This power is leading towards the Light, but still through the Ignorance. It leads man first through his needs and desires; it guides him next through enlarged needs and desires modified and enlightened by a mental and moral ideal. It is preparing to lead him to a spiritual realisation that overrides these things and yet fulfils and reconciles them in all that is divinely true in their spirit and purpose. It transforms the needs and desires into a divine Will and Ananda. It transforms the mental and moral aspiration into the powers of Truth and Perfection that are beyond them. It substitutes for the divided straining of the individual nature, for the passion and strife of the separate ego, the calm, profound, harmonious and happy law of the universalised person within us, the central being, the spirit that is a portion of the supreme Spirit. This true Person in us, because it is universal, does not seek its separate gratification but only asks in its outward expression in Nature its growth to its real stature, the expression of its inner divine self, that transcendent spiritual power and presence within it which is one with all and in sympathy with each thing and creature and with all the collective personalities and powers of the divine existence, and yet it transcends them and is not bound by the egoism of any creature or collectivity or limited by the ignorant controls of their lower nature. This is the high realisation in front of all our seeking and striving, and it gives the sure promise of a perfect reconciliation and transmutation of all the elements of our nature. A pure, total and flawless action is possible only when that is effected and we have reached the height of this secret Godhead within us.

The perfect supramental action will not follow any single principle or limited rule. It is not likely to satisfy the standard either of the individual egoist or of any organised group-mind. It will conform to the demand neither of the positive practical man of the world nor of the formal moralist nor of the patriot nor of the sentimental philanthropist nor of the idealising philosopher. It will proceed by a spontaneous outflowing from the summits in the totality of an illumined and uplifted being, will and knowledge and not by the selected, calculated and standardised action which is all that the intellectual reason or ethical will can achieve. Its sole aim will be the expression of the divine in us and the keeping together of the world and its progress towards the Manifestation that is to be. This even will not be so much an aim and purpose as a spontaneous law of the being and an intuitive determination of the action by the Light of the divine Truth and its automatic influence. It will proceed like the action of Nature from a total will and knowledge behind her, but a will and knowledge enlightened in a conscious supreme Nature and no longer obscure in this ignorant Prakriti. It will be an action not bound by the dualities but full and large in the spirit's impartial joy of existence. The happy and inspired movement of a divine Power and Wisdom guiding and impelling us will replace the perplexities and stumblings of the suffering and ignorant ego.


SRI AUROBINDO

To put into practice the little you know is the best way to learn more; it is the most powerful means of advancing on the way - a little bit of really sincere practice. For example, not to do something that you know must not be done.

The Mother
MCW, vol 10, On Thoughts and Aphorisms, p.34
**Report and Reflections of the Water Group: April-July 2018**

There are times when we get jolted into the reality of our water situation. A recent report by the National Institute for Transforming India (NITI) Aayog, which published the Composite Water Management Index to enable effective water management in Indian states, really woke us up. Some of the main conclusions included: 1) India is undergoing the worst water crisis in its history. Critical groundwater resources - which account for 40% of our water supply - are being depleted at unsustainable rates. 54% of India’s groundwater wells are declining, and 21 major cities are expected to run out of groundwater as soon as 2020. 2) Agriculture accounts for 80% of all water demand in India, highlighting a growing water and food security risk for the country. 3) Waste water is not properly treated or adequately reused. 4) Droughts are becoming more frequent. 5) When water is available, up to 70% of the water supply is likely to be contaminated. Here in Auroville, we are also part of the problem. Even though we recharge our aquifers substantially through the water conservation work done in the past, it is not enough, as we still rely predominantly on groundwater for our water resources and groundwater levels are dropping. Most of our communities don’t even know how much they’re pumping (due to lack of meters). And while we’ve spent energy and resources to make “water” the theme for Auroville’s 50th birthday, at this moment we are struggling to implement a sustainably water project to recycle our waste water.

There is a growing awareness that securing a sustainable water supply and using water efficiently are the keys for Auroville’s physical progress. Moving away from our dependency on groundwater, we will need to explore options for adding other potential water sources, together with ways for improving water efficiency. These include: 1) the harvesting of rainwater for storing in water bodies, 2) the treating of waste water and its assured reuse in specific areas, 3) the completion of a small desalination plant, 4) a secure and efficient fresh water distribution system and 5) an enlarged awareness about water saving practices. This awareness needs to be translated into decisions, involving choices, and in turn leading to a policy agreement for initiating and facilitating the implementation of a water strategy program. We feel that Auroville’s working groups should take the lead in supporting such a water strategy program and allocate the funds for implementation. Despite all the hurdles, we are progressing in the right direction. Timely decisions backed with the financial means are essential at this moment to realize such a decisive step.

We pray for rain, but this is really the time to also take action. We have work to do and need everyone to get involved. We need an informed decision making process, and people willing to work toward a sustainable water program. We also need lots of goodwill and joy along the way.

Water Group (Aditi, Bala, Christian, Dorle, Giulio, Ing-Marie, Jeanne, Meera, Pavneet, Tency, Tom)

Website: www.aurovillewater.in
Facebook: www.facebook.com/aurovillewatergroup

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**ANNOUNCEMENTS**

- **Houses available for transfer:**
  2. Adventure Forest: Plinth area 155.63 Sq.m approximately. Double storied load bearing structure residential house with 1 bedroom, kitchen, hall and balcony. Separate toilet & bathroom. Store room without roof.
  3. From Sunship: Immediately available: One single unit of 42 Sq.m completely furnished and equipped-kitchen, bathroom and cupboard with Collective cafeteria, Laundry, technical maintenance and management by Aurovilians!! (*Contact louis@auroville.org.in for visit and more information*)

- **Housing Project under construction:**
The finishing work at Kalpana is going on well. The South block with 22 apartments will be completed by mid-July 2018. In parallel the work is going on in the North block and East block.

The next works which will start soon are the balcony and staircases railings and the landscaping.

Out of 42 apartments 8 units are still available
Studio - 3 units / 1 BHK (Bed room, Hall and Kitchen) - 3 units
2 BHK - 1 unit / 3 BHK - 1 Unit
Also available 2 offices at the ground floor in the North block.

We are hoping to be ready by 30th August 2018.
Satyakam is available at the site every Thursday afternoon from 3 to 5:30 pm and Saturday from 10 am to 12:30.

For any further information please write to satyakam@auroville.org.in


New Prices for Solar Kitchen Meals
Dear All,

Kindly note that Solar Kitchen prices have changed.

The new prices listed below are effective from 1 Aug 2018.

<table>
<thead>
<tr>
<th>PRICES AT SOLAR KITCHEN</th>
<th>Current Prices (effective from 1 Jun. 2017)</th>
<th>New Prices (effective from 1 Aug. 2018)</th>
</tr>
</thead>
<tbody>
<tr>
<td>LUNCH</td>
<td>Individual - Monthly: ₹ 1,730 / ₹ 1,870</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Students: ₹ 1,600 / ₹ 1,730</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Individual - Daily: ₹ 1,700 / ₹ 1,115</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Children - Daily: ₹ 60 / ₹ 65</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Guests - Daily: ₹ 220 / ₹ 240</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunday Lunch: ₹ 160 / ₹ 175</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunday Lunch - Children: ₹ 90 / ₹ 100</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunday Lunch - Guest: ₹ 230 / ₹ 250</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>Individual - Monthly: ₹ 1,730 / ₹ 1,870</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Individuals - Daily: ₹ 105 / ₹ 115</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Guests - Daily: ₹ 200 / ₹ 220</td>
<td></td>
</tr>
<tr>
<td>SPORTS</td>
<td>Children - Monthly: ₹ 24,200 / ₹ 26,150</td>
<td></td>
</tr>
</tbody>
</table>

Thanking you and regards, BCC

Changes in Maintenance
Dear All,

Kindly be informed that maintenances have been changed.

The new one listed below are effective from 1 Aug 2018.

<table>
<thead>
<tr>
<th>MAINTENANCE - FULL TIME</th>
<th>CURRENT</th>
<th>NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>₹ 5,500</td>
<td>₹ 5,700</td>
</tr>
<tr>
<td>Kind</td>
<td>₹ 5,500</td>
<td>₹ 5,700</td>
</tr>
<tr>
<td>Health Fund</td>
<td>₹ 450</td>
<td>₹ 450</td>
</tr>
<tr>
<td>Lunch</td>
<td>₹ 1,730</td>
<td>₹ 1,870</td>
</tr>
<tr>
<td>In Kind</td>
<td>₹ 1,750</td>
<td>₹ 1,870</td>
</tr>
<tr>
<td>Total</td>
<td>₹ 14,880</td>
<td>₹ 15,420</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAINTENANCE - HALF TIME</th>
<th>CURRENT</th>
<th>NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>₹ 3,500</td>
<td>₹ 2,850</td>
</tr>
<tr>
<td>Kind</td>
<td>₹ 2,000</td>
<td>₹ 2,850</td>
</tr>
<tr>
<td>Health Fund</td>
<td>₹ 450</td>
<td>₹ 450</td>
</tr>
<tr>
<td>Lunch</td>
<td>₹ 850</td>
<td>₹ 850</td>
</tr>
<tr>
<td>In Kind</td>
<td>₹ 1,750</td>
<td>₹ 1,870</td>
</tr>
<tr>
<td>Total</td>
<td>₹ 8,530</td>
<td>₹ 8,870</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AUROVILIAN CONTRIBUTION</th>
<th>CURRENT</th>
<th>NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full time</td>
<td>₹ 3,150</td>
<td>₹ 3,510</td>
</tr>
<tr>
<td>Half Time</td>
<td>₹ 1,575</td>
<td>₹ 1,655</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CHILDREN MAINTENANCE (NEW)</th>
<th>Age</th>
<th>Cash</th>
<th>Kind</th>
<th>Health Fund</th>
<th>Nandini</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&lt; 1</td>
<td>180</td>
<td>1,580</td>
<td>225</td>
<td>-</td>
<td>1,985</td>
</tr>
<tr>
<td></td>
<td>1-5</td>
<td>180</td>
<td>1,580</td>
<td>225</td>
<td>400</td>
<td>2,385</td>
</tr>
<tr>
<td></td>
<td>6-10</td>
<td>540</td>
<td>2,180</td>
<td>225</td>
<td>450</td>
<td>3,395</td>
</tr>
<tr>
<td></td>
<td>11-17</td>
<td>720</td>
<td>2,790</td>
<td>225</td>
<td>500</td>
<td>4,235</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>720</td>
<td>2,790</td>
<td>450</td>
<td>500</td>
<td>4,460</td>
</tr>
</tbody>
</table>

Thanking you and regards, BCC

Approval of change of POUR TOUS Water Site
SITE NOC was given (SA-NO 1802) for site next to Telephone Service in Southern Service Node. This is to inform the community that POUR TOUS Water site is now re-located due to restructuring of campus and internal mobility of Southern Service Node. Hence NOC is renewed with new location.

Project Holders - PTV Team (Wazo, Grace and Nagappan)
Project Architects - Imago (Sindhuja and Michael)
Map is provided on Auronet.

L’avenir d’Auroville team (Anita, Anu, Divya, Ine, Pino, Tejaswini)

FROM THE ENTRY SERVICE - N&N # 757
Dated: 30-07-2018

Our team is happy to recommend the following individuals as Aurovilians and Newcomers, joining Auroville. Prior to Newcomer and Aurovilian status confirmation, for Newcomers two weeks and for Aurovilians one month window for community feedback. Kindly forward your support or grievances to entrieservice@auroville.org.in

- NEWCOMERS ANNOUNCED:
  Paul JONES (British) Staying in Needam guest house and working at Future School.
  Elisangela MARCOLIN JONES (British) Staying in Needam guest house and working at New Colors.
  Chiara MERIANI MERLO (Italian) Staying in New Creation Guest House and working at AV Radio.
  Valentina Beatriz SEPUVELA (Chilean) Staying in Grace and working at Outreach Media.
- NEWCOMERS CONFIRMED:
  Janani KARTHIK (Indian)
  Jayanthi Raju (Indian)
- CHILD OF NEWCOMER:
  Pedro Romeo MARCOLIN JONES (British) Born on 14/10/2016.
  Joao Paulo MARCOLIN JONES (British) Born on 04/10/2010.
  Manu BUDIN (Italian) Born on 09/06/2010.
- AUROVILIAN ANNOUNCED:
  Thirumal KANDASMAY (Indian) Staying in Kriya and working Guest Facilities Coordination Group.
- AUROVILIAN CONFIRMED:
  Avigal LEMBERGER (Israeli)
  YOUTH TURNED 18:
  Aman BABU (Indian) Staying in Prayatna and studying at NIT Puducherry.
  Prachita NAGAPPAN (Indian) Staying in Pump House and studying at Idhaya college of Art and Science.
  Gauthum MARTIN (Indian) Staying in New Creation Field and studying at Last School.
  Shiny MOHANASUNDARAM (Indian) Staying in Aspiration and studying at Puducherry University.

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF.
The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST.
Their pick-up is arranged.

This is the last step of the Newcomer process where the status of Newcomer Resident is switched to Aurovilian Resident.

ENTRY SERVICE OPEN TO PUBLIC TIMINGS
Monday, Wednesday, Friday 09:30AM-12:30PM
Monday to Friday (by appointment only) 02:30PM-04:30PM
Yours, The Entry Service

FOR YOUR INFORMATION

A note from the Auroville Survey and Mapping team

Our field surveyors, Raj and Ram, are currently working in the Residential Zone after having finished their work in the Matrimandir area. This tremendous yet meticulous work is primarily intended for the water management, in relation with the Water Management Strategy Plan (see www.auroville.org.in/article/69499), and in collaboration with L’Avenir. The data we gather through this process is available online, after checking and processing, at http://gis.auroville.org.in/map. So, if you happen to see Raj and Ram wandering with strange high tech equipment in different communities of the Residential Zone, please allow them to proceed with their work. Thank you!

The AVSM team (Giulio, Tency, Pavneet, Philippe, Raj and Ram)

News&Notes 30th July 2018 [757] 4
**POSTINGS**

**Welcome baby ANKITH!** Dear community, we would like to share with you all the good news that we have been blessed with a baby boy named ANKITH. He was born on 19/07/18 at 4:00 pm in Jipmer. Thanks and regards :) Venky and Suvedha

**Correction of Free Store timings:** The opening hours of Free Store are Monday to Saturday **9:00am** to **12:30pm** (not 9:30 as mentioned earlier) and Tuesdays & Thursdays in the afternoon as well from 2:30 to 4:30 pm. **Thanks Free Store Team.**

**Later Hours at the AV Library:** By popular demand the Auroville Library will be open every Tuesday afternoon from 4:00 pm to 6:30 pm (instead of 2:00 to 4:30). This is a try-out; we will make it permanent if enough people use these hours. Please give us your feedback. We will start by the first Tuesday of August (on the 07.08.2018). **The Auroville Library**

**HEALTH**

**Santé News in August 2018:**

The Santé team is happy to welcome back all our therapists and so many Auroville residents from their summer breaks. We hope you are feeling well rested and rejuvenated.

From 6th August 2018, Galina, Santé’s medical masseuse and physiotherapist, will offer one hour sessions of deep tissue or relaxation massage, lymph drainage massage or foot reflexology on Wednesday and Friday mornings. Please call Santé reception on 2622803 or come visit us between 8:45am -12:30pm and 2:4:30pm to book an appointment.

**SANTÉ THERAPISTS SCHEDULE - AUGUST 2018**

**PLEASE NOTE:** Santé is closed on WEDNESDAY, AUGUST, 15th, 2018

**Working Hours:** 8:45-12:30 & 2:00-4:30 Monday - Saturday

for Aurovilians, Newcomers & registered Guests, Volunteers & Friends of Auroville

Clinic Phone: 0(413)-2622803

* email: sante@auroville.org.in / admin.sante@auroville.org.in

For emergencies, contact Auroville Ambulance: Tel: 9442224680 (24x7)

Government Ambulance: Tel: 108 (24x7)

Auroville Ambulance Service has a fully equipped ambulance for all medical emergencies with an Advanced Paramedic on board. This service should be requested for medical emergency and/or medical transport only.

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**Blood tests and Lab collection - Mon-Fri only before 12:00 pm.**

Santé is closed every Tuesday afternoons for staff meetings

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**For Appointments, please call Santé reception at 0413-2622803**

Between 8:45am to 12:30pm and 2pm to 4:30pm.

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Practitioner</strong></td>
<td>Dr. Manoj</td>
<td>Monday - Saturday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Nursing Care</strong></td>
<td>Thilagam/ Archana/ Ezhil</td>
<td>Monday - Saturday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Acupuncture</strong></td>
<td>Andres</td>
<td>Mon, Wed, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Ayurveda Medicine</strong></td>
<td>Dr. Berengere</td>
<td>Wednesday &amp; Friday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Homoeopathy</strong></td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Homoeopathy</strong></td>
<td>Michael Z</td>
<td>Monday, Wednesday</td>
<td>Afternoon</td>
</tr>
<tr>
<td><strong>Meridian Psychotherapy / Medical Shiatsu</strong></td>
<td>Linda Grace</td>
<td>Tuesday - Friday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Physiotherapy Wellness massage (1.5 hrs)</strong></td>
<td>Galina</td>
<td>Monday, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Special massage (1 hr)**</td>
<td></td>
<td>Tuesday, Wednesday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Physiotherapy</strong></td>
<td>Osnat</td>
<td>Monday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Psychotherapy with NLP &amp; Hypnosis</strong></td>
<td>Denis</td>
<td>Monday, Wednesday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Psychotherapy</strong></td>
<td>Juan Andres</td>
<td>Mon, Tue, Thu, Fri</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Women’s Wellness</strong></td>
<td>Paula Murphy</td>
<td>Tuesday, Wednesday</td>
<td>Morning</td>
</tr>
<tr>
<td><strong>Childbirth Preparation class</strong></td>
<td>Paula/ Krishna / Thilagam</td>
<td>Monday</td>
<td>4pm - 6pm</td>
</tr>
</tbody>
</table>
Cancer Woes

Cancers have become so common these days and its quite distressing as a doctor to see this. Unfortunately, chemotherapy, and radiation are rarely the best answer because they don't address the cause of the problem. Auroville, which is relatively low in pollution is seeing a rise in cancer cases. Cancer cells can survive in situations where normal cells cannot. In order to protect ourselves, we need to minimise or eliminate the causes of cancers, which are as follows:

1. **EMF** - mobile phones and mobile phone towers
2. **Chemicals** - pesticide spraying, eating conventionally grown foods, and ready-made processed foods, which we are eating more and more of.
3. **Plastics** - unfortunately they are burnt around here.
4. **Refined** oils and frying
5. **Smoking, alcohol, tea, coffee and colas**
6. **Meat and Dairy** - this is a big one that far too many people don't understand. Animal products are multi-pronged cancer producers for the following reasons:
   - Cooked flesh contains heterocyclic amines that are carcinogenic.
   - Excess Protein - protein is the food for growth and cancer is a growth. Animal proteins come without the protective fibre found in plants.
   - Animal products always have more pesticides and chemicals just by virtue of being higher on the food chain, (the pesticides and chemicals in the animal’s diet and surroundings are concentrated in the flesh or secretions) and most of the animals in India eat from garbage, which includes plastic and sanitary waste.
   - Animal products decompose in our digestive tract leading to absorption of toxins.
   - Animal products are acidic in our body, and this attracts cancer cells.
   - Animal products are loaded in fat and free radicles

Although many in Auroville are vegetarian, we often neglect the fact that cheese is a concentrated form of dairy and having cheese, curds, milk and paneer and butter (not to mention ice cream and sweets) regularly has its consequences.

Some very good, well-referenced books to read on the subject are: “The China Study” by T Colin Campbell, and “Cancer is Not a Disease, It’s a Survival Mechanism” by Andreas Moritz.

Cancer causes so much distress to the victims and everyone else. An ounce of prevention is worth a pound of cure!

Dr Nandita Shah

THANK YOU

Thank you Auroville Farmers! I just want to thank the Auroville Farmers and say how much I appreciate the organic produce from Auroville. It’s always a pleasure to shop in FoodLink and PTDC. We are so lucky to have good organic fruits and vegetables throughout the year and each year it only gets better. Thanks to all of you it’s possible to have organic, pesticide free food in Auroville all the time if one chooses. Also a big thank you to those who donated all those mangoes from Aurolchard to Aurovillians. Nandita, Quiet

WORK OPPORTUNITIES

FAMC still looking for a secretary: FAMC is still looking for a full-time secretary to work with Naren, our current secretary. Ideally, we are looking for an Aurovilian or Newcomer, whose first language is English, to handle correspondence and write monthly reports. Other secretarial tasks, skills, and responsibilities include organization of data, ability to take responsibility for following up on multiple issues and keeping track of the same.

Maintenance is available.

Applicants should apply with a short bio profiling their work experience, provide 1-2 references, and a short writing sample in English. Applications to be sent to adminfamc@auroville.org.in.

Thank you, FAMC team

Volunteers need at the Auroville Language Lab:

1) **ALL is looking for VOLUNTEERS** (Aurovilians, or Newcomers) who are interested in teaching, translation, web-design, and various other work related to projects and research at the Lab. We are seeking teachers for French, Spanish, German and Italian.

2) We’d also like a multi-lingual (English, French, Tamil plus any other language) people-person who would fit well into our team, and could take care of our reception, answer phone calls and emails, register and keep track of students, and might also be able to keep track of different threads of work which need to be followed.

Thanks, Auroville Language Lab

Looking for a Graphic Design Volunteer at Auroville Web Services: to create/review an existing Android app. The designer may create a logo or update the existing logo for the app and to do a design review and Theming update for the app. Experience in any one of the following (Photoshop or Zeplin or Sketch) is essential. Experience in UX is a plus. Contact: webservices@auroville.org.in, thanks.

SPORTS

To all my mixed martial arts friends out there... **READY TO COME BACK IN SHAPE?** Let’s start again to practice MMA. Every Monday and Wednesday 5:30 to 7 pm at Dehashakti Gym. Cut your nails, be punctual and dress in sportswear. I can’t accept more than 13 students, so punctuality is a must. Free for Aurovillian and Newcomers (by the way donation are welcome if you want to roll on a new tatami), otherwise contribution is expected. Account number: 251884.

Contact Giacomo: 9487340778 / giacomoauroville@gmail.com. Check our page on FB: Auroville Mixed Martial Arts!

EATING OUT

News from AV Bakery - Our round pizza is back on Tuesday, Thursday and Saturday after 12:30. At the same days you will find whole wheat & potato focaccia. Gluten free and vegan pizza available on a daily base.

See you there! The Bakery team

Delicious-Bites Restaurant at Aurovelo is open!

From Monday to Saturday, from 11:00 am to 3:00 pm.

You’ll find Tibetan food, sandiwches, vegan and non-vegan desserts, cakes and biscuits. (Birthday cakes orders are available too). All are welcome! Delicious-Bites Team

AUROVILLE RADIO / TV

Dear listeners/viewers!

Greetings Auroville... We are happy to share with you all what we managed to capture in past week as a team of AurovilleRadio/TV. Please do collaborate with us in sharing event details and video clips of events happening in the community of Auroville. We would be happy to hear from you, and also for you to make use of our services. Please do follow our updated website which offers a wide range of information with written, audio and video content and stay connected with
 André, your incredible energy and what you created is all around us. You always lived the dream that nothing belongs to an individual by handing over what you created with your vision and energy to others in the community. We would have no Maroma, no Boutique d’Auroville, no Tanto, all pioneers in our economy that allow us to be self-sustaining, without your smile and enthusiasm.

And how many of us remember his vast heart, always open, never judging, even when others in the community were closed and judgemental? At the worst of times, he was always there, with a welcome that was never closed to anyone.

The last months of your life were a wonder to me. Where does one find the courage you had, the strength and smiles without any medicine, the gentle passing away? When I last met you, you still had the twinkle in your eye, you were still encouraging me when I thought I had come to make you feel better! You looked like a saint, and I realised you were a saint to me.

The tears came strong and natural to me when I saw you lying there. I really miss you, my friend.

Dilip Kapur

NOTES

One Auroville, One people

In this land, here, goodness and green were sown for mankind to grow

Exchange life-time of toil for tolls and taverns? Let treacherous trucks too their horns?

Nay! No to slicing No to dicing

Pray that the markings be miraculously lifted Promise to plant banyans on the line where souls can meet and birds can gather, raccoons wander and spotted deer reign

Who can slice? Who can dice? For it is One Auroville, And her people, One.

Devi N.

My friend André

André was always there for me as one of the great visionaries of Auroville. He was a conscience who always reminded me of what was right for our community, and for me personally.

The thousands of Tamil Aurovilians and villagers who paid respect to him on his passing away remind us of the constant efforts he made to open Auroville to everyone, especially our neighbours in the villages. He not only talked about it. He lived it in his life, he made it possible at New Creation by building a truly integrated community that was full of energy, education, and always creating something new. More than anyone else in our community, he showed the world that Auroville could be a model of integrating cultures, colors and races.

Water Words: Water Balance of WMS

(This is part 4/10 of the introduction to the Water Management Strategy (WMS) that the Water Group is currently working on. Please visit our website to read the full draft and share your feedback.)

Currently Auroville’s water balance is off balance, meaning that more water is leaving the system than returning to it. This is largely due to heavy extraction and exploitation of our ground water resources. In addition, we have a large data gap that
ACCOMMODATIONS

Available: I will be away for a month from 24th or 25th Aug to 25th Sept and my house in Quiet is available for housesitting for a single person or maximum a couple. If you like animals and would like to stay in Quiet, please Sms 9488483288 or email nandita@sharan-india.org. Nandita Quiet

Needed 1: Dear Community, I am Sangeetha Sriman, a newcomer since March. I, along with my daughter and husband, are looking for long-term house-sitting (8 months and above) possibilities. I love to garden and also have prior house-sitting experience in Auroville. I can be contacted at sriman.sangeetha@gmail.com or 94440-07649. Thank you!

Needed 2: I am looking for a house-sitting from October until December. I am 50 years old, Aurovilian. Mainly working in Transition school. I'm Lakshmi, a pre-school teacher and part of Auroorchard. Hello, we are

Needed 3: Hello Dear Community members, I’m Lakshmi, a pre-school teacher and part of Auroorchard. Hello, we are

Needed 4: Hello, we are Daniel and Elke, a French-German family with a boy of 15 and a girl of 11 looking for a long-term house-sitting from October on. We have been in Auroville for almost two years and we are at the end of our newcomer process. Daniel is working in Pitchandikulam and Auroorchard and Elke works as a teacher in Transition school. We look for a house or a flat with 3 bedrooms or 3 different sleeping places. We would of course cover all expenses and would happily maintain the house and eventually the garden. We are interested in community life, as we lived in a community for the last 5 years before coming to Auroville. If you want to know more about us see our profiles on Auronet, or write to: Danroday@free.fr

AVAILABLE

Auroville Library of Things (ALoT), an initiative by earth@us, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. allo@auroville.org.in. NOW ONLINE! aurolot.myturn.com/library/inventory/browse

Reliable and experienced gardener looking for a job: Mani is a very good, hard-working, reliable, experienced and rather independent gardener. For reasons of reorganization in Lilalok, we unfortunately have to let him go. He can be free from beginning of August onward, from Monday to Friday. If you are interested, you can call Jegan our caretaker (6383642117) so that he arranges the pickup. You can also write to us at lilalok@aurowine.org.in or call Lise (0413-2623407) and we'll arrange it.

Bike 1: Hero Honda Splendor in good condition (3 years old). I bought it last year, and I have replaced many old parts with new ones. Never had any issue with the bike so far. Please contact me at Johann.metz@mx.de or WhatsApp +491701952026. Johann

Bike 2: Honda Activa scooter in working condition. Contact Paul at 9385411271.

Scooter: TVS SCOOTY PEP PLUS, year 2009, good condition. If you're interested contact Lolita at 7094518728 / +41786213444 (whatsapp) or acat-mail@gmail.com.

Cycle: My name is Nina and I am a long term volunteer in Auroville, whose time in India is coming to an end in about 2 weeks, so I would like to pass on my one-year-old Atlas woman bicycle in order to keep it busy and running. Contact me at by SMS to +91 7094308188. Thanks, Nina.

Car: Blue, Tata Nano Twist XTA Automatic, Year 2017. Well maintained, only 2900 km. Mostly driven in Auroville. No accidents. Contact: 7094793274, Radhika

Kitchen appliances: 1 blender with glass jar, and 1 juice extractor. Contact Irene at 9159186803 or irene.disez@yahoo.fr.

Two-Burner gas stove: recently bought, slightly used. Contact Yatharth - +91-9460931563.

3 Cute Kittens: we have three kittens that are two months old with us, that we are giving up for adoption. The two males are a beautiful grey with white spots, who love to play, and the female is pure white and little bit shy. They've been dewormed and vaccinated and we want to find loving homes for them. If you would like to give one or all of them a home, please contact us. Denver: 9008307495 Richa 9686832797 Joel 770595796 jojox16@gmail.com.

Looking for used Metal or plastic corrugated sheets: Dear friends, we need to consolidate our watchman's hut and would be so happy with a donation of used plastic or metal corrugated sheet from an old building site for example. We need 3 sheets of 18 feet by 3 feet (5.5 m by 1 m) and 2 sheets of 15 feet by 3 feet (4.5 m by 1 m). It can be smaller pieces, anything will help! We will be happy to come and pick it up whenever it's convenient for you. Please call Jegan our caretaker (6383642117) so that he arranges the pickup. You can also write to us at lilalok@aurowine.org.in or call Lise (0413-2623407) and we'll arrange it.

Containers and Solar Panels: Dear Community, Joy of Impermanence is manifesting! We prefer to use resources already present in Auroville, and right now we are looking for shipping containers and solar panels. Do you have any of these for a contribution or to share in your community? Please get in touch with us at joyofoimpermanence@gmail.com. Thank you! Love and light, Joy of Impermanence team (Serena, Mathilde, Andres, Ion, Michael, Henrike, Mira)

Furniture for NALAN new office: Dear Community, we are looking for few chairs and a small cupboard. Please contact nalan@aurowine.org.in or 9047720320 (Whatsapp available), if you have anything to give away. Thanks! Mathan for NALAN.

Old working computer hardware: desktop or laptop, for up-cycling and reusing project. Minimum requirements, dual core processor 2GHz and above, 4 GB ram, preferably with usb 3. Will be used for experimental creation of a server. Contact 7010718987 or whatsapp 7845755510 or email aditya.m.bhargava@hotmail.com.

Call for CDs: Hope you enjoy Cascade - Power of One. For the next installation, we still need lots of CDs. If you have some that you don't use, please let us upcycle them! Contact Ok (9344000277) for Upcycling studio Auroville.

Dear Beautiful women: We would like the women who got trained in Dinha Rodrigues' Hormonal Yoga therapy to join us for a group practice. If you are interested, please contact: Hamisini 9487544184 or Penny 9442938514. With love, H & P

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**Moutain Bike:** Hi :) If you have any mountain cycle sitting around unused and you are willing to give it away I would be very happy to take it off your hands and to cherish and love it. With love, Vera - 9751633084.

**Home furniture and appliances:** Newcomer Family with 2 kids looking for any furniture for our new empty place (table/chairs/desk/beds/stove/oven, etc.). Thanks! Paul & Family: 9385411271.

**Cupboard:** any size, with doors for my kitchen. Let me know if you have one you want to give away on this number 948963906. Thanks in advance! Satyavan.

**A Secretary:** two hours twice a week. Good English, knowledgeable about computer and smart phone. Call CREEVA 04132622641 or email audrey@auroville.org.in, Aurovilian, Newcomer or going to be here 6 months.

**Share rides to Lycée Français:** Dear all, my elder son Nijam (12 years old) will attend this year the Lycée Français (6th grade). I am searching for other kids going from Auroville to the LFP to share the transportation. If you are interested, please contact me at merianichiara@gmail.com / 9487049867. Chiara

**LOST & FOUND**

**Cellphone (Lost):** black, iphone, lost on the road from Arka to Certitude on 21 July. This phone is so precious to me. If you find it, please contact me. mosim13@gmail.com or 7867841417. Thank you!

**Red Cushion (Found):** dropped near Sunship, now at N&N office!

**TAXI SHARING**

Auroville service of taxi sharing available with STS at: http://sharedtransport.auroville.org/ (an initiative by earthus)

**July 28th:** 9 a.m from Chennai airport to Auroville. WhatsApp: +918940566639 or tommo@auroville.org.in. Thanks, Tom.

**July 31st:** pick up from flight landing at about 11am. Taxi goes empty and back with 2 pax. Sharing both ways possible. Contact Sabine at lasabine@auroville.org.in or +919786775818, thanks!

**August 3rd:** departing AV around 11am for Chennai airport. 2 persons going, taxi coming back empty. Sharing both ways possible. Contact Sabine at lasabine@auroville.org.in or +919786775818, thanks!

**Week’s Happenings**

There are 2 useful online calendars of events in Auroville:
- Online Auroville Events Calendar - (no need to log in for guests! - just scroll down the page) The schedule of events for the week can be accessed by all, including Guests and Visitors, on the Auronet login page: www.auroville.org.in
- Auroville Art Service: artservice.auroville.org/calendar/

**AT MATRIMANDIR**

**AMPHITHEATRE - MATRIMANDIR**

*Meditation with Savitri*

*read by Mother to Sunil’s music*

Every THURSDAY - 6.00 to 6.30 pm [weather permitting] Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please No Photos and do not to use your cell phones, cameras, I-pads, etc.

Dear Guests, please carry your Guest Card with you - No photos there. Access only for the Amphitheatre from 5.45 pm Please be seated by 5.55 pm, no late entry. Thank you. Amphitheatre Team

**INVITATIONS**

**Reminder:** Sustainable Livelihood Institute (SLI - AUROVILLE)

Cordially invites you all to the 2nd edition of our...

**Seed Festival**

Saturday 28th July

10 am to 5 pm at Bharat Nivas

SAIER invites you, Saturday 26th July at 4:30 pm
At Nandanam Kindergarten

Colouring, slideshow, book reading & refreshments

A story from Auroville by Nathalie

**ALL ARE WELCOME!**

**Big Auroville Pot luck Dinner at Well Cafe**

We welcome you all to join us for a collective potluck, dance and music evening.

Celebrating life

Food, Music and Dance on Saturday 04.08.18

*Kid friendly party*

6:30 PM to 8 PM - Potluck - Lets be creative!

8 to 9 PM - Jam session - Bring your tools & voices

9 to 11:45 PM - World Dance - DJ Queen P

*Looking Forward to see you all...*

Well Cafe

0413-262 2219
3 Taiwanese Cultural Events
The Taiwanese Pavilion team is organising these 3 events to share our Taiwanese culture:

1. Monday, July 30th at 3-5pm: Traditional Chinese Literature Classics Class
2. Saturday, August 4th at 3-5pm: Taiwanese Cultural Event
3. Monday, August 6th at 4:30-6pm: Taiwanese Illustration Class for Children

Please register by writing an email to taiwan@auroville.org.in to get information about the venue. All the donation received will be contributing to building the Taiwanese Pavilion.

Dear Aurovilians, Services, Units, Working Groups, Dear family and friends,

We are happy to invite you to co-create a community event together!
We are got approval to use the Town Hall outside spaces to organize this event:

Community Gathering
Theme: Exploring Sincerity & Solidarity
Date: Sunday 12th August at 4-7PM.

The aim of this event is to create a platform for all to share their sincere efforts towards the collective and towards a sense of togetherness and solidarity. The Town Hall is one of our community centers and we would love to bring more lightness, compassion and fun into a space which we all share on a daily basis.

We invite all the young and older generations of Auroville to come together.
We will arrange some lights / speakers / microphone / stalls / tables / chairs.

We welcome any creative input from your side. Perhaps you have a specific topic you would like to highlight? You could put up a stall, hold a discussion space, say something on stage….

Let us know whatever you plan, what you need, and we will ensure you are included.

And thank you for considering to offer something to this event.

With love,
The YouthLink Team

Join Us / Questions / Suggestions: youthlink@auroville.org.in, Whatsapp +918940568266

EXHIBITIONS

Bharat Nivas presents

1. "The Dawn of Auroville"
- Photo Exhibition on the early days of Auroville with rare historical images and text by The Mother.
- At Kalakendra Art Gallery
- Opening hours: 9 to 4:30 pm. Sundays closed.
- Ongoing until end September 2018.

2. Exhibition by Olivier Barot
Sri Aurobindo for Studies: India and The World, Bharat Nivas
Timings: 9 to 4 pm. (Sundays closed)
News & Notes 30th July 2018 [757]

TALKS

You are warmly invited to

**URBAN FURNITURE & PLACEMAKING**

A presentation by 3H Summer School
Saturday, 4th August 2018, 11:15 am - 12:15 pm, Location Bhoomika, Bharat Nivas

Auroville Green Practices (Auroville Consulting) is conducting a summer school program (based on the 3H approach of Hands, Head and Heart). Participants include students of architecture, engineering, product and interior design.

The theme for this program is “Urban Furniture and Place Making” and participants are designing and building a bus waiting area near the Solar Kitchen roundabout.

This location has been chosen in consultation with L’avenir d’Auroville and the design brief is formulated with inputs from the children of Deepanam and Transition School.

You are warmly invited to the presentation for the community on the design and construction work carried out by the participants during these three weeks at Bhoomika, Bharat Nivas from 11:15am to 12:15pm on Saturday, 4th August 2018.

All are invited to be a part of the presentation and discussion. For more information please contact info@3gworkshops.com

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“**The Legacy of Sri Aurobindo – CIIS and Auroville**”

An informal exchange with guest speakers
Debashish Banerjee and Robert McDermott
Saturday August 4, 5-6.30pm at Savitri Bhavan

Like Auroville, CIIS - The California Institute of Integral Studies - is celebrating its 50th Anniversary this year. It was launched in 1968 by Haridas Chaudhuri, the first person to do a Ph.D dissertation on The Life Divine. Earlier Sri Aurobindo had recommended Haridas to represent Integral Yoga in USA. Robert McDermott has been with CIIS since almost the beginning and has played a role in introducing Sri Aurobindo’s thought in USA. Debashish Banerjee recently joined this university, first as the Chair of Haridas Chaudhuri and now as Head of the Department of East-West Psychology. Both Robert and Debashish have led groups hosted by CIIS on visits to Auroville and several Aurovilians are here after learning about Sri Aurobindo and the Mother at CIIS. Their visit gives an opportunity to learn more about the work of CIIS and the possibility of future knowledge exchanges between Auroville and the Institute.

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**SCHEDULES - AUGUST 2018**

**CREEEVA**

**Centre for Research, Education and Experience in the Visual Arts** (CREEEVA) is a platform for people to experience art first hand and overcome the inhibitions. It is a place where art enthusiasts can experiment with mediums, forms, themes, etc. and hone their skills.

**CREEEVA lets you explore deeper and find your language to express. It helps you practice your yoga of art regularly and peacefully.**

**WEEKLY SESSIONS:**

- **Colour Mediums** with A. Sathya. **Monday 5pm-7pm @ Creativity Community Atelier**. Work with different paint mediums to use in your own expression. Gouache/ Watercolors/ Pencil/ Charcoal/ etc.
- **Creative Art** with Dominique. **Tuesday, 4.30pm-6.30pm @ Creativity Community Atelier**. Explore and create your own understanding of known artists and also on Art which will expand your own expression.
- **Learn Calligraphy** with Marlenka. **Friday 9.30am-10.30am @ Creativity Community Atelier**
- **Life Drawing with Lakshay** - Saturday 5pm-7pm @ CREEVA Studio, Kalakendra, Bharat Nivas. Figure Drawing. Classic way to understand the form, anatomy, perspective, etc.

**MONTHLY SESSIONS:**

- **Art Matters** - Every Second Saturday. 10am-12pm @ CREEVA Studio, Kalakendra, Bharat Nivas. Free for all. Discussions on Art and Artists of Auroville and elsewhere.
- **Collective Creations** - Every Third Saturday. 10am-12pm @ CREEVA Studio, Kalakendra, Bharat Nivas. Free for all. An experiment on detaching oneself from ego and about respecting as well as appreciating other’s creative spirit. Have fun and learn from each other while making art collectively on a large canvas.

Pls, BE ON TIME. It’s a cooperative; please feel free to use the studio’s art materials. It’s free for Aurovilians and Newcomers. The base contribution for Volunteers is Rs.100 and Guests is Rs.200 per session. It’s a non-profit; donate generously for art to flourish. If you have any questions, feel free to call or email. 

Call 04132622641 or email to creeva@auroville.org.in

**We have an open studio every day from 9:30am to 4.30pm at Creativity Community.**

**NEWS FROM AUROVILLE LANGUAGE LAB**

**10 - DAY INTENSIVE COURSES IN JULY AND AUGUST:**

- **Saravanan** is offering an all new Tamil 10 - **Day Intensive Beginners Course from 23rd July ‘18**. Monday and Thursday from 10:15 AM - 11:15 AM.
- **A Tamil 10 - Day Intensive Intermediate Course also starts on 23rd July ‘18. Monday and Thursday from 11:30 AM - 12:30 PM.**
- **Puja** is offering a Hindi 10 - **Day Intensive Beginners Course**, which starts on 20th August ‘18. **Monday to Friday, 05:00 PM - 06:00 PM.** She will focus on pronunciation, sentence formation, sounds of consonants and vowels, video comprehension, vocabulary and basic Hindi grammar.

- **Puja** is also offering an **English 10 - Day Intensive Intermediate Course from 30th July until 10th August ‘18. Monday to Friday, 04:00 PM - 05:00 PM.** The Course focuses on the practical use of grammar and exercises, workplace conversation, video comprehension, essay writing, storytelling, building vocabulary, reading and pronunciation, conversation, debate and creative writing.

- **Asha** is offering an **English 10 - Day Intensive Beginners Course from 30th July until 10th August ‘18. Monday to Friday, 5:00 PM - 6:00 PM.**

- **Jack** is offering an **English 10 - Day Intensive Intermediate-Advanced Writing Course from 30th of July ‘18. Monday, Wednesday and Friday, 11:00 AM - 12:00 PM.** This class will give students a chance to improve their composition skills: spelling, grammar, tone and overall performance in English Writing. Students will be familiarized with the proper forms of words, letter-writing, elements of good grammar, and how to clearly express their thoughts.

**REGULAR CLASSES IN JULY AND AUGUST:**

- **Italian for Beginners** starts from 24th July ‘18. **Monday and Wednesday, 05:00 PM - 06:00 PM.**
- **Asha** still continues to teach the **regular English Beginners Course from 04:00 PM to 05:00 PM every Tuesday and Thursday, and an Intermediate Course on Monday and Wednesday from 04:00 PM - 05:00 PM.**
- **Puja** continues her **English Conversation Classes on Tuesday, Thursday and Friday from 6 pm to 7 pm.**
- **The Hindi Beginners Course** continues on **Tuesday and Thursday from 09:00 PM - 05:00 PM.**
- **Puja** continues to teach **Hindi Intermediate Course on Monday and Wednesday from 10:00 AM - 11:00 AM.**

For more information, timings and dates, and registration, please contact the **Language Lab.** You can also register through email (“info@aurovillelanguagelab.org”) as well as online here: [http://register.aurovillelanguagelab.org/](http://register.aurovillelanguagelab.org/)

Places will also open out for the Tomatis programs in August. What is Tomatis? Check out our website [www.aurovillelanguagelab.org/tomatis-method.php](http://www.aurovillelanguagelab.org/tomatis-method.php)

Know anyone coming back to Auroville from Germany or Spain? Let us know!
**NEW SCHEDULE OF CLASSES — July and August 2018**

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>LEVEL/CLASS</th>
<th>TIME</th>
<th>DAY</th>
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<tbody>
<tr>
<td><strong>ENGLISH</strong></td>
<td>Intensive</td>
<td>04:00 pm - 05:00pm</td>
<td>Mon - Fri (Starts 30th July)</td>
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<td></td>
<td>Intermediate</td>
<td>05:00 pm - 06:00 pm</td>
<td>Mon - Fri (Starts 13th August)</td>
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<td></td>
<td>Advanced</td>
<td>06:00 pm - 07:00 pm</td>
<td>Tue, Thu and Fri</td>
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<tr>
<td></td>
<td>Intermediate</td>
<td>04:00 pm - 06:00 pm</td>
<td>Mon and Wed</td>
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<tr>
<td></td>
<td>Beginners</td>
<td>04:00 pm - 06:00 pm</td>
<td>Tue and Thu</td>
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<td></td>
<td>Writing Course</td>
<td>Intermediate, Advanced</td>
<td>11:00 am - 12:00 pm</td>
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<tr>
<td><strong>HINDI</strong></td>
<td>Intensive</td>
<td>Beginners</td>
<td>05:00 pm - 06:00 pm</td>
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<td></td>
<td>Beginners</td>
<td>05:00 pm - 06:00 pm</td>
<td>Tue and Thu</td>
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<td></td>
<td>Intermediate</td>
<td>10:00 am - 11:00 am</td>
<td>Mon and Wed</td>
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<tr>
<td><strong>TAMIL</strong></td>
<td>Intensive</td>
<td>Beginners</td>
<td>10:15 am - 11:15 am</td>
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<td></td>
<td>Intermediate</td>
<td>11:30 am - 12:30 pm</td>
<td>Mon and Thu</td>
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<tr>
<td><strong>ITALIAN</strong></td>
<td>Beginners</td>
<td>05:00 pm - 06:00 pm</td>
<td>Mon and Wed</td>
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New students are requested to fill out the form and register BEFORE attending any classes.

We have excellent university-level video and audio study materials and software in our Mediatheque, which enable self-study in various languages.

The Language Lab is open: Monday – Friday 9:00 am 12:00 pm and 2:00 pm – 6:00 pm, Saturday 9am to 12pm.
Location: International Zone, beyond the Unity Pavilion and Pump House.
Contact Info : 2000013/2000014 (VOIP) and 0413-2623661(Landline)/ 6380042388(Mobile).

### ARKA WELLNESS CENTER & MULTIPURPOSE HALL — AUGUST – 2018

#### THERAPIES

<table>
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<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
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<tbody>
<tr>
<td>Body Logic, Soft Massage, Deep Tissue Massage.</td>
<td>Pepe - by appointment 9943410987</td>
<td>Monday to Saturday</td>
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<tr>
<td>Cranio sacral, Lomi Lomi massage, Bare foot body massage and Thai yoga massage</td>
<td>Silvana- by appointment 9047654157</td>
<td>Monday to Saturday</td>
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<tr>
<td>Yogic Healing and Therapeutic Massage.</td>
<td>Basu - by appointment 9443997568 or 9843567904</td>
<td>Monday to Friday 8 to 9:30 am &amp; 6:00 to 7:30 pm. Saturday &amp; Sunday any time.</td>
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<tr>
<td>Holistic Reflexology, Full body massage, Face Massage.</td>
<td>Meha- by appointment 9443635114</td>
<td>Monday to Friday 9:00 am to 5:00 pm.</td>
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<tr>
<td>Deep Core Intensive Massage</td>
<td>Sumit- by appointment 7839062619</td>
<td>Monday to Saturday.</td>
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<tr>
<td>Ayurvedic Massage and Birenda Massage.</td>
<td>Ion Condei- by appointment 8903205842</td>
<td>Monday to Friday</td>
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<tr>
<td>Chinese Fire Cupping and Moxibustion Therapy.</td>
<td>Chun - by appointment 809890708/chun@auroville.org.in</td>
<td>Monday to Friday - 9am to 5pm</td>
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<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>
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#### BEAUTY PARLOUR

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
<th>WHEN</th>
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<tbody>
<tr>
<td>Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna &amp; hair coloring.</td>
<td>Meha by appointment 9443635114</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Hair Dressing</td>
<td>Ongkie by appointment 9843930178</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Hair Dressing</td>
<td>Mimi - by appointment 9489694626</td>
<td>Monday to Friday</td>
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#### REGULAR CLASSES

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<th>WITH WHOM</th>
<th>WHEN</th>
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<td><strong>Cancelled</strong> Pilates Classes</td>
<td>-</td>
<td>CANCELLED UNTIL FURTHER NOTICE</td>
</tr>
<tr>
<td>Acro-yoga</td>
<td>Damien 9047722740</td>
<td>Saturday-Beginners class 8:15 am to 9:45am.</td>
</tr>
</tbody>
</table>
**Exhibitions**

*Exhibitions on Savitri*

The full series of 472 paintings is now on display in the new picture gallery.

*Sri Aurobindo: A Life Sketch in Photographs*

In the upper corridor.

*Glimpses of the Mother: Photographs and Texts*

In the Square Hall.

**Films**


*August 13: Journey to the Life Divine, Part 1 – Dur.: 100min.*


*August 27: Nirod-Da: An Inspiration - Duration: 36min.*

**Full Moon Gathering**

Sunday, Aug. 26 7.15-8.15pm in front of Sri Aurobindo’s statue.

**Regular Activities**

_Sundays 10.30–12 noon: Savitri Study Circle_

_Mondays 4.45-6.15pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nishtha_

_Tuesdays 9am-12: Introduction to Integral Yoga, led by Ashesh Joshi_

_Tuesdays, Fridays, Saturdays 4-5pm: ‘L’Agenda de Mère’, listening to recordings with Gangalakshmi_

_Tuesdays 4.45-5.45pm: Mudra-Chi led by Anandi_

_Tuesdays 5-6pm: ‘Let us learn Savitri Together’ (in Tamil) led by Buvana_

_Tuesdays 5.45-7.15pm: OM Choir_

_Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan_

_Thursdays 4-5pm: ‘The English of Savitri’, led by Shraddhavan_

_Saturdays 5-6.30pm: Satsang led by Ashesh Joshi_

Exhibitions, Main Building and Office are open Monday-Saturday 9-5.

The Digital Library can be accessed on request Monday-Saturday 9-4. Everyone is welcome.

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**Vérité Programs August 2018**

- **Phone**: +91 413 2622045, 2622606. **Mobile**: 7094104329
- **Email**: programming@verite.in + www.verite.in

**Therapies**

- **Chetna**: Neurofeedback therapy
- **Lisa**: Etiomedicine
- **Mila**: Craniosacral therapy

**Yoga & Re-creation Sessions**

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms</td>
<td>5 to 6.30 pm</td>
<td>Joke</td>
</tr>
<tr>
<td></td>
<td>Breathwork and Laughing Med</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Meditative Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Iyengar Yoga</td>
<td>5 to 6.30 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td></td>
<td>Mantra chanting meditation</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Iyengar Yoga</td>
<td>5 to 6.30 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td>Fridays</td>
<td>Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Yin Yoga</td>
<td>6.45 to 8 am</td>
<td>Anne-Sophie</td>
</tr>
<tr>
<td></td>
<td>Inner Dance and Meditation</td>
<td>5 to 6.30 pm</td>
<td>Yoffi</td>
</tr>
</tbody>
</table>

**Intensive**

_Sat, 25 Aug: The Rasa of Shringara (Love & Beauty): An Integral Dance Intensive_

<table>
<thead>
<tr>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30 am to 12.30 pm</td>
<td>Divyanshi</td>
</tr>
</tbody>
</table>
## PITANGA: Programme for August 2018

**YOGA**

**Note:** For Iyengar classes, please come to a drop in class first and talk to the teacher about appropriate level.

<table>
<thead>
<tr>
<th>Asanas for women</th>
<th>level 2</th>
<th>Mon</th>
<th>07.30 - 09.00</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for beginner</td>
<td>level 1</td>
<td>Mon</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Pranayama</td>
<td>level 2-3</td>
<td>Tues</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active</td>
<td>all levels</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 1</td>
<td>Thurs</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 2</td>
<td>Thurs</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - drop in</td>
<td></td>
<td>Fri</td>
<td>06.30 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas - self practice</td>
<td>level 2-3</td>
<td>Sat</td>
<td>07.30 - 09.15</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas drop in</td>
<td></td>
<td>Sat</td>
<td>09.30 - 11.00</td>
<td>Tatiana</td>
</tr>
</tbody>
</table>

**YOGA - MIXED STYLE**

| Pregnancy yoga | drop in - all levels | Mon | 11.00 - 12.30 | Grace |
| Asanas (*)     | for teenagers        | Mon,Wed | 16.00 - 17.00 | Natascha/Lisbeth |
| Yoga - body,breath,mind | drop in - all levels | Mon | 14.00 - 15.00 | Jani |
| Vinyasa flow   | drop in - all levels | Tues (From 14th) | 09.00 - 10.30 | Bebe |
| Yoga - Restorative | drop in - all levels | Wed | 14.00 - 15.00 | Jani |
| Vinyasa Flow   | drop in - all levels | Wed (From15th) | 17.00 - 18.30 | Bebe |
| Pregnancy yoga | drop in - all levels | Thurs | 14.00 - 15.30 | Grace |
| Hatha flow yoga| drop in - all levels | Thurs | 18.00 - 19.15 | Soyoun |
| Asanas         | for children 7-9 yrs. | Sat | 10.00 - 11.00 | Gala/Rama |
| Hatha flow yoga| drop in - all levels | Sat | 17.00 - 18.15 | Soyoun |

**OTHER EXERCISES**

| Pranayama       | Regular practitioners | Fri | 06.45 - 08.00 | Francois/Namrita |
| Aviva exercise  | drop in - for women   | Thurs | 16.30 - 17.30 | Suriya Gandhri |
| Discover energy body | for children, 7-9 yrs. | Sat | 11.00 - 12.00 | Gala/Rama |

**DANCE**

| Odissi Dance (*) | Regular practitioners | Tues | 16.00 - 17.15 | Rekha |

**HEALTH CARE AT PITANGA**

For the following therapies & treatments please book your appointment on phone, 2622403/2622994

| Thai yoga Massage | with Juan | Awaken the intelligence of body | with Vani |
| Thai Yoga & Vedic Astrology | with Vikram | Foot Reflexology | with Lila |

Note: (*) Denotes classes for those willing to commit for a minimum of 3 months

Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994- pitanga@auroville.org.in.

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### Joy Activities August 2018

**Sessions**

<table>
<thead>
<tr>
<th>Qi-gong with Andres</th>
<th>Mon – Wed – Fri</th>
<th>7 to 8 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-gong with Andres</td>
<td>Tuesday and Thursday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil – starting on the 4th August</td>
<td>Saturday</td>
<td>5 to 6 pm</td>
</tr>
</tbody>
</table>

**Therapies**

| Shiatsu Massage (on Appointment only) | with Sara (944 36 17 308) |
| Reiki (on Appointment only) | with Marcia (7598260379) |

Joy Community is located in Center Field, after Nandanam School, next to Center Guest House

For info and reservations, please contact us at: 9487272393 / Email: joycommunity@auroville.org.in

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Bach Flower Sessions: With Rosalba, at Baraka. Monday, Tuesday, Friday and Saturday afternoons. Advance appointments by calling 9787702844 or email to rosalba@auroville.org.in.

Bach Flower Healing Session: Bach flower essences gently help to achieve harmony and balance to all aspects of your being. For appointment call Sitara 9751798408 or email: tara@auroville.org.in.

Bhramanaspatti kshetram: The Mother and Sri Aurobindo Centre is launching regular activities: Every Thursday meditation 6:00-6:60 pm - Every Saturday of the month reading circle from 5:30 pm led by Bhuvana Sundari in Tamil and English (for directions kindly consult Google maps at this link: here)

Blessed Souls: Every Tuesdays from 5 to 6:30 pm. We invite all of you to open your heart to the Divine. Learning and singing all together Bajhans and Kirtans. We would love to have a drummer with us. Hansini & Shakti 9475441814, at Creativity.

Board Game Evening: Every FRIDAY from 6 pm onwards at Le Zéphyr in Visitors Centre. We have many games but feel free to bring along yours.

Body Care in Auromode: Facial treatment - cleaning, scrubbing, massage, moisturizing mask, rejuvenating mask, deep cooling mask. Exotic SPA -Scrub, Wraps (chocolate, Tropicana). All materials used made from natural and organic products. Body Treatment - Cup massage. For more information contact Svetlana +919244463970

Body fitness & Self-defence class: Learn Karate and Kick boxing for self defense and body awareness. On Saturday and Sunday between 6.30 am and 8.30 am. Place: SAWCHU building, Bharat Nivas. For more information contact: 9442485455 or 9786167917

Buddha Garden Farm Tour: with audio companion is now available every morning Monday to Friday between 10.00am and 11.30am. Please come to the Farm Office near the entrance to get your device and a map. And if you would like to download the audio companion onto your smart phone before we start please contact priya@auroville.org.in

Capoeira (Group Gingga Saroba): Classes open to all levels, led by Prof. Samuka da India and his students.

- ADULT CLASSES -> Monday: 5.15 PM - SAWCHU (Bharat Nivas) Tuesday & Thursday: 6.00 PM - Deepanam School | Saturday: 4.30 PM - Dehashakti Gymnasium. Free trial class every first Thursday of the month.

- KID CLASSES -> Monday & Friday: 1.15 PM - Deepanam School - Contact us prior bringing a new kid.

- OPEN RODA (Capoeira Circle) -> First Friday of each month 5.30PM - Visitor Center - Open to all!!!

- Contact: info@gingga-saroba.com | www.gingga-saroba.com (9488326435)

Chess Evenings: Warmly welcome to Thursday’s chess evenings at 6pm in ZEN+ Art Centre in Acceptance - white gate on the right. More info: 09499035375, matej@auroville.org.in, Matej

Children Activity Garten: in a friendly home-environment for ALL children from 2 to 6. Open Mo - Fr from 9 am to 1 pm and on the regular school holidays. Contact: sarjo@auroville.org.in or 76390 17692, http://activitiegarten.auroville.esy.es

Carnatic music - singing lessons and veena: For adults and children 8 years and older. Bruno (Utility). Telephone 2623308 / mail nadopusada@auroville.org.in

Computer Literacy Support @ Blue Light: ON PAUSE FOR SUMMER! Email: bluelight@auroville.org.in - Phone: +91 413 2622500

Communication of the heart: (CNV) Marshall Rosenberg, Regular practice group. Only in French. Monday: 16:00-18:00. At Creativity, Register with Hansini at 9487544184.

Contact Improvisation Dance classes and jams: Wed 5:45pm - 7:30pm at European House (located inside and to the right of the international house - opposite Tibetan pavilion) We will use this space to explore and play with movement, flooring, spiraling and flying. We will play with the artistry of falling off balance, counterbalance, finding the shelves of the body and learning the mechanics of the body in order to handle someone else's weight or be lifted. Looking at body design and structure to find effortless, efficient and graceful movement. Wed class will focus on technique and improvisation, but all are welcome. Classes are designed for all experience types. Contact John: 852-496 3049.

Creative Writing: The Creative writing experience is back! We will restart on Monday 30th of July! Never stop to be creative whatever happens in your life! Every Monday 4.30 to 6 pm @ Sanjana community (after Arati), before Maduka) in Francesca’s place. For info: 0413 - 2623982 or write to avmycreativewriting@gmail.com. Please call me or write to me before if this is your first time. All you
need to bring with you is a pen, a notebook and the fun of expressing yourself. Let’s just show up on the page and let that “something move through us!” Donations required for guests; reduced for volunteers.

Darkali Fitness Track: New, redesigned Darkali Fitness Track is open every day from 4.30 p.m. till 6.50 p.m. Please remember to come 30 minutes in advance. Please note, in case of rain the Fitness Track will be closed until the path is dry. To know when the Fitness Track reopens after the rain please visit Auronet group -Darkali Fitness Track-. Way to the gate in Google Maps: goo.gl/dbDTqT.

Discussion about quality of creations: whose purpose is to stimulate by visual experience: any Aurovillian, friend of Auroville, volunteer and symbol of the community are invited to the informal discussion at Mitra compound (Town Hall area) on Tuesdays from 5 pm till 6pm. Please come to discuss everything about our drawings and paintings. It is not necessary to come to all Tuesdays. If you have any inquiries, please do not hesitate to contact Ivana: Mob (91) 7094344154, e-mail: ivana.frossa@yahoo.co.uk. Notes: 1. There will not be any refreshment/2. There will be mosquitoes, a repellent and long trousers are suitable as the protection/3. If you cannot speak English, please come together with a person who will translate for you and to others.

Eco Femme open session: Eco Femme welcomes you on every Thursday from 10.30 am to 11.30 am for a small talk about our work, sustainable menstrual products and menstruation experiences. Pass by, if you learn more about the hazards of disposable menstrual products, the benefits of reusables and why making the switch is so important. You will also learn about our non-profit programmes which directly benefit women and girls in India. Contact number: 9487179556. Our office in the Sarcon campus, near Ganesh bakery, just before Windarra. Email info@ecofemme.org.

The Eternity Game – El Juego de la Eternidad: An oracle with 64 cards based on Sri Aurobindo’s Yoga. Individual and groups, in English, Spanish, and French. By appointment. Contact: Anandi: 0413-2622 547 or anandi7@aurouille.org.in. Family constellation workshop with Moghan: for next sessions at Creativity Hall of Light, contact Moghan: 9751110486 / moghan@aurouille.org.in

Feminine dance for all women in Cripa, Kalabhum on Tuesdays at 4 pm. An ancient sacred art for communication, healing, transformation and to facilitate birthing. We create an inner space, a quality of intention, a probability 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. Wear comfortable dance clothes. gailit@aurouille.org.in

5 Rhythms with Joke Van Hoe at Verité on Mondays from 5 - 6.30 pm: Dance meditation & creative expression (Gabriel Roth’s method). Move into new fluid, fresh energy and enjoy a simple way to de-stress, connect to yourself and others, and put a smile on your face. Dancers/movers of all ages are welcome! Contact: 0413 -2622 045 or 7094104329.

Flamenco: by Lola at CRIPA. Every WEDNESDAY - INTERMEDIATE: 2.30 to 3.30pm - BEGINNER: 3.30 to 4.30pm. WELCOME!!

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 944366274. All relevant information about the after effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic Immunopharmacology is available.

Hairdresser/Hairstylist: Hi my name is Ladina. I offer haircutting, hairstyling, highlights at my home salon Monday through Saturday for the ladies. Private home service also available. For appointments please contact 9787337465.

Hatha Yoga classes: by request at Auromode Yoga Space: English or French, mornings or evenings, from Monday to Saturday, book at least 24 hours in advance. Contact our teacher Laure: +91 8300 94 1041 or huyslauire@gmail.com.

Hindi & English Class: Learn to speak, read and write Hindi at New Creation every Sunday at 4pm. Contact Shri: 9110810224 for Reach for the Stars, shri.np007@gmail.com.

HOLISTIC regular sessions: See more details and the up-coming intensives: www.auroville-holistic.com. For the following sessions, book at contact@auroville-holistic.com.

Thai massage to re-harmonize the energy and mental balance with Christine Pauchard.

Health & Wellness Coaching: a process that facilitates healthy, sustainable behavior change by challenging a client to listen to their inner wisdom, identify their values, and transform their goals into action and recovery to feel better. Clients body, Christine Pauchard worked for 14 years as a nurse in different areas in France and therefore knows very well the human body and what it needs to keep it healthy or to get back a good health. Contact Christine 9489805493.

IMPROV: Improvisation Theatre or IMPROV, is a form of live theatre where most, if not all, is created is the moment it is performed. Our 1. 5 hour IMPROV sessions give you a taste of what IMPROV is all about and teach you some cool personal and performance skills that will build confidence and self-esteem to make a great impression, awaken and express creativity, develop quick-thinking & active listening skills. Date and venue: Every Friday at 4.30 pm at SAWCHU. Contact: Emo (954970834) or Elle (94865 20868).

Japanese Tea Ceremony: available on request - Please contact ishawawam@aurouille.org.in or at 0413-2622192.

New KALARIYAPATTU CLASSES: New classes of Kalarippayattu have started in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 9042009290 / 9585153335

Kalari Class for Beginners: Morning classes 6.30 - 7.30 Monday, Wednesday, Friday Evening classes 5.30 - 6.30 Tuesday, Thursday, Saturday

Kalari Classes for advanced people: Morning classes 6.30 - 7.30 Tuesday, Thursday, Saturday

Kids dance in New creation: Monday 3-4 pm and Wednesday 10.30-11.30 am PAUSED. Next class on 13th August. Thank you! Ulrike

Kino Auroville: Kino is a film making movement that advocates the production of short-films on little to no budget, using small crews, and non-competitive collaboration. There are Kino Groups around the world. Kino Auroville is the only one in India. We invite anyone who has made a film in the last month, between 30 seconds and 6 minutes to come and screen it. We meet every first Saturday of the month at 10 a.m. at the MMC/CP (MultiMedia Center / Cinema Paradiso) at the Town Hall. Some of the films made can be found at this link: https://vimeo.com/groups/kinoaurovillemonthly

Kolangal DD in Douceur - Regular activities:
- Ko-classes every Monday, Wednesdays and Friday from 5:30 to 6:45 pm. Intention is to learn to dance the energy patterns of Kolam. Inviting the sacred Kolam geometry to unfold its rhythm. Good for: overall health, strength and beauty.
- Kolam Drawing classes: Tuesday and Thursday morning from 10:00 to 12:00 am. Learning traditional Tamil ephemeral threshold art.
- Kalari Classes for advanced people: Morning classes 6.30 - 7.30 Tuesday, Thursday, Saturday for 5 to 6:20.

Financial contribution is expected! For information call (0413- 2623446, Grace GitaSeltali at "Kolangal DD Space" in Douceur community behind AV Bakery- before Rama’s Kitchen- Auromodel, once inside Douceur community 2nd house on the right.

Life coaching / coaching: For those who are successful but maybe stuck in some area and can’t seem to break out of that rut in order to move to the next level. Gain clarity, set specific, measurable, achievable and realistic goals, overcome negative thought patterns, and make behavioural changes. Contact Vikram on 9843948828 or at vikram@aurouille.org.in

Leela, the Game of the Self Knowledge (a 2000 years old game!): Come and play the Game of your Life! Sundays, 9:30 am to 12:30 (above 15 years old), in SVEDEAME, at the Butterfly Barn. English, Spanish, French, Italian, German and Russian versions all available. Contribution kindly asked. Please call before to confirm your coming. Thank you. Contact: Veronique. 9488512678. For more info visit www.leetalagame.blogspot.in

Mandala Practice: Wednesdays 2.30 to 5 pm with Rosalba, exploring mandala’s practice in the greenbelt of Auromode. Since the beginning of the Human Life, all over the world are connected with special shapes; the Mandalas are part of them. Carl Jung, long time ago, discovered that the practice of drawing mandalas, in spontaneous way, it produces effects and a benefit on our own Life, harmonizing and rebalancing whatever is in need. - My role on this is to guide you into the process of drawing the mandala as a Sacred Circle, our own Universe, where to express our inner being of that moment, the moment we draw inside it, using different techniques, to reach spontaneously your center, your reconnection with yourself. Material all included in the requested contribution. Please contact me for all details: 9787702644 or...
Meditation for Peace and Healing: Join us from 5:00 to 5:45pm every Thursday around 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 help to be yourself or simply want to support others in their healing and well-being.

MMA (Mixed Martial Arts) and Self-Defence for Women: READY TO COME BACK IN SHAPE? Let's start again to practice MMA. Every Monday and Wednesday 5:30 to 7 pm at Dehashakti Gym. Cut your nails, be punctual and dress in sportswear. I can't accept more than 13 students, so punctuality is a must. Free for Aurovilians and Newcomers (by the way registration are only if you want to roll out in a new tatami), otherwise contribution is expected. Account number: 251884. Contact Giacomo: giacomoauroville@gmail.com / +91 9487340778. Check our page on FB: Auroville Mixed Martial Arts, Love, Giacomo.

Rise and Shine Dance – Start Your Day Dancing. Every Friday 7:30-9:00am at Cripa Hall, Kalabhumi also during the summer. Open for all. During the summer also several sessions of feminine dance. For details contact: pashutilhiot@gmail.com.

Chimparanjan: Meditation for Peace and Healing. Sundays around the Peace Table at the Unity Pavilion to build a Collective Space for Healing and Peace. Please offer your Presence to help in this Collective experiment, whether you need help to be yourself or simply wish to support others in their healing and well-being. For further information or Special Classes, contact me, anandi@laurence.org.in.

Nada Yoga Class: Tuesdays 1:30-3:30pm, at Creativity Hall of Light. Access inner consciousness through sound. This ancient Indian science links music to spiritual growth through vibrational sound. Use musical scales inside energetic centres to deepen auditory and kinaesthetic awareness. And free emotional blockages. This technique also helps you to SING IN TUNE. Nada Yoga is a powerful meditative tool to deepen movement between consciousness states, enhance inner peace and contentment. Register with Hamsini at 9487544184.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5-6:30pm.

SAMA VIBRATIONAL COACHING is for all ages, 7:15-8pm every Thursday, at Joy GH. Contact: Stefania joylivinglearning@gmail.com or call: 9448272391.

Skyworks: Tree Climbing Workshops: RECREATIONAL. You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED You want to learn the ropes and get off the ground. During class we teach both the double and single ropes techniques plus demonstrate many of the new climbing devices available. You will learn to install the ropes in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions & appointments call Santyaaji 8300752545.

Solaire: Guided tours: Every Wednesday at 3:30 pm there is a guided tour for those interested in our work and achievements. More information: sacredgroves.org.in. Contact:stephoauroville.org.in or call: 9487421696. The Sacred Groves Team.

Chi Workshop: Proposed Thursday 8.30am and evenings from 5 to 7 pm or call: +91 9487421696. The story of Savitri’s yoga is inspiring. The story of Savitri’s yoga is helpful for our life and work. We have extra books. Ground floor fully accessible. If you need further information, contact pat@auroville.org.in, or ramanarakarana@auroville.org.in.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5-6:30 pm.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5-6:30 pm.

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SATURDAY MARKET at the Youth Centre: Paused for the SUMMER.

Savitrī in the morning: You are invited to read Savitri with us on Tuesday mornings from 6.45 a.m. to 7:45 a.m. at Rama and Uma’s place in Courage. We are following Savitri’s journey to find her soul and bring a new dawn to our earth. The pronunciation, vocabulary, rhythm and discussion can help to build English. The mantric poetry of Savitri is inspiring. The story of Savitri’s yoga is helpful for our life and work. We have extra books. Ground floor fully accessible. If you need further information, contact pat@auroville.org.in, or ramanarakarana@auroville.org.in.

Shiatsu Massage: with Sara [944361708] @ JOY GH Hall; Shiatsu helps remove the blockages by re-aligning meridian points, which balances the qi and eases the body and mind. For appointment email joycommunity@auroville.org.in.

Skyworks: Tree Climbing Workshops: RECREATIONAL. You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED You want to learn the ropes and get off the ground. During class we teach both the double and single ropes techniques plus demonstrate many of the new climbing devices available. You will learn to install the ropes in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions & appointments call Santyaaji 8300752545.

Soltitude Farm activities: Weekly farm tour: Saturdays 11:30 a.m.

Somatics Movement: is a system of slow mindful movements (in the tradition of Thomas Hanna). Each week we will explore a different theme with the aim to unwind habitual holding patterns in the body, and increase flexibility, balance, coordination and wellness – with Maggie at Verité on Wednesdays from 5 – 6 pm. Contact: 0413 - 2622 045 or 7094 264 320.

Sound Bath – Unity Journey: ON HOLD for summer.

Sound Massage and Bath with Tibetan Singing Bowls and Solar Gong: Lying on a mat with bowls of different pitches, sound energy
flows right through your cells forming a beautiful OM harmonic cocoon of peace, melting away tightness and discomfort while tuning you up to its healthy grounding vibrations. The powerful mystic gong and bronze bowls take us deep inside into our true essence... Info & booking for guests: Antarjyoti, tel: (0413)262 37 67, Mail: antarjyoti@yahoo.co.in

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and destressing healing sessions through the magic of the sounds from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being... The aim is to put you in a state of relaxation which enables you to see or feel yourself deeply according to your own awareness. In addition to the sound journey, you will be guided through your body to explore new dimensions which has an action and a benefit on the 3 levels: Physical, Energetical and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help releasing sciatica pain (“Ischias” in German). To book your appointment, please call Isho at: (0413)2622192 / (+91) 9943305093

South Indian Classical Dance (Bharatnatyam): 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.Caveri: 7598368514

Spontaneous Singing: is back on! Enjoy the pleasure of singing and discovering your own voice without any goals or prerequisite. Be surprised by what happens when your voice encounters another voice. Let us create together an intangible and magical music. Every Wednesday, 5:00 to 6:30pm at Creativity - Hall of Light. Max. 12 people. Antoine - 9840740392 / antoine@auroville.org.in

Stop Smoking. Not Why But How! PAUSED

Tai Chi Hall @ Shangra: On Pause.

Taiwanese Style Tea Ceremony: With Isho - Every Thursday 2 pm to 4.45 pm - Hall of Peace, Unity Pavilion - You will experience and learn the East Asian way of drinking and serving tea. Only organic tea will be used. All are Welcome. Please sign up with the Unity Pavilion, 0413-2623756 or unitypavilion@auroville.org.in

Tango Dance Class: Argentine Tango Dancing class for beginners is offered at Joy Gaesthause every Friday 7:30-9pm. No partner is necessary. Please bring socks or dance shoes. “Practica” is held for all dance levels on Wednesdays 7:30-9pm at Sawchuli hall, Bharat Nivas.

Tango: “Practica” (practice space open to all tango dancers) Wednesdays 7.30-9 pm at SAWCHU

Tea Gathering: With Isho - Experience and learn the East Asian way of drinking and serving tea - The art of sharing joy and peace through a cup of tea with your friends will change your perspective towards tea, only organic tea will be used - Every Saturday 2 pm to 5 pm. Booking is required. Approx. 1 hour for each session, please check your time slot. Venue: Swayam - Book at: 0413-2622192 / ishashwayam@auroville.org.in

Tamil Literary Classes and Craft Lessons: Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5 pm to 6 pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, History and Culture are opened to all Monday through Friday any time. Also classes on languages, sewing, drawing, painting and simple handicrafts for Auroville workers and Aurovilians interested. Contact us to organize classes according to your schedule.

Phone No: (0413) 262 777 Email: tamiltamil@auroville.org.in, R. Meenakshi (Ilaiginarkal Education Centre)

Therapies with Vani: Paused. Contact Vani: vani@auroville.org.in

Theatre Improvisation Games: Improvisation Theatre or IMPROV, is a form of live theatre where most, if not all, is created the moment it is performed. Our 1.5-hour IMPROV workshop will give you a taste of what IMPROV is all about and teach you some cool personal and performance skills that will build confidence and self-esteem to make a great impression, awaken and express creativity, develop quick thinking & active listening skills. Date and venue: Every Friday at 4.30 pm at SAWCHU. Contact: Emo (99439 70834) or Elke (94865 20868)

Ultimate Frisbee: Monday, Wednesday and Saturday at the Gaia Sports Field 4.30 pm to sundown (turn left before Gaia community gate). Helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; along with patience & teamwork and Spirit of the Game. Bring running shoes if you have them. Contact avultimate@auroville.org.in with any questions or just come ready to play! And see ultimate.auroville.com/

Ultimate Frisbee women’s team training: Sunday 4-6 pm

Vocal Yoga Class: Monday 1:30-3:00 pm at Creativity Hall of Light. Italian Maestro wisdom & Yogic approach. Discover & develop the energy and physical parts of the body involved in vocal sound production. Learn to use these parts through vocal practice and consciously create and strengthen your unique inner Musical instrument.

Register with Hamsini at 9487544184.

Volleyball at Dehashakti: Mondays 5-6.30pm. We are looking for more people would like to join us for some fun volleyball matches at the Dehashakti sports ground. Just come by.

NEW- Warm Water Sessions for Pregnant Women: in Quiet Healing Center's warm water pool. Every Wednesday morning from July 25, 9.30 am till 10.30 am. You are invited to experience the weightless, relaxing and connecting benefits of movement and floating in warm water. You can come with your partner or by yourself. For further enquiries, please contact Friederike @ 9943247326

Wellness at Auromode Yoga Space: Thai Yoga massage, Ayurvedic Milana Oil massage, Facial treatments. Details, contacts and booking at www.auromodeyoga.space/treatments or +914132622224.

Women Temple: SEE YOU BACK AFTER SUMMER BREAK! Dariya

World Game in sand: An activity for kids (6years old and above) and adults, organised by Spirit & Nature. The World Game encourages spontaneity, trust in oneself and being in the flow of the moment. An opportunity to be creative, to be able to express our own individuality and our unique, living soul. For info www.spiritandnature.org/ or spiritandnature@auroville.org.in

YEP Week: Youth Entertainment Program presents the YEP Week, a program especially designed for guest kids, to enjoy their stay, and discover Auroville. We will take them from place to place, where the kids can visit and participate in various activities. The activities include pony riding, Papier Mâché, quilling, painting... This program (Monday to Friday, 8:30 am to 12:30 pm) offers a good balance between visits and activities. Joyfully, YEP Team. Phone: +919626565134 - Facebook: www.facebook.com/YEPAV.

Iyengar Yoga is a form of Hatha Yoga, a process of developing your body, vital organs, your mind and the quality of intelligence through mobility, strength, stability and alignment of body in asana - with Olesya at Verité on Tuesdays and Thursdays from 5 - 6.15 pm.
Contact: 0413 - 2622 045 or 7094104329.

Yoga body with Olesya: At Shangra Guest House Yoga Hall. Asanas and Pranayama in B.K.S.Iyengar Tradition - Iyengar Yoga is a form of Hatha Yoga, a process of developing your body, vital organs, you mind and the quality of intelligence through mobility, strength, stability and alignment in asana. Monday mornings: Classes and Saturdays from 6.30am to 8am. Evening sessions: Wednesday and Saturdays from 5.00pm to 6.30pm. No classes from 16 to 27 August in Shannga Yoga Hall. Contributions for guests is required. For more information: olesya@auroville.org.in or WhatsApp +91-915-905-2743

Yin Yang Yoga: blends two styles of yoga into one practice - bringing together the benefits of passively restorative holding yoga poses with more dynamic sequences and standing postures - with Anne Sophie at Verité on Fridays from 5 - 6.30 pm. Contact: 0413 - 2622 045 or 7094104329.

The Youth Center Pizza Nights are on Fire: every Saturday at 7:00pm at Youth Center. We are happy to share that pizza nights are open again! We invite volunteers to join in and make pizzas on Saturday mornings. We welcome you all to bring your instruments and jam together. Looking forward! With love and flowers, Youth Center Team.

AUROVILLE BUS SCHEDULE

The current AAP BUS schedule (for Pondy trips) is always available at www.auroville.org/contents/3988. Contact: avbus@auroville.org.in
The course focuses on the understanding of Management & Leadership as well as the correlation between the core functions, duties and responsibilities of each, in any working environment and within the Auroville community.

Classes can be booked as per your Unit’s and/or your personal requirements. The classes will be presented by Management Professionals with both Local and International experience.

**Date:** Starting 1st August, 2018
**Duration:** 3-day course (Wednesday, Thursday & Friday, each week on a regular basis)
**Time:** 09:00 to 12:00 hrs
**Venue:** Ilaignarkal Education Centre, Saaram Community, North of MatriMandir

**Note:** We can accommodate 10 to 12 persons per session. Please ensure you book your seats in advance to avoid any disappointment.

The Training is offered free of cost. Training handouts will be provided. Voluntary contributions towards resources are welcome. Feel free to make any contributions to Ilaignarkal community account 2367. For further details and bookings, kindly contact 0413 2623773 / tamil@auroville.org.in

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**OTHER EVENTS**

**Cancellation of Teresa’s Pilates Classes:** All the Pilates classes with Teresa at Arka are cancel. As soon as I know when I come back I will put an announcement in the News&Notes. Sorry for the inconvenience and thanks for the support.

Love, Teresa

**French classes at the French Pavilion: LAST CALL:** For Aurovilians, newcomers and long term Volunteers, new French classes will be available from August to November for all levels. Classes will be organized tentatively 3 times a week on Mondays, Wednesdays and Fridays from 3 to 5 pm.

They are meant for whoever wishes to acquire a good communication competence for social exchanges but also for professional needs. If you are interested, please contact gildo@auroville.org.in and introduce yourself mentioning amongst other your level and your motivation.

Looking forward to hearing from you all at above e-mail address. Gildo, for the French Pavilion.

**Yoga Nidra with Aloka** at Transition School ATB Hall. From August 1st to the end of January’19.

Every Wednesday at 5 pm sharp deep relaxation sessions that last for about an hour - open to everybody.

**Creative Writing:** The Creative writing experience is back! We will restart on Monday 30th of July! Never stop to be creative whatever happens in your life! Every Monday 4.30 to 6 pm @ Sanjana community (after Arati, before Maduka) in Francesca’s place. For info: 0413 - 2623987 or write to avmcreativewriting@gmail.com. Please call me or write to me before if this is your first time. All you need to bring with you is a pen, a notebook and the fun of expressing yourself. Let’s just show up on the page and let that “something” move through us! Donations required for guests; reduced for volunteers.

**Join us for the August session of The UniverCity of Compassion**

A Sadhana Forest residential natural learning program: 3rd to 30th August 2018

The UniverCity of Compassion (UC) is a space for discovering and nourishing ideas for compassionate action, within the setting of a self-organised community of learning. The UC is an initiative of Sadhana Forest, a reforestation project and conscious living community which offers the framework for collective learning. The term UniverCity comes from the understanding that living and learning are interconnected.

Participants can realize their own projects and embark together on a self-directed learning journey. We are offering a wide variety of possible topics. All participants have opportunities to share their own knowledge and experiences, and to request sessions according to their interests. The UniverCity of Compassion is a residential program, during their stay, participants take part in the community life and seva (selfless service) of Sadhana Forest.

We warmly invite people of all ages and all walks of life to join our compassionate learning journey.

Participants will take part in Sadhana Forest’s reforestation and community seva on weekday mornings from 6:00-8:30 and 9:30-12:00 AM. UC workshops and sessions will take place Monday and Wednesday afternoons and some Saturdays. Friday afternoon is a time for reflections, the sharing of interests and for designing upcoming sessions.

The UniverCity of Compassion itself is free. We only ask for a daily contribution for your food. All meals at Sadhana Forest are vegan, unprocessed and mainly organic and local.

The UC will be facilitated by three members of the Sadhana Forest team who are interested in exploring and sharing their commitment to compassionate action.

Please contact us for any questions or for further information: sadhanaforest@auroville.org.in or visit our website: www.sadhanaforest.org/ucc

**MANAGEMENT & LEADERSHIP TRAINING:** For your kind attention! For the people of Auroville who wish to attain a deeper insight into effective Management and Leadership acumen, there will be a course presented for all persons from Commercial Units and Services within Auroville who Manage, Supervise, Delegate any duties and responsibilities as well as share expertise to co-workers within their environment.

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**FILMS**

**AT SAVITRI BHAVAN**

Monday, July 30, 2018 at 6:30pm.

INTERVIEW WITH SHRADDHAVAN, Part 2 - ON SAVITRI BHAVAN

Shraddhavan speaks about how the idea came to study Savitri and the regular Savitri Study Circle started on Sunday mornings in November 1994 and has continued without a break since then. Then came the dream of a place in Auroville where all materials and activities which can encourage and enhance understanding and appreciation of Sri Aurobindo’s Savitri can be gathered and shared, which brought Savitri Bhavan into existence. When laying its Foundation Stone, Nirodbaran, Sri Aurobindo’s close disciple and scribe for the latter stages of the composition of the epic, expressed his view that Savitri Bhavan is in a way the twin of the Matrimandir. The interview by Narad is from November 2014. Duration: 47 min.

**AUROFILM MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

Friday 3 AUGUST at 7.45 pm (sharp!)

Le gamin au vélo - The Kid with a Bike


Synopsis: Nearly 12, the stubborn and impulsive Cyril seems on his way to delinquency: he has no mother, his father wants a new life without him, so he’s in a foster institution. He searches for his father, wanting him and his cycle - a link with his father. Through the intersession of Samantha, a hairdresser Cyril happens upon, he gets his cycle back, and she offers to take him into her home on weekends. He remains aloof from her and gets involved with a young crook. Is Cyril intent on driving Samantha away - and what then? The film brings out strong emotions out of its lead characters but is a random act of kindness…

**Original French version with English Subtitles**

Duration: 1h.27**

**Kindly already note that on Friday 10th, our film show timing will change: in collaboration with the Auroville Theatre Group and their performances at CRIPA, our film is fully related to it! The film show will start exceptionally at 5.00 pm!**

**THE ECO FILM CLUB**

Sadhana Forest, August 3rd, Friday

Schedule of Events:

4:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Tour

6:30 pm: Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

6:30 pm: Eco Film Club begins with “previews” of short Sadhana Forest films

8:00 pm: Dinner is served

9:30 pm: Free bus from Sadhana Forest back to Solar Kitchen
Before the movie, at exactly 4:30pm 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! **Note: Families and children are welcome! Dinner for children will be served at 7pm :)**

**MERU**

87 mins / 2015 / English / Directed by: Jimmy Chin & Elizabeth Chai Vasarhelyi. Renowned alpinists Conrad Anker had convinced his two lifelong friends to undertake the Shark’s Fin once more, under even more extraordinary circumstances than their first attempt. MERU is the story of that journey, an expedition through nature’s harshest elements and one’s complicated inner demons, and ultimately on to impossible new heights.

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683 or sadhanaforest@auroville.org.in.

**CINEMA PARADISO**

Multimedia Center (MMC) Auditorium

**Film program 30 July to 5 August 2018**

**Indian - Monday 30 July, 8:00 pm:**

**RUKH (Stance)**

India, 2017, Dir. Atanu Mukherjee w/ Manoj Bajpayee, Smita Tombe, Adarsh Gourav and others, 106mins, Drama-Mystery, Hindi w/ English subtitles, Rated: NR (R)

Away from home in a boarding school, 18-year-old Dhruv is ignorant about the ongoing crisis in his family. His life takes an unexpected turn as he gets the news of his father’s death in a car accident. As he copes with the tragedy, hidden truths begin to unravel. Even as his mother Nandini struggles to shield him from the truth, Dhruv starts looking for answers. Was his father’s death an accident or a premeditated murder? The search leads to a series of unexpected revelations, as he discovers the shades of his father’s personality he had never seen before.

**German - Tuesday 31 July, 8:00 pm:**

**DER GANZ GROSSE TRAUM (Lessons of a Dream)**

Germany, 2011, Dir. Sebastian Grobeler, w/ Daniel Brühl, Burkhart Klaussner, Justus von Dohnanyi, and others, Drama-Sport, 113mins, German w/ English subtitles, Rated: NR.

1874: Konrad Koch is one of the first English teachers in the German Empire. In Braunschweig, nobody has ever heard of football when he had never seen before. And Koch has already infected the country with the so called “English disease”, with football. A true story, dramatic and humorous, from the late 19th-century, when football was still subversive.

**Nature Series - Wednesday 1 August, 8:00 pm:**

**THE BEAST JOURNEY II: BIG BLUE (EPISODE 4)**

UK, 2017-18, BBC Series w/ David Attenborough, Documentary Series, 60mins, English, Rated: NR(G)

The big blue is the world’s greatest wilderness, far from shore and many kilometres deep. It’s a vast marine desert where there is little to eat and nowhere to hide. Yet it’s home to some of the biggest and most spectacular creatures on earth.

**Favorites - Thursday 2 August, 8:00 pm:**

**ROSEMARY’S BABY**

USA, 1968, Dir. Roman Polanski w/ Mia Farrow, John Cassavetes, Ruth Gordon, and others, Drama-Horror, 137mins, English w/ English subtitles, Rated: R

Desirous of starting a family, the young Catholic housewife, Rosemary Woodhouse, and her struggling actor husband, Guy, move into the Bramford, New York's iconic building which brims with unpleasant stories of obscure dwellers and ghostly occurrences. Before long, the young couple is befriended by their elderly and somewhat eccentric next-door neighbors. Shortly after Rosemary unexpectedly gets pregnant. However, little by little, as the inexperienced mother becomes systematically cut off from her circle and friends, alarming hints of a well-planned and sinister conspiracy will begin to emerge. This classic film will be followed by an Indian film that is influenced by it - in a few weeks’ time.

**International - Saturday 4 August, 8:00 pm:**

**KIRAWARE MATSUKO NO ISSHÔ (Memories of Matzuko)**

Japan, 2006, Dir. Tetsuya Nakashima, w/ Miki Nakatani, Eita and others, Comedy-Drama-Musical, 130 mins, Japanese-English w/ English subtitles, Rated: PG

When Matsuko dies of murder, her nephew Sho clean out the apartment of his hillbilly relative with garbage bags and is even more unkempt than his apartment has become, and he becomes intrigued with his aunt as details of her life are supplied by a tattooed neighbor and others. Sho gets to progressively unveil many details of her mysterious past, discovering she wasn’t only a forgotten outcast but led a very interesting yet bizarre life.

**Children’s Film - Sunday 5 August, 4:30pm**

**THE JUNGLE BOOK**

USA, 1967, Dir. Wolfgang Reitherman w/ Phil Harris, Sebastian Cabot, Louis Prima and others, Animation, 78mins, English w/ English subtitles, Rated: G

Bagheera the Panther and Baloo the Bear have a difficult time trying to convince a boy to leave the jungle for human civilization.

**INGMAR BERGMAN FILM FESTIVAL @ Ciné-Club**

**Ciné-Club - Sunday 5 August, 8:00 pm:**

**KVINNODROM (Dreams)**

Sweden, 1955, Dir. Ingmar Bergman w/ Eva Dahlbeck, Harriet Andersson, Gunnar Bjornstrand and others, Drama, 87mins, Swedish w/ English subtitles, Rated: NR

The film tells the story of the three people whose dreams come true temporarily. The first is fashion photographer Susanne, who longs for her former lover Henrik. The second person is Doris, a young, beautiful and very naïve model who works for Susanne. The third person is a well respect consul who lives alone in his lavish home in Gothenburg.

**Rating codes**

We often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R-Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. **We appreciate your continued support.**

Pl make a donation to “Cinema Paradiso” (account #105106) at the Financial Service or set up for a monthly contribution. Thanking You, MMC/CP Group

Account# 105106, mmcauditorium@auroville.org.in

**The News&Notes is available for all to download from the Auroville website at [http://www.auroville.org/contents/4186](http://www.auroville.org/contents/4186)**

Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm)

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 NaN email address (below).

**Articles for the Notes section** should ideally be no longer than 500 words. All articles and reports need to reach us by Tuesday noon.

**Visiting hours:** On appointment only.

**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 alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and accountable for any alleged misinformation given or offence caused.

**Pl make a donation to “Cinema Paradiso” (account #105106) at the Financial Service or set up for a monthly contribution. Thanking You, MMC/CP Group**

Account# 105106, mmcauditorium@auroville.org.in

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