Moments in between...
But it’s interesting, the work has entered an interesting phase.

(After a silence)

Yes, I wrote something (Mother looks for a piece of paper) ... The trouble is that once I’ve noted it, it’s gone. And it was ... (Mother tries to remember).

Yes, it was someone who wrote to me... I don’t remember, it was about “consecration.” But I remember that when I answered, I looked, and I saw... (what should I call it?) the curve, but it’s not exactly a curve .... You understand, consecration, self-giving, surrender (not “submission”), all that still implies a separate self giving itself. And I saw - in fact, I saw in the body’s experience - that the body is on the verge of... it’s just in an intermediary state, because all the parts haven’t exactly reached the same stage (I don’t know why, but that’s how it is). So I might say (but this is a simplification), I could say that overall, the body’s self-giving is total, the consecration almost total in the sense that there’s everywhere an active collaboration, but with an intense aspiration, and at times a moment when it goes like this (gesture expressing a swelling in the cells). I don’t know what happens, it’s something going on in the cells, and then... there’s no self-giving anymore or anything... neither a “consecration” nor “listening to the command”: it’s a state, a state of intense vibration, with at the same time a sense of all-powerfulness, even in here (Mother pinches the skin of her hands), in this old thing, and... a luminous all-powerfulness, always with this... something in the line of goodness, of benevolence, but much above that (those things look like ridiculous distortions). It goes like this (same gesture of swelling), and static, that is, with the sense of eternity in the cells.

It doesn’t last-it lasts for a few minutes at the most; yes, a few minutes, but it comes back. It comes back. It’s something COMPLETELY new for the body.

All the time-constantly, all the time-there is the warmth, the sweetness and happiness of a complete self-giving, with an aspiration: “To BE, to be You, not to exist anymore.” But there’s still a sense of... it’s the joy of giving oneself. It’s like that, constant. And when the consciousness isn’t active, that is, when I don’t speak or don’t listen or... automatically the body repeats the mantra like that, constantly like that; that’s the constant state, day and night, continually. But now and then - now and then-there’s a sort of fusion (I don’t know what happens), and even that whole joyful aspiration, that whole fervor is transformed into a state... which is, or seems, perfectly still, because... I don’t know what it is: it’s not stillness, not eternity... I don’t know, it’s something, a “something” that is... Power, Light, and really a Love which doesn’t “give” itself and does not “receive”; a Love which... something (I use this word for lack of others), something like that, but it’s That, it’s a vibration which is That, a vibration of Power, Light and Love (those are the three words I must use to translate), which is IN this, in the body, everywhere. Everywhere. To such a point that when you leave that state, you wonder (laughing) if you still have the same shape! That’s how it is, you understand.

MOTHER’S AGENDA, 23 April 1969

Earthly life is the place for progress.
It is here, on earth, that progress is possible, during the period of earthly existence.
And it is the psychic which carries the progress over from one life to another,
by organising its own evolution and development itself.

The Mother
MCW, vol. 9, Questions and Answers 1957-1958, p.270
HTF Update

Dear Community, this is a very brief note following the update published last week. At the time of writing, the HTF is still waiting to be called by the District Collector of Viluppuram for a meeting with NHAI officers from Chennai for a presentation that will show in detail the many reasons why the present alignment is unacceptable and why the highway should be an Auroville-Pondicherry bypass, and serve Pondicherry’s industrial area of Sedarapet in the NW of Ousteri Lake. A written documentation has been submitted to the Collector, and an informative half-page article promptly appeared in the Hindu on 25th, quoting extensively from Auroville’s ‘Memorandum’. HTF has been and is interacting, in writing and through meetings, with key officers at all levels of government, in Viluppuram and Pondicherry, Chennai, and Delhi. We are also in contact with Auroville’s neighbours, villages and with our worldwide community, and thank all of you who are helping the work through various inputs and interactions.

Many of you ask us the obvious questions, where the highway situation is at, what we can expect, what steps can be taken and how to help. We regret that we cannot always share as many details as we would like to, for several reasons, including the time pressure under which we work, and the fact that it is preferable to report about results than about ongoing processes (For more real-time updates please check the Auronet).

As for what to expect and how to help, a time may come when we may call for a more collective action. Our heartfelt thanks to all who are contributing financially towards expenses incurred with the work. We understand and share the inevitable moments of nervousness in this battle. But it is clear to us that it is our unity and oneness, our positive faith and determination that are the essential keys to call the needed protection, and to shift this planned highway definitively from an alignment that is destructive from every point of view, to a routing where it will serve its intended purpose.

Your HTF team

RAS needs New Members

Dear Auroville Community, the Auroville Council is witnessing an increased workload at the Residents Assembly Service. Many community processes are initiated and carried out by just a few people. Many tasks are needing urgent attention.

Just to give you a small taste: taking care of RAD decisions, information events, general meetings and follow-ups, surveys, answering e-mails, or simply disseminating important information in an effective way.

The online systems which are put in place to inform the community and foster community participation are held so wonderfully mainly by Tatiana on her own. She urgently needs help. We also acknowledge the valuable input of Slava and Isha. However, they are only able to give part time help to the RAS. Many more things could be done to support the community.

As Jesse, the mainstay of the RAS, is leaving for 2 months there is great urgency right now to find helping hands and minds.

If you have skills in the field of communication, facilitation, IT, administration or just love to interact, meet and connect with people, please come forward and join.

The AVCouncil in collaboration with RAS is taking up the task to receive applications of suitable candidates with the hope and prayer to find individuals who can immediately step into the job.

Please write to avcouncil@auroville.org.in

With gratitude.
For the Auroville Council
Angelo, Elisa, Enrica, Martin, Matriprasad, Mila, Sandhya, Selvaraj and Shivaya

Helpanimal follow-up meeting on Sat 10/11

The Auroville Council and Helpanimal team invite Aurovilians, Newcomers and Volunteers who are interested to participate actively in the work started by Helpanimal 6 months ago to please come to the:

Helpanimal meeting
on Saturday 10th November at 2 pm at the Townhall, AVC meeting room, first floor.

The agenda:
1. Updating on all fronts: survey, guidelines, learnings from pilot sterilisation project, outreach and collaboration with other existing initiatives and individuals working for the same cause.
2. Identifying work areas that shall be tackled in the next 3-6 months and building teams of committed people.
3. Enlarging the Sterilisation efforts into the villages with, as a first step, a well framed project for dogs/ cats of workers and Auroville related people, possible funding sources, PCG proposal writing, etc.
4. Possible needs in terms of equipment.
5. Preparing the ground for a large sterilisation project, ideas, identifying people to work on it, strategy.

If you would like to have more information, please write to Auroville Council at avcouncil@auroville.org.in

Looking forward to meeting with all those that have shown interest and commitment towards the cause and also to welcoming new people into our existing team,

Kind regards, Helpanimal and Council

Growing Auroville’s Economy Sustainably (GAES) - 1st Interactive Workshop

Saturday 10 November, 9am to 1pm
ILC-Hall in Vérité

GAES cordially invites all interested people to the first workshop.

Aims of this workshop:
- To hear new ideas and proposals
- To give constructive feedback
- To find synergies and complementing ideas
- To brainstorm actions in order to connect the proposals towards one common initiative to grow AV’s economy.

What we are planning to do:
- 3 presentations from different interested parties on objectives and actions on how to improve our economy
- Interactive group-work on the presented ideas

The workshop will be facilitated by Joerg and Elvira, and representatives of the FAMC and the AV-Council will be participating.

For any questions, please contact gaes@auroville.org.in

BUILDING APPLICATIONS - Monday 5th November 2018

The following projects are recommended by L’avenir d’Auroville and feedback is now invited from the larger community.

The last date for your feedback is Monday 19th November 2018.

- In the City Centre:
  1) Parking Shed - Town Hall
  ACUR (Annamarie & Donata) acur@auroville.org.in
  Built up area: 162 sq.m.

Project Brief: Sunship, Mitra. Inspiration and Citadines residents are taking over the present parking. ACUR receives compensation for a new parking shed. Therefore, the need for a new day parking for those coming to the Town Hall area. Moreover, there is a rising need for parking due to increased number of vehicles including electric vehicle.
Newcomers Confirmed:

- Kevin HILAIRET (French)
- Margherita FASSI (Italian)

Child of Newcomer:

- Celestin SCHELLENBERGER (French) Born on 05.10.2010 (child of Marie & Julien)
- Melusine SCHELLENBERGER (French) Born on 11.09.2008 (child of Marie & Julien)
- Felicia SCHELLENBERGER (French) Born on 07.10.2013 (child of Marie & Julien)
- San LEE (Korean) Born on 08.10.2010 (child of Yong LEE)
- Soel LEE (Korean) Born on 14.09.2012 (child of Yong LEE)

Friends of Auroville:

- Matthew ANDREWS (American)

Note:

Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORA 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. This is the last step of the newcomer process where the status of Newcomer Resident is switched to Aurovillian 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

Proposals for Auroville’s 50th Anniversary Year Culmination

Dear Community,

The 50th Anniversary Team and Monitoring Committee invite proposals to mark the culmination of Auroville’s 50th Anniversary Year and that highlight the transition from the 50th anniversary to the years ahead. There is a possibility for funding under the special 50th Anniversary GOL GENERAL grant. Here below are the criteria under which proposals may be considered:

- Projects clearly relate to Auroville’s 50th Anniversary Year Culmination. We request projects that carry an aspiration and goodwill towards reconnecting us to Auroville’s aims and vision and that will guide us in the continuing adventure.
- Project holders undertake to complete the project/spend funds latest by 31 March 2019.
- Projects should not require further funding or partner funding from any other source.

Please note that funding is limited. Requests for equipment will be considered if specifically required for the implementation of the project, are not already available in Auroville and come under the purview of this special grant. Funding is not available for regularly occurring activities or capital expenditure for asset creation. For all projects that receive funding, regular updates and status reports are required. Final reports in a particular format are required on project completion or as soon as the funds have been utilized. For more information or to get a copy of the proposal format, please write to 50core@auroville.org.in or phone us at 2623510 or come to meet us at the first floor 50th desk at SAIER. You can also download a copy of the proposal format from Auronet. Last date for submitting such proposals is Monday, 26 November 2018. You are most welcome to submit earlier!

We look forward to hearing from you.

Warmly,

Your 50th Anniversary Team
Chali, Claudine, Fabienne, Frederick, Ganesh, Guy, Inge, Jürgen, Nilen, Pala, Ravi
We did it!

Application time is closed and lots of thoughts come into mind. It all started with a dream. This adventure was born last March when during an Art camp in Chittorgarh a few of us contemplated the creation of an Art camp in Auroville, the first of its kind. As it is happening now and evolving into a cornucopia of wonders, a galore of gratitude is emerging. We first want to thank Auroville 50th and SAIIER without whom unbelievable and spontaneous support, this all project could not be happening. Furthermore, we want to express our gratitude to the community at large whose enthusiasm is keeping us alert, happy and always motivated. And then ...the artists! The abundance of wonderful Indian artists from all over India who have applied is not only thrilling but touching. They are not only talented (some of them well known internationally) but all deep, spirited, with a strong desire to evolve through art and beauty. The quality of their work promises an Art camp not only rich in evolvement and aesthetic but also bountiful in learning and experiences. As for our beautiful Aurovilians artists who have applied, thank you for your support. It reinforces powerfully the statement of one of our applicants: “To work artistically on the theme of “A new world is possible” increases the richness, the creation and the strength of the affirmation that a new world is possible’. So your commitment is above meaningful. And individually, as a team of the Auroville art camp and a part of the community of Auroville, we are learning humility in diversity. We recognise that every ‘limb’ of the mutual body is indispensable and that every component complements and advances his interest. We hope that this beautiful collective experience, this harmony in diversity, will help build a unified community, diverse but united by a cause greater than, and one that transcends, individual interest. With colours and musical notes, we hope to create beautiful art and symphonies of love.

Thank you for everyone in this community who is giving us their heart felt support, and mostly thank you for helping Auroville to be a light to the world. Corinne for the Auroville Art camp team.

GREEN MATTERS

How to avoid ‘Year ZERO’ for Wildlife on Earth

in this difficult time for the Earth, it is a challenge for most of us to avoid feeling overwhelmed, depressed or numbed by the daily flood of bad news. A natural coping mechanism puts us at risk of becoming ‘genetically hard-wired’ to favour bad news over good ones. Simple observation seems to easily corroborate this theory, and the only way to avoid the downward spiral of self-fulfilling prophecies is a conscious effort towards maintaining a positive attitude, of keeping faith, no matter what, even if it feels like swimming against the stream...

Recently a short video clip has been circulating on social media, with a message that appeals to our capacity of looking beyond problems at solutions, demonstrates that it is possible to recover the earth’s health through a relatively simple change of consciousness, attitude and action. (Watch the video at this link) Informing us of the alarming decline of wildlife on earth, the video doesn’t stop short at the catastrophic loss, but gently shows us what could be done to restore and rebalance the wildlife habitats.

The facts: In 2014, the World Wildlife Fund released a report that the populations of wild vertebrates (birds, fish, amphibians, reptiles and mammals) on the planet between 1970 and 2010 had decreased by 52%. Two years later, the loss was 58%. If the current rate of decline was to continue, virtually all wild vertebrates would have died off by 2026, the ‘year ZERO: In only 8 years there would be no more wild vertebrate animals left on the planet...!!

The reasons? The video clip informs us: “It turns out that animal agriculture is not only the world’s number one source of carbon emissions; it is also the number one source of land use on the planet. All over the world, humans are destroying the original forest to make room for grazing animals or to grow crops for feeding animals. And then humans are using sophistic, geo-locating technology to locate the last remaining schools of fish. And, finally, we are pouring all these toxins into the environment, which is killing insects and which kills the birds that eat those insects. So we are attacking wild animals on land, in the ocean, and in the air, and this leaves wild animals no room to survive.

“We did some calculations. We took all the land that is currently being used for animal agriculture and restored the native forests that were there on that land in 1800, and it turns out that it could not only sequester more carbon than we have added to the atmosphere since 1750, but also restore the natural habitat for wild animals to live. It is their world, too... So this is entirely possible. We can bring back the forests and can heal the climate, and in the process ensure that Year Zero never becomes a reality.”

What would it take? The solution proposed is amazingly simple (even conceding that simple isn’t synonymous with easy). It is entirely feasible, as the video and many other scientists affirm - if only humans act rationally and make one small change, switching their food habits to a plant-based diet. Difficult? Dangerous? Really? Millions of people are the living proof that it isn’t. The United Nations have urged for the shift to a plant-based nutrition since years. If we know that we can make a very significant difference for preserving the precious, magnificent wildlife on our planet, won’t we be ready to make some minor adjustments in our food choice? Those who have done so will tell us that not only they discovered new tastes, but indeed better health, for themselves, and very directly for the earth.

The beautiful 3-minute video that’s making its rounds on WhatsApp shows Dr. Sailesh Rao, author of two recent books, ‘Carbon Detox’ and ‘Carbon Yoga’ (both readable online), and founder of the US-based non-profit organisation ‘Climate Healers’. Related link: ‘Prevent Year Zero’, a collaboration of various organisations working to save the environment.

Wishing everybody a light-filled Diwali!

AV Green Center: Lisbeth (writing), Jasmin, Isabelle, Island & Appie.

The Green Column now also appears on Auroville Botanical Gardens where comments are welcome.

What’s Flowering?

Auroville Botanical Gardens

What’s Flowering?

Monsoon time - Planting time... soon Clerodendrum wallichii will enchant us with their lovely cascading flowers. In case yours have suffered during summer, we have new plants on stock.

Also we have received a number of flowering shrubs.

Come while there is choice!

Opening times: Monday to Saturday from 9 am to 4:30 pm
If you need consultancy, please come between 9 and 11:30 am.

Auroville Botanical Gardens
Lively Up Your Earth 2019

On the 12th January 2019, Solitude Farm will be hosting Lively Up Your Earth 2019, our 6th eco music festival. This year the focus is on bringing the value of local foods to our community. To do this we plan to have 13 stalls that demonstrate the value of foods such as banana stem, drumstick spinach, turkey berry, green papaya, etc... Offering interactive sessions with samples, leaflets, information, seeds and plants.

Along with this there will be Capeoiera, Qi-gong, permaculture, the healing tree house, a kid’s space, face-painting, basket -weaving, a flea market, you know the whole thing! There will be music throughout the day and a dusk to dawn jam session featuring the Music Ashram from Berlin.

There is a lot of scope for collaboration. We would love people to be involved on different levels, so please get in touch if you see yourself doing something.

As mentioned above though, the core of the festival is to try and find new ways to share the incredible nutritional treasure trove that is native to our bio-region. We envisage local ladies, children and Aurovilians working together to present these local foods at the various stalls and we invite you to be involved in this adventure. There will be two weeks prior to the festival where people will gather at Solitude from around India and Auroville to give time (the currency of change) to really explore how this most obvious resource can be effectively shared with the community.

We look forward to hearing from you.

Lively Up Your Earth! Love, Krishna 9843319260

Happy Diwali! From MGEcoduties and EcoFemme

MGEcoduties and EcoFemme have joined hands to do, as always, something different with the mission of assist consumers with the right selection of products that do not harm our Mother Earth.

This time, and with the occasion of Diwali, we are promoting a combo of environment-conscious products, that includes the Eco Femme cloth-pad and the special formulation of a handmade Probiotics “Cloth-Pad Soap”. It’s a limited-edition prototype, designed by MGEcoduties - Auroville, to specifically match the needs of cleaning washable cloth pads. Try it out and let us know about your experience!

EcoFemme has designed a menstrual product with care for your health and the environment in mind. Evidently, the products you use to care for your cloth pads should follow the same focus.

This soap offers a combination of cleansing and skin loving ingredients with anti-bacterial and anti-fungal properties in composition with eco-friendly stain removers like sodium bicarbonate, white vinegar and hydrogen peroxide.

It is 100% natural, handmade with organic ingredients, cold pressed and naturally hardened. This soap is FREE FROM palm oil, parabens, phthalates, phosphates, sodium laureth sulphate, synthetic fragrances, colours, additives, stabilizers, preservatives; VEGAN - no animal derivative product, nor associated with animal cruelty.

You can find the Diwali combo promotion from EcoFemme in www.ecofemme.org/shop. Later on, you will find the Cloth-Pad-Soap in Probiotics House in Reve.

ReUsers of Impermanence!

The team of Joy of Impermanence is happy to share with the community the progress of its development. What’s new: we are now offering our Service to come and check whatever you are not using and want to get rid of. We have lots of needs, and we are eager to explore the generosity of the community, and the possibility of need-matching: One man’s trash is another man's treasure. We are 8 people and plan to provide space for at least 20 people on the land of Anitya - located between Sacred Groves and Edeyanachavadhi... Come and visit us! You can contact us via email: joyofimpermanence@gmail.com or +91 78 68 08 51 25 (Whatsapp works best). JOI Team

Diwali Discount at Wallpaper

All are invited to celebrate this Diwali with Wallpaper. The celebration starts from 29th October 2018 till 12th November 2018. All Wallpaper’s products are offered at 35% discount. The celebration discount is offered at our store which is located next to bamboo center in Kottakarai. Introduction tours are offered with a brief explanation on the process of up-cycling and with an opportunity to interact with the Wallpaper women. For those who are interested in learning the techniques and getting hands on experience, Workshops are conducted every day subject to prior booking, now available with 35% discounted rate. Contact below for further information. Map is HERE.

+91 93857 44722, wallpaper@auroville.org.in

Trestle tables missing

Hi, there used to be a lot of trestle tables that were used in the Solar Kitchen and then brought to the Farmers Market. Those tables have been borrowed by different people and never returned. Does anyone know where they are? Please contact Krishna at krishnamckenzie@auroville.org.in if you have any information.

Files on micro climate: found

Files found a while back in the shared office in Auromode - relating to solar Chimneys, micro climate, seeds etc. If they belong to you, please call Bridget 944270640 or Muthukumari 8940438617 so we can arrange to get them back to you. Thanks.

Back and Cutting hair again:

After being out for six months I am restarting my activity as a hairdresser starting November. For appointments please call or sms 978 733 7465, Thanks, Ladina.

APPEAL

Help for Shanbagalakshmi

Dear community members, Shanbagalakshmi (82) is the founder of Auroville Ganesh Temple. A few friends happened to visit her in her room at Kootroad during the 50th anniversary celebrations. Her living conditions are needing attention. Her daughters are doing their best, but for immediate house repairs and others, a minimum of 15,000/-(Fifteen thousand) is our estimate. She will need a regular monthly relief also as supplementary assistance.

An article about her is given in Vasal September issue, by Meenakshi. Any amount may be remitted in Financial Service account no. 252123 - Assistance to Ganesh Temple Founder.

Thank you, Bithi Poddar and Symala (Vasal reference Blog: vaasalmagazine.wordpress.com)

News&Notes 5 November 2018 [771]
### Santé Therapists’ Schedule - November 2018

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Manoj (with Dr. Brian)</td>
<td>Mon, Wed, Fri, Sat, Thurday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Ruslan</td>
<td>Mon, Wed, Fri</td>
<td>Morning</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Igor</td>
<td>Tuesday, Thurday, Mon, Wed, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Archana/ Ezhil Thilagam</td>
<td>Mon - Sat, Mon, Wed - Sat</td>
<td>Morning, Afternoon, Closed on Tuesday afternoon for staff meeting</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Andres / TOS</td>
<td>TOS</td>
<td>TOS, TOS till further notice</td>
</tr>
<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wednesday, Friday, Thurday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Monday, Wednesday</td>
<td>Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Monday, Wednesday, Thurday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Medical Shiatsu and Meridian Psychotherapy</td>
<td>Linda - Grace</td>
<td>Tuesday, Wednesday, Thurday</td>
<td>Morning,</td>
</tr>
<tr>
<td>Medical Massage</td>
<td>Galina</td>
<td>Tues, Wed, Fri</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Monday, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
<td>Monday, Friday, Wednesday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>Mon, Tues, Thurs, Fri, Mon, Thurs, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>Tues, Wed (gynaecology), Fri (pregnancy care)</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Childbirth Preparation &amp; Yoga class</td>
<td>Paula / Krishna</td>
<td>Monday</td>
<td>Afternoon (4.00-6.00)</td>
</tr>
</tbody>
</table>

*TOS = Temporarily Out of Service*

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**For emergencies, contact Auroville Ambulance:** Tel: **9442224680** (24x7) OR email: ambulance@auroville.org.in

**Government Ambulance:** Tel: **108** (24x7)

**Working Hours:** 8:45-12:30 & 2:00-4:30 Monday – Saturday for Aurovilians, Newcomers & registered Guests, Volunteers & Friends of Auroville

**Closed every Tuesday afternoon for regular staff meetings**

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

At Santé, we value our patient’s confidentiality and make every effort to ensure total privacy.

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**SANTÉ**
AUROVILLE INSTITUTE FOR INTEGRAL HEALTH
Clinic Phone: **0(413)-2622803**
Clinic mobile: **+91-9489441703**

😊 email: sante@auroville.org.in / adminsante@auroville.org.in
😊 Website: [www.sante.auroville.org.in](http://www.sante.auroville.org.in)

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**News & Notes 5 November 2018 [771]**
At Auroville Language Lab: We are looking for a multi-lingual person to join our team to help with a ton of tasks, including meeting people at the Reception, explaining how the Lab and Teaching work, making sure all needs expressed are met and no one falls through the cracks. Communicate with the teachers and the team, and to help out on different ongoing projects. This person should speak Tamil, English and French, and ideally be able to read and write in all three. The qualities we require are: a deep love of Auroville -, of this international community (this is NOT a paid job with a salary, though we will try to find a maintenance for the right person), an interest in people, an organised mind able to keep track of different subjects, efficient follow-up, as well as discipline, being on time, and a wish to keep learning new things. Please contact info@aurovillelanguagelab.org

EATING OUT

Closed for Diwali on Tuesday 6 November
- Well Studio Café will be closed.
- Visitor Center and Cafetaria will be closed.
- Naturelement and Garden café will be closed.
- Naturelement and Garden café will be closed.

SPORTS

Kalpana Sports Complex Update
The design process will begin soon! KSC will be open for all Aurovilians, AV School Students, Newcomers, Volunteers and Contributing AV Guests. It is NOT an exclusive facility for Kalpana residents only, as rumor has it!
KSC will be cooperatively linked to La Piscine. It will be an actual expansion of La Piscine and all its functions, as the pool in New Creation Sports Ground is running at maximum capacity as far as scheduling all the different activities and classes that take place there.
A second pool, located in the central part of Auroville, will provide a more convenient alternative for residents and students who live and work within the ‘current’ Master Plan.
The new pool will incorporate Accessible Changing Rooms and pool entries.
The same equipment will be installed at both facilities to support mechanical breakdowns. The staff will be interchangeable for both locations.
School scheduling will be shared according to proximity of AV Schools to each pool to reduce transport expenses and equipment/swimmer/scheduling overload.
Finances will be linked to assure that both pools can be maintained from all the different activities.
KSC will not accept guests who do not contribute to Auroville. La Piscine will be the outreach pool for non-contributing guests from outside and plans to join the Rashtriya Life Saving Society as a branch serving this area of Tamil Nadu and Pondicherry which would generate additional income while providing vital Life Saving Education within Auroville and the vicinity.
La Piscine will continue to welcome all Aurovilians, Newcomers, Volunteers, Students and Guests and will continue to schedule class timings for the respective pools.
The plans for KSC will include: 25m Lap Pool... deep enough to dive and wider lanes! Children’s Recreation pool, Baby pool, Table Tennis and Billiards, Coffee Shop, Spa with Watsu.
Submitted by Lila

VOICES & NOTES

AUROVILLE RADIO / TV

Greetings Auroville...
We are happy to share with you all what we managed to capture in past week as a team of Auroville Radio-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 us for more event updates on our social media sites,
Website: aurovilleradio.org, FB: facebook.com/auroville.radio, Twitter: AurovilleRadioTV

From our volunteers for the past week we have:
Maryliz and Nelson - Kalabhumii Goes Live: Lots of Good Shakti and Bossa Nova, Souful Suryan Sings and Plays Solo from The Heart, and Rumba Plays Fusion Flamenco
Maryliz - QM on Perspectives and Obstacles at WM Gardens
Gabriel - SVARAM presents Irula Full Moon Pulse
Irula Tribe of Nilgiris talk on Music, Instruments and on Working at SVARAM
Nelson - Exploring Geodesic Dome built for Joy of Impermanence Community
Kris - Safety and Security of our Children with Denis and Manoj. Jesse talks on RAD on Broadened Master Plan&Highway
Anandi starts with America Latina Indigena
Out of regular programs we have:
Here are also the News of Thursday and Monday Musical Editions features Roots, Dub, Reggae Together as One and new age mix Only Time
Your AurovilleRadioTV team

NOTES

The Crystal in the Lotus Pond in Matrimandir
Matrimandir represents the universal existence (satchitananda) as conceived by the Vedic Rishis. Sri Aurobindo has written so much about satchitananda in his various works. The Supreme self-contained absolute existence is known as sat. It is self-involved satchitananda. It is Divine. In the beginning it is in an unmanifested state, making possible every kind of manifestation. Sat is purusha (soul) part of satchitananda and chit-sakti and ananda the prakriti (nature) part of it. Moreover, sat implies chit sakti and ananda; and chit implies sat and ananda as oil is present in the sesame seed. This condition prevails in all manifested things.
Satchitananda has manifested seven planes of consciousness.
The supermind, which is the self-determining infinite consciousness, is the fourth plane of consciousness. It has Light, endless Light, no more darkness. In the descending order of consciousness, the sixth plane of consciousness is the subconscious plane of consciousness. Below it is the inert physical plane of existence. satchitananda is veiled by darkness (ignorance) of the manifested nature. Immutable self appears to be limited in its action.
The lotus pond in Matrimandir represents the subconscious plane of consciousness in the universe. The crystal in the lotus pond represents sat or self of satchitananda, while water in it represents chit, prakriti (nature) part of it. Objects from the physical plane of consciousness are pushed into the subconscious plane of existence. They also have the same features of satchitananda. The self of satchitananda in the subconscious existence cannot deliver the beings from their struggle and suffering in life because it is veiled by ignorance (darkness) of the manifested nature. It is imprisoned there.

WORK OPPORTUNITIES

Accounting and Reception Work at Joy, QH:
Dear Friends, Joy Community Guest House is looking for a responsible person (Volunteer/Newcomer or Aurovillian) to do the work of accounting and reception; the person should have good accounting knowledge, computer skills, welcoming attitude, spirit of service and vision and motivation to be part of a very dynamic team; the person should be fluent in English; the knowledge of other languages is very welcome.
Please send your CV and Motivation letter to joycommunity@auroville.org.in Kind Regards, Joy Team :)

EATEN OUT

Closed for Diwali on Tuesday 6 November
- Well Studio Café will be closed.
- Visitor Center and Cafetaria will be closed.
- Naturelement and Garden café will be closed.

Sports

Kalpana Sports Complex Update
The design process will begin soon! KSC will be open for all Aurovilians, AV School Students, Newcomers, Volunteers and Contributing AV Guests. It is NOT an exclusive facility for Kalpana residents only, as rumor has it!
KSC will be cooperatively linked to La Piscine. It will be an actual expansion of La Piscine and all its functions, as the pool in New Creation Sports Ground is running at maximum capacity as far as scheduling all the different activities and classes that take place there.
A second pool, located in the central part of Auroville, will provide a more convenient alternative for residents and students who live and work within the ‘current’ Master Plan.
The new pool will incorporate Accessible Changing Rooms and pool entries.
The same equipment will be installed at both facilities to support mechanical breakdowns. The staff will be interchangeable for both locations.
School scheduling will be shared according to proximity of AV Schools to each pool to reduce transport expenses and equipment/swimmer/scheduling overload.
Finances will be linked to assure that both pools can be maintained from all the different activities.
KSC will not accept guests who do not contribute to Auroville. La Piscine will be the outreach pool for non-contributing guests from outside and plans to join the Rashtriya Life Saving Society as a branch serving this area of Tamil Nadu and Pondicherry which would generate additional income while providing vital Life Saving Education within Auroville and the vicinity.
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Submitted by Lila

News&Notes 5 November 2018 [771]
The temples in Tamil Nadu are constructed on the principle of the Vedic theory of existence. The tank adjacent to the temple has only stagnant water. There is no crystal in it. But the self (represented by the crystal in the lotus pond) is implied in water in the tank. According to the Vedic theory of existence this view is correct; chit implies sat and ananda.

Man cannot be delivered from his suffering by satchitananda in physical or vital or mental plane of consciousness. They maintain him in his respective plane of consciousness. But there is a possibility to overcome the difficulties in life, if he has succeeded in getting the supramental consciousness which is self-determining infinite consciousness. As his mind is closed to the supermind, he has to pursue the supramental Yoga by which he can liberate the soul from his mind and make it ascend to the supermind by passing through different planes of consciousness.

The Aum from sunlight in Matrimandir represents the ascending and descending movement of consciousness in the universe.

The purpose of having the crystal in the lotus pond in Matrimandir is to create the Vedic concept of existence, satchitananda, in the mind of people visiting the lotus pond. If this goal is not achieved, the objective of keeping the crystal in the lotus pond is defeated. Somasundaram

The Ancient Knowledge

“Ancient India was great in every field”


If other people live in a different hemisphere than us, they can be called “Antipodes”. One Antipode from New Zealand lived for a time in Aspiration Guest House. In New Zealand there are birds without wings - called kiwis. But the fruits from New Zealand also bear the same name - kiwi. And people all over the world use the name kiwi for the human beings of that country too. The Kiwi who visited Aspiration is a 27-year-old lawyer. When I saw her for the first time, I thought that her body was far from the Greek standard of human body, she was very thin like a snake. I had a talk with this Kiwi lady in Aspiration. She told me that every morning she practices Surya Namaskar - the greeting of the sun, a system of Hatha Yoga. She asked the Kiwi to show this system to us. She agreed and I understood that her body is ideal for this ancient complex. The Kiwi Yogi read a special mantra for every asana. India presented yoga to the whole world and yoga returns to India from both hemispheres.

For more than twenty years I worked legally in the Soviet Science Academy and I practiced illegally yoga for fifteen years. I started from Hatha Yoga, Pranayama and was (not officially) in the society of Agni Yoga - Yoga of Fire. Now Agni Yoga is very popular in Russia. I was workaholic - I was happy to do something for science. When I started my life in yoga, I understood: science is nothing compared with yoga. Hiroshima and Nagasaki, chemical pesticides and artificial manure - that is all science, not yoga.

In Russian language there is a word “vedima” - witch. Nowadays this word has a negative significance but a long time ago it had a good Sanskrit meaning: “mother who knows”. Yoga gives joy, health, wisdom for all the people of the world. It is from God. Science on the other hand can be, at times, from the asuras.

Boris

ACCOMMODATIONS

**Needed 1**: Hello, I am Célia, a newcomer working in Eco Femme looking for affordable housing/house-sitting opportunities starting in November or December, preferably long term but open to all options. I have already done a few house-sittings, I can take care of animals/plants and, of course, your home! Don’t hesitate to contact me by email: celia_demengin@gmail.com or phone (but not network at home): 7639120600. Warmly, Célia

**Needed 2**: Hello everybody, I am Hélène (25 years old) a french volunteer in French Pavilion for a year. I am looking for a house to sit or a room to rent for a month from end of December to end of January 2019. Feel free to contact me by e-mail: helene.danjean@hotmail.fr and by phone at: +33 7639164078. Thanks! Hélène

**Needed 3**: Dear community, I am Manu, Aurovilian since a few months, woodhouse maker and carpenter. I am looking for a house sitting or rent opportunity, for a few months (ideally 6, but less can be ok). I am familiar with the field of construction, especially woodwork, maintenance or renovation; if it can help, why not... Also still looking for a place for my carpentry activities, if someone heard about... Thanks!!! emanuel@auroville.org.in or 8098038573

**Available 1**: A small apartment is available for a Newcomer or Volunteer in Douceur Community. Spacious room with attached bathroom, sit out, kitchen. Separate entrance. The apartment comes furnished. Candidates please contact Robert by email robert@auroville.org.in or Whatsapp: +919405663035. Contract via Housing Service.

**Available**: Auroville Library of Things (ALot), an initiative by earthbus, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. alot@auroville.org.in.

NOW ONLINE! aurolot.myturn.com/library/inventory/browse

**Super Cute Puppy**, a girl around 5 months old, and I love when people pet me. I make cute happy noises. You saw me with the security guards at the solar kitchen. I had a collar but was no one's dog. I'm still looking for a family, don't forget me. For more info, contact Melissa on what's app +32494222249. Thank you.

**Riding Helmet**: Cami-Cell, size L, model RCH, colour blue. New. mkymkinnet@yahoo.com, or call 7290921658

**Transverse Flute**: for beginner to give. Jean-Marie, Siddhartha forest AV, 994 310 6579

**Antique Chairs**: 2 antique teak chairs with armrests, contact Monika 2622918 or 9487219706. Thanks.

**Yamaha RX 135 black**: In good condition. If interested please contact through what’s app : 9655387756, or by mail sundar@auroville.org.in, Sundar R.

**Office Space for Rent**: Completely newly renovated office space (21 SqMt) very quiet and green surrounding for rent at Auromode with following facilities: 24 hours Security service, Generator Power back-up, Aquadyne drinking water, Car & Bike parking. Contact Pandian, AUROMODE TRUST, Auroshilpam, 0413-2622224, 9943390391, pandian@auroville.org.in

**LOOKING FOR...**

**Veena**: I am looking for a second hand Veena Rudra, Tampura or a Monocord - if you have any of those you would like to exchange for a contribution. Many thanks, Jean-Luc - jlimalar@yahoo.fr

**Kid Cycle**: Dear Community, If you have a good bicycle for a 9 year old and above, that you want to give away or sell, please contact me by email or my mother Jayendra at 8754921079. I will be very happy to have a cycle to ride. Thanks :-) Timur Yafarov, Transition school-3rd Grade.

**VHS Player**: Dear Community, does anyone have a VHS player that the Auroville Archives could use in order to transfer VHS tapes to a digital format? Please contact the Auroville Archives at avarchives@auroville.org.in, thanking you.
Kid Cycle: Louis is 7 and would be very happy to ride a bicycle. We have a second hand one! Please call Adelaide 9751468307.

Second Hand Sewing Machine: Jayalakshmi, daughter of Chitra working at Unity Pavilion, is looking for a sewing machine for domestic use. A graduate in civil engineering, she has learned stitching in her spare time and would like to meet the stitching needs of her family members. Jayalakshmi is presently engaged with the village Action Group of Auroville. If you have a sewing machine in good working condition which you would like to donate or give away for a minimal contribution she will be grateful to receive it. Kindly contact Chitra at Unity Pavilion (0413 262 3576 or unitypavilion@auroville.org.in) Submitted by Rema

Telephone and 2 small tables: Dear community, I’m searching for a telephone for my new landline. If you have an old one that you don’t need anymore, please contact me! I also need one or two little bed-side tables. Thanks, Kyara 9487049867.

French-English exchange: Hello, I’m French and would be interested to make a French-English tandem. I live here with my husband and 7 years old son. I am interested in art and education. Please call Adelaide 9751468307.

Someone coming from Bangalore: and who could bring me a small package (charka) to Auroville? Thank you for your answer. Adelaide 9751468307.

LOST & FOUND

Lost Phone 1: Black HUAWEI Smart Phone lost on the evening of Friday 26th October (between Bharat Nivas and Town Hall). The phone is inside a black wallet leather case. Please contact ljmathias@yahoo.co.uk. Thanks, Mathias.

Lost Phone 2: I lost my mobile phone - Xiaomi Redmi 5A (light blue colour back panel, no screen lock, picture of rocks as wallpaper) on 27th Oct (Saturday) night, likely near Kalabhumi/Youth Centre area. Please call 8870730567 if you have it or find it. Thanks a lot :) Megha.

TAXI SHARING

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

7/8 November: Taxi to be shared to and fro for pickup at Chennai international Airport, Lufthansa flight, midnight 7th-8th Nov, Please email me at sigrid@auroville.org.in Sigrid

11 November: taxi to be shared to Chennai airport, leaving at 10pm, Bruno in Utilite 2623308, nadopasana@auroville.org.in

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 THE MATRIMANDIR

AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri
read by Mother to Sunil's music

Every THURSDAY - 5.30 to 6.00 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 5.15 pm
- Please be seated by 5.25 pm, no late entry. Thank you. Amphitheatre Team

INVITATIONS

Complete SAVITRI Reading from November 14 to 18
On Wednesday 14 November to Friday 16 November the reading of SAVITRI will start at 9am and continue until 12:30noon. Then there will be a pause and will start again at 2:30pm and will close around 7:00pm. On Saturday 17 November and Sunday 18 November, the reading will start at 9am, but will continue throughout the day.

If you like to participate, please inform us the day or days and time you want to read.

Also you are most welcome to join for part or the whole of this SAVITRI Reading or ‘parayan’ and its organization. Please write to savitri-reading-parayan@auroville.org.in

Deepawali celebration on Monday 5th November 2018 at Solar Kitchen/Bharat Nivas.

Dear Auroville community, Vanakkam, Good morning.
We plan to have Deepawali celebration. All are invited.

Dinner at Solar Kitchen - 6.15 pm (for all) Lighting of oil lamps at Solar Kitchen and Bharat Nivas -6.00 pm Children’s cultural programme at Bharat Nivas - 7.30 pm

We request support from all who are able to financially contribute towards the Deepawali celebration. Kindly make your financial transfer to Aurosangamam financial service account number #5102. We invite all community members and guests to join us for the celebration and also join us with the preparation of the event. We would like to thank all for your support.

We would like to inform all, that Bharat Nivas Auditorium has inside a sitting capacity to accommodate only 540 people for the cultural program. We’ll also have outside TV screens for people to watch the cultural program. We thank you for your understanding and cooperation.

Kindly help us keep the venue clean and tidy.

Happy Deepawali wishes to all!

Cordially,

Aurosangamam Team in Collaboration with Bharat Nivas Team

Email: aurosangamam@auroville.org.in

Join us for Diwali in Upasana

Wednesday 7th November
from 6 till 9 pm

Dear friends, we will be celebrating Diwali (festival of light) in Upasana (Near CSR). We invite everyone to join us for light, flowers & light meal together. Love, Upasana Team.

EXHIBITIONS

Savitri Bhavan

Exhibitions – November 2018

Meditations on Savitri

The entire series of 472 paintings created by the Mother with Huta from 1961-67 is on display in the newly extended picture gallery

Sri Aurobindo - A Life-Sketch in Photographs

in the upstairs corridor

Glimpses of the Mother

photographs and texts in the Square Hall

Everyone is welcome
Pitanga Cultural Centre, Samasti

“MOMENTS IN BETWEEN”
Photography exhibition
By Yam Yardeni

From 27 October till 10 November 2018
Open daily (except Sundays) 8am-12pm & 2-6pm
0413-2622403/2622994 - Pitanga@auroville.org.in

CENTRE D’ART CITADINES

Presents

In Gallery I
ROGER ANGER AND LE CORBUSIER
Photos by Philippe Vigoureux

...and the ranges of grey come to settle happiness
in the sensitive surface

In Gallery II
ARCHITECTURE
photographic exhibition Roger Anger
by Dominique Darr

Prolongation until 10 November 2018
Every day 2.30pm to 5.30pm - Sundays closed
Centre d’Art Citadines - 0413 2622699

Bharat Nivas presents

BHARAT NIVAS
PAVILION OF INDIA - AUROVILLE

"The Dawn of Auroville"
Ongoing Photo Exhibition
on the early days of Auroville with rare historical images and texts by The Mother.

Opening hours: 9 to 4:30 pm. Sundays closed.
Ongoing until March 2019.

TALKS & PRESENTATIONS

Journey of Auroville:
video and community presentation

Wednesday 7 November 5pm,
SAIER conference room

We are pleased to invite you to learn about the recent Journey of Auroville festival in Vadodara (Baroda). We’ll be showing video highlights from the festival and giving a short presentation on the many events that took place there. We’ll also be sharing an update on the planning for the next festival in Kolkata (Calcutta).

Please feel free to contact us for more information: journeyofauroville@auroville.org.in
Journey of Auroville Team
(Ankita, Frederick, Hilary, Jürgen, Ravi)

The French Pavilion presents:

“A Smart City in Pondicherry”
“Une Smart City à Pondichéry”

Conference presented by Raphael Gastebois

Saturday 10th November 2018 at 5pm
Town Hall - Cinema Paradiso
in French translated simultaneously in English, dur. 90min

A major national project launched by Prime Minister Modi, the “Smart City” program in India is the first of its kind from the public sphere. News ideas are coming up with the vision to adapt and redefine the model, often associated with a clean slate mixed with a rush of technology. The example of Pondicherry, a small-scale city compared to major Indian cities, opens the reflection on the issues of “humanization” of the Smart City concept. In this context, the government of Pondicherry is creating its own definition of the Smart City based on its specific “on-the-ground” reality.

Architect and urban planner for the French Government, Raphael Gastebois is an international technical expert in urban development and advises the government of Pondicherry (India) in its approach of Smart City and for the development of its heritage.

CULTURAL EVENTS

CRIPA presents

A musical voyage through SPAIN

Friday, 9th November 2018 - 5:30pm
in CRIPA

A musical presentation by Pushkar on the piano.
Music by various composers.
Come, Create with Us!
Experience, Express and Explore yourself through the Visual Arts Centre for Research, Education and Experience in the Visual Arts (CREEVA) is a platform for people to experience art first hand and overcome the inhibitions. It is a place where art enthusiasts like you can experiment with mediums, form, themes, etc. and hone the skills. CREEVA lets you explore deeper and find your language to express. It helps you practice your yoga of art regularly and peacefully.

Weekly Sessions @ Creativity Community Atelier
- Mondays 5pm-7pm: Watercolour Geometry with Gino A path to raise one’s level of consciousness and awaken a power that lies within.
- Tuesdays 4.30pm-6.30pm: Creative Art with Dominique. Explore and create your own understanding of known artists and also on Art which will expand your own expression.
- Wednesdays 5pm-7pm: Colour Mediums with A. Sathyà. Work with different paint mediums to use in your own expression. Gouache/Watercolors/Collage/etc.
- Thursdays 5pm-7pm: Life Drawing with Lakshay Figure Drawing. Classic way to understand the form, anatomy, perspective, etc.

Daily Sessions @ CREEVA Open Studio
- At Creativity: Monday to Friday, 9:30am to 12:30pm
Pls. BE ON TIME. It’s a cooperative; pls. feel free to use the studio’s art materials. It’s free for Aurovilians and newcomers. A base contribution for volunteers and guests will be asked 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 0413 2622641 / 9080371145 or email to creeva@auroville.org.in

Bharat Nivas
Pavilion of India: Auroville

The following centers are managed by Bharatnivas Group. Bharat Nivas has its own annual projected plans and internal guidelines for holding its activities.

Regular classes are offered by a variety of teachers on theatre, painting, sculpture, origami, dance & music. See below details. For organizing cultural events: workshops, exhibitions and performances: please write to bharatnivas@auroville.org.in.

1. SAWCHU: (Sri Aurobindo World Center for Human Unity)
Monday: Capoeira conducted by Sam and his team: 5 to 7pm
capoeira@auroville.org.in
Tuesday: Bharatnatyam by Caveri: 4 to 6pm
sureshcaveri@gmail.com
Wednesday: Tango by Lisa & Mona: 6 to 9:30pm
tango@auroville.org.in
Thursday: Bharatnatyam by Caveri: 4 to 6pm
sureshcaveri@gmail.com
Friday: Improvisation Theater by Jeff: 4:30 to 6:30pm
jeff@auroville.org.in
Saturday: - Contemporary Dance, Hip Hop etc. by Vijay: 8 to 9am
(Mobile: 9655831172)
- Carnatic Vocal Classes by Grace: 8 to 10am
grace@auroville.org.in
- Odissi Dance Class by Kanchana: 3:30 to 5:30pm
udavikanchana1@gmail.com
- Contemporary Dance class by Vijay: 4:30 to 5:30pm
(Mobile: 9655831172)
2. Progress Hall: (Old Library Block)
Monday: Odissi Dance Class by Ashvathari: 4:30 to 6:30pm
Wednesday: Ashtanga Yoga classes by Muthukamari: 5 to 6pm.
Contact: muthukamari@auroville.org.in, 894038617.
Thursday: Kathak Dance by Ashvathari: 5 to 6pm
Contact: aashvathari@gmail.com
Saturday: Hatha yoga classes with Tatiana: 6:30 to 8am
Contact: mahayoga108@gmail.com, +919655668798.

SCHEDULES

BRAHMANASPTI KSHETRAM
The Mother and Sri Aurobindo Centre
Edyanchavadi, Auroville

Regular Weekly Activities:
Every Monday at 5:30 pm: The Mother and Sri Aurobindo on Auroville led by Dhanalakshmi interaction in Tamil & English
Every Thursday at 6 pm: Meditation

Activities in November 2018:
- 2nd Friday at 6pm: Reading from The Mother’s Questions & Answers - Vol-7 in English led by Rama Narayanan.
- 4th Sunday at 5.30pm: Reading The Supreme & Savitri in Tamil & English led by Buvana Sundari.
- 17th Saturday at 6pm: The Mother’s Mahasamadhi (Meditation).
- 18th Sunday at 5.30pm: Reading from The Mother’s Questions & Answers - Vol-7 in English led by Rama Narayanan.
- 22nd Thursday at 6.30pm: Reciting Sri Aurobindo’s Gayatri Mantra for 30 minutes
- 24th Saturday at 6 pm: Sri Aurobindo’s Siddhi day (meditation)

Brahmanaspati Kshetram Team (in Edyanchavadi)

At Creativity HALL OF LIGHT

- Family Constellations Workshops With Moghan
Saturday 10 November 9 am to 6 pm
Please contact moghan@auroville.org.in, 9751110486

- Vocal & Nada Brahma Yoga Workshop
Thursday 8th & Friday 9th November 9.00-5.00pm
to register please contact Hamsini 9487544134
A unique combination of the Italian masters’ knowledge of the voice & Indian wisdom of the primordial sound (Nad)
Italian Maestro wisdom & Yogic approach
Discover & develop parts of the body involved in vocal sound production. Learn to use these parts through vocal practice and sound healing circle to consciously create and strengthen your unique Musical instrument.
Nada Yoga /Access inner consciousness through sound
Ancient Nada Yoga links music to spiritual growth through vibrational sound. Use musical scales inside energetic centres to deepen auditive and kinaesthetic awareness. Use Indian Raga to free emotional blockages. These techniques help you to sing in tune. Nada Yoga is a powerful meditative tool deepen movement between consciousness states, enhance inner peace and contentment.
Sacred Chants Help to quite the mind & open the heart the Divine Within.
No need of any previous experience, Bring a small mirror with you.

**PLEASE NOTE: this event was sent late and belonged date-wise in last week’s issue**
Saturday: Kathak Dance by Ashavari: 5 to 6 pm
Sunday: Kathak Dance by Ashavari: 10 to 11 am

3. Sri Aurobindo Center for Studies: India and the World:
   - Library (First Floor): Opening hours: 10am to 4:30pm Every Friday: Reading Sessions conducted by Aster Patel: 4 to 5.30 pm.
   - Bhumika Hall: Prior booking by mail is required to use this space for meetings, films, talks & workshops: contact asterpatel@auroville.org.in

4. Library: Laboratory of Evolution (LOE)
   Opening Hours: Monday to Saturday 9am to 12pm & 2:30 to 4:30pm - Phone: 0413-2622423

5. Post Office:
   Opening hours: 9 to 5 pm. Closed on Sundays.

6. Kalakendra:
   1. Permanent Exhibition on India.
   for more information: write to bharatnivas@auroville.org.in

3. Monday to Sunday: Regular art classes coordinated by CRE Eva in the Art Studio (See CRE Eva schedule in this News&Notes). (Contact: 9803711415 - creeva@auroville.org.in)

7. Annam Kitchen (old Indus Valley space):
   Daily South Indian Meals are prepared by Ramesh & Tamarai: 12.30 to 2.30 pm. (Sundays it is closed).

8. India Space:
   Opening hours: 9 to 5 pm
   Permanent Exhibitions:
   1. On India & the World by Olivier Barot.
   2. On Mother & Sri Aurobindo
   3. On Indian Classical and Folk Musical instruments.
   4. Reading Space
   For more information: write to cicbn@auroville.org.in

9. Sri Aurobindo Auditorium:
   for programs and booking, email to bharatnivas@auroville.org.in
   - Entrance Foyer: Saturday - Odissi Dance by Kanchana: 10 am to 12 pm
   - Music Room (in the basement of the main Auditorium Entrance): Nandita-di offers Hindustani singing classes on Tuesday, Wednesday Thursday: 2 to 6 pm.
   - Monthly every first Friday, Origami classes are offered by Tomoko: 2.30 to 3.30 pm. (Adjacent to the music room). Contact: letsenjoyorigami@gmail.com

   You are all welcome, The Bharatnivas Group

Friday 2nd November 2018

Regular Activities

Sundays 10.30-12 noon: Savitri Study Circle
Mondays, Tuesdays 3-4pm: Psychic Awakening led by Dr. Jai Singh
Mondays 4.45-6.15pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nishtha
Tuesdays 9am-12: An Introduction to Integral Yoga workshop, 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 5-4.75-15pm: OM Choir
Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan
Thursdays 4-5pm: The English of Savitri, led by Shraddhavan
Fridays 3-4pm: Exploring the Bhagavad Gita led by Dr. Jai Singh
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

NEWS FROM AUROVILLE

Savitri Bhavan November 2018

Exhibitions
- Meditations on Savitri
  The entire series of 472 paintings, in the 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
Mondays 6:30pm
Nov. 5: Four Great Aspects of The Mother - Maheswari, Mahakali, Mahalakshmi and Mahasaraswati - Dur: 52min.
Nov. 12: The Yoga of the Earth - Duration: 32min.
Nov. 26: Sri Aurobindo and The Mother: A New Yoga for Earth and Man - Duration: 58min.

Full Moon Gathering
Thursday Nov.22, 7.15-8.15pm
in front of Sri Aurobindo’s statue

Puja offers a course on “Understanding Visual Language of Art” in Language Lab from 14th of November. The course involves: - Understanding composition - Understanding material - Understanding the fundamentals of visual art - Discourse through art reading - Art from Ancient Times until the Present Day. The classes will be held on Wednesdays and Fridays from 04:00 pm – 05:00 pm.

Anabel starts her 15-day Intensive French Beginners Course from 12th November. 03:00 pm – 04:00 pm from Monday to Friday.

Anabel also offers a 15-day Intensive Spanish Beginners Course from 12th November. 09:00 am – 10:00 am from Monday to Friday.

Puja also continues with her English Intermediate Course on Mondays and Wednesdays from 05:00 pm – 06:00 pm. Includes: Grammar / Vocabulary / Video Comprehension / Conversation

Puja continues her English Beginners Course on Tuesdays and Thursdays from 05:00 pm – 06:00 pm. Includes: Grammar / Vocabulary / Video Comprehension / Conversation

Asha has started taking her English Intermediate Class in the morning from 09:00 am – 10:00 am on Mondays and Wednesdays.

Asha continues with her English Beginners Class in the morning from 09:30 am – 10:30 am on Tuesdays and Thursdays.

Susana continues with her Spanish Intermediate Course on Wednesdays at 03:30 pm – 04:30 pm and on Saturdays at 11:30 – 12:30 pm.

Jack is offering an English Writing Course on Mondays, Wednesdays, and Fridays from 05:00 pm – 06:00 pm.

Puja’s Hindi Beginners Course started on 30th October, and takes place every Tuesday, 04:00 pm – 05:00 pm and every Thursday, 03:00 pm to 04:00 pm. People are most welcome to join the course.

Puja continues with her Hindi Intermediate Course on Mondays and Thursdays from 04:00 pm – 05:00 pm.

Saravanan would be starting a new course in Tamil soon. Interested people can start registering online: http://register.aurovillelanguagelab.org/

- We are looking for a multi-lingual person to join our team
  (see under “Work Opportunities”)
• NEW SCHEDULE OF CLASSES at ALL – November 2018

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>LEVEL/CLASS</th>
<th>TIME</th>
<th>DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Beginners</td>
<td>09:30 am – 10:30 am</td>
<td>Tue and Thu</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>09:00 am – 10:00 am</td>
<td>Mon and Wed</td>
</tr>
<tr>
<td></td>
<td>Beginners</td>
<td>05:00 pm – 06:00 pm</td>
<td>Tue and Thu</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>05:00 pm – 06:00 pm</td>
<td>Mon and Wed</td>
</tr>
<tr>
<td></td>
<td>Writing Course</td>
<td>05:00 pm – 06:00 pm</td>
<td>Mon, Wed and Fri</td>
</tr>
<tr>
<td></td>
<td>Understanding Visual Language of Art</td>
<td>04:00 pm – 05:00 pm</td>
<td>Wed and Fri (14th Nov onwards)</td>
</tr>
<tr>
<td>French</td>
<td>Intensive</td>
<td>03:00 pm – 04:00 pm</td>
<td>Mon to Fri (12th Nov onwards)</td>
</tr>
<tr>
<td>Spanish</td>
<td>Intensive</td>
<td>09:00 am – 10:00 am</td>
<td>Mon to Fri (12th Nov onwards)</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>03:30 pm – 04:30 pm</td>
<td>Wed and Sat</td>
</tr>
<tr>
<td></td>
<td>11:30 pm – 12:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hindi</td>
<td>Beginners</td>
<td>04:00 pm – 05:00 pm</td>
<td>Tue and Thu</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>04:00 pm – 05:00 pm</td>
<td>Mon and Thu</td>
</tr>
<tr>
<td>Italian</td>
<td>Beginners</td>
<td>05:00 pm – 06:00 pm</td>
<td>Mon and Wed</td>
</tr>
<tr>
<td>Tamil</td>
<td>Beginners</td>
<td>To be announced soon</td>
<td>To be announced</td>
</tr>
</tbody>
</table>

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 to 12:00 pm and 2:00 pm - 6:00 pm, Saturday 9am to 12pm.
Location: International Zone, beyond the Unity Pavilion and Pump House.

Welcome to join Holistic and our new programs in Intensive Learning, Retreats Therapies and Packages and learn how to take care of your health and body and grow in consciousness, happiness and sense of well-being.

**NOVEMBER 2018**

**New Location:** Holistic Health and Well Being Center, Auroville Main Road, Kuilapalayam.
Info and registration [www.auroville-holistic.com](http://www.auroville-holistic.com) / contact@auroville-holistic.com / 9489805493

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**THERAPIES**

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>THERAPIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health &amp; Wellness Coaching Program: a customized program to help the person understand who they are, what are their resources and weakness on the physical level, emotional level and psychic level, through one to one talk sessions, massage, scientific meditation with sound healing, breathing exercises... Different methods are used and adapted to the particularity of the person’s profile, symptoms and needs.</td>
<td>Christine Pauchard is the main facilitator. Other therapists can interact as needed.</td>
</tr>
<tr>
<td>Health coaching &amp; Personal Development (based on NLP): Health coaching, also referred to as wellness coaching, is 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-contact</td>
<td>Christine Pauchard</td>
</tr>
<tr>
<td>Samalin Treatment</td>
<td>Sami A. Latzhe</td>
</tr>
<tr>
<td>Quantum Shitatsu &amp; Healing touch massage</td>
<td>Sami A. Latzhe</td>
</tr>
<tr>
<td>Acupressure massage Therapy</td>
<td>Christine Pauchard</td>
</tr>
<tr>
<td>Chakra Healing &amp; hypnotherapy</td>
<td>Marcela Cortes &amp; Christine Pauchard</td>
</tr>
</tbody>
</table>

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**REGULAR CLASSES**

Registration by mail must be done before drop in at contact@auroville-holistic.com

<table>
<thead>
<tr>
<th>ASHTANGA YOGA - MYSORE STYLE</th>
<th>Monday, Wednesday, Friday, Saturday From 6:45 am to 8.15 am</th>
<th>With Christine P. <strong>Please Note the change of place</strong> At Kuilapalayam Holistic Health studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRADITIONAL HATHA YOGA</td>
<td>Tuesday/Thursday from 4:45 to 6.15 pm</td>
<td></td>
</tr>
</tbody>
</table>

News&Notes 5 November 2018 [771]
LEARNING ACTIVITIES at HOLISTIC
NLP & SELF-IMPROVEMENT - PART 1: With Christine P.
Thursday 8 to Saturday 10 November 2018

Learn NLP skills and insights. After these 3 days your NLP can then be used anywhere & for your personal development.

- Develop a better understanding of what makes you 'tick' by working at the deepest level of the Psyche
- Better understand why the people in your life behave as they do
- Recognise your own out-of-date responses to situations and people - and begin losing these
- Develop skills to change your moods and your reactions.

You want to know yourself better, unlock the immense potential within, or achieve a goal, or even clarify where you are, now, in your own life. Learn tools to understand yourself, the others and open yourself to a larger world. Learn tools to communicate on a more efficient way. Stop repeating same mistakes, change your behaviors, change your life...

To register: contact mobile + what app 9489805493

771

Vérité Programs November 2018
Phone - +91 413 2622045, 2622606, Mobile - 7094104329
Email - programming@verite.in Website - www.verite.in

Yoga & Re-creation Sessions (Drop-in)

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Sivananda Yoga</td>
<td>6.45 to 8 am</td>
<td>Gabriele</td>
</tr>
<tr>
<td></td>
<td>Mantra Chanting</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Dance Offering</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Mindful Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga Using Props</td>
<td>5 to 6.30 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Deep Sound Bath</td>
<td>5 to 6.30 pm</td>
<td>Balu &amp; Vera</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Hatha Yoga for beginners</td>
<td>6.45 to 8 am</td>
<td>Gabriele</td>
</tr>
<tr>
<td></td>
<td>Dance Mantra Meditation</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Asana, Pranayama, Mudra &amp; Bandha</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga Using Props</td>
<td>5 to 6.30 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Chakra Toning</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td>Fridays</td>
<td>Hatha Vinyasa Flow</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms Dance (start 9 Nov)</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga for beginners</td>
<td>5 to 6.30 pm</td>
<td>Gabriele</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Hatha Yoga Using Props</td>
<td>6.45 to 8 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Yoga Nidra</td>
<td>5 to 6.30 pm</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Open Heart Space Meditation</td>
<td>5 to 6.30 pm</td>
<td>Samrat</td>
</tr>
</tbody>
</table>

Intensives (24 hour registration required)

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 17 Nov</td>
<td>Fate or Choice (Family Constellation)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
</tbody>
</table>

Therapies
For appointment: Phone 0413-2622606 Mobile 7094104329 treatments@verite.in

- Chetna Neurofeedback therapy
- Gabriele Private Hatha Yoga Sessions
- Lisa Etiomedicine
- Mila Biodynamic Craniosacral therapy
- Tania Reiki
### Joy Activities

**November 2018**

<table>
<thead>
<tr>
<th>SECTIONS</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Monday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Monday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Tuesday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Tuesday (First Class Nov. 6th)</td>
<td>4 to 5:15 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Wednesday (First Class Nov. 7th)</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Wednesday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Thursday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Yoga with Bala with Nikhil</td>
<td>Thursday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Yoga with Bala with Nikhil</td>
<td>Friday (First Class Nov. 9th)</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Mantra Chanting with Nikhil</td>
<td>Friday (First Class Nov. 9th)</td>
<td>4 to 5:15 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Friday (First Class Nov. 9th)</td>
<td>5:30 to 7 pm</td>
</tr>
<tr>
<td>Laughter Yoga with Stefania</td>
<td>Saturday</td>
<td>9 to 10:30 am</td>
</tr>
<tr>
<td>Yoga with Bala with Nikhil</td>
<td>Saturday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Yoga with Bala with Nikhil</td>
<td>Friday (First Class Nov. 9th)</td>
<td>4 to 5:15 pm</td>
</tr>
</tbody>
</table>

### THERAPIES (on Appointment only)

<table>
<thead>
<tr>
<th>THERAPIES</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td>with Sara</td>
<td>9443617308</td>
</tr>
<tr>
<td>Reiki</td>
<td>with Marcia</td>
<td>7598260379</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>with Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>with Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>with Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>with Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Tarot &amp; Shamanic Card Reading</td>
<td>with Valentina</td>
<td>9791719387</td>
</tr>
</tbody>
</table>

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@aurowville.org.in - www.joyauroville.org - www.facebook.com/joyauroville

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**ARKA WELLNESS CENTER & MULTIPURPOSE HALL – NOVEMBER – 2018**

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Logic, Soft Massage, Deep Tissue Massage.</td>
<td>Pepe - by appointment 9943410987</td>
<td>Monday to Saturday</td>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage, Face Massage.</td>
<td>Meiha- by appointment 9443635114</td>
<td>Monday to Friday 9:00 am to 5:00 pm.</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Dr. Mohammed Sahel by Appointment - 9994208068</td>
<td>Tuesday, Friday and Saturday.</td>
</tr>
<tr>
<td>Deep Core Intensive Massage</td>
<td>Sumit - by appointment 7839062619</td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Ayurvedic Massage and Birenda Massage.</td>
<td>Ion Condei- by appointment 8901705842</td>
<td>Monday to Friday.</td>
</tr>
<tr>
<td>Chinese Fire Cupping and Moxibustion Therapy.</td>
<td>Chun - by appointment 80099-00708</td>
<td>Monday to Friday.</td>
</tr>
<tr>
<td>Holistic Healing and Therapy</td>
<td>Dr. Marlene Deng - by appointment 8220232869, <a href="mailto:innerspirithealing@icloud.com">innerspirithealing@icloud.com</a></td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Innervoice Dialogue.</td>
<td>Antarjothi - by appointment 0413-2623767 or Email : <a href="mailto:antarcall@yahoo.fr">antarcall@yahoo.fr</a></td>
<td>Also in French.</td>
</tr>
</tbody>
</table>
PITANGA - Programme for November 2018

Yoga Iyengar

Asanas for women
- level 2: Mon (from 5th) 07.30 - 09.00
- level 1: Mon (from 5th) 17.00 - 18.30

Asanas - active (Regular)
- level 2-3: Tues (from 6th) 07.30 - 09.00

Asana- self practice
- all levels: Tues 07.00 - 10.00
- drop in: Tues 11.00 - 12.00

Asanas for the spine
- drop in: Tues 16.30 - 18.30
- drop in: Wed 11.00 - 12.30

Pranayama
- level 2-3: Wed (from 7th) 17.00 - 18.30

Asanas - regular
- level 1: Thurs (from 8th) 07.30 - 09.00
- level 2: Thurs (from 8th) 17.00 - 19.00

Asanas
- drop in: Fri 07.30 - 08.45
- drop in: Fri 16.30 - 18.30

Immunity & Hormonal balancing
- level 2-3: Sat (from 10th) 07.30 - 09.15

Asanas for women
- drop in: Sat (from 10th) 09.30 - 11.00
- drop in: Sat 16.30 - 18.00

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

Yoga - mixed style

Yoga Therapy
- drop in - all levels: Mon, Wed, Fri 08.30 - 10.00

Asanas (*)
- for teenagers: Mon, Wed 16.00 - 17.00

Yoga - body, breath, mind
- drop in - all levels: Mon (except 5th) 14.00 - 15.00

Vinyasa flow
- drop in - all levels: Tues 09.00 - 10.30
- drop in - all levels: Tues 17.30 - 19.00

Hatha flow yoga
- drop in - all levels: Wed 14.00 - 15.00
- drop in - all levels: Wed 17.00 - 18.30

Movement exploration in pregnancy
- drop in - all levels: Thurs 14.30 - 16.00

Asanas
- for children 7-9 yrs.: Sat 10.00 - 11.00
- drop in - Level 1: Sat 17.00 - 18.30

Other Exercises

Falun Dafa (Qi-Gong)
- drop in - all levels: Tues 17.30 - 19.00

Pranayama
- Regular practitioners: Fri 06.45 - 08.00

Aviva exercise
- drop in - for women: Thurs 16.30 - 17.30

Discover energy body
- for children, 7-9 yrs.: Sat 11.00 - 12.00

Dance

Odisse Dance (*)
- Regular practitioners: Tues 16.00 - 17.15

Health Care at Pitanga

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

Thai yoga Massage with Juan
- Awakening the Intelligence of the body with Vani

Foot Reflexology with Lila
- Life Coaching with Vani

Ayurvedic Massage with Isaac
- Journey to the memory of the body with Vani

Shiatsu Massage with Isaac

Foot Reflexology with Isaac

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.
**MONTHLY SCHEDULES of AV CENTERS**

**REMINDER:** The monthly schedules and activities of the Auroville Centers can be found on the following websites:
- Joy Activities: [www.joyauroville.org](http://www.joyauroville.org/)
- Holistic: [www.auroville-holistic.com](http://www.auroville-holistic.com/)
- Pitanga: [www.auroville.org/contents/3185](http://www.auroville.org/contents/3185)
- Savitri Bhavan: [www.savitribhavan.org](http://www.savitribhavan.org)
- Language Lab: [www.aurovilleguagelab.org/courses.php](http://www.aurovilleguagelab.org/courses.php)
- Auromome Yoga Space: [www.auromodeyoga.space](http://www.auromodeyoga.space)
- Vérité: [www.verite.in](http://www.verite.in/)
- Arka Wellness Centre: [www.auroville.org/contents/2886](http://www.auroville.org/contents/2886)
- Quiet: [http://quiethealingcenter.info](http://quiethealingcenter.info)
- Lilakoka: [www.lilakoka.org](http://www.lilakoka.org)

**REGULAR EVENTS**

**Note from the editors**

The Regular Events column is printed once a month, sent weekly via pdf through our mailing list, and published online for anyone to access at: [auroville.org/contents/4187](http://auroville.org/contents/4187)

Guest-houses are kindly requested to put this section up on their notice boards for their guests.

Kindly inform us of any changes/cancellation of your event, or if you want your regular event to be added to the listing.

**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](http://www.auroville.org.in)

**AVYA Auroville Youth Activities:** a brand new website presenting regular Youth Activities available in Auroville: [youthactivities.auroville.org.in](http://youthactivities.auroville.org.in). The primary goal is to provide the Auroville community (especially children/parents), with an organized and simple overview to become aware of the activities available in Auroville, for the AV Youth. If you wish to add your activity to the website, kindly send your contact details (sport, name, phone number, email) to youthactivities@auroville.org.in.

**ACROYOGA for Beginners:** Saturday 8:15 to 9:45 am at Arka - Partner flow: asana and stretching with a partner - Inversions: basic flying with partners. Damien 90 47 72 27 40.

**African Pavilion’s regular events:** Every Thursday enjoy the drumming circle together with African dinner from 6 pm till 9 pm. We drum together - no musical training necessary! For families, children, teens...for everyone! • Joyful stress release / • Unifying team building • Active meditation / • Empowerment through rhythm Location: African Pavilion, near Visitor Centre. Contact: 9047074711 african@auroville.org.in. Fixed Contribution is requested for building the Pavilion, thanks!

**NEW!** Asanas, Pranayama, Meditation & Bandha (A.P.M.B.): with Aliwarya in Vérité on Thursdays from 6.45 to 8 am. Healing the mental and physical body is attainable using the restorative combination of Asana (posture), pranayama (breathing techniques), mudra (gestures mimicking the psyche), Bandha (energy locks). These techniques purify the body, mind and energy systems in preparation for a deep meditative practice. Contact: 0413 - 2622 045 or 7094104229.

**NEW!** Astanga Yoga - Mysore Style: with Christine Pauchard. • Change of venue****: Holistic Healing and well being Center-Office. 1st Floor - Opp Supermarket Blue Basket, Auroville Main Road, Kulapalayam - Auroville. Monday, Wednesday, Friday, Saturday - from 6:45am to 8.30am/ Led class on Saturday. Registration by mail must be done in advance: by phone/ whatsapp 91-9498054993 or email contact@auroville-holistic.com.

**NEW!** Ashtanga Vinyasa Yoga classes by Muthukamari: Wednesday afternoon - 5 to 6 pm at Progress Hall, Bharat Nivas. Contact: muthukamari@auroville.org.in, 894038617.

Auroville Aikido at Auroville Budokan (Dehashakti) with Murugan and Surya: New class for Beginners & All levels on Wednesday evening 6.30 to 7:30 pm; Mixed levels on Saturday morning 6.30 to 7.30 am; Advanced (morning classes) on Tuesday & Thursday 6.00 to 7.15 am; Women & young girls (from 15) Sunday morning 8.30 to 9.45 am with Surya. For all classes please be at the Dojo/Budokan 10-15 min. before class starts. Welcome to watch a class before you join. Beginners may wear long loose pants & T-shirt with sleeves for the start (no tight fitting please) then a white “keikogi” will be required - we have some. For all activities at the AV Budokan: Health Fund or private insurance necessary - Reasonable contribution for the Dojo is required. For Children classes and more info, please write to budokan@auroville.org.in or contact Surya: 0413-2623-813 or 9655-485487; Murugan: 9592-912843.

Aikido (Tanseikai group): at the Auroville Budokan under the guidance of Sep Overlaet, 6th Dan Tokyo Aikikai. Practice paused from Oct. 9 until November 8. Contact Sep: overlaet@gmail.com / 8489750503.

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

**Astrology, Vedic:** Readings in traditional Vedic Astrology to address any issue or area of life where you need more clarity. A single session lasts up to 75 minutes so please plan accordingly. Study sessions are also possible. See [http://www.alithingsvedic.in](http://www.alithingsvedic.in) for details.

**Contact:** Vikram on 9843948288 or at vikram@auroville.org.in

**Auroville Discovery Visits:** Dear Auroville guests and visitors, a possibility for you to explore and discover Auroville on a deeper level, the practical life, activities, projects, architecture, education, farming, craft and more. During a morning time, or more if you need, you’ll follow Veronique who speaks French and English, with your electric bicycle (best ever) around Auroville. Veronique lives and works in Auroville since 2001. For information please contact Veronique J. on +919488512678 (Whatsapp too) or email veronique@auroville.org.in

**NEW!!** Awareness Through The Body (ATB): with Stefania on Saturday at 9 to 10:30am at JOY GH Hall; Based on the Integral Yoga of Sri Aurobindo and the Mother, Awareness Through The Body is a comprehensive curriculum of exercises that offer practical tools for personal growth, introspection and self-knowledge, giving participants the opportunity to discover and explore more about themselves. For More info: joycommunity@auroville.org.in

**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: tararita@auroville.org.in

**Brahmanaspati Kshetram:** Our Mother and Sri Aurobindo Centre is hosting regular activities: Every Thursday meditation 6:00-6:60 pm - Every First Sunday of the month reading circle from 5:30 pm led by Bhupendra Sondari in the Joyspace English (for directions kindly consult Google maps at this link: here)

**Blessed Souls:** Every Tuesdays from 6-7 pm. We invite all of you to open your heart to the Divine. We learn and sing all together Bajhans and Kirtans. Musicians are welcome with their instruments. Hamsini 9487544184, at Creativity.

**NEW!!** Biodynamic Craniosacral therapy: with Mila in Vérité. Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help regulate brain function and stimulating the healing capacity of the body. On Appointment. For more info: (+33) 43 262 045 or email programm@verite.in

**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 +919344639707

**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. If you would like to download the audio companion onto your smart phone beforehand please contact priya@auroville.org.in

**Capeoir (Group Ginga Saroba):** Classes open to all levels, led by Prof. Samuka do Indai 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 (Capeoir Circle) >> First Friday of each month 5.30PM - Visitor Centre - Open to all!!!
**Carnatic music - singing lessons and veena:** For adults and children 8 years and older. Bruno (Unutility). Telephone 2623308 / mail nadopasanai@auroville.org.in.

**Chakra Toning:** with Vera on Thursdays from 5 to 6.30 pm, at Vérité. Join Vera in these sessions that will enhance your knowledge of sound healing & chakra awareness. You will be guided on a vocal journey in which you will learn to utilize your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are the creators & observers of our own lives, and we can change the reality around us by changing the reality within us, you will learn simple, effective ways of using the voice for: - Healing oneself & others on a cellular level - Reconnecting with the inner being - Awakening, cleansing & aligning the chakras - Creating one’s own personal mantra. Contact: 0413 - 2622 045 or 7094104329.

**Children Activity Garten:** in a friendly home-environment for ALL children from 2 to 6. Open Mo – Fr from 8 am to 1 pm and on the regular school holidays. Contact: sarja@auroville.org.in or 76390 17692, http://activitygartenauroville.esy.es

**Classical Hatha Yoga** with Ashwarya at Vérité on Thursdays from 6.45 to 8 am. A session dedicated to the classical method of asana practice, participants will perform a set of asanas that use the traditional method of counter posture, twisting, Bandha and Pranayama beginning with Sun Salutations. The aim of this session is to create a conscious understanding of the capability of the body and mind. We will listen to these subtle messages and honor them with the appropriate intensity, drawing energy inward in a gentle and focused approach. Contact: 0413 - 2622 045 or 7094104329.


**Contact Improvisation Dance classes and jams:** at the European house: paused until Dec...

**Creative Play afternoons for ages 4+** at Lilaloka: Monday - Thursday: 2.30 to 4 pm - Activities offered are: Art, Nature, “In the Body” Games. Minimum attendance of 1 month - Registration required: Call or WhatsApp Anna from 1 to 3 pm from Monday to Friday at 9943528729. To know more about Lilaloka's vision: www.lilaloka.org.

**Creative Writing:** with Francesca every Monday from 4.30 to 6pm. The creative writing experience is back! Never stop to be creative whatever happens in your life! For info: 0413-2623987 or write to annamaria@verite.org.in. 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. If you want to know more about Francesca and the Creative Writing sessions she is offering in AV, please check her videos on her new YOUTUBE channel’s ‘My Creative Satsang’. Dance Contact improv jam with Kartick at New Creation dance studio. Thursdays from 6 to 8pm.

**Deep Sound Bath:** with Balu & Vera on Tuesdays from 5 - 6.30 pm at Vérité. Sound Healing is an ancient art that has been used throughout history to awaken the inner being & align the body, heart & soul to the frequency of the universe. The Sound Bath uses the unique frequencies of various instruments to heal the body on a cellular level. Sound Bath Meditation is effective in: - Clearing stagnant energy in the body & assisting it to flow freely once again - Increasing immune system functions - Rejuvenating the Spirit - Decreasing depression & improving one’s ability to regulate emotions - Increasing focus & attention & more. Contact: 0413 - 2622 045 or 7094104329.

**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 waste-free, sustainable menstrual products and menstruation experiences. Pass by to 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 Saraco campus, near Ganesh bakery, just before Wanda. email info@ecofemme.org.

**Eco Handicraft with Wallpaper:** All are welcome daily to experience one or our waste-upcycling techniques exposure sessions with the experienced women of Wallpaper. The regular interactions are morning or afternoons. Please contact us in advance to coordinate and get information. Phone/Whatsapp +91 9385744722, email wallpaper@auroville.org.in. Please check our website: wallpaper.org/.

**Eco Feminine:** with Lisa at Vérité. Ecofeminism is an energy therapy that helps clear blockages hindering well-being and/or development. The practitioner dialogues with the client & follows their pulse responses to help access feelings linked to past events or conditioning, which then allows dissipation/release of symptoms. On Appointment. For more info: (+91)413 2622 045 or email programming@verite.in

**Eco Feminine** Facial Acupuncture: with Lhamo at Joy Guesthouse (on Appointment only) 9865524233: small needles are used solely on the face of the patient, which is a mirror of the whole body. It uses a very interesting and immediate way to assess the changes in the body.

**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@auroville.org.in

**Family Constellation workshop with Moghan:** Creativity Hall of Light Saturdays (9am to 6pm) on these dates: 2018: 10 Nov., 8 Dec., and 2019: 12 Jan - 9 Feb - 9 March. Contact Moghan: 9751110486 / moghan@auroville.org.in

**Feminine Dancing for all Women in Cripa** Kalabhum on Tuesdays at 4pm. An ancient sacred art for communication, healing, transformation and to facilitate birthing. We create an opportunity to reconnect joyfully to our body, reawaken the flow of feminine energy, move to the living pulse of life and have fun in the loving presence of other women. Wear comfortable dance clothes. galit@auroville.org.in

**Fire spinning group for AV kids and teens** in Dehassakti (in front of office), Fridays 5pm-6pm, minimum age 10, regular commitment preferred. For more information contact maharemote@gmail.com.

**Fitness Swiss ball with Savitri** at New Creation dance studio. Thursdays from 5 to 6pm (all levels)

**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 9443362274. All relevant information about the after effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic Immunopharmacology is available.

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

Hatha Flow Yoga Classes With So-You: At Creativity Hall of Light. Fridays: Hatha Flow Basics 5:30pm to 6:50pm. The class is based on the alignment of Iyengar and flow of Ashtanga. It remains authentic to ancient yoga tradition while tackling modern challenges. After class, you will be So You!! Info: 8300874818

Soyoun

Hatha Vinyasa Yoga with Andres at Vérité on Mondays and Wednesdays from 5 to 6.15 pm. “The practice guides the student to a tension-free state of radiant health achieved through the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dharana), activation of the energetic centers (Chakras), and Relaxation techniques. As a result, the flow of Prana (Vital Life Force) is unblocked throughout the Nadis (energy meridians). Balance is restored in the physical, mental, emotional, intuitive and psychic being. Through constant practice contentment (santāh), equanimity (śamatha), conscious health, connection and well-being will be established in daily life”. Contact: 0413 - 2622 045 or 7094104329.

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 buyslaure@gmail.com.

**NEW** Hatha Vinyasa Flow: with Aishwarya at Vérité on Fridays from 6.45 to 8 am. Hatha Flow - in this session the practitioner will be guided through a dynamic sequence of asanas using the major muscle groups to improve balance and coordination in every posture. The focus of this 1hr 15 minutes session will be on centering the mind, the breath and dhrishi are aids in this practice. The session ends with a short visualisation practice. Contact: 0413 - 2622 045 or 7094104329.

**NEW** Hatha Yoga Private Sessions: with Gabriele at Vérité. Hatha Yoga is an integrative system that can help improve your physical wellbeing, your energy system, and also bring more awareness in your daily life. In private yoga sessions, you’ll receive personalized instruction based on your health, body type, life style and schedule. We’ll craft sessions for you that meet your personal needs! On Appointment. For more info: (+91)43222 045 or email programming@verite.in

Hatha Yoga for Beginners: with Gabriele at Vérité on Wednesdays from 6.45 to 8 am and Friday from 5 to 6.30 pm. These sessions are especially designed for those who are new to yoga, as well as for returning students. Step by step you will be guided in the fundamental asanas (postures) which strengthen the body and keep it flexible, including the sun salutation, a dynamic flow of postures that increase stamina. Breathing techniques (pranayama) will be integrated throughout, to help you feel at ease and to enhance concentration. The session begins and ends with guided relaxation. These sessions are suitable for everybody; all exercises can be individually adapted. Contact: 0413 - 2622 045 or 7094104329.

Hatha yoga classes with Tatiana: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahayoga108@gmail.com, +919655668798.

**NEW** Hatha Yoga using props: with Sheida at Vérité on Tuesday and Thursday from 5 to 6.30 pm and Saturday from 6.45 to 8 am. These sessions are for everyone, irrespective of age, gender, health condition, & circumstances in life. A distinctive feature of the Iyengar style is the use of equipment, called “props”, which enable students to develop strength, flexibility & control in a posture, helping them to experience their full potential at whatever level of practice they have attained. Contact: 0413 - 2622 045 or 7094104329.

Hip-hop dance classes by Vijay at Kullapalayam Creative Centre: On Saturday: between 5 and 6 pm / On Sunday: Between 3 and 5 pm. For more information: 9843195290 (Selveraj of KCC) / 9786167917 (Sundar.K, Aspiration).

Hindi & English Class: Learn to speak, read and write Hindi at New Creation every Sunday at 4pm. Contact Shiv: 9110810224 at Reach for the Stars. shiv.god@007@gmail.com.

**NEW** Hypnosis: with Lhamo at Joy Guest House (on Appointment only) - 9565524237: In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. May we all enjoy our lives with endless creativity.

HOLISTIC regular sessions: See more details and the up-coming intensives: www.aurovile-holistic.com. For the following sessions, book at contact@auromode.com. Bi-Annual Development (Based on NLP): Health coaching, also referred to as wellness coaching, is 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-contact. Health & wellness coaching program: one to one talk sessions, massage, meditation with sound healing, breathing exercises... Chakra Healing: Hypnotherapy & Therapeutic acupuncture massage.

Holistic Singing Classes start in New Creation Studio: Every Friday at 6 pm till 7:30 pm A Vocal and Sound practices class to explore the impacts of sounds and vocal expression on your inner balance and learn how to relate with sounds and vibrations on different levels from an atomic level to psychic level. Beginners are always welcome. For more information, contact Caroline: 7397716578

Hula Hoop with Cristabel: at New Creation dance studio Wednesdays from 6.30-7.30pm.

Introduction to Auroville and Integral Yoga, in FRENCH: Mondays at 3:30pm (not on 12 November), at the French Pavilion (Opposite Visitors Center). Christine Pauchard gives an introduction on Auroville, followed by an introduction to Integral Yoga, and a meditation session of 20/30 minutes as an immediate application. All French speakers are welcome. No advance registration required, just come on time!

IMPROV: 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 session 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 &amp; active listening skills. Every Friday at 4.30 pm at SAWCHU. Contact: Ema (9943970834) or Elke (94685 20868).

Jam Session and Dinner at Youth Center: on Tuesdays - CANCELLED

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

KALARIAPPAYATTU CLASSES: New classes of Kalarippayattu have started in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 9042090290 / 9858153355

- Kalari Class for Beginners: Morning classes 6.30 - 7.30 Monday, Wednesday, Friday Evening classes 5.00 - 6.00 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 Thank you! Ulrike Urvasi

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

**RESUMES** KoTree Hatha Yoga: Tuesday, Thursday, Saturday at 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. (0413) 2623446, Info@kolamyyoga.com

Laughter Yoga: with Nikhil Thursday and Saturdays from 5 to 6 pm @ Joy GH Hall. Laughing Yoga is a set of joyful exercises to keep yourself healthy. Like any other exercise for example: gym, aerobics, running, etc. the aim of Laughing Yoga too is to keep your body fit and mind sound. The only exception is that is a lot more FUN, :) ! :) About the facilitator: Nihal Thayer, CLYT (Certified Laughing Yoga Teacher), trained by Dr Madan Kataria himself, founder of Laughing Yoga movement.

Life coaching, neuro 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 9843948288 or at vikram@aurovil.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 SVEDEMA, 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: Venouique: 9485112678. For more info visit www.veleelahagne.blogspot.com.

Mandala Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala’s practice in the greenbelt of Auroville. Since the beginning of the Human Life, people from 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 all 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: 7987702844 or rosalba@aurovil.org.in. See more on facebook: www.facebook.com/rosalba.aurovil/.

Mantra Chanting: with Nikhil at Vérité on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like on namah shivaaya, maa kaal and chants and in spontaneous way. The aim to aimed to quiet the mind is help improve focus and concentration. Contact: 0413-2622 045 or 7094104329.

**NEW!** Mantra Chanting: with Nikhil at Joy Guest House on Friday 5:30 to 7 pm: A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy. This practice is aimed to quiet the mind, help improve focus, concentration and meditations. To be the easiest and surest way to meditation in the bhakti yoga tradition of classical Indian yoga, best suited for emotional people using feelings as a tutor/guide for finding greater alignment/balance within.

Mattram, Centre for Psychological Development and Support - Open Walk-in for sharing thoughts, personal issues from 9:00 to 10:00 am (except Sunday). With professional Integral Psychologists: Pajani on Monday & Wednesday, Jerry on Tuesday, Gopa every Thursday. Appointments for Consultation, Counseling and Therapy daily (except Sunday), from 12:00 to 12:30 pm at 0413-2622351 or mattram@aurovil.org.in. Mattram is situated in Mitra youth hostel behind Town Hall.

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

Meditative Hatha Yoga with Aishwarya at Vérité on Saturdays from 5 to 6.30 pm. Meditation/Visualization - The flow session is complete with meditation practice which will involve visualizations or chanting. As practitioners complete the asana section, they will experience a release in the joints which will allow for an undisturbed meditation to close the session. Contact: 0413-2622 045 or 7094104329.

Mindful Hatha Yoga: with Nikhil at Vérité on Tuesdays from 6.45 to 8am. Asanas (Postures) and Pranayama (breathing exercises), Sivananda Style to build blood circulations and flexibility. Very relaxing/slow and meditative class filled with breaks and shavasana (relaxation after each posture) ideal for beginners and old people. Contact: 0413-2622 045 or 7094104329.

MMA (Mixed Martial Arts) and Self-Defence for Women: 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 15 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 tataum), otherwise contribution is expected. Account number: 251884.

Contact Giacomo: 9487340778 / giacomo@aurovil.org.in. Check our page on FB: Auroville Mixed Martial Arts. Love, Giacomo.

Mudra-Chi Workshop: A body Prayer in a Tai-Chi Form. Every Tuesday at 4.45 pm. At Savitri Bhavan. Facilitator: Anand. For further information or Special Classes, contact me, anand@7.aurovil.org.in.

**NEW!** Music theory Classes: every Tuesday, 5.30pm, by Kateryna. At CRIPA. Music theory classes for all ages for music lovers and music students. Ear training, music notation writing, sight reading, composing, etc. Take a class with a music writing book and pencils. katogavy@gmail.com

**NEW!** Neurofeedback therapy: with Chetna at Vérité. Neurofeedback is a training process that utilizes the body’s ability to self-regulate and seek balance. It is for all who want to relax, increase productivity and experience greater control over mind states. On Appointment. For more info: (+91)4132622 045 or email: learning@aurovil.org.in.

NEW COLORS: The NEW COLORS children’s center is in Edayanavady village, and offers free homework help for students from grades 1-9 from Monday to Friday between 5 to 7 pm (on rainy days). The “MOTHER Kindergarten” in NEW COLORS is for ages 2-7, open from Monday to Friday with: morning activity 8.30am to 1pm or afternoon activity from 1pm to 4pm or full day activity 8.30am to 4pm. It is suitable for short or long term for Aurovilians & Newcomers and Guests. For registration and for further details contact Renana 9865444472 / motherkindergarten@gmail.com or newcolors2002@gmail.com.


Odissi Dance Classes: If anyone (who is staying in Auroville long-term) is interested in dedicatedly learning Odissi dance as a beginner & is willing to commit to be regular to classes, please contact odissidadanceclass@gmail.com.

OM Choir: “The voice that chants to the creator Fire, The symbolled OM, the great assenting Word”. Every Tuesday at Savitri Bhavan, 5:45/6:00pm - and at the OM Choir in the Ashram School, opposite the Aurogram Entrance, 5:30pm.

Open Heart Space Meditation: with Somrat at Vérité on Saturdays from 5 to 6.30 pm. It is a simple practice of becoming aware of the reality as it is without judgement, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart space, a doorway to unity consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment. Contact: 0413 -2622 045 or 7094104329.

**NEW!** Oracle card reading: Are you looking for clarity or advice? Carmen is a passionate Oracle card reader and will be offering one to one session with her. Please let us know if you are interested in having a session and giving your time. She is interested in dedicatedly learning Odissi dance for the highest, most positive and valuable Self. Types of Oracle card reading: Healing heart, Present Month, Strength & Weakness, Exploring inner way through synchronicity. Contact Carmen on phone: 9751673869 Email: carmen.palincs@gmail.com

**PAUSED FOR NOVEMBER** Organic Lunches in Joy Community (Center Field): Tuesdays at 12.45: Italian Food (by Simona) AND Sunday at 12. 45: Japanese Food (by Emiike, a beautiful and organic lunch accompanied with the usual family atmosphere of Joy Community. Ingredients are all fresh (some from our amazing vegetable garden) and depend on the inspiration of the season, garden, and the chef of the day. For Italian food, some of the dishes are homemade lasagna, gnocchi, tagliatelle pasta, ravioli, etc. For Japanese food, some of the dishes are veg and sometimes fish sushi, tempura, gyozza, etc. By reservation only (1 day in advance). For info and reservation call us at 9487272393 or email us at joycommunity@aurovil.org.in. 25% discount for Aurovilians, Newcomers and SAVI registered volunteers and 50% discount for monthly lunch scheme. Joy Community team :-)

Pavilion of Tibetan Culture (International Zone): The Wednesday Tibetan dinner has RESTARTED (from 7pm onwards). We request everyone to register in advance for the dinner by calling 0413- 2622401, 849067332 or send an e-mail to: kalsang@aurovil.org.in. All are welcome.

Piano classes: (under the umbrella of SAIIER). For children and adults. Classical, Jazz and the Art of Improvisation. A regular access to a private or public piano, keyboard or synthesizer is required for the student. Please write to: Hartmut von Lieres at vonlieres@gmx.de, Warmly, Hartmut.

Pilates with Savitri at New Creation dance studio. Time: Mondays from 5-6pm (Intermediate), Tuesdays (Intermediate) and Saturdays (basic) from 7.30 to 8.30 am

Potluck: **UNITY POTLUCK**: - Hello dear family, every Friday evening, I would like to invite you for a Unity Potluck. The idea is a sharing dinner, meeting new people and different tastes, and so on. Each Friday maximum 10 people are
invited to participate according to registration & place. You are welcome with love and light. For contact and question: Liranorea@gmail.com, whatsapp/phone: +918489756124. Thanks and have nice day! Liran

Pregnancy, Birth, Conception, Parenting: Offering space and time to share and grow during this special time of life. Knowledge, Trust, Awareness in body and breath, Empowering. Proposing Thursday mornings 7:30-8.30am and evenings from 5-6pm. Prior registration required. Please contact us for more information or different timings. Place: Sanjana behind Arati. Ulrike Urvati 9442069249 (sms, whatsapp), ulrikirishna@gmail.com.

Psycho-spiritual work, tarot and other sessions: To bring more clarity and freedom on life issues where there was confusion and entanglement in order to allow new steps in life. Tarot, deconditioning self-inquiry, “inner personalities” discovery and balancing, guided meditation and other tools...by Antaryjoti in English or French, tel: 0413-262 37 67 or email: fortarcallio@vyeaho.no.

Psychosynthesis Counselling and Bach Flowers with Stefania on appointment in Joy Community. For info email joycommunity@auroville.org.in or call Stefania at 9486363442.

Qi-Gong: with Lhamo at JOY Guest House on Monday and Thursday from 7 to 8 am. Qi-gong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space. When you practice and learn a qigong exercise movement, there are both external movements and internal movements. All levels are welcome :) Reiki: with Marcia @ JOY GH Hall- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. On Appointment. For more info: 7598260379.

Reiki: with Betty. Traditional Mikao Usui method. Healing sessions and certified workshops all levels on appointment (English/French/Spanish). Contact by SMS or WhatsApp for details or appointment on (+91)8098074251 or email betty@auroville.org.in.

**NEW** Reiki: with Tania at Vérité. Reiki is a healing technique for stress reduction and relaxation that also promotes healing. Reiki is energy based on the idea that an unseen life force energy flows through us. This is a hands-on treatment with comfortable clothes. On Appointment. For more info: (+91)413262 045 or email programming@verite.in

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. Offering also individual sessions of feminine dance. For details contact: pashtulihiot@gmail.com.

Sacred Groves - Guided tours: Sacred Groves, a housing project in sustainable building and living. Every Wednesday at 3:30 pm there is a guided tour for those interested in our work and achievements. More information: sacredgroves@auroville.org.in or email sacredgroves@auroville.org.in or call: 9487421696. The Sacred Groves Team

Salsa at African Pavilion: Salsa beginners class led by Stephanie, Every Wednesday from 6 - 7pm. Intermediate class from 7-7:30 pm. Open to all. Contact: Stephanie@auroville.org.in

Salsa & Latin Dance with Manu at New Creation dance studio: Salsa: Tuesdays from 6-7pm - Bachata: Tuesdays from 7-8pm - Kizomba: Saturdays from 6.30 to 7.30pm beginners, 7.30 to 8.30pm intermediate

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

SATURDAY MARKET at the Youth Centre: Paused until further notice.

Savitri 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 for the 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 ramanarayana@auroville.org.in.

Sivananda Yoga with Gabriele at Vérité on Mondays from 6.45 to 8 am - for beginner, intermediate and returning students. Each session begins with guided relaxation, followed by pranayama (breath work). We then practice the sun salutation (a sequence of 12 powerful poses performed in a single flow) as a warm-up. We continue with asanas (postures) done slowly and with awareness, working on refining and training the body physically, mentally and also energetically. Each session ends with a relaxation or short meditation. Discover how yoga can help improve your flexibility, balance and strength and more! Contact: 0413 - 262 045 or 7094104329.

Shiatsu Massage: with Sara (9443617308) or Simona (9489511648) at 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 or appointment@auroville.org.in.

Sketchers Group at ARTOMATIC: An invitation to stop, observe, draw, enjoy landscape. ARTOMATIC is starting a playful friendly group linked by the passion of urban and nature sketching. Join us once a week. Tuesdays or Wednesdays from 4pm to 6pm. Location will vary. Any simple technique is perfect: pencils, different pens, ballpoint pens, markers, and don’t forget your sketchbook. Small light chair, stool or you can also be very useful to bring.

We can coach you in order to use your natural skills and find your own expression. Only sincere interest is required, and good vibes! Please contact ARTOMATIC (Claire): +917639065609. We will keep connected by WhatsApp.

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 begin. After being introduced with your own climbing kit then article 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 Satyajyoti 8300752545.

Solitude Farm activities: - Friday 11:30am (free for everyone): Farm Tour "Introduction to Permaculture with Krishna" - Saturday 9:30am (contribution required, max 10 people): Mini Permaculture Workshop "Re-valuing local food - renaissance of weaving" - 9:30am: Guided meditation, reading Fukuzka / 10:00am: Joy Tour: honoring organic matter, gifts of Mother Nature, biodiversity, harvest / 11:00am: The secrets of our salads (mini cooking workshop), exploring ayurvedic and nutritional benefits of local plants / 12:30pm: Lunch and closing circle. To sign up write an email to: solitudepermaculture@gmail.com or come to Solitude Farm.

Somatics Movement: with Maggie at Vérité - Paused until Dec 5th.

Sound Bath: Every Wednesday 5.30-6.30 pm in Unity Pavilion. Aurelio and team will create and share an experiential space of deep relaxation through a basic tuning process and exposure to the sounds from a specially designed sound bed and other music and sounds. 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 ramanarayana@auroville.org.in.

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 home... Info & booking for guests: Antarjyoti, tel: (0413)262 37 67. Mail:antarcalli@yahoo.fr

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring 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 Isha at: (0413) 2622192 or ishawayam@auровиль.org.

South Indian Classical Dance (Bhаратnatyam): 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: with Antoine 8940740529 / antoine@auровиль.org. In stopped for the moment. Restart in December.

Tai Chi Hall @ Sharmga: Monday & Tuesday 7.30-8.30 /Chi, Monday 8.30-9.30 & Thursday 7.30-8.30 /24-form, Tuesday 8.30-9.30 & Friday 7.30-8.30 /108-form, Wednesday & Saturday 7.30-8.30 /127-form. taichi@auровиль.org

**NEW** Advanced Swimming Classes: at La Piscine. Tuesdays 3-4pm. Drop-in classes. To benefit from the class, you need to be already comfortable in crawl, back and breast stroke. The class is meant to optimize your swimming style and to learn butterfly.

For questions call Tanja 9787431369 or email: tanja@auровиль.org

**NEW Location** Tango - Beginners Dance Class: Argentine Tango Dancing class for beginners is offered at Windarra Farm, Terrassou Community, every MONDAY 7pm. No partner is necessary. Please bring socks or dance shoes. More info: jorge@auровиль.org

Tango – *Practica*: practice space held for all tango dance levels on Wednesday 7-9pm at SAWCHU hall, at the entrance of Bharat Nivas.

Taof of Tea: With Isha. Discover Yourself through the sharing of this particular tea ceremony. It will change your awareness towards tea and life. Only organic tea will be used. (non-caffeine tea available on request) All are welcome.

- even before available venue: Swayam. Advance booking required. Approx. 1 hour for each session. Book at: 0413-2622192 / ishawayam@auровиль.org

- Also available every Thursday afternoon at Unity Pavilion-Hall of Peace: 2 to 3pm and 3:30 to 4:30pm. Advance Booking is required: call with the Unity Pavilion, 0413-2623576 or unitypavilion@auровиль.org.in.

Tamil Literary Class and Craft Lessons: Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5-6pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, History and Culture are open to all Monday through Friday any time. Also classes on languages, sewing, drawing, painting and simple handicrafts for Aurovilians workers and Aurovillans interested. Contact us to organize classes according to your schedule. Phone No: (0413) 2623 773. Email: tamil@auровиль.org.in, R. Meenakshi (Ilaignarkal Education Centre)

Tai Chi Quan with Lhamo @JOY Guest House: Tuesday and Saturday from 7 to 8 am, and Monday and Wednesday from 5 to 6 pm; Lhamo will be teaching 24 forms of Tai Chi Quan (which is a simple style) for beginners; but according to the students level she will start advance level of Tai Chi Quan as 42 style and Wu Style 37.

**NEW** Tarot reading and medicine cards: with Valentina (On Appointment only) - 9797179387 at Joy Guest House; The reading of the Medicine Cards of the Spirit Animals used in collaboration with the 22 Major Arcana of the Tarot of Marseille (Camoin-Jodorowsky) is a precious method of psychological and inner investigation. Can be useful for expand our vision about what is flowing or what is blocked deep inside ourself. It can open for us the possibility to understand better the Here and Now and get new reading keys to start a healing process in body, emotions, mind and spirit.

Therapies with Vani:
1) Awaken the intelligence of the body; Discovering your Self-healing power and natural intelligence of the body. Experiencing the Presence within by quieting the thought process and contacting the body. Fusion of deep guided relaxation, visualisation, pracnic healing, acupuncture and foot and cranial reflexology.
2) Journey to the memory of the body: Journey through the trauma memories, emotional blocks and belief systems in order to release and heal these traumas, by getting away and deprogramming these past believe systems put in place in the past, which keep you from living a very joyful life in the present. Fusion of Hidina Method, Hypnotherapy, Self-Inquiries.
3) Life Coaching: Using awareness, visualization & imagination techniques. Life coaching is very useful in period of changes and new projects in order to get in contact with your intuitive self and find the creative & dynamic thread of your life again.

4) Reiki and Reflexology courses possibly on request
For appointment contact Pitanga: 0413-2622192 or Vani: vani@auровиль.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 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: Ema (9945970834) or Elke (9486520868)

Traditional Hatha Yoga: with Christine Pouarch. “Change of vibration”: Holistic healing and well being Center-Office. 1st Floor - Opp Supermarket Blue Basket, Auroville Main Road, Kupilalayam - Auroville. Tuesday/Thursday from 5 to 6.30 pm. Registration by mail must be done in advance: by phone/ whatsapp 91-9489805493 or mail contact@auровиль-holistic.com.

Transformation game: Imagine a game you can play to clarify important personal issues and gain immediate directions on your next steps. Find new ways to enhance your relationships. Recognize your personal contributions and abilities. Transform your fears and challenges with fresh Insights. Deepen your understanding of yourself and others. Receive love, inspiration and support on your life path. A game for 4 persons. Contact Carmen on phone: 9751673869 Email: carmen.palinckx@gmail.com

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

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

Vocal & Nada Yoga Class: Monday 1:30-3:30pm At Creativity. Unique combination of Indian Maestro wisdom & Yogic approach: developmental & develop cognitive 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. Access inner consciousness through sound with Nada Yoga: this ancient Indian science links music to spiritual growth through vibrational sound. Use musical scales inside every cellular centre 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. Please register before coming. Hamsini at 9487544184, hamsinir@yahoo.fr.

Volleyball at Dehashakti: Mondays 5-6.30pm. We are looking for more people to join in our volleyball matches at the Dehashakti sports ground. Just come by, Tanja

**NEW** Volleyball Classes Intermediate Level: every Thursday 7-8.30am at Dehashakti. Drop-in classes. For teenagers above 16 years and adults who have basic Volleyball skills. The classes are conducted by a professional Volleyball coach. Contact person for questions: Tanja 9787431369 or email: tanja@auровиль.org.in

Warm Water Sessions for Pregnant Women: In Quiet Healing Center’s warm water pool. Every Wednesday morning, 9.30 am till 10.30 am. You are invited to experience the weightlessness, 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, Facial treatments. Details, contacts and booking at www.auromodyoga.space/treatments or +914132622224.

Women Temple: with Dariya, In s Ve-dame, Butterfly Barn at 7pm - 9pm (door opens at 6.45 & we start together on time) on the following Wednesdays: 21 November & 19 December. Women have always found ways to gather and celebrate the sacredness of life’s cycles. In our busy lives where this might be needed the most, we almost forgot the power of simple rituals & the power of gathering beyond personal stories or problem solving. Welcome to the circle where we celebrate and support each other’s unique path towards thriving in the bigger version of ourselves for the benefits of all! With embodied practices: meditation, movement, self-inquiry...beauty & wisdom of sisterhood! ‘The relationship we have to other women reflects the relationship we have to our own
feminine essence. We take a stand for a new way of being a woman together on this planet. Together we can heal and transform into a relationship of celebration and empowerment**, Chameli Ardagh of Awakening Women Institute

**World Game in sand:** An activity for kids (6 years 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 visit [www.spiritandnature.org/](http://www.spiritandnature.org/) or appointment 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, quilting, 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: +91962656134 - Facebook: www.facebook.com/YEPAV.

**NEW!!!** **Yoga Nidra:** with Aishwarya at Vérité on Saturdays from 5 to 6.30 pm. The practice of yoga Nidra or yogic sleep is one where the practitioner is completely relaxed, the mind is selectively attentive to the verbal instructions. In this session the focus is on tuning inward. Contact: 0413 - 2622 045 or 7094104329.

**NEW!!!** **Yoga Classes:** with Bala at Joy Guest House. Wednesday and Friday from 8 to 9:15 am, Yoga for core and movement, based on vinyasa and Ashtanga styles Tuesday and Friday: 16:00 to 17:15 pm, Hatha yoga based on Sivananda style.

**PAUSED FOR NOVEMBER** **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 Vérité on Tuesdays and Thursdays from 5 - 6.30 pm. Contact: 0413 - 2622 045 or 7094104329.

**PAUSED FOR NOVEMBER** **Yoga with Olesya:** At Sharrga Guest House Yoga Hall. Asanas and Pranayama in B.K.S.Iyengar tradition work wonders with your body, breath and mind. Through observation and awareness of yourself in mobility, stability and alignment. Morning classes: Mondays and Saturdays from 6.30am to 8am.

**Evening sessions:** Wednesday and Saturdays from 5.00pm to 6.30pm. Drop-in class. All are welcome! Contribution from volunteers and guests is required. For more information: olesya@auroville.org.in or WhatsApp +91-915-905-2743.

The Youth Center Pizza Nights are on Fire! Drop-in classes. For teenagers above 16 years and adults who have basic Volleyball skills. The classes are conducted by a professional Volleyball coach. Contact person for questions: Tanja 9787431369 or email: tanja@auroville.org.in

**Music theory classes:** every Tuesday, 5.30 pm, at CRIPA. Music theory classes for all ages for music lovers and music students. Ear training, music notation writing, sight reading singing, composing etc. By Kateryna. Take with you a music writing book and pencils. katogav@gmail.com

**Oracle Card Reading:** Are you looking for clarity or advice? Carmen is a passionate Oracle card reader and will be offering one to one session with enthusiasm for supporting you to become your highest, most positive and valuable Self.

Types of Oracle card reading: Healing heart, Present Month, Strength & Weakness, Exploring inner way through synchronicity Contact Carmen on phone: 9751673869 Email: carmen.palinckx@gmail.com

**Transformation Game:** Imagine a game you can play to...
- Clarify important personal issues and gain immediate directions on your next step.
- Find new ways to enhance your relationships.
- Recognize your personal contributions and abilities.
- Transform your fears and challenges with fresh insights.
- Deepen your understanding of yourself and others.
- Receive love, inspiration and support on your life path.

A game for 4 persons. Contact Carmen on phone: 9751673869 Email: carmen.palinckx@gmail.com

**Kolam Yoga**

Beginners course, starting 9th November from 8:30 am to 12 pm. Apply to an intensive immersion into the ephemeral realm of universal symbols and charms called the Kolam. The course requires your full commitment. It covers the basic three large Kolam components in November, December and January every Friday morning from 9 am to 12 pm until end of January. With an outing to Mysalore Kolam festival on Sunday 13th of January.

If interested do not hesitate to call Grace (0)413-2623446 Or write to info@kolamyoga.com

**Urban Furniture and Place making design workshop by Auroville Green Practices**

Auroville dreams of creating a centre of excellence in sustainable development. Help make it a reality. [www.cgpauroville.org](http://www.cgpauroville.org)

We invite participants for our "Urban Furniture and Place making" design workshop to conceptualize and design Phase 2 of the shelter for the bus waiting area near the Solar Kitchen roundabout.
Some find more details below:

Total number of applications that will be accepted: 12-15.
Fee: There is no fee for participation. All base materials (paper, tracings, pencils) for the workshop will be provided for by us. Request to copy your own sketching pens/ pencils and laptops (as preferable).

Interested participants are requested to send their CV by 11th November 2018. Further logistics will be emailed to shortlisted participants.

Please send your CV to: info@agworkshops.com
Contact person: Nidhi Gupta, 98198 98343

- Connection as Life Energy
Exploring Nonviolent Communication with L’aura Joy
Fri, Nov 16 - Sat, Nov 17
9.30am - 5pm, with lunch break

Do you long for more joy, authenticity and depth when connecting with yourself and others?
Do you wonder what gets in the way of connecting and relating the way you truly want?

A path of Nonviolence (based on Nonviolent Communication, NVC) offers both a deeply-rooted consciousness of oneness, as well as very practical tools to live this more and more in our daily lives. In re-evaluating some of our habitual and conditioned thinking, we see how much of it is life-alienating and based on a culture of scarcity and separation. We’ll learn the skills to be able express ourselves with more clarity and to hear others’ (and harmless) message, which in turn leads to more connection between us. When we’re connected as human beings, we’re in our natural state of wanting to give and collaborate with others.

More info & register (and for venue info): contact L’aura: joyfullearning@gmail.com, 9442788016
Limited spaces. Registration and contribution required. Full participation required (2 days).
[Other upcoming NVC Events and Practice Group: joyfullearning.org]

- Fire Spinning Group for AV kids and Teens
On Fridays 5 to 6pm
Minimum age 10, regular commitment preferred
Location: Dehashakti in front of office
For more info, contact naharemette@gmail.com

FILMS

AT SAVITRI BHAVAN
Monday, November 5, 2018 at 6:30pm. Duration: 52min.
FOUR GREAT ASPECTS OF THE MOTHER - MAHESWARI, MAHAKALI, MAHALAKSHMI, MAHASARASWATI

In this film The Mother reads texts from Sri Aurobindo’s book “The Mother”, Chapter 6, which are illustrated by images of flowers with the spiritual significances given to them by the Mother. We also see scenes of the Mother interacting with children and sadhaks on darshan days.
Sri Aurobindo wrote:
“Four great Aspects of the Mother, four of her leading Powers and Personalities have stood in front in her guidance of this universe and in her dealings with the terrestrial play. One is her personality of calm wideness and comprehending wisdom and tranquil benignity and inexhaustible compassion and sovereign and surpassing majesty and all ruling greatness. Another embodies her power of splendid strength and irresistible passion, her warrior mood, her overwhelming will, her impetuous swiftness and world shaking force. A third is vivid and sweet and wonderful with her deep secret of beauty and harmony and fine rhythm, her intricate and subtle opulence, her compelling attraction and captivating grace. The fourth is equipped with her close and profound capacity of intimate knowledge and careful flawless work and quiet and exact perfection in all things.”

News&Notes 5 November 2018 [771]

FRIDAY 9 NOVEMBER - 8:00 PM
“House of Strangers”
Directed by: Joseph L. Mankiewicz – USA, 1949
Cast: Edward G. Robinson (Gino Monetti), Richard Conte (Max), Susan Hayward, Dora Paget...
Synopsis: Gino Monetti has made his fortune banking, but he hasn’t done it legally. When the authorities come after him, three of his sons turn their backs on him, angry over how he treated them in the past. Max, his fourth son, stands by his father during his trial and stays loyal to him even when he is sent to prison. Max plots revenge against his brothers for betraying their father, while his brothers plot their own revenge against him. A film with a rare dramatic power which originality lies in its location, at this period of time: the Italian district in New York, 1949… Gorgeous Black & white photography and Best Male Actor Award at the 1949 Cannes Film Festival for Edward G. Robinson.
Original English version with French subtitles - Duration: 1h 41’

CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film program 5 to 11 November 2018

Indian - Monday 5 November, 8:00 pm:
• KAALA
India, 2018, Dir. Pa. Ranjith w/ Rajinikanth, Nana Patekar, Easwari Rao, and others, Action-Drama, 162mins, Tamil w/ English subtitles, Rated: NR (PG-13)
The central character Kaala Karikalaan alias Kala, like many who comes from Thiruneveli in Tamil Nadu lives in Dharavi slum. The Union Minister Hari Dada, an ex gangster, tries to evict people and seize the land of Dharavi. He comes up with a plan of promising furnished homes to people through a Government scheme with the help of Vishnu Bhai. But Karikalaan alias Kaala, the leader of Dharavi, stands in his way to protect the area. Zareena, Kaala’s ex-girlfriend returns from Africa as the head of an NGO to improve the living standards in Dharavi. Hari Dada’s failed attempts to kill Kaala in order to take control over the area leads to the death of Kaala’s wife and elder son Selvam. Kaala continues to encourage people to protest.

Italian - Tuesday 6 November, 8:00 pm:
• TUTTO QUELLO CHE VUOI (Friends by Chance)
Italy, 2017, Dir. Francesco Bruni, w/ Giuliano Montaldo, Andrea Carpenzano, Arturo Bruni, Comedy-Drama, 106 mins, Italian w/ English subtitles, Rated: G
Alessandro is a 22-year-old turbulent and ignorant slacker from Trastevere, in Rome, begrudgingly accepts a job as a companion for Giorgio, an elderly poet with Alzheimer’s. As they banter during their daily walks, they slowly piece together Giorgio’s long-buried memories, revealing clues to a hidden treasure.

Interesting - Wednesday 7 November, 8:00 pm:
• Joy Exchange
India, 2018, Priyankeshu Parihar w/Students and teachers at Bal Prakash school Ajmer and Ananya Trust Bengalore, Documentary-Education, 90mins, Rated: NR (PG)
Documentary covering the journey of six students from Bal Prakash Rajasthan to Ananya trust Bengalore. They visit Shervavathi river camp and learn different skills together and share their experiences. Includes interview about child parliament and importance of stress-free childhood. This film has not premiered anywhere. It will be screened in Bangalore on the 3rd and here on the 7th. The director Priyankeshu Parihar will be present for a brief Q&A after the film.

French - Thursday 8 November, 8:00 pm:
• Mr & Mme ADELMAN
France, 2017, Dir. Nicolas Bedos, Doria Tillier w/ Nicolas Bedos, Dora Tillier, Denis Podalydès and others, Comedy, 115 mins, French WITH ENGLISH SUBTITLES, Rated: G
How did Sarah and Victor manage to put up with each other for > 45 years! Who really was this enigmatic woman living in the shadow of her husband? Love, ambitions, tensions and secrets nourish this Odyssey of a really odd couple.

International - Saturday 10 November, 8:00 pm:
• Christopher Robin
USA, 2018, Dir. Marc Forster w/ Ewan McGregor, Hayley Atwell, Bronte Carmichael, and others, Animation-Comedy, 104mins, English w/English subtitles, Rated: PG
Christopher Robin -- now a family man living in London -- receives a surprise visit from his old childhood pal, Winnie-the-Pooh. With Christopher's help, Pooh embarks on a journey to find his friends -- Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher rediscover the joy of life.

Children's Film - Sunday 11 November, 4:30pm
- YELLOW SUBMARINE
UK, 1968, Dir. George Dunning w/ John Lennon, Paul McCartney, George Harrison and others, Comedy, 85mins, English w/English subtitles, Rated: G
The Beatles agree to accompany Captain Fred in his Yellow Submarine and go to Pepperland to free it from the music hating Blue Meanies.

Costa-Gavras FILM FESTIVAL @ Ciné-Club
Ciné-Club - Sunday 11 November, 8:00 pm:
- L'AVEU (THE CONFESSION)
France-Italy,1970, Dir. Costa-Gavras w/Yves Montand, Simone Signoret, Gabriele Ferzetti, and others, Drama,139mins, French w/English subtitles, Rated: NR
Anton Ludwig, aka Gerard, is vice-minister of Foreign Affairs in Czechoslovakia. He notices he is being watched and followed. One day, he is arrested and put into jail, in solitary confinement. Will be shown the mental tortures during the investigations and how a faithful top-ranking civil servant is made to confess to treason. Based on the true story of Czechoslovakian communist Arthur London.

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.

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Articles for the Notes section (in English only) to the N&N: Material (no pdf files, please) may be sent to the editors before Tuesday 5pm.

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Front Cover: Photo by Yam Yardeni, from the current photo exhibition in Pitanga.