started well. There are now 104 students coming from the surrounding area, mainly Kullapalyam village, and from Auroville. Due to insufficient funds for running the school we are forced to raise the student fees, but half of our students will not be able to pay even a small increase.

We are looking for sponsors to help these students coming from under-privileged backgrounds. A regular donation of Rs 300-400 a month will support one student. A one-time donation for covering half or full year tuition fees will also be greatly appreciated.

Can you help? If so, please transfer funds in account number 251065. For donors needing to avail tax exemption, please channel the funds via the Auroville Unity Fund.

You can also send your donation via a cheque made payable to Auroville Unity Fund, Town Hall, Auroville, 605101 Tamil Nadu, INDIA indicating clearly that the donation is for New Era Secondary School Tuition Fund, or you can send it electronically by going to www.auroville.com/donations/ and following the instructions. Donations from abroad can also be made via the Auroville International Centre in your country - go to www.auroville-international.org.

For more details about students or if you would like to visit the school, please contact us at: ness@auraville.org.in, tel. 2622662

With thanks,

Ness Trustees and Ness Management team

**Thank you very much,**

Ivana

**New Year Appeal from SANTE!**

Dear Community,

We are grateful for the manifestation of Sante this year! Please share our vision for the New Year, which is to assist your well-being and good health. We will facilitate and support you in our best capacity, meanwhile asking that you take responsibility for your own wellbeing too; let’s move together towards Auroville’s integral life.

We are striving to provide a high level of service to the community, but often feel unsupported from some of the other essential services with delays, promises and poor follow-through. Can we please all make an effort in this New Year to overcome these limitations and respond in an easy and flowing service exchange?

In Her Service,

Sante Institute for Integral Health

**Taxi Sharing**

**January 3rd:** We are planning to go to Chennai on January 3rd in the morning or around noon. We are looking for somebody to share the taxi. If you are planning to go to Chennai or Chennai Airport with us (1 seat) or go back to Auroville in the afternoon, please get in touch with us! Thank you! Contact: Hilal.durmaz@hotmail.de or 7639318179. Hilal & Lukas

**January 5th:** We are going back to Auroville from Chennai Airport on January 5th at around 6 pm and are looking for someone to share the taxi. If you are planning to go to Chennai Airport in the afternoon or want to share the taxi with us back to Auroville (2 seats), please get in touch with us! Thank you! Contact: Hilal.durmaz@hotmail.de or 7639318179. Hilal & Lukas

**January 5th:** An Innova is leaving for Chennai airport at 7.30 am on the 5th of January to pick up some friends. If anyone needs to leave, at a similar time and wants to share, please SMS Nandita: 9488483286 or shahnandi@gmail.com

**January 6th:** Taxi sharing to the airport on the 6th of January. Leaving Auroville around 10 pm (time flexible). One person is going, coming back empty. Contact Raju: 9843734825

**January 11th:** From Chennai Airport to Auroville on the 11th Jan around 10 pm. The taxi is with 3 seats available. Please email: ali@auraville.org.in or call 7639318959. Ali

**January 11th:** A taxi going from Auroville 11th January at 9 pm reaching there at 12th midnight then going back to

**Lost & Found**

**Glasses (lost):** My brand-new pair of spectacles, greyish-opaque, supple, light frame, with progressive lenses (left side very thick), lost three weeks ago somewhere at an Auroville public place. I would be happy to reward generously, pl contact Peter: 948 848 3348
Auroville. My flight is at 3.15 am at the 12th. Sharing is both the ways. Gundl: 9626253751 / gundischulz@heilen-in-berlin.de

January 11th: I leave for Chennai airport at around 2.30am. Please contact me catfontaine@yahoo.fr or call to 9787874081. Catherine

HEALTH

Psychotherapy and Psychological Help and Healing Talks is again available.
Former patients and new ones will get appointments by phone: 2623489 Mobile 9443752847 or mail: mychello@auroville.org.in. Michael

TRAVEL

Latest News from the Travel Shop - located at Inside India in Auroshilpam.

We are open from 09:00 to 13:00 and from 13:30 to 17:00 - Please let us know your travel plans and we will get back to you once a promotional offer is available, as some are only valid for purchase within a few days and for a specific time period.

Latest / new Airline Offers:
Qatar Airways announced promotional business class fares to Europe.
Etihad Airways have announced special fares to Europe.

Hotels: International and Domestic Hotel bookings can be done at discounted rates through us. International Flight Tickets / International Hotel booking - 0413 - 2622078, travelshop@auroville.org.in / Domestic Flight Tickets / Trains / Bus / Travel Insurance - 0413 - 2622604 / 2623030, domestic@inside-india.com, doulat@inside-india.com / Tours and Domestic Hotel booking - 0413 - 2622047, insideindia@auroville.org.in

EATING OUT

Organic Lunch in Joy Community

- Tuesday at 12:45: Traditional Italian Food
- Friday at 12:45: World Fusion Food
- Saturday at 12:45: Typical Japanese Food

We serve a beautiful organic lunch accompanied with the usual family atmosphere of Joy Community. Ingredients are all fresh and depend on the inspiration of the season, garden, and the chef of the day. For Italian food, some of the dishes are homemade lasagna, gnocchi, tagliatelle pasta, ravioli, etc. For world fusion food, some of the dishes are: Thai curry, Mexican enchiladas, pad thai, etc. For Japanese food, some of the dishes are gyoza (Japanese momo), makisushi, tempura, etc. By reservation only (1 day in advance).

Please call 04132622584 or 9442328120. Have a wonderful New Year!!! Joy Community team :-)
Joy Community Guesthouse/ Center Field, Auroville, 605101, Tamil Nadu, India / Ph: +91 (0)9489240778, +91 (0)413 2622584 / https://www.facebook.com/joycommunityguesthouse / https://joyauroville.wix.com/welcome

Happy New Year Auroville 2016!

Let 2016 be a year when we all join in the responsibility to secure the land for Auroville -All together
Mother once said that she would rather have one rupee each from one million people, than one million rupees from one person. Imagine if by the 50th birthday we all together give her one million gifts of money towards buying the land of Auroville?

Inspired by the actions and persistent work of Aryadeep - Lands for Auroville Unified, Mandakini - Acres 4 Auroville, Sigrid - GreenAcres for Auroville, - the commitment of the Land Board to secure the Auroville land and Rakhaps film on the land, there is a sense that we all should consciously join force with them. Not just in appreciation, but in action.

Already a fair number of Aurovilians are contributing towards the land on a monthly basis - can we all come on board for this - with whatever amount can be offered regularly. Then we can also give one time gifts for special occasions, Birthdays - ours and others, Auroville’s Celebrations, or just for a happy day and something that worked out well!

From us, we can reach out in a wider circle to link up all support in India and all over the world - finding simple and uncomplicated ways of channelling funds and bringing people together in this effort.

We can also ask our restaurants, to advertise on their tables for an additional amount, maybe Rs 10 to add to the bill - going directly towards the land. Guesthouses can ask similarly - this way guests will participate directly. We can ask each Unit and Service, each account in Financial Service, to give an amount regularly.

We need to step away from judgement and sense of much or little and accept what each one feels free to give, and then it will flow. It is not a showcase, it is not a pressure, its participation and collaboration, simply joining hands in love and gratitude for the possibility we have been given to participate in this great adventure.

The aspiration is to create a format which is easy to tick and which can be available on the net, by mail and also in hard copy at financial service. There can also be a graph on Auronet which shows where we are at, number of monthly donations as well as the amounts flowing in.
For this there will be multiple choice focusing on the three efforts to secure the land – the City Area - The Green Belt - or a general contribution towards All the Land - as well as the amount to be contributed on a monthly or one time basis by automatic transfer. It will be possible to tick several options as well as one time contributions. There is no limit of amount up or down, which will allow everybody to participate joyfully, including children and youth. As we see, many Aurovilians already contribute regularly towards the land - it will be an incredible force if we all do it and gather all our outreach friendship and support into the action.

Let’s secure the land of Auroville, we can do it together, all of us!

Jaya Jorel (Unity Pavilion)

Reflections on “Piero’s Interview Part 2”

“In the maze of things and the long course of Time, whatever may be the appearance of this or that epoch or movement, the growth of light is there and the struggle towards better things does not cease.” (Sri Aurobindo - Letter 1942 Quoted by Medhananda - a German scholar and disciple)

One of the ways to understand the Matrimandir and Auroville is through what Sri Aurobindo says in the above words. The human journey through the ages results in the end in the “growth of light”. And now comes the Matrimandir and Auroville as powerful aids because they set you on the sunlit path.

While the Matrimandir cannot be said to be complete so long as the Gardens and the Lake and the tall trees at the periphery are not in place, still it has started received widespread attention. In fact, in the current year itself two exquisite volumes of photographs “Matrimandir - Hymn to the Builders of the Future” by Dominique Darr and “Matrimandir and the Park of Unity” by Ireno Guerci have been published. This trend will continue for a long time to come. It is therefore greatly appreciable that Francois Gautier has taken the initiative to film the interview of Piero and Gloria, who were, we could say, the engineering pillars of the Matrimandir.

A few Phases of Matrimandir’s Progress

On 12th November 2015, the second part of the filmed interview with Piero was shown at the Cinema Paradiso. Each step of constructing Matrimandir was an episode and putting those episodes together would make an inspiring book. Here, I will mention just a few of the episodes I could gather from the interview.

With the Mother’s approval, Alain Grandcolas brought hundreds of manual workers from nearby localities for making the foundation of Matrimandir and completed the work. Then, for preparing a detailed structural design of the building, a staff member of the Indian Institute of Technology in Chennai “Santhanam” took up the work in close consultation with Piero.

During the early phase of the Matrimandir, having searched in vain the required quality of marble in India, Madanlal Himatsingka and Piero travelled to Italy and found the required quality in Lasa, purchased it and had it dispatched to India. When the time came for installing the 12 columns in the chamber, Piero tracked down a dealer in Italy with the help of a friend.

When the time came to make Sri Aurobindo’s gold-covered symbol to uphold the crystal, Michael Bonke of Varuna took the designs to Germany and got it done there.

The crystal globe? Enter Carel Thieme of Auroville Today, the then chairman of Auroville International. At the instance of Piero, Carel found a firm of Schott in Mainz, Germany which could cast the blank for the globe, provided the firm of Zeiss in Oberkochen could do the shaping and polishing into the global form. Then begun a fundraising campaign by Auroville International. Then the Crystal globe, an object of wonderment - because it constituted the world’s largest transparent and perfectly round crystal sphere - became a reality.

When the time came to change the Heliostat computer installed on top of the building from the old one working with DOS to the new one working with Windows, it become necessary to translate the program from “Basic” to “Visual Basic”, a young competent American came, lived for 6 months, completed the long and tedious job, and left!

As a Lotus flower rises from the mud - nature’s miracle - , so Matrimandir rose from the earth - a miracle of the inspired human spirit.

As Piero was leaving the show, I told him: “You have given something of perennial value to the soul of the earth and India”. He humbly thanked me and replied, “If it hadn’t been me, somebody else would have done it.”

Piero might be right when we recall the Mother’s words, “The Matrimandir is directly under the influence of the Divine and certainly He arranges things better than we could do ourselves.” Oct. 1971

Thank you, Francois Gautier, for filming the interview for posterity.

Aryadeep

[Note: This is highly abridged version. For full text, see Auroville Intranet post dt. 20.12.15 or write to aryadeep@auroville.org.in Also, both first and second part of the interview with Piero can be viewed on You Tube].
INVITATIONS

GIFT ECONOMY” FLEA MARKET AT UPASANA

“GIFT ECONOMY” Flea Market.
Cloth, Textile, Craft and many others for sharing.
Come and take what you like, offer in your generosity.
Space to celebrate, sharing and being together with a cup of tea and some music.
If you want to join the Flea market, contact us: 0413 2622939 / office@upasana.in

Venue: Upasana
Time: 3 pm onwards.
Date: 2nd Jan 2016, Saturday

EACH ONE TEACH ONE

@Auroville Institute of Applied Technology (AIAT)
Irumbai Main Road (opp. TNEB-Station) / Irumbai (Post), Vanur Taluk, Villupuram Dist. 605111

This year Anne has brought 2 break-dancers and a video journalist from Germany to have a week of fun, learning and exchange with our students. Please come and join into the following programme on:

Saturday 9.1.16 - 10.00 am to 4.00 pm
10 am: AVAG women, AIAT students and Weltwaerts volunteers will discuss “What can we do against violence?”
11 am: Hans is going to talk about how to deal with violence and harassment and will teach some self-defence movements.
12.30 pm Lunch
2.00 pm the students perform what they have learned over the week in break-dance and capoeira, show the paintings on peace, listen to the poems on peace, watch the videos made and we round up the programme with the young Mohanam drummers.

To all of you a joyful and prosperous 2016 full of light and creativity.

EXHIBITIONS

The Dara Shikoh Album

A Moghul Masterpiece

Exhibition at Aurelec Cafeteria & Art Gallery
Open from 8 am to 5 pm

The Dara Shikoh album is a collection of paintings and calligraphy assembled during the 1630s by Dara Shikoh (1615-1659), the eldest son of Emperor Shah Jahan (builder of the Taj Mahal), and presented to his wife Nadira Banu Begum in 1641 or 1642. One of the few Moghul albums to have survived almost intact, it is bound in tooled and gilded covers and each artwork is mounted on its leaf within gold-painted borders. Dara Shikoh was executed in 1659 by his younger brother Aurangzeb, who had emerged victorious in the wars waged between Shah Jahan’s four sons. Nadira Banu kept the album until her death, when it was taken to the royal library.

TALKS, SEMINARS

Insight Seminars invites you to ‘INTERACTIVE SESSIONS on AUROVILLE’.

Presentations made by Aurovilians on their areas of expertise and sharing of their experiences. These introductory sessions are for those who wish to explore various aspects of Auroville; whether they are Guests, Newcomers or Aurovilians.

International Zone in Auroville: 5th January 2016, Tuesday
presented by Jaya
About the MatriMandir: 7th January 2016, Thursday
presented by B
Wildlife in Auroville: 8th January 2016, Friday
presented by Tim

Time: 10:00 to 11:30 am including question and answer session.
Venue: Insight Seminar room, Ground Floor, in the Inside India building - Auroshilpam (opposite CSR; behind Auromode Guest-house).

*The presentations are free of charge. Anyone may walk in.
I welcome you to a seminar on IFS Therapy

A presentation for therapists and all people who want to get to know themselves better.

“A new method of actualizing one’s Buddha nature is now necessary…. I believe that Internal Family Systems therapy (IFS), developed by Richard Schwartz in the 1990’s, is both a bridge between contemporary psychological theory and ancient Buddhist teaching and also a tool to help practitioners, particularly westerners, access and actualize the teachings on buddhanature”. (Monika Sanford)

What is IFS?

IFS stands for Internal Family Systems therapy. It provides a unique perspective about our inner structure, which emphasizes the essential role of a mindful, compassionate Self in a healing internal relationship with parts which have become burdened, stuck or extreme in their roles. Helps to bring back the leadership from our parts to the self. It is gentle, respectful & non-pathologizing, and includes self-awareness of the therapist. It is a method to reach mindfulness in few sessions as if the person had meditated for years. It is easy and clear and accessible to all. It involves imagination, and can be combined with other forms of art like drawing, drama, dancing and more.

I invite you all to benefit from the power of IFS.

For more reading you can check: http://personal-growth-programs.com/ or YouTube: IFS by The center for self-leadership

The presentation will be followed by a lecture, role-playing, demonstrations and a short video. It is free of charge. Please register.

Morning presentation: Saturday 9/01/16, 9:00-12:30, SAIER Building, Town Hall.
Evening presentation: Tuesday 12/01/16, 15:00-18:00, Pavilion of Tibetan Culture.

Contact Yasmin : 9943792127 or Yasminelad@gmail.com

"Losing Face & the Face of Fear: From Fear to Freedom"

An interactive presentation by Prof. Dr. Sehdev Kumar

“What is our Face and why do we fear to lose it? Why and how does Fear freeze the river of our lives? Is there a way of stepping into Freedom from Fear?”

Based on his forthcoming book, 7000 Million Degrees of Freedom, Dr. Sehdev Kumar presents this interactive programme on the nature and dynamics of Fear and the necessity of freeing ourselves from it.

Venue: Unity Pavilion
Date: Thursday 7th January 2016 / Time 7 pm.
Duration: Approx. one hour including question - answer session

About the speaker: Professor Emeritus at the University of Toronto, Canada, Author of Vision of Kabir, Lotus in the Stone, Matters of Life & Death: Reflections on Bioethics, Law and the Human Destiny and other books, Dr. Kumar is a Nuclear Physicist, and a historian and philosopher of Science, and a Bioethicist; he lectures extensively on these and related topics internationally. He also writes a weekly column, Ideas & Beliefs, for South Asian Observer in Canada. This is Dr. Kumar’s second visit to Auroville. After his first visit about a year ago, he had published an article “Auroville - a Unique and Sacred Community” in South Asian - Observer, Canada.

If there is sufficient interest, after the programme Dr. Kumar can give a longer workshop covering the subjects
1) universal quest for dignity on the banquet table of history 2) Dreams that set us Free and Knots that bind us together 3)How Free is the Free Will? 4) Obedience & Authority, and the Longing for Freedom 5) Freedom from the Barbarism of Revenge & Wars: Are We Only Animals? 6) Freedom from Suffering & Death 7) 7000 Million Degrees of Freedom (One Earth with Seven Billion Worlds)

Robotics, Automation Engineering, and Beyond

Presented by Killol

Time and Date: Saturday, January 9th at 7:00pm
Venue: Unity Pavilion

Description: Robotics and automation are vast and rapidly growing fields of human pursuit. The applications range from automated agriculture, space exploration, and high-frequency trading, to the new frontiers of medical robotics, the internet of things (IoT), and advanced artificial intelligence. For the past eight years I have immersed myself in robotics and automation engineering in California with a deep dive into semiconductor robotics and surgical robotics. I would like to briefly share my experiences with the Auroville community and discuss the fascinating (and sometimes concerning) trends in robotics for the years ahead.

About: Killol grew up in Auroville and went through the Auroville education system from the Kindergarten, through Transition School and finally C.F.L. which turned into Future School half-way through. He then went to San Jose State University in California to study Mechanical Engineering and Mechatronics, where robotics and automation quickly became his full-time passions. For the past three years Killol has integrated robots into semiconductor systems and also had the opportunity to work for Intuitive Surgical - a company that advances automation and robotics in health care with the Da Vinci Surgical System.

CULTURAL EVENTS

MY AUTOPSY

Written and Performed by Hamish Boyd*
Directed by Fif Fernandes*
*Appearing courtesy of the Canadian Actors’ Equity Association

Saturday, January 9th 7:00 pm - 8:15 pm
Adishakti Theatre - Edayanachavadi Road
Free admission

News&Notes 2nd January 2016 [630]
LIGHT in DARKNESS
Inter-disciplinary performance
Original stories, poetry, moving images, movement and music

Created and performed by Hamish
Multi-media by Christoph
Directed by fif

Pavilion of Tibetan Culture
Friday, January 8th - 8:00 pm - 8:50 pm
(Limited seating - please arrive by 7:50 pm)

The exhibition of original photos and poetry of Light in Darkness runs until January 13.
This presentation is made possible through the generosity of
The Pavilion of Tibetan Culture, Canadian Pavilion
Komali MeDi Clown Academy, brainfever media productions, Stichting De Zaaier

Reminder: Piano Recital by Noam Sivan and Maya Hartman
On Monday 4.1.16 at 19:30 at Cripa hall Kalabumi
Music by: Beethoven, Chopin, Mozart, Clementi, and others, including Schubert’s beloved Fantasy in F minor for piano four-hands.
In addition, Noam Sivan will improvise live at the concert on familiar tunes.

Contemporary Dance Performance
With the students of Alice’s Classes
At Cripa, Kalabhumi
Saturday January 2nd at 8pm

CLASSES, WORKSHOPS

AVIVA’S METHOD FOR WOMAN (HORMONAL DANCE)
Naturally and easily regulate your hormones and change your life!
In a half day long program, learn a 30 minutes long “Hormonal Dance” that was created and researched by Hungarian women since the 70’s. Dancing the precise form twice a week stimulates and harmonizes the hormonal system. This can help to regulate and schedule the period, eliminate difficulties of menstruation, pre-menstruation and the symptoms of menopause, be used as a contraceptive method, help conception in case of infertility, to result or stop lactation, to cure cysts, fibromas, endometriosis, to preserve youth and to lose weight, to protect from osteoporosis and many more benefits. Dress as for yoga. Aviva Method is an internationally acknowledged and protected method, and the trainers are recognized trainers by the Indian and International Aviva Training Institute.
For more information please check our website: www.avivamethod.in
Venue: Arka Multihall
Date: 9th of January 2016. Time: 9 am - 12:30 pm

AT ARKA by Jannaka
Individual Courses
Reiki: Cosmic Energy through your hands can help you and who you love
Reflexology: The massage on the Marma reflexes points of foot and legs
Ayurvedic Massage: Sri Govindan Method original from Kerala Yoga Care: A great deal with yourself to minimize the side effects of the life: flexibility and reflexes decline but this soft Yoga Care works helping you stay young (individual classes for over fifty)
Therapies: Reiki is not a personal power; it cures you helping also allopathic therapies to accelerate good results. Affective and relationship problems are treated with special treatments far away to help you and who you love.
Auriculotherapy: Stop Smoking: It’s a form of not invasive acupuncture; actually needles are not really, needles. On points of the external ear are treated many disorders as allergies, arthritis, depression and nicotine/food dependence. No side effects.
Therapies and Courses are held by Jannaka, Reiki master and therapist with 25 years’ experience.
Make the bookings with Jannaka: 9487629648 / Mail: lestellenoi@gmail.com

THE MOVEMENTS OF HARMONY/ INNER HEALTH OUTER HEALTH
These simple dynamic and meditative movements are inspired by the Chi Gong practise and my personal research in Self-Integral Knowledge. Their practise helps to repair our internal network of connections and to restore not with force but
through the ability to absorb and integrate the energy that comes from the cosmos and the five elements. Health is a state of inter-connection between the parts and the totality. Mona will share with you these exercises at ARKA MULTIHALL
Every Tuesday and Thursday 7-8.30 am and Wednesday 5:00 - 6:00 pm
Starting from December 29th till January 28th
Contact: 7742515599

THEATRE IN ACTION
A three month course in creative process, using physical theatre techniques drawn from a variety of sources. Participants will learn about ensemble, character and harnessing the imagination to dive deep into the world of theatre and create a short piece together. Classes will start Jan 5 7:30-9:30 in CRIPA.
Please contact Kaeridwyn for any questions or information, and to sign up.

“EXPLORE YOUR MIND”
Holistic training in alternative therapy with international faculty presents “Explore your mind”
A 3-day workshop in hypnotherapy
What is hypnosis?
How do right and left brain function practically?
How do conscious and subconscious interact?
Explore the depths of your mind and relax!
Meditate with ease!
Expand your therapeutic toolbox!
Apply Self-hypnosis
“The answers you seek never come when the mind is busy, they only come when is still”
A 3-day Workshop combining experiential learning and “Theory of the Mind” [Certified course from EKAA (www.ekaa.co.in)]
January 5 - 8th at Shambh Guesthouse Yoga hall (www.sharnaguesthouse.in)
Friday 3.30 - 7 pm: Intro and Self-hypnosis
Saturday, Sunday 9 - 6 pm. Theory and Practice of Hypnotherapy techniques
Info meeting: January 6th 5- 5.30 pm.

Trainer Sigrid Lindemann [Certified Faculty in Hypnotherapy, TASSO Regression therapy and Classical homeopathy, Germany and Auroville - www.sigidlindemann.com www.aurovile-holistic.com www.tassointernational.com www.ekaa.co.in]
Register with Sigrid: info@aurovile-holistic.com and 09626006961, 0413 2623888

INNER-WORKSHOP
Introduction to the Integral Yoga of Sri Aurobindo and the Mother
5th January (Tuesday)
• Overview with multimedia presentation• Questions and Answers• Practice in Daily Life• Complimentary Concentration Exercises
• Creative Arts, Interactive Games• Life of Sri Aurobindo and the Mother• Introduction to the Reference Books
Focus this week on: ‘The Synthesis of Yoga’
These Workshops are conducted every Tuesday, each week with a different focus. Study, play and creativity go hand in hand with various inner exercises.
Place: Savitri Bhavan. Time: 9 am to 12.00 Noon (pl be present by 8.55 am) Led by Ashesh Joshi
Contact: 9489147202, 2622922
No Registration required (except for groups)
Fees: Voluntary Contribution
All are welcome
For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-aurovile.com

EXPERIENCE AUROVILLE PROGRAM
January 7th to 10th and 21st to 24th

A four day intensive program to experience Unity and Diversity in the context of everyday life in Auroville, for volunteers, pre newcomers, and people who are interested in joining or who seek to deepen their understanding of the community.
During this time you will have the chance to explore different aspects of the Auroville reality:
• Day one you will learn about the roots and history of Auroville.
• Day two we will become familiarized with some of its current activities.
• Day three will focus on the potentialities of the community with emphasis on youth and education.
• Day four we will try to bring it all together in synthesis with the Dream.
Here we will answer your questions and doubts. This experience will help you clarify your impressions and insights. It is an opportunity to better understand your inner calling.
Advance registration is required. NO DROP-IN. On donation basis for long-term volunteers or people who have submitted a Newcomer application form; contribution expected from guests, 50% discount for people under 30.
For additional information and a detailed program please find it listed under the activities of the Joy Community website: joyauroville.wix.com/welcome or in our facebook page: www.facebook.com/joycommunityguesthouse or contact us via email at: joycommunity@aurovile.org.in or by phone at: 9442328120 or 04132622584. We are always available in Joy Community Guesthouse in Center Field for further clarifications regarding the community at large and to help you discover Auroville.
Have a great New Year!!! Joy Community Team : -)

WATERDANCE 1 WITH SHANTI & HELEN
Tuesday 12 - Sunday 17 January 2016 (7 days)
9.00 am - 6.30 pm (50 hours in total)
Quiet Healing Center (tel. 2622646 / 9488084966)
This course teaches the WaterDance Short Form, a simple but effective sequence, which gives you all the basic skills to take someone under water with a nose clip.
You will learn to establish - with full presence and awareness - an appropriate rhythm in alignment with your client’s individual breathing needs. Mastering the art of breath-connection will enable you to establish a deep bond with your client in a session that inspires trust, kindles confidence, and offers presence and attentiveness which is essential when bringing someone gently under water.
Staying light, easy and calm at any given moment becomes possible, as you master those simple movement-principles. You will also learn to move safely all body types with ease and graceful fluidity, offering a profound sense of freedom and joy for both giver and receiver.
Shanti & Helen are trained in prenatal shock therapy, shamanic family constellation and other nature connected modalities, as well as highly experienced, long-time Watsu and Waterdance instructors.

FRENCH CREATIVE WRITING CLASSES IN PAVILLON de FRANCE
(Opposite parking of the Visitor Center)
Monday 4th of January from 5.00 pm to 6.30 pm
Please contact Florence: 7639322654 or by mail: lesbaladantes@gmail.com

SOUND BATH / UNITY JOURNEY
Every Wed 5:30 - 6.30, starting 6 Jan. Unity Pavilion
Aurelio and team will create and share an experiential space of deep relaxation through a basic tuning process and exposure to the soothing waves and vibrations of pure acoustic instruments.
Gongs, bells, chimes and diverse newly invented and archaic sound sources will invite the listener into a Sound Journey through inner landscapes and synesthetic contemplation towards a Unity experience.

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News&Notes 2nd January 2016 [630]
## SCHEDULES

### CLASSES in Vérité - January 2016

<table>
<thead>
<tr>
<th>Days</th>
<th>Drop-in Classes</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday &amp; Friday</td>
<td>Hatha Yoga in Iyengar Tradition (no class on Jan 1)</td>
<td>6:45 to 8.15 am</td>
<td>Olesya</td>
</tr>
<tr>
<td>Monday &amp; Wednesday</td>
<td>Meridian Exercises and Yoga</td>
<td>9 to 10.30 am</td>
<td>Yaor</td>
</tr>
<tr>
<td>Monday &amp; Friday</td>
<td>Pilates</td>
<td>4 to 5 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td>Monday &amp; Friday</td>
<td>Nia Holistic Dance</td>
<td>5.15 - 6.15 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Soul Motion - A Conscious Dance Practice</td>
<td>5 to 6.30 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Hatha Yoga Flow (starting Jan 12)</td>
<td>3.15 to 4.45 pm</td>
<td>Stinna</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>Meridian Exercises and Yoga</td>
<td>6.45 to 8.15 am</td>
<td>Yaor</td>
</tr>
<tr>
<td>Tuesday &amp; Friday</td>
<td>Hatha Yoga in Iyengar Tradition (no class on Jan 1 &amp; 8)</td>
<td>5 to 6.30 am</td>
<td>Olesya</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Yoga Dance Fusion (starting Jan 13)</td>
<td>3.15 to 4.45 pm</td>
<td>Stinna</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Monday</td>
<td>Movement &amp; Sound Relaxation (No class Jan 11)</td>
<td>5 to 6 pm</td>
<td>Balu &amp; Jeremy</td>
</tr>
<tr>
<td>Thursday</td>
<td>Soul Motion - Mindful Movement &amp; Meditation</td>
<td>9 to 10 am</td>
<td>Philippe</td>
</tr>
<tr>
<td>Thursday</td>
<td>Yin Yoga (starting Jan 14)</td>
<td>3.15 to 4.45 pm</td>
<td>Stinna</td>
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<tr>
<td>Thursday</td>
<td>Dance Offering</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
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<tr>
<td>Thursday</td>
<td>Meridian Exercises and Yoga (starting Jan 14)</td>
<td>5 to 6.30 pm</td>
<td>Yaor</td>
</tr>
<tr>
<td>Saturday</td>
<td>Sivananda Yoga</td>
<td>6:45 to 8.15 am</td>
<td>Mimi</td>
</tr>
<tr>
<td>Saturday</td>
<td>Hatha Yoga in Iyengar Tradition</td>
<td>5 to 6 pm</td>
<td>Olesya</td>
</tr>
</tbody>
</table>

### WORKSHOPS in Vérité - January 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop Description</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 2 Jan</td>
<td>Consciousness as Medicine</td>
<td>9 am to 12.30 pm</td>
<td>Dr. Yogesh</td>
</tr>
<tr>
<td>Mon &amp; Tue 4 &amp; 5 Jan</td>
<td>Empowered Pregnancy &amp; Birth (2 day workshop)</td>
<td>9 am to 4.30 pm</td>
<td>Shakti</td>
</tr>
<tr>
<td>Wed, 6 Jan</td>
<td>Flow Through Life</td>
<td>9.15 am to 12.30 pm</td>
<td>Julie</td>
</tr>
<tr>
<td>Fri, 8 Jan</td>
<td>Meridian &amp; Yoga</td>
<td>9 am to 12.30 pm</td>
<td>Yaor</td>
</tr>
<tr>
<td>Fri, 8 Jan</td>
<td>Ayurvedic Spices and Herbs</td>
<td>9.30 am to 12.30 pm</td>
<td>Dr. Geeta</td>
</tr>
<tr>
<td>Sat, 9 Jan</td>
<td>Coaching Fundamentals</td>
<td>9.15 am to 4.45 pm</td>
<td>Julie</td>
</tr>
<tr>
<td>Wed, 13 Jan</td>
<td>Living from the Heart</td>
<td>9.15 am to 12.30 pm</td>
<td>Julie</td>
</tr>
<tr>
<td>Mon to Wed, 18 to 20 Jan</td>
<td>South Indian Drumming</td>
<td>9.30 am to 11.30 am</td>
<td>Kadir</td>
</tr>
<tr>
<td>Fri, 22 Jan</td>
<td>Healthy Ayurvedic Life Style</td>
<td>9.30 am to 12.30 pm</td>
<td>Dr. Geeta</td>
</tr>
<tr>
<td>Fri &amp; Sat, 22 &amp; 23 Jan</td>
<td>Fate or Choice (Family Constellation)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
<tr>
<td>Sat &amp; Sun, 23 &amp; 24 Jan</td>
<td>Introduction to Shiatsu (1 &amp; half day workshop)</td>
<td>9 am to 3.30 pm &amp; 9 am to 12.30 pm</td>
<td>Yaor</td>
</tr>
<tr>
<td>Fri, 29 Jan</td>
<td>Holistic Approach for Management of Diabetes Type 2</td>
<td>9.30 am to 12.30 pm</td>
<td>Dr. Geeta</td>
</tr>
<tr>
<td>Sat, 30 Jan</td>
<td>Meridian &amp; Yoga</td>
<td>9 am to 12.30 pm</td>
<td>Yaor</td>
</tr>
</tbody>
</table>

### THERAPIES in Vérité - January 2016

<table>
<thead>
<tr>
<th>Therapists</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balu</td>
<td>Sound Healing with Tibetan Singing Bowls</td>
</tr>
<tr>
<td>Dr. Geeta</td>
<td>Ayurvedic Consultation</td>
</tr>
<tr>
<td>Julie</td>
<td>Life Coaching Sessions</td>
</tr>
<tr>
<td>Susana</td>
<td>Reiki Energy Healing</td>
</tr>
<tr>
<td>Yaor</td>
<td>Nutrition &amp; Lifestyle Recommendations (Including Aromatherapy) Bach Flower Remedies Meridian Do-In Therapy Zen Shiatsu</td>
</tr>
</tbody>
</table>

Please note: To support the work of the presenters and staff, we ask all participants to please come in time for all classes and workshops. Thank you!

Please contact Vérité: 0413 2622045 or programming@verite.in / 94104329, 2622606, treatments@verite.in

See the regular events section for on-going classes. Contributions requested from guests/volunteers (volunteer reduction by advance application only).

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### VERITE

Please contact Vérité to register for the following workshops: 0413 2622045, 7094104329 or programming@verite.in

Contributions requested from guests/volunteers (volunteer reduction by advance application only)

**WORKSHOPS IN VÉRITÉ:** (24 hour advanced registration required)

**CONSCIOUSNESS AS MEDICINE with Dr. Yogesh Mohan**

**Saturday, 2 January - from 9 am to 12:30 pm**

A consciousness approach to dealing with stress, common health problems and diseases, beyond what is written in medical texts. Experiential knowledge from a practitioner’s perspective on inner healing.

**DR. YOGESH MOHAN, MD (JIPMER), PGPM (ISB) brings the essence of 20+ years of work. Professor & Head Medical Education, Saveetha Medical College, Former Head Integrative Medicine Apollo Chennai.**

**EMPOWERED PREGNANCY AND BIRTH with Shakti**

**Monday and Tuesday, 4 & 5 January - 9 am to 4.30 pm**

This 2-day workshop is for anyone who wants to connect to the creative power of pregnancy and the miracle of empowered and aware childbirth. We welcome both women and men who want to conceive their children consciously, those who are...
already pregnant as well as anyone who likes to support women during their childbearing year.

SHAKTI has been certified as a Yoga Teacher by Sivananda Ashram since 10 years. Her specialty became pregnancy yoga and Parent-Toddler yoga. In 2005 she became a Hypnobirthing practitioner, and in 2012 she created a Birthing Sanctuary in Goa where she taught yoga and childbirth education and attended births.

FLOW THROUGH LIFE with Julie
Wednesday, 6 January - 9.15 am to 12.30 pm
Are you holding on to your emotions? Do you keep experiencing the same patterns and want to create more flow? Learn how to process your emotions so you can access your intuition more fully. Join Julie for this workshop to explore how to turn emotions into energy in motion. You'll feel relieved and full of energy to move forward.

JULIE is a Certified Life Coach from the Coaches Training Institute in London. She combines her extensive coaching, yoga and business consulting experience to facilitate clients finding insight and purpose.

MERIDIANS & YOGA with Yaor
Friday 8 January - from 9 am to 12.30 pm
The term "meridians" comes from Traditional Chinese Medicine (TCM) and describes the energetic channels that move and flow inside the body. TCM discovered 12 main meridians that are responsible for the circulation of qi (life energy or prana). People often carry blockages in one or more meridian, which can result in pain, problems, and disease. The purpose of this workshop is to open the meridian channels.

Part one (1 hour) - you will learn about the functions of the meridians and five elements theory. Part two (2.5 hours) - You will learn a series of meridian exercises and yoga asanas (standing, sitting, prone and supine) which are easy to practice at home on a daily basis. Kids age 10 and above are also welcome!

YAOR is in Auroville as a Savi volunteer. He has completed a 2 year senior diploma in Zen Shiatsu therapy and Traditional Chinese Medicine, and has studied Hatha Yoga with Surinder Singh.

AYURVEDIC SPICES AND HERBS FOR DAILY USE with Dr. Geeta
Friday 8 January - 9:30 am to 12:30 pm
A holistic approach for maintaining health through herbs and spices that can be used in daily life and diet.

DR. GEETA AUROPREM has 30 years of experience in Ayurveda, Yoga and Naturopathy. She has an MD in Gynecology and Pediatrics, a YTTC certificate and diploma in Yoga, and Post-Graduate degrees in Yoga & Naturopathy.

COACHING FUNDAMENTALS with Julie
Saturday 9 January - 9.15 am to 4.45 pm
This interactive and dynamic training day will provide you with basic coaching skills. Coaching is the art of listening profoundly and asking powerful questions with the aim of facilitating sustainable and real change. Coaching conversation skills are a great tool for anyone interested in optimizing their relationships, and in particular: Managers- to build an inclusive, non-hierarchical leadership style Therapists- to enhance long term impact on clients / Designers and other freelancers- to build trust in client relationships / Teachers- to create mutual respect and openness with students / You will learn how to listen in a focused and intuitive way, how to ask questions that quickly build resonance and trust, and how to facilitate transformation.

JULIE is a Certified Life Coach from the Coaches Training Institute in London. She combines her extensive coaching, yoga and business consulting experience to facilitate clients finding insight and purpose.

NEW WEEKLY CLASSES IN VÉRITÉ: (drop-in)
Pilates with Philippe - every Monday and Friday from 4 to 5 pm
Nia Holistic Dance with Philippe - every Monday and Friday from 5.15 to 6.15 pm
Soul Motion - A Conscious Dance Practice with Philippe - every Tuesday from 5 to 6.30 pm

Soul Motion - Mindful Movement & Meditation with Philippe - every Thursday from 9 to 10 am
Kolams with Rajaveni - every Thursday from 3 to 4.30 pm

OPENING THE GATEWAY TO THE VILLAGE
Program for January 2016

Village Tour
Saturday 02/01/16, Sunday 10/01/16, Sunday 24/01/16, Saturday 30/01/16
Meeting Point is the Lively Boutique, Kotakkarai plaza at 9.30 am (please bring your bike).
Come and enjoy the authentic village experience and celebrate cultural heritage!
Contributions requested from guests/Volunteers, Volunteer reduction by advance application only.

Cook like a local (Traditional)
Saturday 02/01/16, Saturday 09/01/16, Saturday 23/01/16, Saturday 30/01/16
Learn to make these delicious local dishes and learn how to make flower drawing (Kolam).
Meeting Point is the Lively Boutique, Kotakkarai plaza at 9.30 am (please bring your bike). We will finish around 1:00 pm.
Menu: (Raagi Adai, Dosa, Coconut Chatini & Paayasam)
Contributions requested from guests/Volunteers, Volunteer reduction by advance application only.

Irumbi Legend Shiva temple Visit
Time: 6 pm - 7.30 pm (Please bring your own vehicle). Date: Every Saturday
Please register for all the programs in advance by contacting 0413 2623806 or Mohanamprogram@auroville.org.in. Please visit: www.mohanam.org or www.harmonyvillagepromenade.weebly.com

BAMBOO CENTRE TRAINING PROGRAM FOR JANUARY - 2016

Auroville Bamboo Centre runs many workshops throughout the year for visitors who book and pay for the courses. We do have various conditions that we hope you understand and agree with.

TRAINING AND WORKSHOP
The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs is gaining global acceptance among many people. Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period. The Auroville Bamboo centre offers training to individuals and groups in:

Bamboo Construction
5th to 8th January: 4 days - TRAINING PROGRAM ON BAMBOO CONSTRUCTION
27th to 30th January: 4 days - TRAINING PROGRAM ON BAMBOO CONSTRUCTION

Bamboo Furniture
19th to 21st January: 3 days - TRAINING PROGRAM ON BAMBOO FURNITURE

Bamboo Jewelry
Every Thursday, Friday & Saturday of January - HANDS ON EXPERIENCE ON BAMBOO JEWELLERY

Bamboo Toys
Every Thursday, Friday & Saturday of January - HANDS ON EXPERIENCE ON BAMBOO TOYS

Bamboo Musical Instruments
Every Thursday, Friday & Saturday of January - HANDS ON EXPERIENCE ON BAMBOO MUSICAL INSTRUMENTS
**ACTIVITIES IN PAVILION OF TIBETAN CULTURE IN JANUARY**

**Regular events**

**Every Monday.** Circle song led by Marlena, Fat and Hamish on the spot registration from 5 till 6 pm.

**Every Wednesday:** Exploring Meditation on the spot registration from 5.15 till 6.15 pm led by Yalahalom.

**Every Friday:** Tibetan Dinner (Limited people)

**Fund Raising Dinner for Namgyal and Kalsang Housing (advance registration must)**

January 4th till the 7th:
- **Workshop behind the mask facilitator Sandhi SPIERS - Limited for 12 people. Advance registration must.**
  - Detail information via e-mail.

January 8th till the 13th:
- **Ayurveda Acupressure Massage for 6 full mornings from 9 am till 12 pm.**
  - Facilitator Kalyani, Aurovilian - for limited number of people.
  - Registration necessary, details information will be shared via e-mail.

January 6, 7 & 8 and 13, 14 & 15:
- **Healing through Breathing - Facilitator Marie Noelle, Aurovilian.**
  - Workshop from 9 am till 4 pm - needs an advance registration, detail information will be shared via e-mail.

January 14th:
- **Pavilion of France present a talk by Mr Benard Bouheret. Details follow up News and Notes.**

January 28, 29, 30 & 31:
- **Follow up of the FIRST workshop “Behind the mask” with Sandhi SPIERS.**
  - Limited number of people to 12 - requires advance registration, detail information will be shared via e-mail.

**Exhibition on Light in Darkness Original Poetry and Photos by Hamish:**

*The above mentioned activities are happening at Pavilion of Tibetan Culture in International Zone Auroville. For information and registration contact: kalsang@auroville.org.in or call: 0413 2622401 8489067332*

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**UNITY PAVILION**

A series of workshops between 5 January and 9 February 2016

The Twelve Aspects of the Divine Mother

*Introduced in Yoga Nidra and led by Veronik Menanteau*

This workshop will explore the journey of consciousness through the wonderful guide map of Sri Aurobindo’s work: “The Four Powers of the Mother and Twelve Aspects”. Special focus will be on the levels of consciousness between our ordinary mental plane and the State of Yoga Nidra. It tends to focus on the psychic being and a growing sense of collective consciousness in the Integral Yoga. To this inward psychic movement it will add the movement of collective opening upward to the Divine Peace, light and force above, using Yoga Nidra practice, Circle group with an emphasis on the power of the witness consciousness and Twelve Aspects’.

**Timings are 6.30 – 8.30 on the following dates**


(For more information see News and Notes)

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**JANUARY WORKSHOP PROGRAM**

**Thai-Yoga-Massage**
- **Beginner / Advance Course Jan.4th - 14th, 9am - 5pm**
  - with Itzhak and Bebe

**Permaculture Introduction**
- **Jan 15th - 17th, 8am - 5pm with Martin**

**Renewable Energy**
- **Jan 18th - 24th, 8am - 5pm with Jorge**

**Thai-Yoga-Massage**
- **Beginner / Advance Course Feb. 1st - 10th, 9am - 5pm**
  - with Itzhak and Bebe

**Principles, Foundations & Dynamics**
- **60-80 hours intense training - Instructions & Practice**
- **Yoga & Meditation 6.30am - 8am optional**

**Info:**
[www.thai-yoga-massage.org](http://www.thai-yoga-massage.org)

**7 Day Intense Course: How to build a Small Wind Turbine**
- **Learn about Wind Energy, Build & Assemble - Carve Blades, Manufacture a Magnet Generator. No experience necessary!**

**Principles, Foundations & Dynamics**
- **60-80 hours intense training - Instructions & Practice**
- **Yoga & Meditation 6.30am - 8am optional**

**Info:**
[www.thai-yoga-massage.org](http://www.thai-yoga-massage.org)

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**PITANGA**

**Classes -** Belly dancing classes are cancelled with Priscilla until January 27th

**Iyengar Workshop** with Tatiana for all levels with special emphasis for beginners by registration from reception. Jan 8th 2.30 pm - 5 pm, Jan 9th 10.00-12.30 pm and 2.30 pm - 5 pm and Jan 10th 10.00-12.30 pm

**Music and Silence:** Saturday January 2nd, 9th, 16th, 23rd, 30th and 6th of February 2016 at 6.45pm-7.45pm. A live music meditation with recording artist Shastro (Bansuri, clarinet) and Ashaman (Spanish guitar). Sets of meditative music alternating with periods of silence, helping to deepen the inner silence and stillness and creating an atmosphere where it will be easier for one to connect to one’s True Self.

**The Truth About Cancer Film Series** - Thurs Jan 7th at 7-30 pm - See Cinema Section

**“Offering” - an exhibition of Nature prints by Mrídula Vichitra, December 26th to January 9th**

**Holidays -** Pitanga will be closed on January 1st

Pitanga Cultural Centre, Samasti, Auroville (0413) 2622403/2622994 pitanga@auroville.org.in

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**News&Notes 2nd January 2016 [630]**
### THERAPIES

<table>
<thead>
<tr>
<th>WHAT WE PROPOSE</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranio Sacral, Lomi Lomi massage &amp; Bare foot body massage</td>
<td>SILVANA by appointment 9047654157</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Body Logic, Soft Massage and Deep Tissue Massage</td>
<td>PEPE by appointment 9943410987</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Hypnotherapy and Chakras Healing</td>
<td>MARCELLA - by appointment 9443338734</td>
<td>Also in Italian</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Dr. MOHAMMED SAHEL ANSARI by appointment 9994208068</td>
<td>Monday, Wednesday and Friday</td>
</tr>
<tr>
<td>Yogic Healing and Therapeutic Massage</td>
<td>BASU - by appointment 9443997568</td>
<td>Monday to Friday 8 to 9:30 am &amp; 6:00 to 7:30 pm, Saturday &amp; Sunday any time.</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Innervoice Dialogue</td>
<td>ANTARJOTHI by appointment 0413-2623767 or Email : <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></td>
<td>Also in French.</td>
</tr>
<tr>
<td>Deep core massage</td>
<td>SUMIT by appointment 07839062619</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Siddha Treatment (Discover the traditional Medicine)</td>
<td>SHIVARAJ - 93454 54232</td>
<td>Monday, Wednesday and Friday From: 10:00 am to 12:00 pm by appointment.</td>
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### BEAUTY PARLOR

<table>
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<tr>
<th>WHAT WE PROPOSE</th>
<th>WITH WHOM</th>
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<tbody>
<tr>
<td>Holistic Reflexology, Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna &amp; hair coloring.</td>
<td>MEHA by appointment 9443635114</td>
<td>Monday to Saturday</td>
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<tr>
<td>Hair dressing</td>
<td>ONGKIE - by appointment 9843930178</td>
<td>Monday to Friday</td>
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<tr>
<td>Hair dressing</td>
<td>YUVAL appointment 76392154694</td>
<td>Monday to Friday</td>
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### REGULAR CLASSES IN THE MULTIPURPOSE HALL - 1ST FLOOR

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<tr>
<th>WHAT WE PROPOSE</th>
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<tr>
<td>Hatha Yoga Classes</td>
<td>BRIONY - 07738671045</td>
<td>Beginners &amp; intermediate classes on Tue &amp; Thurs at 5:00 to 6:30 pm. Beginners class on Wednesday at 8:00 to 9:30 am.</td>
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<tr>
<td>Vocal Yoga Vy®</td>
<td>CLARE FUNNING -9442318775 GRIDEV - 8940056137</td>
<td>Monday &amp; Friday at 7:30 am to 9:00 am</td>
</tr>
<tr>
<td>Chi Gong Classes</td>
<td>MONA - 7742515999</td>
<td>Tuesday &amp; Thursday 7:00 to 8:30 am, Wednesday 5:00 to 6:00 pm</td>
</tr>
</tbody>
</table>

Internet facility is available in Arka: Monday to Saturday, 9:00 am to 4:30 pm.

### UPCOMING AND ONGOING EXHIBITIONS IN AUROVILLE GALLERIES (A WEEKLY SUMMARY)

**“To whom we adore as The Mother”, Drawings & Photographs, composition by Rosa and Satya, Centre D’Art, Citadines, from 2nd January - 13th January. Time: On the 2nd, the opening day, 4:30 to 7 pm, and after that every day from 2.30 to 5.30 pm except Sundays. Parking at Town Hall**

**“ONE” - A series of spiritual paintings by Aparajita Barai, Gallery Square Circle, Kala Kendra, Bharat Nivas - from 17th December to 7th January, Gallery opening times 9 am to 5 pm (Closed on Sundays and Public Holidays) Auronet link:** [https://www.auroville.org.in/event/54743](https://www.auroville.org.in/event/54743)

**“Largest Painting exhibition in an Office”, Assist World Records. Paintings of young minds around the globe to create awareness of climate change and of a healthy environment and Clean India. The paintings will be displayed for 365 days continuously and every day 50 new + fresh will be selected. Inauguration Date: 30.12.2015 Time: 5.00 pm. Duration of the exhibition: one year, from 30.12.2015 to 30.12.2016 Time: 10-12 and 3-5 daily. Venue: Aurelec, Auroville. Note: If you would like to contact us for this event kindly write an email to: contact@assistworldrecords.com**

### SAVITRI BHAVAN

**January 2016**

**EXHIBITION**

**Meditations on Savitri**

*Book 2: The Traveller of the Worlds, and Book 3: The Divine Mother*

110 paintings made by Huta under the guidance of the Mother, continues in the picture gallery.

**FILMS**

*This month we shall be showing films of Aurovilians*
Aikido classes: at Dehashakti/Dana, “Auroville Budokan” - Morning classes: Tuesday-Thursday-Saturday 6.00-7.30 am - Afternoon: Monday-Wednesday 6.00-7.00 pm. Beginners welcome on Saturday morning and the 2 afternoon classes. All students & users need to be part of AV Health Fund or insured by personal insurance. A yearly contribution is asked to all. Guests and Volunteers are required to contribute per class (50% discount for Vol. and -25% for AVH). About Children classes and more general info, write to budokan@auroville.org.in or visit http://budokan.auroville.org/ You can also contact Surya (Adult classes): 2623813 – 9655485487 - Cristo (Children classes): 2622356.

Alcoholics Anonymous: meeting (open) every Saturday 6pm, Centre Guesthouse (Merriam Hill Centre). Contact: Ingrid 9443843976 or Shankar 9442010573.

Aquagym Class: with Elisa at La Piscine, New Creation Every Thursday from 4 to 5 pm.

Argentine Tango: Mondays: Beginners’ class 6.00pm to 7.00pm and intermediates 7 to 8pm @ New Creation Sports Resource Center.

Kulipalayam. Wednesdays: Practica (tango dance space open to all) 7.30pm @ Sawchu, Bharat Nivas. Fridays: ‘An hour to study’ 8.00pm @ Naturelement. For milongas or further information please contact: tango@aurovile.org.in Bring socks or danceshoes.

Art Corner: An open space for creative expression, for all ages! Different themes each week, as part of research on art-making in our community and to help advocate and answer questions about Art Therapy. New timings: Tuesdays from 6-10 pm, upstairs at Le Zéphyr Café at Visitor’s Center; and Fridays from 4-6 pm, at our Art Cart parked on the Visitor’s Center stage. We occasionally move the cart elsewhere for events, please follow our FB page for updates: facebook.com/sankalpajourneys or email krupa@aurovile.org.in.

Astrology, its holistic approach: Astrological Chart by Uma Gimenez. You are welcome to call and fix an appointment at 2623080 or 9443697972 (Surrender). The reading can be held in English, Spanish, French and Italian.

REGULAR CLASSES

The Regular Classes column is published once a month. Guest-houses are kindly requested to put this page up on the notice boards.

Kindly inform us of any changes/cancellation in your regular event - the next regular events schedule will be published on February 6th, 2016. - Editors.
Authentic Tamil culture: Meena, a Tamil Aurovilian, would like to offer a course on the discovery and beauty of the authentic Tamil Culture every Sunday morning, meeting point at Courage Gate. The course may include: 1. cooking lessons, 2. How to make kolam, 3. How to wear a sari, 4. Henna design on hands and feet, 5. How to make flower garlands. Tailoring. If you are interested, please call Meena to talk about the details of your class and fix the time. During the day call: 9877022800, after 5 pm you may use the landline: 0413 2623262. Meena

A Self-Awareness Open Space: You are invited to come together for self-exploration in a warm heart-space. The focus is to develop a simple practice in our daily life as a means of spiritual growth. We will do this through meditation, mantra chanting, yoga, dialogue and spontaneous games. Time (starting 4th Dec, Thurs): Every Thursday & Sunday 5.30 pm - 7.00 pm, Saturday 7.00 am - 8.30 am, 11.00 am - 1.30 pm. Contact: Meena 9655024511, email: samrat@auroulov.org.in

Location: The rooftop of Apna Ghar, Meerambikai Garden, when you come into Auroville from ECR(beach road), turn left before the temple prior to Last School, Aspiration, after 200m it will be on the right.


Biodanza: Every Thursday at New creation dance studio at 7 pm till 8.15 pm. With Isabelle, facilitator in supervision. You can practise this life dance. More joy in your life with beautiful music that increases your wellbeing and your health to connect yourself, the others and the environment. It has really some positive effects. The Biodanza is for everybody. You don’t need to know how to dance. Contact Isabelle 9786400536. Come on time.

Bioregion Tour: Date: Every Saturday - Time: 12 pm till 6.30 pm. Meeting point: 11.45 am at Lively Boutique, Kotakkarai Plaza. Please contact us on 0413 2623806 or at mohanamprogram@gmail.com. Tour will only take place once a minimum of 10 bookings has been received. We aim to run this tour every Saturday, dependent on number of bookings received. Contribution amount is confirmed on enquiry. Transportation will be arranged according to the number of people.

Capoeira (Ginga Saroba Group): Join our Capoeira family! Classes open to all levels, led by Prof. Samuca da India and his students

- ADULTS >> Monday: 5.15 PM - Bharat Nivas (Sawchu) | Tuesday & Thursday: 6.00 PM - Deepanam | Wednesday & Friday: 7.00 AM - Town Hall (Plaza)
- KIDS >> Monday & Friday: 11.45 AM - Deepanam School - Contact us prior bringing a new kid
- CONTACT >> 9483828435 (Prof. Samuca) | info@ginga-saroba.com | www.ginga-saroba.com

Grupo Gingado Capoeira: Monday 7-8:30pm @ New Creation dance studio. Wednesday 6-7:30pm @ Bamboo Farm (near Imagination). Friday 6-7:30 @ New Creation dance studio. Saturday 4:30-5:30 Music Class @ Bamboo Farm (near Imagination). Classes led by instructor Camaleao (Jeremy) with over 20 years of Capoeira experience. For more info visit www.gingadocapoeira.in / info@gingadocapoeira.in .

Circus class: Every Monday: with Romain Timmers acrobatic, aerial, balancing work, juggling. Please wear yoga type clothing. From 4pm to 6pm at Elucieo circus. Miracle community

Working the CHI with Mauna: Venue: Joy Community Guesthouse Hall (Center Field). Date/Time: Wednesday and Friday - 5 to 6 PM (or longer). Starting on Wednesday 9th of September 2016.

Working the CHI are sessions that focus on consciously approaching, understanding and learning to sense, recognise and guide the CHI in one’s system. CHI, known in various world views as qi, ki, prana, ruach, pneum, lung, num, baraka a.o., was referred to by the Mother as the ‘inner, or true vital’ (29 May, 1962, Agenda Vol.3) and may play an essential role in one’s integral yoga, spiritual development and general well being. Mauna is a Dutch, long-term Aurovilian who started off in the Ashram in 1971. Having studied t’ai chi chuan in the Stevanovitch ‘School of the Inner Way’, she has been giving t’ai chi classes in Auroville throughout the nineties, which resulted in the currently well established school in Sharnaga. These ‘Working the CHI’ sessions can be seen as a kind of pre-créche to the same. Please bring loose clothing. For more information please contact Mauna at 9663168323 or Joy Community at 9488240778.

Clay classes for children and adults with Sarawasti and Anna. Please mail to aurokatrusya@gmail.com for details. Regards Sarawasti! 9877571623

Cooking class: Every Monday from 10 am to 2 pm there will be a cooking class for 4 months starting from December. These classes will include north Indian, Italian and Thai cooking. Anybody interested to learn these mouthwatering recipes are most welcome and I assure you that by the end of the sessions you will be able to please anyone with your cooking talents. Contact number: 9443635114.Meera.

Dance Offering: Listening - Allowing - Unfolding - Celebrating - Offering: with Dariya and friends

- Thursdays 5 - 7 pm at Veerite Hall
- Sharing a unique space to be, to express, to connect, to communicate and offer our prayers with free dance and contact improvisation. Everyone is welcome! Thank you for coming on time to begin together!

Drawing: Every Tuesday in Creativities Atelier/Studio is an open studio focused on drawing. Help is there if you want it 2-4:30. From 5-7 is figure drawing. All materials provided for both.

Exploring Meditation: Every Wednesday from 5.15 to 6.15 PM. Witnessing our inner world using different meditation techniques that were used by spiritual traditions around the world. No previous experience needed.

Venue Pavilion of Tibetan Culture International Zone.Auroville. Facilitator- Yahalom Emet from Djamia Community.

For information call 0413 2622401 or 8489067332 or 7639404518

Feminine dance: Tuesdays at 4:00 at Cripa hall (in Kalabumi). Feminine Dance has historically been a mystical art, a dynamic method to experience the energies of the Universe. We will create an opportunity to reconnect joyfully to our body, reawaken the flow of feminine energy, move to the living pulse of life and have fun in the loving presence of other women. Bring comfortable dance clothes. A flowing skirt and hip scarf are helpful.

Feminine dance - Flamenco In Cripa Every Wednesday: From 4 to 5.30 pm. Starting 13th of August

We will practice the flamenco position and attitude for dancing, the movements of hands, arms, body, legs and foot. We will listen to flamenco music to understand the roots of this dance. We will create a flamenco choreography. Come and enjoy with us, Flamenco team.

Foot reflexology: A massage that applies pressure to the feet with the thumb, fingers, and hand techniques. Approx. 60 min. Call 9443948288 or email vimkram@auroville.org.in for an appointment.

French classes at Savitri Bhavan, House of Mother’s Agenda: French classes at House of Mother’s Agenda, every Monday and Friday from 5 pm to 6 pm.

From the Food Lab: Horizon. (In front of Sve-dame). Mon., Tues., Thurs. 4.00 to 6.00pm. Call Lorenzo before coming at 09443362274. All relevant information about the after effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic Immunopharmacology is available.

Hypnotherapy and Chakras Healing at Arka: Marcella, Aurovilian, is a qualified Hypnotherapist and Past Life Regressionist from the reputed California Hypnosis Institute (India), now Ekaa. Languages: English, Italian. Contact: Tel. 9443383734 or email abalancedstate9@gmail.com

Hypnosis enables conscious access to the memory of a consenting person, which then provides the tool to therapeutically work with earlier experiences still influencing a person today. This includes fears and phobias, addictions, trauma, inner child work, discovering personal resources, past life regression.

Chakras Healing works with our thought processes and there is a corresponding thought processes for every chakra. Our thoughts works with our thought processes and there is a corresponding thought processes for every chakra. Our thoughts works with our thought processes and there is a corresponding thought processes for every chakra.
Ikebana lessons: Ikebana - The Japanese Ancient Art of Flower Arrangement (Sogetsu School of Tokyo). Classes for all levels. For further information please contact: Valeria Raso Matsumoto, cell. 9442992827, valeriasaro@hotmail.com

Improvisation theater workshop: Every Fridays at 4:30 to 6pm, in Sawchu (Barath Nivas). Come and play, learn, practice improv exercises. Feel free to come, it's free session Jeeff 94 86 47 53 67 and Ema 99 43 97 00 34

Introduction to Sustainable Food Growing: Every Monday 10.00 am till lunch time in Bhudda Garden. Contact Priya for more details at priya@auroville.org.in or 94432 22653

Leela: the game of the self knowledge (2000 years old): come play the game of your life. Sundays, 9.30 to 12 (above 15 years old) Info, Veronique J., 948 85 12 678 - SVEDAME, Butterfly Barn in German, English, Spanish, French, Italian and Russian. In SVEDAME, Butterfly barn. Contact Veronique J. 948 85 12 678 (leelathegame.blogspot.in)

Marbling & Lampshade Training: Marbling is a method of play of creative painting with surface design, which can produce patterns similar to smooth marble. The patterns are the result of color floated on either plain water or a viscous solution known as size, and then carefully transferred to an absorbent surface, such as paper or fabric.

Timing: Every Thursday Month of September from 02.00 pm to 04.30 pm. Contribution: Minimum Rs.500 Requested (come and learn take one lampshade with you). Please register in advance by contacting 0413 - 2623806. mohanamprogram@gmail.com

Martial arts: We are happy to announce that the self defense classes will start again from Tuesday 28th onwards. at terrasoul and adults. If you are interested please contact me after 4pm contacting 0413 – 2623806. [948-85-12-678] Margarita would love to start a regular class at terrasoul community, Windarra farm. The classes will be held every Tuesday and Thursday, from 5.30 pm to 7 pm. They will be taught by Martin Bastide who has more than 10 years practice in different martial arts, including Kung Fu, pencak silat, krav maga, kick boxing, thai boxing, taekwondo and jitsu. The style taught is a synthesis of the principles of these different martial arts, with a clear orientation towards effectiveness and practicality. All levels are welcome. Come and join us to train in a respectful environment.

Meditation for Peace and Healing: Join us from 5:00 to 5:45pm every Thursday afternoon at the Peace Table at the Unity Pavilion to build and hold a Collective Space for Healing and Peace. Please offer your Presence to help in this collective experiment, whether you need healing yourself or simply want to support others in their healing and well-being.

Modern Jazz Dance: Margarita would love to start a regular modern jazz dance classes for all levels at Cripa every Thursday from 4.45 to 6.00pm. The class will start from the 12th of December. Call for more information 9583335776

Nada Yoga: Monday: 1:30 pm to 3:30 pm (for new students with appointment) / Tuesday 1:30 pm to 3:30 pm - In Creativity hall of light. Nada Yoga or Yoga of sound teaches us to perceive sounds in different parts of the body that are connected to the central energetic channel. These ancient Yoga techniques re-align the energy flow and give peace and quiet serenity. In addition, with these techniques, During the classes we will also learn many devotional songs. Contact Hamsini: 9487944184. She has been a perpetual student of Nada Yoga for 14 years and has taught it for 5 years.

For NVC (Nonviolent Communication) and RC (Restorative Circles) in Auroville, please contact Laura (9442788016, laura.joyful@gmail.com)

Odisii & Semi-Classical Bollywood Dance Class With Tejas: Private Dance Classes at the Shakti Dance School in Felicity. Learn grace, discipline, and the beautiful temple dance of east India. tejas@shaktidancetroupe.com. +91-8489477222

OM Choir: “The voice that chants to the creator Fire,/The symbolled OM, the great assenting Word” Every Tuesday at Savitri Bhavan from 5:45/6:00pm. Contact the OM Chair in the Ashram School, opposite the Ashram Entrance, Pondicherry, Fridays at 7:00pm.

Online Events Calendar: The schedule of events for the week can be accessed by all, including guests, on the Auronet login page: www.auroville.org.in (no need to log in)

Pilates with Savitri at New Creation Dance Studio on Mondays at 5:30 basic level on Tuesdays at 7:30pm, intermediate level. on Saturdays at 7:30 am, intermediate level

Pizzas Nights: The Youth Center welcomes you to re-join for delicious fresh pizzas from a cyclcone-wood-fired oven. Every Saturday evening 7:00pm onwards

Pottery ceramic Training: In art history, ceramics and ceramic art mean art objects such as figures, tiles, and tableware made from clay and other raw materials by the process of pottery. Timing: Every Wednesday Month of September from 02.00 pm to 04.30 pm. Contribution: Minimum Rs.350 Requested (come and learn take one tea cup with you). Please register in advance by contacting 0413 - 2623806. mohanamprogram@gmail.com

Pregnancy Classes: We hold a space for pregnant mothers to share information and work on reflecting on pregnancy and moving from emotional blockages, getting advice to overcome difficulties, fears & doubts about birth and bringing more joy into the birthing journey. Time and place will be determined by mutual availability of the pregnant mothers and Ally. For more information please contact: ally@auroville.org.in.

Psycho-spiritual work, tarot and other sessions: To bring more clarity and freedom on life issues where there was confusion and entanglement. Every Saturday 7 - 10 pm. “Tarot, deconditioning self-inquiry,” inner personalities’ discovery and balancing, guided meditation and other tools...by Antarjyoti in English or French, tel(land): 0413-262-37 67 or email: antarcalli@yahoo.fr

Salsa in SAWCHU: Salsa dance class followed by practice. Every Tuesday 6pm-8pm. SAWCHU in Bharat Nivas. Free and open to all Aurovilians, Newcomers and Guests.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5-6 pm

Silent Meditation Among Friends: Pavilion of Tibetan Culture: Wednesdays and Fridays: 5 to 6 pm (starting January 16th) We invite you to Silent Meditation with Carsten Marsh who has been practicing Zen meditation since early 1980s with various Zen groups in Europe, USA and New Zealand. He will give a brief instruction on Zazen (Zen sitting posture) at the beginning of each meditation session. Everyone is welcome and requested to arrive a few minutes early, as meditation will begin promptly at 5pm. ”You should sit in meditation for twenty minutes every day - unless you are too busy; then you should sit for one hour,” old Zen adage

Skyworks: Tree Climbing Workshops: Recreational tree climbing workshops. You want the experience without learning all the knots? These courses are already trained in the trees. The knots are tied and tested before. You ‘hook on’. After being fitted with your “saddle” and some short instruction on safety and climbing techniques, you are off and climbing! Call Satyaaji for conditions and appointment 958 516 58 82. Thank you

Somatic Experiences: with Maggie every Wednesday from 5-6pm in Verite Hall. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. Open to all, for further info call 94866 23465.

Sound Bath / Unity Journey: Every Wed 5:30 - 6:30, starting 6 Jan Unity Pavilion. Aurelio and team will create and share a experiential space of deep relaxation through a basic tuning process and exposure to the SOOTHING WAVES and VIBRATIONS of pure acoustic instruments.

Gongs, bells, chimes and diverse newly invented and archaic sound sources will invite the listener into a SOUND JOURNEY through inner landscapes and synaesthetic contemplation towards a Unity experience.

South Indian Classical Dance (Bharatnatyam): Bharatnatyam dance classes offer by Bharatnatyam Dance Classes offered for beginners. Weekly twice. The classes are offered for children and adults. If you are interested please contact me after 4pm on my mobile. S. Cover:7598368514

Spanish Tertulia: A gathering for cultural exchange, every Friday from 4pm to 6pm at La Terrace. We welcome anyone interested in Spanish culture and those who practice colloquial language.
Spontaneous Singing:
Just welcome the song that is here
Just let the music cross you
Just connect to your inner song
Just connect to the divine in you
Just enjoy the surprise of what you can create
And share...
With Antoine 97 86 401741. Every Wednesday 5 -6 pm - last: oct.28 .Creativity - Hall of Light - Free donation

Réception francophone: Tous les mardis de 17:00 à 18:30 à La Terrace, en haut de la Cuisine Solaire, Ananda et Michiko sont à la disposition des visiteurs francophones qui voudraient poser des questions sur Auroville. Les auroviéliens et newcomers francophones peuvent aussi participer.

Tamil Literary Classes: Ilaiyargal Education Centre organizes Tamil Literary Classes every Thursday evening 5 pm-6 pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, history and culture are opened to all / Now we are ready again to continue our Classes on sewing, hand embroidery, drawing, painting and simple handicrafts for Auroville workers, their wards and Aurovilians interested. Better fix your schedule with our craft instructor / - We have created facilities for simple natural Beauty Corner for women only. Contact. R. Meenakshi (Ilaiyargal Education Centre, Phone No: 0413 - 2623 773, Email: - tamil@auroville.org.in)

Thai Yoga Massage: Workshop A inner exploration of the body, energy and spirit. Every Sunday from 9.30 to 12 am. - In Terrasoul Community ( Windarra Farm). In the Sunspace. All levels. Juan mv. 9443434182

Theater class and Use of the Voice for Actors and People who want to Speak in front of an audience class:
Use of the voice class: every Wednesday 10.15 to 12.30 at Cripa. We explore techniques on breathing, resonance, voice and we also focus on the correct English pronunciation.

Theater class: every Thursday 10.15 to 12.30 at Cripa. We explore many different methods and theatrical languages from Stanislavskij to Michael Checov, Strasberg, Meisner etc. so that the actor can have the larger knowledge of the tools she can use for the interpretation of her character. Those are not workshops, but a regular appointment for actors to train constantly their vocal, imaginative, physical instruments. Whoever wants to regularly participate to the classes is welcomed.

No experience demanded. For information: francesca@auroville.org.in

Therapies - Vani: Journey to the memory of the body: Journey through the trauma memories in the body, emotional blockages and belief systems in order to release and heal these traumas, by getting aware & deprogramming these past believe systems that keep you from living a very joyful life in the present. Fusion of deep guided relaxation, visualisation, energy work, pranic healing, acupressure & reflexology. Life coaching is very useful in period of changes and doubts in order to get in contact with your intuitive self and find the creative & dynamic thread of your life again.
For appointment contact Pitanga: 2622403 or Vani: 9488818072/vani@auroville.org.in/Reiki and Reflexology courses possible on request

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For appointment contact Pitanga: 2622403 or Vani: 9488818072/vani@auroville.org.in/Reiki and Reflexology courses possible on request

Ultimate Frisbee: Every Saturdays & Mondays, 5pm till sundown at Certitude.Helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; along with patience & teamwork. Bring running shoes if you have them. Contact mark@auroville.org.in with any questions or just come ready to play.

Vedic Astrology: Chart reading and interpretation. Call 9849482888 or email vikram@auroville.org.in for an appointment.

Veena Musical Classes: As one of India's most ancient string instruments, the veena's origin can be traced back to the ancient yahz, which was similar to the Grecian harp. Bharata, in his Natya Shastra, explains the theory of the 22 srutis in an octave with the help of two experimental veena's.Kaanchi Kaami Koda Aasthana Vithvaan Thiru Ravi (Ravi for short) conducts regular veena musical classes for everyone at Yatra Arts Foundation, near New Creation sports ground. Come and learn an ancient art form in pleasant and friendly surroundings. Who: Everyone! Children & Adults. When: Every Friday evening from 5pm to 7pm. Contact: 0413 - 2623071 / 9786772209

YEP for kids aged 7 to 12: To enjoy activities with other kids & discover Auroville. Every week from Monday to Friday 8:30 am to 1:30 pm - Information & registration: yep @ auroville.org.in or 7639321750

Yoga classes: New Colors invites you all, for a yoga class on every Sunday at 8:00 am. This class is for all ages. For further details contact: 95855 13279 Mail id: newcolors2002@gmail.com

Yoga Classes: Vinyasa flow classes by Bebe in Creativity every Thursday 6-7pm. For information contact Bebe: 9786772209

Zumba classes: with Sathish are resuming at New Creation Dance Studio on Mondays 6-7pm and Thursdays 6-7pm...
THE ECO FILM CLUB
Sadhana Forest, January 8, Friday at 7 pm

CAVE OF FORGOTTEN DREAMS
2011, 90 minutes, Directed by Werner Herzog.
In 1994, a group of scientists discovered a cave in Southern France perfectly preserved for over 20,000 years and containing the earliest known human paintings. Knowing the cultural significance that the Chauvet Cave holds, the French government immediately cut-off all access to it, save a few archaeologists and paleontologists. But documentary filmmaker, Werner Herzog, has been given limited access, and now we get to go inside examining beautiful artwork created by our ancient ancestors around 32,000 years ago.

Before the movie at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film you are welcome to join us for a free 100% vegan organic dinner!!

Schedule of Events:
16:00 free bus from Solar Kitchen to Sadhana Forest for the Tour
16:30 Tour of Sadhana Forest
18:00 free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
20:00 Dinner is served
21:30 free bus from Sadhana Forest back to Solar Kitchen
The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 2677682 or 2677683 or sadhanaforest@auroville.org.in.

VISITOR CENTER MOVIE SHOW
7th January Thursday 8 pm
THE MARTIAN (2015)
Dir: Ridley Scott / Cast: Matt Damon, Jessica Chastain, Kristen Wiig
Story Line: During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

8th January Friday 8 pm
BRIDGE OF SPIES (2015)
Dir: Steven Spielberg / Cast: Tom Hanks, Mark Rylance, Alan Alda
Story Line: During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

AT SAVITRI BHAVAN
“INTERVIEW WITH CHALI ON HER LIFE AND WORK IN AUR OVILLE”
Monday, 4th of January 2016, at 6:30 pm.
Chali was as a child in the early experimental school “Equals One” in Pondicherry with a very free and activity based education also with sandbox-play. Chali is also speaking about the early days in Auroville and education. The wish for more and higher education created the ‘Learning Centre’ and then ‘Future School’.

Duration: 56min.

THE TRUTH ABOUT CANCER FILM SERIES
Thurs Jan 7th at 7-30 pm at Pitanga Cultural Centre
In this episode you'll learn just how important your immune system is for fighting, destroying, and of course preventing the development of cancer and many other diseases. This is a powerful documentary series, which we will show weekly, that goes through groundbreaking research behind cancer and degenerative diseases with new information that can benefit all.

A POWERFUL INTRODUCTION TO SRI AUROBINDO’S AND MOTHER’S EVOLUTIONARY ACTION
2 filmed interviews with Satprem, Mother's confident for 20 years.
"Satprem" - Le Chemin vers l’interieur - 30mn
"L’Homme apres l’homme" - 1hr
The 2 films will be in French with English subtitles

Cinema Paradiso - Town Hall
On Tuesday 05/01 at 4.30 pm.

ESPECIAL FILM SCREENING FOR STUDENTS
AVFF-EOP presents two films: The Betrayal & The Guard, Screening at Cinema Paradiso (MMC)
On 5th January 2016, from 9.00 am to 1.00 pm.
The Producer of the films Flora Fernandez Marengo will be present to introduce the films and to answer questions at the end.
All students and interested adults are welcome.
important information about news & notes (absolute deadline for submissions or cancellations: wednesday 11 am)

the contents of news & notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. editing of submissions, mainly for reasons of space and clarity, is done according to an established policy. how to submit material: material (no pdf files, please) may be sent (in english only) to the newsandnotes@auroville.org.in.

please try your best to send your announcements, reports, film schedules whenever they are ready.

the wednesday deadline (11am) is absolute as the news is given to the printers by wednesday 2 pm.

any modifications of the submitted news items have to be sent to the editors before wednesday.

we regret not being able to attend to visitors on wednesdays due to work pressure.

articles for the notes section should ideally be no longer than 500 words. all articles need to reach us by tuesday noon.

visiting hours: mondays, tuesdays 9am to 11.45am and 1pm to 3pm; no visitors on wednesday.

please, no dictations over the phone unless it is an emergency or you have a medical problem.

soft version: we encourage you to ask us for a soft version of news & notes send directly on your own mail. first, it saves trees, cost of paper (£12,000 monthly are spent only on purchasing paper) and labor cost (900 copies are printed every week). second we send your soft copy as a pdf file (same formatting as the printing version with colored pictures) on thursday morning and you can get information earlier than the printing version which is delivered only on friday and saturday. don’t hesitate to mail: newsandnotes@auroville.org.in or to phone 2622133.

disclaimer: the views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. the news & notes serves as a channel for the publication of material coming from trusted sources within auroville. the editors cannot be held accountable for any allegations presented, or information given or offence caused. in case of any dispute, the auroville council may be consulted and publishing of disputed material suspended.

news & notes, media centre, town hall. phone: 2622133, email: newsandnotes@auroville.org.in