(Continued)

That was the old division made by the mind: "Above, things are very fine, you may have all experiences and everything is luminous and marvelous; here, nothing doing." And the impression that when one is born, one is born again into the "hopeless world." That explains, by the way, why all those who did not foresee the possibility of things being otherwise had said, "Better get out of here, and then ..." All that has become so clear! But this change, the fact that it's NO LONGER inescapable, that is the great Victory: it's NO LONGER inescapable. You feel - feel and see, and the body itself has experienced - the possibility that soon, here too, things will be truer. There is ... there is really something changed in the world. (silence)

Naturally, for things to be truly established, it's going to take time. That's the battle going on. From every side, on every plane, there's an onslaught of things coming to say outwardly, "Nothing has changed" - but it's not true. It's not true, the body knows it's not true. And now it knows, it knows in what sense. What Sri Aurobindo wrote, in fact in those Aphorisms I see right now, is so prophetic! It was so much the vision of the True Thing! So prophetic! (silence)

Now I see, I see how his departure and his work so ... so immense, you know, and constant in this subtle physical, how much, how much it has helped! How much he has (Mother gestures as if kneading Matter) ... how much he has helped prepare things, change the structure of the physical.

All the experiences others had had of making contact with the higher worlds, used to leave the physical here as it is. (How should I put it? ...) From the very beginning of existence up to Sri Aurobindo's departure, I lived in the awareness that one may rise, one may know, one may have all experiences (and one did have them), but when one came back into this body ... it was those for-mid-able old laws of the mind that ruled everything. So then, all these years have been years spent preparing and preparing - freeing oneself and preparing - and these last few days, it was ... ah! the body PHYSICALLY noting that things had changed. It has to be worked out, as they say, realized in every detail, but the change IS DONE - the change is done.

Which means that the material conditions, which were elaborated by the mind, FIXED by it (Mother clenches her fist tight), and which appeared so inescapable, to such a point that those who had a living experience of the higher worlds thought one had to flee this world, abandon this material world if one really wanted to live in the Truth (that's the cause of all those theories and beliefs), now things are no longer like that. Now things are no longer like that. The physical is CAPABLE of receiving the higher Light, the Truth, the true Consciousness, and of man-i-fest-ing it.

It's not easy, it calls for endurance and will, but a day will come when it will be quite natural. It's only just the open door - that's all, now we have to go on. (silence)

Naturally, what was established hangs on tight and defends itself desperately. That's the cause of this whole trouble (swarming gesture in the earth atmosphere) - but it has lost the battle. It's over. It's over. (silence)

It has taken this Consciousness [The "superman consciousness" which came on January 1, 1969.] ... a little more than a year to win this Victory. Naturally, as yet it's visible only to those who have the inner vision, but ... it's done. (long silence)

That was the work Sri Aurobindo had given me, that was it. Now I understand. But it's as if from every side - every side - those mental forces, mental powers were rising in protest, violent in their protest, so as to impose their old laws: "But things have always been this way! ..." But it's over. They won't always be this way, that's all.

(To be continued)

"...But it is done..." Victory of Sri Aurobindo and The Mother, chap. IV
Jyoti Madhok and Kireet Joshi

"Where you are? In the Mother’s presence here and close to me. Where you are going? Towards union with the Divine through dedication and service. What you are doing here? Service and self-giving to the Divine. The rest depends ... on the simplicity and fullness with which you give yourself and serve".

Sri Aurobindo
Darshan Card - November 24, 2018
December 5th - Last Darshan of the Year
Sri Aurobindo's Samadhi.
On this occasion, His room will be open for Darshan from 5 am to 10 am. No token required.

Pondy SAILER Bus on December 5th
For those using the Auroville bus to have darshan in Sri Aurobindo’s room on December 5th (Sri Aurobindo’s mahasamadhi day), the bus will leave from Matrimandir at 9 am via the ordinary route and return from Pondy at 12 am. No tokens are required.

Information on the Departmental Enquiry Committee
Dear Community, The Auroville Council wants to give you further information re: the Departmental Enquiry Committee constituted by the Auroville Foundation to enquire into the ambiguities and lack of clarity relating to the purchase of the land R.S. No.426/1C2 made by Auroville working groups on behalf of the Auroville Foundation dated 29th April, 2018.

The Auroville Foundation constituted a Departmental Enquiry Committee on 10th October 2018 as directed by the Governing Board. The Departmental Enquiry Committee consists of the following: Secretary (AVF) as Chairperson of the Committee, Mr. Toine van Megen, Lt.(Gen.) Shri Ashok Chatterjee, Shri Pashi Kapoor, Mr. Angelo and Ms. Elisa (last two representing the Auroville Council) are members. The tasks of the Departmental Enquiry Committee are threefold:
1) To gain clarity on the full picture and formulate an unbiased official recount of what happened in the above-mentioned land purchase.
2) To identify the gaps in the role of each group and / or individuals that were part of the purchase process, and to identify the gaps in the process that was followed in concluding this transaction.
3) To make recommendations for improvements in the process of land purchases for the future.

The broad features and steps of the process held by the Departmental Enquiry Committee are as follows: investigating, presenting the investigation and conclusions in a report to the Governing Board in their next GB meeting in February 2019 for taking necessary action.

AV Council Report of August, September and October 2018
AV COUNCIL INTERNAL FUNCTIONING
Our team is functioning well. There is trust between the members and the team seems to be quite balanced. We constantly try to improve and therefore we try to be very aware of our possibilities to grow and evolve. At the moment we decided to have only one weekly meeting with Silent Presence Keepers (SPK) as we want to test how much we are able to carry inner silence on our own during the meeting. That doesn’t change our full support to SPKs, which we see as a tremendous benefit for groups.

The Council had 5 sessions of Dream Catching with David. It was very inspiring and opened up our ability to expand and be open for new possibilities. We are looking at ways to expand this possibility of interaction with a wider group.

WORK COMPLETED OR IN PROGRESS:
- Matrimandir: The “Garden of the Unexpected” design process has been completed. A communication to the community on the results of the process has been sent from the Matrimandir team. The work of the Observing Committee in which Angelo was a representative of the Auroville Council, has finished.
- Land Board Internal Investigation: A departmental inquiry has been initiated by the Auroville Foundation to inquire into the facts regarding the recent contested land purchase R.S no 426/1C2 of 8.175 acres. As both Working Committee and FAMC were involved in the land purchase process, it was requested that the Auroville Council take this inquiry forward in collaboration with the Auroville Foundation. Angelo and Elisa have agreed to be part of the departmental enquiry committee, initiated and chaired by the Secretary.

MANDATE AND POLICY REVIEWS:
- AV Council mandate: We are informed by the Working Committee that they are in the process of reviewing the mandate together with the RAS.
- BCC mandate / Constitution: The FAMC has communicated their intention to reconstitute the BCC in the spring and requested two names to represent the Council in the new BCC. Angelo and Enrica were proposed by the team. FAMC will select one when the BCC is reconstituted.
- Entry Policy: A process of reviewing the Entry Policy after one year has begun and feedback will soon be solicited from the community on the different aspects of the policy. The Council together with the Working Committee is holding the review process.
- Participatory Working Group (PWG) amendments: The PWG document has been revised by the Study Group in collaboration with the AV Council. The first two parts of the guidelines had minor amendments and went through two rounds of community feedback, which were integrated. The third part of the guidelines had a major change which concerns the role of the Temporary Feedback Review Committee (TFRC) and how far does their responsibility go in terms of determining the eligibility of nominees receiving substantial feedback. This third part is currently going through an RA Decision Making Process (RAD). This part went also through two rounds of feedback, which were integrated with the support of RAS and Study Group. A small “sounding board” from the community reviewed the integration of feedback.
- Individuals declared non-eligible to participate in selection processes: The Council, WCom and RAS have been working to define a framework to address the issues of individuals who have been previously declared non-eligible for positions in working groups according to the Participatory Working Group guidelines, such that the concerns held against them can be clarified with responsibility and that they could be again eligible. This process has also involved changes to the Selection Process, which have been done in collaboration with the Study Group. A new Clearance Panel proposal and changes to the selection process have been put to the community for ratification.

WORK TO RE-ESTABLISH HARMONY
- Conflict Resolution Policy: Work is ongoing to make some revisions to the Conflict Resolution Policy. This will soon be presented for feedback.
- The Appeal Process is also under review after 1 year of application.
- Nandini Service conflict: The Service Trust trustees have shared the outcome of their process with regard to the functioning of Nandini with the Auroville Council, including their decision that Muthu should no longer work in the service. Muthu has written to the Council requesting for an arbitration. This matter is still in progress.
- Selvi / Kumar Nickadas arbitration: The arbiters have arrived at a conclusion which has been accepted by both the parties and
is being presently implemented together with the IMG (Implementation and Monitoring Group) constituted by members of AV Council and Housing. The Auroville Council takes this opportunity to thank the arbiters involved and for their commitment and for holding the value of Auroville spirit in their work.

- **Sanjana conflict:** Review of the project is still awaited from FAMC/ L’avénir before any arbitration process can begin.

- **Incident between Eric and Sumit:** An incident of conflict and violence between Eric and Sumit was looked into together with the Working Committee. Details and outcomes have been reported by the Working Committee.

- **OTHER TOPICS**
  - **Human Resource Hub:** A subgroup comprising a Council members and representatives, has begun work on developing a new Human Resources Hub. Request for a response for two half-maintenances for this work is still awaited from the BCC.
  - **Stray Dogs:** The Helpanimals pilot project is now complete and it was successful. A report has been posted to the community [see Auraonet or N&N]. It was observed that it is not enough to look at stray dogs within Auroville but the strays in the villages also need to be looked into. The Helpanimals extended group will now meet soon to see how to proceed forward. The pet survey results are being collated and the results and the guidelines that emerge from the analysis of the survey will be shared with the community soon.
  - **Sign Boards:** A meeting of members from L’avénir, Road Service, Security, ABC, Auroville Art Services, ACUR and interested community members was initiated by the Council regarding sign boards. A sign board group has now been formed which will first look at the scope of this group and some general outlines for sign boards have also been agreed upon which will be further worked upon by the group and brought to the community for approval.
  - **Space allocation in the Town Hall complex:** The space allocation was given to a consultant team, which is Vikram and Suhasini. They conducted a survey and an open call for applications to request a space in the Town Hall area. On 1st of November they shared the outcome of the survey and proposed 4 different solutions to the users of the whole administration area. The FAMC together with the Council will continue the process.

### Keeping Dogs in Auroville.

The Auroville Council together with the Helpanimals team initiated a pilot project on sterilization and vaccination of stray and semi-stray dogs within Auroville. A survey was done on pets kept in Auroville. The survey shows that dogs are not only kept as watch dogs but also more and more as companions. Presently the AVC is looking for ways to uphold a healthy and contained dog population that is not a danger to children and adults living in Auroville. Another intention is to slowly expand the sterilization project and aftercare into the nearby villages as it was observed that the dog population cannot be contained within Auroville unless it is also contained in the nearby villages. Simultaneously, information and Guidelines are being drafted for people who keep animals, in particular dogs. This is done in care for the animals and for safe and healthy co-habitation.

With Auroville becoming more an urban setup, with habitat getting ever denser, the question of choices we make - individually as well as collectively - in regard to animal keeping become very important for harmonious co-living.

All dogs need to move. Keeping pets in apartments without regular walks means that the dogs are not able to do what is inherent in their nature making them noisy, over excitable and uncontrollable when let out, thus making them dangerous, especially if also untrained. Dogs kept as watch animals in a farm or forest have enough space to run and they only need to be trained and looked after. Dogs that have been left behind by well-meaning guests at guest houses or at building sites by workers or watchmen or near restaurants where the dogs can find plenty of food on waste, become territorial and begin to attack. All dogs, pets and strays, left free to roam around with no supervision tend to be a nuisance at some point to someone - barking at night, running behind children and vehicles, getting into fights with other dogs and soiling public places.

Our request to every community if you have dogs belonging to the community then please assign some community members who are looking after these dogs, ensuring that they are sterilized, taking them for walks etc. It is not enough just to feed them. This would help contain the dog population and also ensure that the dogs are looked after and it would be a good gesture towards the overall larger community’s welfare. Thanking you for your collaboration, The Auroville Council and Helpanimals.

### ANNOUNCEMENTS

#### RAD Extension for the Clearance Panel

**Dear Community,**

With regards to the ongoing RAD for 1) the revised Selection Process, and 2) the Clearance Panel, this is to inform you that the changes to the Selection Process have now been approved by the community and therefore will be implemented in the next Selection Process in March.

The approved and revised Selection Process includes the concept of the Clearance Panel. However, the number of votes received from the community for the Clearance Panel proposal has still not reached the quorum as required by the Auroville Decision Making Process.

**Extension for RAD on Clearance Panel proposal:**

The lack of quorum on the Clearance Panel proposal presents us with a concern, as a clear decision and direction from the community is needed on this proposal to know if and how responsible clearance processes could be initiated before the next selection process in March. As we care to move forward and respect those who have already voted, we are therefore further extending the period of voting to enable a quorum of the community to be reached on this important decision. There is no restriction against extending the decision making period for the purpose of quorum according to the decision making policy 2007.

If you have not voted for the Clearance Panel proposal, please take the time to study it and answer yes or no, before **Wednesday, 5th December midnight.** You will receive this announcement with a facility to vote, by massmail. If you do not receive this, please contact the RAS.

Those who have already voted and changed their mind, can have the possibility to change their vote.

We regret our previous statement which announced that we would go ahead with the majority opinion whether or not a quorum is reached. Our concern was that a decision needed to be made one way or the other, and we acknowledge that ignoring the guideline of quorum which is a part of our present decision making process was not the right way of answering to this concern.

Additionally, the RAS and Auroville Council has received feedback from the community that there has been some difficulty in understanding the concept behind the Clearance Panel, and that this has significantly affected residents’ participation. We take responsibility for not being clear in our descriptions of the process and we have therefore decided to clarify by including below a brief summary of the Clearance Panel process, which we hope will bring clarity to those who had not fully understood.

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The Council proposes a platform of Q&A on the Clearance Panel process on Tuesday, December 4th at 4.30 pm at SAIIER conference hall.

#### CLEARANCE PANEL PROCESS - PROPOSAL SUMMARY

**BACKGROUND**

After the last Selection Process, it became apparent that there were quite a few individuals who had received substantial negative feedback during the process and in previous selection processes, who had no process to clear the concerns held against them in a responsible way, bringing closure to past incidents. Some had been unable to participate in the selection process for many years and felt blocked to participate in the organizational structure. Hence the concept of a Clearance Panel was conceived.
• SUMMARY OF THE PROPOSAL
1) What is The Clearance Panel?
The “Clearance Panel” is a panel of seven long term, trusted members of the community who will oversee and facilitate a ‘clearance’ process for residents considered in the past ineligible for working group selection by the Temporary Feedback Review Committee (TFRC), due to substantial negative feedback received from working groups or community members, and for residents who will in future receive substantial negative feedback.

2) What will the Clearance Panel do?
- Meet with individuals who received the substantial negative feedback, feedback givers, members of working groups and TFRC members, and hear claims, investigate, and review evidence.
- Evaluate the validity of the claims against the individuals against approved guidelines and agree on outcomes.
- Depending on the outcomes of the investigation, decide on appropriate reparation for the individuals concerned and work towards healing and reconciliation, seeking opportunities for individual growth.
- Communicate outcomes with the individual and all other parties.

3) What decision-making powers will the Clearance Panel have?
- Decide on the outcome of the investigation.
- Confirm or annul a past decision by the TFRC.
- Decide for what period a person may be ineligible for working group membership.

For any further clarifications on the proposal please write to the Auroville Council.

***** Why voting is important *****
- to contribute to our constant efforts to together decide on our important topics which have major impacts on our community
- since a quorum (a minimum number of participation) is required for a decision to be approved, your vote matters
- to express your voice and include it in the final collective decision/direction taken.

Warmly,
For the Auroville Council:
Angelo, Elisa, Enrica, Martin, Matriprasad, Mita, Sandhya, Selvaraj and Shivaya

■ CALL for PARTICIPATION & NOMINATION for the next Selection Process - March 22nd to 24th, 2019
Dear Friends,
Register for participation and nominate yourself and others. The next selection process for the 4 major working groups - AV Council, FAMC, L'Avenir d'Auroville, Working Committee - will be on March 22nd - 24th, 2019.
All registered residents of Auroville can participate. Please look at the revised guidelines (PWG 2018 link: HERE). In order to participate you need to register yourself and fill out your profile: the link will be sent by the Residents’ Assembly Service by email.

If we want an organization which represents the community, we need the voice of the community! We need your active participation!

Much love,
The Residents’ Assembly Service

■ Join the Study Group
Dear Community members, the next selection process for the 4 major working groups already started with an interactive session on 1st of December at Unity Pavilion and will conclude on the 23rd of March 2019.
The Study Group would like to enlarge its team to help in the preparation, facilitation and logistics. If you are interested to learn more about Auroville's organization and the participatory process, this is a good time to join, please write to us at studygroup-email@auroville.org.in.
With Love & Gratitude, The Study Group

■ IMPORTANT ANNOUNCEMENT FROM THE BCC
This announcement is for all executives and managers for activities who receive or wishes to receive full or partial funding from the City Services.

Dear All, all services/activities that are receiving (or wishes to receive) full or partial funding from City Services were required to submit a budget within the scheduled submission deadline in order to be considered for continued funding. This deadline was 31 October 2018. If you have not submitted the budget already we recommend you do so at the earliest.

There are two forms that need to be filled. They are posted on Auronet for downloading: (1) The Budget Form 2019-20 (request for the next financial year), and (2) The Narrative Report Form for 2018-19 (describing the activities under the current financial year). Please download both forms, fill them up and submit to BCC office (bccoffice@auroville.org.in). Once again, the budget deadline has passed and BCC is currently reviewing the submitted budgets. No new deadline has been set – but if you submit at the earliest as the review process is on, BCC will consider your budget also. All new budgets will be reviewed at the end.

Please note - you may have continued to receive a budget without increase in the past years even when you did not submit a budget for review. This year this will not be possible:

Unlike the previous years, this year BCC, on recommendation from the FAMC, will follow what is called a zero-based budgeting (ZBB). It is a method where budgeting for any service/activity will start from scratch (zero) and where all expenses need to be justified for the new budget period - which is 2019-20. The budget starts from zero and all functions old and new within the activity are reviewed before being added to the budget in order to determine a realistic financial need. This process will take substantial time. Hence, activities are requested to submit their budgets at the earliest. Only those services whose budget requests are received and reviewed will be considered for funding. Thanking you. Wishing you the best. The BCC

■ From the Entry Service - N&N # 775 dated: 03-12-2018
Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville, joining Auroville. Prior to Newcomer, Aurovillian and Friend of Auroville status confirmation, for Newcomers two weeks and for Aurovilians, Returning Aurovilians and Friends of Auroville one-month window for community feedback. Kindly forward your support or grievances to entrieservice@auroville.org.in.

• NEWCOMERS ANNOUNCED:
  Alessandra ARGENTI (Italian) Staying in Auromodele (Padmanabhan’s GH) and Working at OutreachMedia.
  Ganesh ARUNACHALAM (Indian) Staying in Invocation and Working at SAIJER.
  Karan GAJENDRAJ (Indian) Staying in Joy Guesthouse and Working at Nagarmatha Roofing.
  Steina OHMAN (Finnish) Staying in Aurodam (Limei’s Homestay) and Working at Eliuciole Circus School.
  • CHILD OF NEWCOMER:
  Moeni Nikita WAMBUA Born on 05/10/2007 (child of Alessandra ARGENTI).
  Noah Alex WAMBUA Born on 07/11/2011 (child of Alessandra ARGENTI).
  • NEWCOMERS CONFIRMED:
  Akikumar CHELLADURAI (Indian)
  Davide ROTA (Swiss)
  Gandharva Kumar Reddy MADDIRALA (Indian)
  Geetha SHERPALI (Nepali)
  Pujasree BURMAN (Indian)
  • AUROVILIANS ANNOUNCED:
  Maria FOSSA (Italian) Staying and Working at Sadhana Forest.
  • RETURNING AUROVILIANS CONFIRMED:
  Bhakti MILLS (French) NûN742- 24.03.2018 Confirmation Date:02.04.2018
  Hilde (Known as Kira) VAN DE SANDE (Dutch) NûN742- 24.03.2018 Confirmation Date:02.04.2018
  Aurore CORNEC (French) NûN762- 03.09.2018 Confirmation Date:01.10.2018
  Laszlo HAJDU (Hungarian) NûN755- 16-07-2018 Confirmation Date:13.08.2018

News&Notes 3 December 2018 [775]
• FRIENDS OF AUROVILLE ANNOUNCED:
  Benoy (Known as Binu) MUKHERJEE (Canadian)
  Ruma MUKHERJEE (Canadian)

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF.

The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST.

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

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

Building Applications - 03 December 2018

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

Rectification for the announcement in the News & Notes on 19th November 2018:
In the Outside Master Plan:
1. Car Port: Rolf Bosbach at Felicity, rolf.bosbach@gmail.com
Built up area: 25 sq.m. Project Brief: Dismantle-able Carport, Metal-pipe and Corrugated Roof-Sheets.
Warm regards,
L’avenir d’Auroville team (Anita, Inge, Pino, Tejaswini)

Houses Available for Transfer
1. Auromodele - Petite Ferme (ex Jorinde house): Plinth area of 180.90 sqm. Double storied RCC framed structure residential building with rammed earth with brick walls, RCC roofing with covered front and back verandah, living cum kitchen, bed room & toilet.
2. Creativity - Mohgan’s House: Plinth Area of 67.52 sqm. RCC Framed structure residential building with hall, bedroom, kitchen and toilet.

Houses Available in Housing Projects
1. From Sunship: Immediately available
One single unit of 42 Sq.m completely furnished and equipped-kitchen, bathroom and cupboard- with Collective cafeteria, Laundry, technical maintenance and management by Aurovilians!! Contact louis@auroville.org.in for visit and info.
2. Kalpana Housing Project: Near completion
Fully equipped apartments with cupboards, equipped kitchen, bath room, fridge, hob, light, fan, solar back up system. Covered terrace for each apartment. The work for the landscaping has started. Out of 42 apartments few units are available:
1 STUDIO, 1 BHk (Bed room, Hall and Kitchen), 2 BHk, 3 BHk
Also available 2 offices at the ground floor in the North block.
Satyakam is available for the public every Thursday 3 to 5:30pm and Saturday 10am to 12:30. For information and site visit contact: satyakam@auroville.org.in

Information on grants allotted for Aurovilians by Housing Board
Housing Board informs that there is no more grant available for housing extension. Financial assistance is available only for repairs.

FOR YOUR INFORMATION

Number Wise #1
Did you know?
1. Auroville's current population growth is 5.5%
2. The average age of Aurovilians is 39.9
To know more visit http://aurostat.auroville.org.in

About Aurostat
Aurostat is a data-based social-science research project focused on:
• Making information accessible, beautiful, and simple enough for all to understand.
• Connecting data providers with the rest of the community.
• Recognising trends and generating insights that can catalyze Auroville’s development.

• Developing indicators of a holistic evaluation of Auroville’s development.
Aurostat is a web-app, available to Auronet users only. The project is developed by Talam for Web Services, in collaboration with various data providers. We will be happy to receive your feedback to improve our service.
Feel free to write to us, webservices@auroville.org.in

Are you interested in developing higher educational programmes in Auroville?

Context
Even after 50 years, children of Auroville are still going out after their schooling for higher education. At the same time, thousands of interns, volunteers & researchers who come to Auroville rarely touch the deeper dimension of Auroville. This brings into focus the need to organise higher education opportunities within Auroville.

Offering
Auroville Campus Initiative (SAIIER Department of Further Learning) is organising a two-day long Confluence on Reimagining Univer-city on February 26 - 27, 2018. Purpose of this confluence is to:
• Envision all of Auroville as an integral living campus,
• Focus on the future of higher education in Auroville
• Accelerate the development of specific higher education programmes in Auroville. We are defining long-term as minimum one-month long programme.

Invitation
We are looking forward to know who are the people who will be potentially developing long-term educational programmes. We invite individuals and teams inspired to create the programme around the focus area of their expertise. Example:
1. Those who have already been conducting short-term educational sessions and workshops in a domain (e.g. art therapy, integral yoga) and are now planning a longer-term programme,
2. OR an individual or a group of practitioners who have an aspiration to offer long-term educational programmes (e.g., integral counseling),
3. OR those who are already conducting long-term educational programmes and would like to fine-tune them or expand their activities.

Email
If you are interested, please share the responses to the following at confluence@auroville.org.in with the subject “Confluence 2019 <insert Name of the Focus Area Here>”
- Name:
- Organisation:
- Focus Area: (E.g., Horticulture)
- Present Educational Offering: (E.g. Two-day long workshop in Horticulture)
- Proposed Long-Term Programme: (E.g. a six-month long programme in horticulture)

These responses will help us shape the Confluence.
Please share by December 8, 2018.

Thank you,
Divyanshi, Lalit and Manaj - For Auroville Campus Initiative

Food Festival
Hey Friends!
Want to participate in the FOOD FESTIVAL being held on SATURDAY DECEMBER 22ND, 2018 from NOON till 9PM at AFRICAN PAVILION?? Swoooeeet!!
We are looking for:
- FOODIES to vend their special home recipes
- RESTAURATEURS from around Auroville to vend food
- MUSICIANS & VISUAL ARTISTS to spread their LOOOOVE
- ECOLOGICALLY INNOVATIVE UNITS to spread their message
- VOLUNTEERS to help setup & manifest
Please contact:
Elene. eleneseenhari@gmail.com,
+91 7904143719

News&Notes 3 December 2018 [775]
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 Edayanchavadi… 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

MOBILITY IN AUROVILLE

Joy 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 Edayanchavadi… 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

Solitude Festival 2019 - callout

Dear Friends, this is another callout for the Solitude Festival happening on the 12 January 2019.

Healers’ Space: Usually at the festival we have a healing space and massage circle. This year, we are very keen to offer a space for healers to share their work. So if there are any healers / therapists we would love to hear from you. Are there any other healers or therapists who will like to be a part of this? Kids’ space: For the kid’s space, we have already a few activities, including clay, face painting and friendship bracelets. A few more people holding the space and doing a few more activities, such as helping face painting, or simply help develop and create the space for the day, would be a great help.

Stage: We are looking for a stage manager and stage hands for our main stage. We are looking for a stage manager, sound engineer and one stage hand for the secret garden (second) stage.

If anyone is also interested to help create the secret garden stage, bring an inspiration and create a beautiful stage to perform on.

Contact: krishnamckenzie@auroville.org.in

Love, Krishna

Kinisi as a social experiment

Auroville, as a City of the Future, is a formidable testing ground for research on how to convince a city population to switch from one mode of transportation to another.

- For a city, it has a relatively small population (around 3000 full-time residents).
- It has a very diverse population, with over 56 different nationalities and Indians from many different areas.
- Its demographics include all ages and occupations, as well as thousands of workers commuting daily into the city.
- Its infrastructure is young and still easily modifiable.

Kinisi wants to convince a population to switch from fossil fuel based vehicles to more sustainable individual transport, by different methods:

- Make sustainable transport attractive through education on the economical and ecological pros and cons of electric vs fossil fuel base-based vehicles.
- Propose a thrifty alternative to purchase and ownership of expensive electric vehicles.
- Offer new technical expertise and free maintenance to alleviate old fears (range anxiety and battery problems from obsolete technology).
- Promote the use of an extensive network of existing tree-shaded cycle paths that is a unique asset of Auroville.

Kinisi: Kinisi was created in March 2017 as a commercial unit. Their mission is to bring sustainable mobility to Auroville Residents, Newcomers, Volunteers and Guests. They concentrate on e-cycles, the most ecological mode of transportation after the bicycle, and the most appropriate for Auroville roads.

Kinisi rent-cycles to guests and residents and they dedicate supplementary income from rentals to increasing the Kinisi and the KIM fleets. In one year, they put over 100 e-cycles on the Auroville roads.

KIM (Kinisi In-kind Mobility): KIM was created in June 2018 with a mission to bring sustainable mobility without private ownership to Aurovilians, in line with Auroville’s ideals and values. So far, they dedicated 35 e-cycles to KIM and the programme has a waiting list. Aurovilians contribute Rs. 850/month as membership fee to KIM and receive an e-cycle for their personal use.

The KIM e-cycles are obtained from donations. They remain an Auroville asset and return to the pool if the member leaves KIM or Auroville. Members are encouraged to come for free monthly maintenance (including replacement parts and a new battery after 3 years). KIM offers Aurovilians all the advantages of ownership, without its hassles.

For more info, we invite you to come and meet the Kinisi Team at:

The Kinisi Journey
Sustainable Mobility for All...

Tuesday 4th December
5:30pm
(dur. 60 mins)
At Unity Pavilion

MOBILITY IN AUROVILLE: Essentials

- City Transport Shuttle Service
  Quick ‘Pick up and Drop’ Shuttle Service. Free within central area. Further areas for a fare.
  Where: Visitors Center Main Gate or on call
  When: daily 9.30am to 6pm
  How: call 9487650951. Email: visitorscentre@auroville.org.in.
  (Please note that it is not a taxi that can be ordered in advance for an exact time)
- Cycle Kiosk at Solar Kitchen area
  Several inexpensive and restored cycles available. Repair and maintenance of all types of bicycles.
  Where: Opposite PTDC/FOODLINK/Solar Kitchen
  When: Monday to Saturday: 9:30am to 4pm.
  How: drop in
- Cycles and children car seats rentals
  Where: Vehicle Service, Town Hall
  When: Monday - Saturday from 9am to 12.30 and 2.30 to 5pm.
  How: Contact: avvehicle@auroville.org.in or Phone: 0413-2623307 Mobile: 9443074825.
- Electric bicycles for rent at Kinisi:
  Where: at CSR compound (see MAP)
  When: Monday-Saturday 9:30-12:30 and 2:00-4:30 pm.
  How: book online at http://kinisi.in or email kinisi@auroville.org.in or call +91 8300460679 / +91 8300460680 / +91 4132622277
- Integrated Transport Services (ITS)
  Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. NEW! Evening Electric Shuttle Service & Shuttle Service to Chennai.
  Where: opposite Solar Kitchen
  When: Monday-Saturday from 9am-5pm.
  How: Phone: 8098776644 | 9442566256 | 9840983080. its@auroville.org.in, http://its.auroville.org/
- Visitors’ Center - Bicycle Rental
  Available from the Kiosk, Near Dosa Corner / Dreamer’s Café
- Auroville Accessible Bus Schedule
  The current Accessible Auroville Public BUS schedule (for Pondy trips) is always available at www.auroville.org/contents/3988. Contact: avbus@auroville.org.in

ReUsers of Impermanence!
How Comfortable Are Our Buildings?

Mona writes on climate-responsive architecture and her research on thermal comfort in naturally ventilated buildings.

The following article is part of a series on 3 topics:
- What’s in our Food? (Green Column of 13 October)
- What’s in our buildings? (including today’s Column on climatically suitable architecture)
- Which energies surround us? (on electromagnetic radiation, an article by René and Mona, coming soon)

Global population has been exponentially migrating from rural to the urban concrete jungles. According to the City Census of 2011, India has approximately 46 cities with a population of over 1 million. By 2025, India will overtake China to become the world’s most populous country. With a radical growth in population, comes an equally radical necessity of residential and commercial building stock. Just the operation of buildings is responsible for over one third of the total energy we harness from nature, and thereby is one of the most prominent causes of climatic dilapidation.

In the process of achieving sustainable, energy efficient buildings, the world demands immediate action from the realms of science and architecture. A preliminary understanding of the local context, climate, materials, and rudiments of physics bears the capacity of halving the operational cost of a building over its life cycle. Incorporating climate-specific passive design features, natural ventilation methods, and a sustainable choice of materials in itself can bear drastic benefits. However, this becomes more difficult with the ever-increasing comfort expectations. Unfortunately, it is easier to install air conditioners in a poorly designed building than to design a high-performing building to begin with. The current market penetration of HVAC (Heating, Ventilation and Air Conditioning) systems is 3% but is expected to grow at the rate of 30% per annum over the next five years. Room air conditioner (AC) purchases in India are currently growing at 20% per annum over the next five years. Room air conditioner (AC) purchases in India are currently growing at 20% per year, with about half of these purchases attributed to the non-residential sector.

Auroville already has a culture of well-designed naturally ventilated buildings which use local craftsmen, materials and are conscious of the maintenance and operational costs in the long term. However, recent trends in Auroville are also indicating that more people are tending towards installing air-conditioners.

In the process of spreading awareness in the field of Building Energy Efficiency and producing internationally validated research, Studio Naqshbandi in Yantra has been working with the U.S.-India Joint Center for Building Energy Research and Development (CBERD) project under the umbrella of Auroville Centre for Scientific Research (CSR) for the last 5 years (2012-2017) in collaboration with international institutions like University of California, Berkeley, CEPT University, and others they conducted a post-occupancy analysis for seven naturally ventilated buildings from the warm-humid zone: Golconde Dormitories and INTACH Office from Pondicherry, with Afsanah Guest House, Luminosity Apartments, Mukuduvudai Residence (YantraToo), Solar Kitchen, and Blessing House (Vérité), from Auroville. Passive design strategies like proper orientation, large overhangs, innovative wall and roof sections, landscaping, courtyards, night flushing, etc. were identified and studied in detail. High end sensors across the buildings, placed strategically took air temperature, surface temperature, relative humidity, and illuminance level readings for a course of over 1.5 years and estimated if the occupants were comfortable as per the newly (2014) established and internationally accepted Indian thermal comfort (IMAC - India Model for Adaptive Comfort) standards.

What is IMAC standard? We might have often noticed the too cold air-conditioning temperature settings in quite a few offices, hotels and homes. These ACs operate on international thermal standards, which, to simply put, do not apply to the population accustomed to the Indian climates. Most industries and engineers follow ASHRAE - The American Society of Heating, Refrigerating and Air Conditioning Engineers standards, which sets thermal comfort at 22-24°C, which does not take into account local conditioning. For instance, one who has been living in Auroville for some time, irrespective of the geography of their native place, can easily vouch for the fact that a temperature of 26-30°C can be experienced as moderately comfortable, and anything close to 16-18°C is a little too cold. The sensation of warm and cold changes over time as our bodies adapt. This phenomenon is called thermal adaptation, and it is the basis for the understanding of Adaptive Thermal Comfort - which takes into account the outdoor temperature and sets the standard for indoor comfort levels by analysing six factors of a working space: metabolic rates as per activity, clothing, air temperature, mean radiant temperature, air speed and relative humidity.

As per the observations of this study for the seven naturally ventilated buildings, most of the occupied spaces were found to be comfortable for over more than 90% of the hours of the year (without air-conditioning) as per the Indian (IMAC) standards. However, when compared against the international (ASHRAE) standards, the same spaces were found to be comfortable for under 60% of the hours. This aberration is one of the many facets of the entire research, which also added substantial Indian data to softwares such as Energy Plus. Several scientific papers have been presented based on this research work in international conferences and journals. Those interested for further information may contact mona@auroville.org.in or visit www.cberd.org.

Given the scale and spread of the building industry, an immediate gear-shift in the scheme of things seems excessively optimistic. However, through efforts like this research project, where practicing architects, academicians and industry partners come together and by spreading awareness about the efficacy and charm of a naturally ventilated, passively designed, sustainable buildings, there lies hope.

The Green Column appears bi-monthly in the News and Notes and on Auronet, where comments are welcome.

Contact us via avgreencenter@auroville.org.in

Seedlings & Seeds for Your Vegetable Garden!

Following vegetable seedlings are ready for planting:
- Basil, several salad varieties, capsicum, tomatoes, eggplant.
- Organic dried apricots, apples, more sprouted barley porridge/flakes, sprouted rye flakes and buckwheat are again available in our Auroville shops. Steffen/Joy Health Food.

Solitude Farm Store

Dear Friends,

The Solitude Farm Shop is open! We have local produce, soap, jam, recycled pillows, seeds, and our delicious choco-balls. Come by and enjoy the quality of natural farming.

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 Garden team.
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.

SANTÉ THERAPISTS’ SCHEDULE - DECEMBER 2018

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<th>For Appointments, please call Santé reception at 0413-2622803 between 8.45am to 12:30 pm and 2pm to 4:30pm.</th>
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<td><strong>Childbirth Preparation &amp; Yoga class</strong></td>
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Santé Schedule is Now Online on our Website at this [link](#)
**MATTRAM: Facilitating Development & Transformation**

For appointments about Consultation, Counselling and Therapy, Mattram is available daily from 12:00 to 12:30 pm. Call or Email to book appointments. Open to all. (Mattram is housed at the Former Hall of Mitra Hostel)

Contact: 0413-2623551
Email: mattram@auroville.org.in

Daily Free Walk-in Sessions (open to all) from 9:00 to 10:00 am with one of the Integral Psychologists.

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**Introduction to the next Seven Eyes course**

Tuesday 4 December, 4 to 5pm at Mattram.
Pre-registration is required at 7639071051.

This course offered by Jerry is about a practical and profound tool for psychological and spiritual development. This course will start on Tuesday 18 December and will continue at this timing (4 to 5:30pm) every other week until April next year.

**POSTINGS**

**Hello from the Auroville Library of Things!**

We are a container that houses things for people to lend and borrow. We are looking for enthusiastic technicians who enjoy tinkering with: Electrical Items: Such as printers, computers & projectors, Clothes / Jewellery: Stitching / Upcycling. We will be hosting a repair party in the coming months & need volunteers to help repair items already in ALOT or repair new items brought in by people. Meal and a movie screening (The Minimalists) included for enthusiastic technicians who enjoy tinkering with: Electrical Items: Such as printers, computers & projectors, Clothes / Jewellery: Stitching / Upcycling. Please drop me a message at 9871245566 if you’re interested!

**Auroville Library: Updated Opening Times**

- **Morning:** from Monday to Saturday 9:00 to 12:30
- **Afternoon:** Monday, Wednesday, Thursday, Friday and Saturday 2pm to 4:30pm.
- **Evening:** Tuesday from 4 to 6:30pm

**THANK YOU**

**NEWS&NOTES 775! Congrats and Thanks!**

I wholeheartedly thank the News&Notes team for keeping this important vehicle afloat and navigating it through various upheavals, hurdles and near collapse... I admire Sabine's vision, perseverance and skills which gradually transform the originally somewhat haphazardly thrown together bunch of news bits into a clean, inviting and illustrated weekly that this week reached its 775th issue. Bravo! Mauna

**START UPCYCLING Gratitude**

The START UPCYCLING KIOSK opened on Friday the 9th of November 2018 at the Visitors’ Center. (see short video HERE) This event is, as usual, the result of many collaborations for each step of the project, from the first draft to the completion of the building and the inside equipment. We’d like to express our deep gratitude to:  
- the Bajaj CSR management team, Stitching de Zaier, PCG team, the Auroville 50th birthday for the funding,  
- Nicole and the Visitors Center team for their welcome,  
- SAILER team for their support,  
- Suhasini and her team for the building.

Many individuals contributed too, we thank the following Aurovilians and Newcomers: Pala, Manu and Raj the carpenters, Michael the welder (thanks to Aurovelo), and the beautiful team of volunteers who have been helping us: Anastasia, from Weltwaerts program, Caroline, Harshali, Vishnu, Nancy Aggarwal. We are happy to have on board a nice group of Upcyclers.

Please come and visit our kiosk! The Auroville Upcyclers!

**Thank You Note for AV Ambulance Team**

Thanks to Auroville Ambulance team under Alok and Srijita for their efficient, professional and timely assistance to bring Mirao to PIMS last Saturday evening after his fall.

Helga (Invocation) and Pappo (Yantra)

**Gratitude for the SAVITRI-Reading-Parayan**

- held at Savitri Bhavan from November 14 to 18, 2018

Love and thanks to all those who participated in this special event of reading the whole of Sri Aurobindo’s beautiful epic Savitri together, supporting the presence of Sri Aurobindo and The Mother at the venue. Everyone got his special divine support for reading aloud a few lines or many pages of Savitri for the first time or even joyfully reading a full Canto for more than 30 minutes in the presence of others. Each one read in his special way and the variety of our uplifted voices wove a lovely tapestry of offering. It was beautiful when the voices uttered each word with love and aspiration and full consciousness and meaning so that the reading expressed the living word with love and imagination, activating a presence which all bathed in and appreciated. Love and appreciation and thanks for all that. Participants also expressed that they would like to continue to read Savitri. Sri Aurobindo’s epic is being read in many places in Auroville, individually and collectively, in diverse circumstances. This is supportive for Auroville because the Mother has called Savitri ‘a mantra for the transformation of the world’. Here is a list of existing possibilities for group reading of Savitri happening in Auroville:

1. Sundays 10.30-12 noon: Savitri Study Circle at Savitri Bhavan.
2. Tuesdays 6:45 - 7:45am: A small and welcoming group reads and discusses Savitri at Rama & Uma’s house in Courage Community. Patricia helps with English when needed. (See ‘Savitri in the morning’ in the Regular Events section of the News and Notes.)
3. Tuesdays 5-6pm at Savitri Bhavan: Let us learn Savitri together in Tamil, led by Buvana.
4. Tuesdays 5.45-7.15pm at Savitri Bhavan: OM Choir/OM Singing, activating the inspiration by reading lines from Savitri. The voice that chants to the creator Fire, The symbolled OM, The great assenting Word (Savitri p.310)
5. Thursdays 4-5pm: The English of Savitri led by Shradhavan at Savitri Bhavan.
6. Full Moon Gathering 7.15-8.15pm in front of Sri Aurobindo’s statue at Savitri Bhavan with Reading of Savitri organised by Murugan. Listening to Mother’s voice, reading Savitri and viewing the Full Moon charges the atmosphere and embraces all with a beautiful presence.

And around March 29, 2019, the anniversary of Sri Aurobindo’s and The Mother’s first meeting in 1914, there could be another complete or partial Savitri reading or a commemorative reading in the Savitri Bhavan Garden.
**Sakura Sushi New Opening hours**
Starting from December: Tuesday to Sunday 12 - 3 pm and 5:30 - 9 pm. Mondays closed. Please come and enjoy the variety of vegan, veg as well as non-veg sushi. Delivery within Auroville. You will find us in Kullapalayam, (opp. New Era secondary school). See you!

**Organic Lunch in Joy Community**
**Tuesdays at 12:45: Italian Food**
(by Simona)

**Saturdays at 12:45: Japanese Food**
(by Emiko)

We are happy to announce that from the beginning of December we are restarting to serve a beautiful mostly organic lunch accompanied with the usual family atmosphere of Joy Community (Center Field). 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, we’ll have home-made pasta with mushrooms and zucchini sauce on December 4th and home-made gnocchi with tomato sauce on December 11th. For Japanese food, we’ll have sushi plate on December 8th and tempura plate on December 15th. By reservation only (1 day in advance). For info and reservation call us: 9487272393 or: joycommunity@auroville.org.in.
25 % discount for Aurovilians, New Comers and SAVI registered volunteers and 50 % discount for monthly lunch scheme. Joy Community team :-) 

**Potato Week in Well Café!**
Besides our regular menu Well café would like to offer POTATO specials of the day from 3 to 8 December.
- **Monday** - Mashed potato with cream, fried egg
- **Tuesday** - Fried potato röstis with cheese sauce
- **Wednesday** - Bean burger, French fries and salad
- **Thursday** - Vareniki (Russian dumplings stuffed with potato and curd)
- **Friday** - Gratin Dauphinois
- **Saturday** - Potato salad

Love, Well Café Team, Sve Dame. wellcafe@auroville.org.in
For groups and take away please call us: 0413-2622 219.

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**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** – Pitchandikulam Forest Herbal Workshop for Winter Season, and JunadPan Solo Recital.

**Nelson** - Dr. Aster Patel Received Auro-Ratna Award.

**rtm** - Nicholas Roerich Himalaya’s by Alexander Pereverzev, Full Moon Meditation with the Healing Sound of Tibetan Bowls, Inauguration of Golden Dawn 50 years Auroville, 50 Births, and Solar Village Search Engine Launches 3rd of December.

**Out of regular programs we have:** GangaLakshmi continues with her Selections of The Mother and Sri Aurobindo in French. Loretta reads Savitri B. VI JJ, Part 3 and Mother’s Q and A 19/12/56. Marlenka continues with Synthesis of Yoga 84.

Here are also news of Thursday and Monday, Your AurovilleRadioTV team

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**I have a dream…**
Dear Aurovilians, I have a dream: One day (very soon hopefully), all of our Newcomers and Aurovilians - singles, families, etc... will have an affordable place to stay in and the era of the numerous house sitings will be over.
As you all know food and a stable place to live are 2 very basic needs. Of course, one could say, those people have to surrender, give up, accept being in a really not appropriate place etc...
All this is always easy to say when one has already those 2 aspects solved.
The situation is so crazy that some Newcomer families can’t become Aurovilians because they don’t have a –permanent– place to settle, therefore if they have children, while waiting they still have to pay the full school fees for instance.
Priority, servitors of the divine consciousness!
So, let’s imagine:
The Mother’s and Sri Aurobindo’s smiles, the happiness, that would be created by giving, for instance, the opportunity to a Newcomer/Aurovillian person/family to stay in the house/apartment you are not staying at the moment.
The sense of heart fullness that will certainly emerge after such wonderful action.
The incredible step towards human unity that would be done.
The fantastic surrender to propose this instead of giving privilege to money, to attachment.
The confidence that the Divine, Life will always give you what you need.
And, the feeling that you are not helping someone else... but simply yourself.
Make the experience!
Submitted by Eric Chacra

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**The Japanese Garden**
“Leave them to nature. Don’t cramp their ambitions. Their dreams are bigger than yours” (Tetsuko Kuroyanagi “Totto- Chan. The Little Girl at the Window”, Tokyo, 1982).
In the Japanese language there is a word “taikyo” that means “education in the womb”. The unborn baby can receive an education in the mother’s womb. For example, a pregnant woman has pleasure to see the beauty of the sakura flowers (Japanese mountain cherry blossom). The baby in her womb can feel this beauty and be in aesthetical joy which is important for all future life of this individual. The person will be positive and joyful.
In Auroville we have the Japanese Garden. In the Sri Aurobindo Ashram there is a Japanese Room (in the Mother’s museum, not far from Samadhi). The Mother lived in Japan, she liked this country, its people, children. In the room, there are some things which Mother brought from Japan and some other things from Japanese guests. The attractiveness of Japanese people has its own roots, in 1872 was published in “Fundamental Code of Education”: “Learning is the key to success in life. There shall, in the future, be no community with an illiterate family; not a family with an illiterate person”.
In the years 1904-1905 there was a war between “David-Japan” and “Russian Goliath”. The literate Japanese won the illiterate Russians - it was no case but rule. Now Japanese culture is adopted in the world. Just as the ancient wisdom said: lux ex Orienta (Lat.) - light from East. In her book “The Japanese Education Challenge” (1988-USA), Merry White writes page 122: “American pedagogy usually separates cognition and emotional affect. (...) The way Japanese culture works is more holistic.”
The Japanese are sure that the Lord helps them. Twice in the Japane
ded: “I’m not God”. But “way Japanese culture works is more holistic.”

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**NEWS&NOTES 3 December 2018 [775]**
ACCOMMODATIONS

Available for Youth: We are looking for Aurovilians and Newcomers to be member in our Youth House Myurchi. Surrender. There are two rooms available now, so please send us your request or ask us for more information. Whoever comes first gets the room. Contact myurchilist@auroville.org.in or call 04132623341. Thanks, Myurchi Team.

Needed: Dear Aurovillians! We are a Newcomer family - Dmitry (working at Varuna and EMS Lab), Anastasia (working at Deepanam school) and our 8 y.o. daughter Vasilina (studying at Deepanam school). Our newcomers' period ends in January and we are looking for a long term house-sitting or other possibilities. We are happy to take good care of your house, garden and pets, or may be some other help. We are quite and responsible. All suggestions are welcome. Please contact Anastasia 8270194875, whatsapp +7 777 1270264, e-mail: aanastasia78@gmail.com

AVAILABLE

Auroville Library of Things (ALoT), an initiative by earthhus, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. alo@auroville.org.in

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

Honda Navi bike: 2018 Feb model. Almost new and Tamil Nadu Registration. If somebody interested please let me know.

Contact: Praveen 9843582182, praveen@auroville.org.in

Printer: HP laser jet 1025nw color printer which is one-year-old and recently we have changed the cartridge ink. This printer is not suitable for more so we have to pass it on. Contact: Praveen 9843582182, praveen@auroville.org.in

Home items: child's desk, sofa bed, frigge 17L, round wicker coffee table, 2 colored poufs. Sandrine 629051554 (SMS & WhatsApp)

Office Furniture: Pre-owned Office Furniture are available at Aurelec: [Modular Glass Workstation Tables, office Chairs, Drawers and side cabinets. Water Heater/Cooler, Inverter with Batteries (almost new with warranty), LG Air Conditioner, 4 camera CCTV-Installation kit with warranty. Please write to sankysankar@gmail.com or call 8124 12 8124 for more details.

Space for Rent: Well protected building opposite to Aurelec North side has around 47 sqm available for rent. Space ideal for office, workshop or show room, with generator back-up, 24 hours security, parking and canteen facilities. Interested people may contact Mr. Siva at Aurelec in person, or by phone to 9622297 / 9622297 or e-mail adps@auroville.org.in.

Office Space in Aurelec: Office space is available from December in Aurelec. Please write to sankysankar@gmail.com or call 8124 12 8124 for more details.

LOOKING FOR...

A Request for Help and Look After an Elder: We have the honour and challenge to have one of our mothers with us at home. She is a very sweet lady. The time has come when we need some support: someone who loves the elderly, who can be present when we are not, heat water for a bath, cook simple food on Sundays. Timings are a few hours a day, can be flexible yet have to be reliable of course. If you think, you are the one, please contact us. We are looking forward to meeting you! Drupal 9626561256, Ulrike ulrikrishna@gmail.com

Fleece Jackets: My family is looking to borrow 3 fleece (or any other type of lightweight) jackets for myself, my partner and daughter that is suitable for day time temperature up to -10 degree Celsius from Dec 25th to Jan 6th. Jacket sizes: Male (large), Female (medium), Child (10 yr old). If available to loan, please email me at sgiri遗留reema@gmail.com or whatsapp 87670-58873 Sangeetha. Thank you!

Rope: I collect your coir / coconut rope that's crowding your space. Any length, any size. Thank you. Elen eelenesemhar@gmail.com, +91 7904143719

House Items: Dear community members, we: Carmen, Kawsalya, Saranya and Shanti are sharing a floor in Husancapes. We are looking for a sofa and a table for our common space. We would be happy to receive it :) Main contact person: Carmen 9751673869

Someone to bring books from US: I'm looking for someone who would travel from United States to Auroville and could bring 2 important books that can't be shipped in India. Books on pregnancy and Early Childhood. You can let me know via my email michelle@auroville.org.in or via phone/whatsapp 8300731300. With Joy and Gratitude, Michelle.

Someone to bring a package from Belgium: I am looking for someone that is in Belgium right now and could bring back a small package for me (ideally before mid/end December). Kindly contact me on tanjavarta@yahoo.com, Love, Tania

Dog Lover: I’m looking for someone who loves dogs, to spend time with them and could take care of my little one from the 9th December till the 29th December. Ganesh is a cute small dog, 4kg weight, who loves have a walks in the nature and be with females dogs. He is very lovable and quiet. His needs are: going for a walk twice a day and stay in the house with you. If you feel that you could give him some love and enjoy his happiness please call me at 8489764602. Thanks. Laskhni.

LOST & FOUND

Watch (lost): Dear All, I have Lost my CASIO Watch somewhere in Auroville. Please let me know If somebody found it...Thanks in Advance. Rajesh. D rajesh@auroville.org.in, 9786016134

TAXI SHARING

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

December 3: Taxi going to Chennai Airport at 6 am, starting from Arati. Please call 9443843976 or write ingridt@auroville.org if you are interested in sharing the cab.

December 6: I can share my taxi from Chennai to Auroville at approx. 3pm (Plane lands at 2 pm). Also available for the trip AV - Chennai (with arrival in Chennai at around 2pm). Best Gundi. +49 1749363817 whatsapp, mail gundischulz@heilen.in,berlin.de

December 7 and 12: On Friday 7.12. and on Wednesday 12.12. a taxi will leave Auroville in the morning and return from Tiruvannamalai in the afternoon/evening. Both ways can be shared. Please call or whatsapp Angelika 9843678421 or mail to angel@auroville.org.in

December 10: Leaving at 9pm from Auromodele to Chennai Airport. Contact: Bhakti 9499019389 / bhakti@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! And Park of Unity is place for silence, meditation and inner work and is to be used only as such. We request everyone: please No Photos and do not 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

News&Notes 3 December 2018 [775]
INVITATIONS

Please note the first 2 below are reminders for THIS Sunday 2/12

Game event at our Kuilai Creative Centre
Dear community members and friends,
Sunday 2.12.2018, from 3 pm to 6 pm, we are going to celebrate Our Children’s day with many outdoor and indoor games. Please join us and encourage our children at our KCC. Volunteers are needed for our activities. Kuilai Creative Centre, located next to Auroville Bakery For more info contact 9843195290 or 9385767513 Or mail us through : kuailecreativecentre@auroville.org.in

Auroville Today’s 30th Birthday
Please join us in celebrating Auroville Today’s 30th birthday on Sunday, 2nd December, at 4.00 pm (not 4.30 as previously informed) in Unity Pavilion. We will launch our latest Auroville Today compilation of the last 12 years of issues, and there will be mocktails and appetizers. But the main focus will be an open discussion on how to enrich our communication culture.

MEETING POINT
New Program
Thursday, 6th of December
9.00 am to 12.00 noon
Trip to Pondy, Visiting Golconde for Newcomers - Limited places, first come first served!
Organizer, Palma
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CHILDREN BOOK LAUNCH
“The smile of the Acacia or how to become a Work tree”
by Marie
Saturday 8th of December
from 2 to 3 pm
at Auroville Botanical Gardens

CULTURAL EVENTS

And she was writing
a tribute to creative writing
and to the person who made it an activity everyone can practice.
7 and 8 December - 8.15pm
in CRIPA (we close doors at 8.10 sharp)
written, directed, performed and composed by Francesca A Satsang Teatro production

Singing from the Heart
On Tuesday, 4. December, 5.30 - 7pm in Sve-dame, Butterfly Barn
Come and let’s sing in celebration of life & joyful connection with divinity, through heart songs and mantras… Thank you for parking at the community gate.
Submitted by Dariya

MEETING POINT
WELL CAFÉ presents
Harmony
Tune same frequency
Sve Dame
Saturday 8 December
7pm Special Dinner
8pm Open Mic Jam Session
10pm DJ Queen Priscilla
Call for all Acoustic Musicians Flute / Violin / Guitar / Djembe / Percussion / Voices etc… +91 413-2622219
Free Entrance

Golden Dawn - 50 Years Auroville 50 Births
24th November to 8th December
at Pavilion of Tibetan Culture

*Exhibition *Talks *Celebration
* Wed, 5th December 5.30pm: Ulrike Urvasi - a presentation and a sharing: Accupressure for Pregnancy; Partner Presence in Birth
* Sat, 8th December 5.30pm: Closing Ceremony, with the Highlights from the 50 Birth Stories
For further information please contact: ulrikekrisha@gmail.com, 2622906, whatsapp 7972831406 facebook.com/themotherswork ; facebook.com/tibetpavilion

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News&Notes 3 December 2018 [775]
Launch of the Poetry Festival
“POETRY & PEACE”
20 poets & 3 days of pure poetry

DAY 1
“AUROVILLE: UNITY & INNER PEACE”
Anju Makhija in conversation with Anu Majumdar,
author of “Auroville: A City of the Future”

Sunday, 9th December -5 to 8:30pm
at Adishakti (Edayanchavadi Road)

Our poets
Menka Shivdasani// Anu Majumdar
Vinita Agarwal// Prof Sehdev Kumar
Joan Dobbie// R. Meenakshi
Rita Nath Kesari// K.S. Mani// Anjali Purohit
Dr. Anand Kumar// Smita Sahay
Murali Sivaramakrishnan
Barnali Ray Shukla// Upasana Saraf
Subhane Sawhney// Kala Ramesh
Nitya Swaruba// Syed Ameeruddin
Anju Makhija // Gayatri Majumdar

The festival is from 9 to 11 December 2018
For full program and queries: browncritique@gmail.com

EXHIBITIONS

Centre d’Art Citadines
Auroville

Dis-Connect
Paintings by Kirti Chandak
Opening on Saturday the 8th December 4 to 7 p.m.

Exhibition from 8th up to 19th December 2018
at Centre d’Art Citadines
Daily 2.30 to 5.30 pm | Sunday Closed
0413 2622699
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
Dec.3: The Mother on Sri Aurobindo. Duration: 21min.
Dec.10: Pictures of Sri Aurobindo’s Poems – Part One
Duration: 37min.
Dec.17: Pictures of Sri Aurobindo’s Poems – Part Two
Duration: 41min.
Dec.24: HOME – the Earth: our home is a miracle and a beauty. Duration: 94min.

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

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 5.45-7.15pm: OM Choir
Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan
Thursdays 4-5pm: The English of Savitri, led by Shraddhavan
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 and Library is open Monday to Friday 9-5
The Digital Library can be accessed on request Monday-Saturday 9-4

Everyone is welcome

December 2018
ALL ARE WELCOME
- kshetram2014@auroville.org.in

Every Monday 5:30pm to 6:30pm:
Interaction on the words of The Mother and Sri Aurobindo on Auroville,
by way of question and answer session in Tamil and English led by Dhanalakshmi

Every Thursday 6:00pm – Meditation
03rd Mon at 6.00pm : Reading The Supreme & Savitri in Tamil & English led by Buvana Sundari.
05th Wed at 6.00pm : Sri Aurobindo’s Mahasamadhi (Meditation).
07th Fri at 5.30pm : Reading from The Mother’s Questions & Answers – Vol-7 in English led by Rama Narayana.
16th Sun at 5.30pm : Reading from The Mother’s Questions & Answers – Vol-7 in English led by Rama Narayana.
22nd Sat at 6.00pm : Reciting Sri Aurobindo’s Gayatri Mantra for 30 min. (Full Moon)
Feelings Draw
Dec 7th - 8th
9.30 to 12.30 / 2 to 5pm

Every artist in history has been drawn by the experience of touch, movement, form or space in their beginning work. Come explore for yourself.

Centre for Research, Education and Experience in Visual Arts
Atelier, Creativity Community, Near Solar Kitchen, Auroville
- A fee is required. Pre-registration needed: 0413 2622641
Audrey: 9786 411419 / Sathy: 9486 145072

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.
DECEMBER 2018

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

THERAPIES

TREATMENT

Health & 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.

Health coaching & 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

Acupressure massage Therapy
Chakra Healing & hypnotherapy

CHRISTINE PAUCHARD
Christine Pauchard is the main facilitator.
Other therapists can interact as needed.

Marcella Cortes & Christine Pauchard

REGULAR CLASSES

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

ASHTANGA YOGA - MYSORE STYLE
Monday, Wednesday, Friday, Saturday
From 6.45 am to 8.15 am
With Christine P.

TRADITIONAL HATHA YOGA
Tuesday/Thursday from 4:45 to 6.15 pm

** Please Note the change of place until December 15th**

AT CREATIVITY HALL OF LIGHT

Vocal & Nada Brahma Yoga Workshop
Thursday 6th & Friday 7th December 9am-5pm
At Creativity Hall of Light
A unique combination of the Italian masters’ knowledge of the voice & Indian wisdom of the primordial sound (Nad) to register please contact Hamsini 9487544184

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.

Hormonal Yoga classes
Every Tuesdays at Creativity Hall of light. from 8-9am

Hormone Yoga is a natural and holistic approach to reactivate hormone production, it helps to create an optimal, well-balanced level of reproductive hormones in a woman’s body, therefore it reduces discomfort experienced when entering menopause. It is recommended to all women over 35 whether experiencing symptoms or not. No previous yoga experience required. Kindly register before 9487544184, Hamsini

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.

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.
DECEMBER 2018

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

LEARNING ACTIVITIES at HOLISTIC

NLP & SELF-IMPROVEMENT: With Christine P.
Friday 14 to Sunday 16 December 2018. Duration 3 days - 6 hours per day
To register: contact mobile + whatsapp 9489805493
This 3-day “Intensive Learning” is intended for anyone who wants to improve his communication skills at work and other social situations through personal development and mind control techniques. It will help you to set your goals and focus your attention in a way that leads to success.
Program for December 2018
Auromode YogaSpace
www.auromodeyogaspace.com

For appointments: phone +91 413-2622224 or contact@auromodeyogaspace.com
Contributions requested from guests/volunteers (reductions) - (Aurovilians and Newcomers, donations are welcome)

YOGA SESSIONS

<table>
<thead>
<tr>
<th>DAY</th>
<th>TITLE</th>
<th>TIME</th>
<th>FACILITATOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
</tr>
<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>9-10.30 am</td>
<td>BB</td>
</tr>
<tr>
<td></td>
<td>PRANAYAMA</td>
<td>4-5pm.</td>
<td>Liran</td>
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<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7pm.</td>
<td>Laure</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
</tr>
<tr>
<td></td>
<td>CLASSICAL HATHA YOGA</td>
<td>5.30-7pm.</td>
<td>Bala</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
</tr>
<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>5.30-7pm.</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>PRANAYAMA</td>
<td>4-5pm.</td>
<td>Liran</td>
</tr>
<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7pm.</td>
<td>Bala</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
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<tr>
<td></td>
<td>HATHA VINYASA FLOW</td>
<td>9-10.30 am</td>
<td>BB</td>
</tr>
<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>5.30-7pm.</td>
<td>Andres A.</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
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<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7pm.</td>
<td>Bala</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7pm.</td>
<td>Laure</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>HATHA YOGA</td>
<td>10-11.30 am</td>
<td>Bala</td>
</tr>
</tbody>
</table>

THERAPIES & MASSAGES

<table>
<thead>
<tr>
<th></th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai yoga massage</td>
<td>Andres Acosta</td>
</tr>
<tr>
<td>Thai yoga massage</td>
<td>Bebe Merino</td>
</tr>
<tr>
<td>Oil massage (deep tissue, lomi lomi, holistic)</td>
<td>Liran Oved</td>
</tr>
<tr>
<td>Foot reflexology &amp; Holistic consultation</td>
<td>Lila</td>
</tr>
<tr>
<td>Ayurvedic Marma massage</td>
<td>Roberto</td>
</tr>
</tbody>
</table>

INTENSIVES & SEMINARS
(24-Hour advance registration required)

<table>
<thead>
<tr>
<th>DATE</th>
<th>TITTLE</th>
<th>TIME</th>
<th>FACILITATOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th Dec.</td>
<td>Thai Yoga Massage Intro: Thai Yoga Massage is an ancient technique used to unblock energy stagnation and awaken our inner healer, through both pressure on the energy lines (Nadis) and movements of the body and joints based on Yoga Asanas. In this intro, you will learn a short practical sequence, plus the theory/spiritual background - foundation for a healthy therapy.</td>
<td>9am-5pm</td>
<td>Andres A.</td>
</tr>
<tr>
<td>15th Dec</td>
<td>Awareness of the Subtle-Physical Body with Yoga Nidra</td>
<td>9-5.30pm</td>
<td>Egle</td>
</tr>
<tr>
<td>16th Dec.</td>
<td>Yoga of Tamil Siddhas visiting temples</td>
<td>10-7pm</td>
<td>Bala</td>
</tr>
<tr>
<td>23rd Dec</td>
<td>Afternoon practice group Yoga Nidra</td>
<td>2-4 pm</td>
<td>Egle</td>
</tr>
</tbody>
</table>
## Joy Activities
### December 2018

<table>
<thead>
<tr>
<th>SESSIONS</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</td>
<td>4 to 5:15 pm</td>
</tr>
<tr>
<td>Mindfulness Meditation with Jaz</td>
<td>Tuesday</td>
<td>6 to 7:30 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Wednesday</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>Laughter Yoga with Nikhil</td>
<td>Thursday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Friday</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Mantra Chanting with Nikhil</td>
<td>Friday</td>
<td>5:30 to 7 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Saturday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>ATB with Stefania</td>
<td>Saturday</td>
<td>9 to 10:30 am</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil</td>
<td>Saturday</td>
<td>5 to 6 pm</td>
</tr>
</tbody>
</table>

**NOTE:** NO Qi-Gong and Tai Chi class from the 15th to 23rd December

### THERAPIES (on Appointment only)

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td>with Sara (9443617308) or with Simona (9489511648)</td>
</tr>
<tr>
<td>Reiki</td>
<td>with Marcia (7598260379)</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Tarot &amp; Shamanic Card Reading</td>
<td>with Valentina (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@auroville.org.in
www.joyauroville.org - www.facebook.com/joyauroville

### ARKA WELLNESS CENTER & MULTIPURPOSE HALL–DECEMBER–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 anytime</td>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage, Face Massage.</td>
<td>Meha - by appointment 9443635114</td>
<td>Monday to Friday 9:00 am to 5:00 pm.</td>
</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 8903205842</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Chinese Fire Cupping and Moxibustion Therapy.</td>
<td>Chun - by appointment 80989-00708</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Holistic Healing and Therapy.</td>
<td>Dr. Marlene Dengg - by appointment 8220232669, <a href="mailto:innerspirithealing@icloud.com">innerspirithealing@icloud.com</a></td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Naturopathy, Diet Nutritional Counseling, Hydrotherapy, Physiotherapy, Massage &amp; Aroma Therapy And Acupressure.</td>
<td>Dr. Carola Bns - by appointment 890363572 or 73390607097</td>
<td>Monday, Wednesday and Friday 1:30pm to 5:30pm.</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Innervoice Dialogue.</td>
<td>Antarjodi - By appointment 0413-2623767 or Email: <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></td>
<td>Also in French.</td>
</tr>
</tbody>
</table>
**ARKA BEAUTY PARLOUR**

Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna & hair coloring.

**Meha** by appointment 9443651144

Monday to Saturday

Hair Dressing

Ongkie by appointment 9843930178

Monday to Friday

Hair Dressing

Mimi - by appointment 9489694626

Monday to Friday

---

**REGULAR CLASSES at ARKA**

<table>
<thead>
<tr>
<th>Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna &amp; hair coloring.</th>
<th>Meha by appointment 9443651144</th>
<th>Monday to Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair Dressing</td>
<td>Ongkie by appointment 9843930178</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Hair Dressing</td>
<td>Mimi - by appointment 9489694626</td>
<td>Monday to Friday</td>
</tr>
</tbody>
</table>

**CLASSES**

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates</td>
<td>Teresa 7867988952</td>
<td>Tues, Thurs 7:30am - 8:30am. Wed and Fri 5:30pm - 6:30pm.</td>
</tr>
<tr>
<td>Hatha Yoga (Beginners and Intermediate)</td>
<td>Dr. Carola 8903635722, 7339607097</td>
<td>Mon, Wed and Fri 6:30am - 8am. Tues and Thurs 5pm - 6:30pm. (Appointment Only)</td>
</tr>
</tbody>
</table>

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**Vérité Programs December 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>Traditional Hatha Yoga for beginners</td>
<td>6.45 to 8 am</td>
<td>Kaveri</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>Traditional Hatha Yoga for beginners</td>
<td>6.45 to 8 am</td>
<td>Kaveri</td>
</tr>
<tr>
<td></td>
<td>Mindful Hatha Yoga</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Yoga Anatomy &amp; Alignment in Asana</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>Ánand, Balu &amp; Vera</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Easy Yoga Asana Alignment using props</td>
<td>6.45 to 8 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Dance Mantra Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations (starts Dec. 12th)</td>
<td>5 to 6 pm</td>
<td>Maggie</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>Open Heart Space Meditation</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td></td>
<td>Yoga Anatomy &amp; Alignment in Asana</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 (no class 14 Dec)</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td></td>
<td>Yoga for all</td>
<td>5 to 6.30 pm</td>
<td>Kaveri</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Yoga Nidra Relaxation</td>
<td>6.45 to 8 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Flow</td>
<td>5 to 6.30 pm</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Inner Dance and Meditation</td>
<td>5 to 6.30 pm</td>
<td>Yoffi</td>
</tr>
</tbody>
</table>

**Intensives (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, 8 Dec</td>
<td>Fate or Choice (Family Constellation)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
<tr>
<td>Sat, 15 Dec</td>
<td>Introduction to “The Movements” of Gurdjieff</td>
<td>9.30 am to 12.30 pm</td>
<td>Yoffi</td>
</tr>
<tr>
<td>Thu, Fri &amp; Sat, 20, 21 &amp; 22 Dec</td>
<td>Pranayama : Breath of Life : Part 1</td>
<td>9 am to 4.30 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td>Sat, 22 Dec</td>
<td>Asanas: relation to emotions &amp; organs</td>
<td>9.30 am to 12.30 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Sat, 29 Dec</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

Andres Thai Yoga Massage

Chetna Neurofeedback therapy

Lisa Etiomedicine

Sheida Yoga Asana Therapy for Muscular Skeletal Conditions

Tania Reiki
# PITANGA
## Programme for December 2018

### Yoga Iyengar

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Day(s)</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for women</td>
<td>level 2</td>
<td>Mon</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for beginner</td>
<td>level 1</td>
<td>Mon</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>level 2-3</td>
<td>Tues</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asana- self practice</td>
<td>all levels</td>
<td>Tues</td>
<td>07.00 - 10.00</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Tues</td>
<td>11.00 - 12.00</td>
<td>Angela</td>
</tr>
<tr>
<td>Asana- self practice</td>
<td>all levels</td>
<td>Tues</td>
<td>16.30 - 18.30</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Wed (from 19th)</td>
<td>06.30 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>drop in</td>
<td>Wed</td>
<td>11.00 - 12.30</td>
<td>Angela</td>
</tr>
<tr>
<td>Pranayama</td>
<td>level 2-3</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 1</td>
<td>Thurs</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 2</td>
<td>Thurs</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Fri</td>
<td>07.30 - 08.45</td>
<td>Angela</td>
</tr>
<tr>
<td>Asana- self practice</td>
<td>all levels</td>
<td>Fri</td>
<td>16.30 - 18.30</td>
<td>Angela</td>
</tr>
<tr>
<td>Immunity &amp; Hormonal balancing</td>
<td>level 2-3</td>
<td>Sat</td>
<td>07.30 - 09.15</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Sat</td>
<td>09.30 - 11.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>drop in</td>
<td>Sat</td>
<td>16.30 - 18.00</td>
<td>Angela</td>
</tr>
</tbody>
</table>

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

### Yoga - mixed style

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day(s)</th>
<th>Time</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Therapy</td>
<td>Mon, Wed, Fri</td>
<td>08.30 - 10.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas (*)</td>
<td>Mon, Wed</td>
<td>16.00 - 17.00</td>
<td>Natascha/Lisbeth</td>
</tr>
<tr>
<td>Yoga - body, breath, mind</td>
<td>Mon</td>
<td>17.00 - 18.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>Tues</td>
<td>09.00 - 10.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>Tues</td>
<td>17.30 - 19.00</td>
<td>Soyun</td>
</tr>
<tr>
<td>Yoga - Restorative</td>
<td>Wed</td>
<td>14.00 - 15.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Feminine Dance for pregnancy</td>
<td>Thurs</td>
<td>14.30 - 16.00</td>
<td>Priscilla</td>
</tr>
<tr>
<td>Asanas</td>
<td>Sat</td>
<td>10.00 - 11.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>Sat</td>
<td>17.00 - 18.30</td>
<td>Soyun</td>
</tr>
</tbody>
</table>

### Other Exercises

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falun Dafa (Qi-Gong)</td>
<td>17.30 - 19.00</td>
<td>Tania</td>
</tr>
<tr>
<td>Pranayama</td>
<td>06.45 - 08.00</td>
<td>Francois/Namrita</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>16.30 - 17.30</td>
<td>Suriya Gandhi</td>
</tr>
<tr>
<td>Discover energy body for children</td>
<td>11.00 - 12.00</td>
<td>Gala</td>
</tr>
</tbody>
</table>

### Dance

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day(s)</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Odissi Dance (*)</td>
<td>Tues</td>
<td>16.00 - 17.15</td>
<td>Rekha</td>
</tr>
</tbody>
</table>

### Health Care at Pitanga

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

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai yoga Massage</td>
<td>with Juan</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>with Lila</td>
</tr>
<tr>
<td>Ayurvedic Massage</td>
<td>with Isaac</td>
</tr>
<tr>
<td>Shiatsu Massage</td>
<td>with Isaac</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>with Isaac</td>
</tr>
<tr>
<td>Awakening the Intelligence of the body</td>
<td>with Vani</td>
</tr>
<tr>
<td>Life Coaching</td>
<td>with Vani</td>
</tr>
<tr>
<td>Journey to the memory of the body</td>
<td>with Vani</td>
</tr>
</tbody>
</table>

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

Pitanga Cultural Centre, Samasti, (0413) 262 2403 / 262 2994 - pitanga@auroville.org.in.
NEW SCHEDULE OF CLASSES at ALL – December 2018

TOMATIS:
New group Tomatis listening programs are starting. Registrations are open for the new groups starting in December.

Urgent call: For Bengali speakers. If Bengali is your mother tongue, and you have grown-up speaking Bengali and speak it regularly, please contact us immediately. We need Bengali native speakers to be part of our Tomatis Research project.

New Classes:
- Saravanan started his new batch of Tamil for Beginners on 26th of November.
The classes are held on Mondays from 10:15 AM to 11:15 AM and on Thursdays from 01:00 PM to 02:00 PM.
- Anabel starts with her Intensive French Beginners Course on 3rd of December, Monday to Friday, 03:00 PM to 04:00 PM.
- Anabel is also offering an Intensive Spanish Beginners Course from 3rd of December, Monday to Friday, from 09:00 AM to 10:00 AM

For all other class details please look at the schedule below or check our website www.aurovillelanguagelab.org.

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>LEVEL/CLASS</th>
<th>TIME</th>
<th>DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Intermediate</td>
<td>05:00 pm – 06:00 pm</td>
<td>Mon and Wed</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>Tues and Thurs</td>
</tr>
<tr>
<td></td>
<td>Beginners</td>
<td>09:30 am – 10:30 am</td>
<td>Tues and Thurs</td>
</tr>
<tr>
<td>French</td>
<td>Beginners (Intensive)</td>
<td>03:00 pm – 04:00 pm</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td></td>
<td>Intermediate (Conversation)</td>
<td>2:00 pm – 3:00 pm</td>
<td>Mon and Friday</td>
</tr>
<tr>
<td>Hindi</td>
<td>Beginners</td>
<td>04:00 pm – 05:00 pm</td>
<td>Tuesday</td>
</tr>
<tr>
<td></td>
<td>10:00 am – 11:00 am</td>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>04:00 pm – 05:00 pm</td>
<td>Mon and Thurs</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>10:15 am – 11:15 am</td>
<td>Monday</td>
</tr>
<tr>
<td></td>
<td>01:00 pm – 02:00 pm</td>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>11:30 am – 12:30 am</td>
<td>Monday</td>
</tr>
<tr>
<td></td>
<td>02:15 pm – 03:15 pm</td>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Spanish</td>
<td>Beginners (Intensive)</td>
<td>09:00 am – 10:00 am</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>04:00 pm – 05:00 pm</td>
<td>Wednesday</td>
</tr>
<tr>
<td></td>
<td>11:30 am – 12:30 am</td>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate (Conversation)</td>
<td>2:00 pm – 3:00 pm</td>
<td>Tues and Thurs</td>
</tr>
</tbody>
</table>

Students are requested to fill out the form and register BEFORE attending any classes.
Register online at http://register.aurovillelanguagelab.org/.

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

The Language Lab is open:
Monday - Friday 9:00 am 12:00 pm and 2:00 pm - 6:00 pm, Saturday 9am to 12pm.
Location: International Zone, beyond the Unity Pavilion.
Phone: 2623661, 2000013, 2000014, 6380042388. Email info@aurovillelanguagelab.org
AUROVILLE BUS SCHEDULE
The current AAP BUS schedule (for Pondy trips) is always available at www.auroville.org/content/3988.
Contact: avbus@auroville.org.in

USEFUL CALENDARS
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 Auroonet login page: www.auroville.org.in
- Auroville Art Service: artservice.auroville.org/calendar/

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 weekly online for anyone to access at: auroville.org/content/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

AVYA Auroville Youth Activities: a brand new website presenting regular Youth Activities available in Auroville: 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.

**PAUSED UNTIL JANUARY 19th** AcroYoga for Beginners:
Saturdays at Arka. Damien 90 47 72 27 40. African Pavilion’s regular events:
Every Thursday enjoy the drumming circle together with African drum from 6 pm till 9 pm.
We drum together - no musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / Unifying team building • Active meditation / Empowerment through rhythm. On Saturdays from 4:30pm until 6pm: Focused Dance Improvisation with Tahir.
Location: African Pavilion, near Visitor Centre. Contact: 9047074711 africa@auroville.org.in. Fixed Contribution is requested for building the Pavilion, thanks!

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 (martial 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 on the hour or a bit before. For more info: please contact Surya: 9413-262313 or 9695-845847, Murugan: 9952-812843.
Aikido with Sep: Practice of Aikido at the Auroville Budokan under the guidance of Sep Overlaet, 6th Dan Tokyo Aikikai. Hours of practice: Tuesdays and Thursdays from 7pm. to 8:30pm. Minimum age is 15. For further information contact Sep: overlaet@gmail.com or 8498750505.
Alcohols Anonymous: meeting (open) every Saturday 6pm, Centre Guesthouse (Merriam Hill Centre). Contact: Ingrid 9443843976 or Shankar 9442010571.
Asanas, Pranayama, Mudra & Bandha: with Aishwarya 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 7094104329.
Ashanga Yoga - Mysore Style: with Christine Pauchard: Holistic healing and well being Center-Office. 1st Floor - Opp Supermarket Blue Basket, Auroville Main Road, Kulapalam.

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 91-9498054973 or email contact@auroville-holistic.com.

Ashtanga Yoga classes by Muthukamari: Wednesday afternoon -5 to 6 pm, at Program Hall, Bharat Nivas. Contact: muthukamari@auroville.org.in, 8940438617.

Astrology, Vedic: Readings in traditional Vedic Astrology to address any issue or area of life where you need more clarity. A single session lasts 60 to 75 minutes, so please plan accordingly. Study sessions are also possible. See: http://www.althingsvedic.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 +919485126787 (Whatsapp too) or email veroniquej@auroville.org.in.

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

**NEW** Ayurvedic Yoga Healing: full body massage with oil (90 min) at Auromode Yoga Space with Roberto. More info on: www.auromodeyogaspace.com

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 Sitar 9751798408 or email: tara@auroville.org.in

Beautiful Sounds: individual or group Tibetan Bowl sessions for deep relaxation and being in the present moment, which can include meditation, mantra chanting, kototama, harmonic, overtone, if you wish. Individual sessions with Tokens for chakra cleaning. Qi gong for facial rejuvenation, and for the spine (shoulder, neck). French and English speaking. For more info: please call Sitwyoga, tel: 7639761930, email: atimaly@yahoo.fr.

Brahmanaspati Kshetram: Our Mother and Sri Aurobindo Centre is hosting regular activities: Every Monday at 5.30 pm. The Mother and Sri Aurobindo on Auroville led by Dhanalakshmi, interaction in Tamil & English. Every Thursday at 6:00 pm: meditation - Every first Sunday of the month reading circle from 5.30 pm led by Bhuvana Sundari in Tamil and English (for directions kindly consult Google maps at this link: here).

Blessed Souls: Every Tuesdays from 5-6.30 pm at Creativity. We invite all of you to open your heart to the Divine. We learn and sing all together Bahjans and Kirtans. Musicians are welcome with their instruments. Hamsini 9487544184.

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

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.

Capeoira (Group Ginga Saroba): Classes open to all levels, led by Prof. Mimuko do Indio 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 (Capeoira Circle) >> First Friday of each month 5.30PM - Visitor Centre - Open to all!!!
Contact: info@ginga-saroba.com || www.ginga-saroba.com || 9488328439

Carnatic music - singing lessons and veena: For adults and children 8 years and older. Bruno (Utility). Telephone 2623308 / mail nadopasan@auroville.org.in.
Chakra Toning: with Vera on Thursdays from 5 - 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 use your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are connected to our source & aware of our true nature, 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 9 am to 1 pm and on the regular school holidays. Contact: sanaja@aurouville.org.in or 76390 17692, http://activitygartenaurouville.esy.es

Chinese cupping & Moxibustion: Fire cupping (火罐) and Moxibustion (艾灸) are both traditional therapies based on the ancient meridian theory. They are effective in stasis/toxin elimination from deep tissues while at the same time stimulating your energy flow and boosting your immune system. By appointment; Chun - 080989-00708 / chun@aurouville.org.in at Arka Wellness Center.

Communication of the Heart: Regular practice group, IN FRENCH ONLY. (Based on CNV/NVC of Marshall Rosenberg). Mondays: 4.30-6pm. This is both a practice that helps us see our common humanity, and a concrete set of skills which help us to live more peacefully. These skills apply to thoughts, language, and using our power in a way that honors everyone’s needs. NVC is a learnable process for creating emotional freedom, self-acceptance, inner peace, and fulfilling relationships. It involves expressing ourselves honestly, listening with empathy, and developing a more compassionate inner relationship. Register: Hamsini: 9487544184.

**Paused until Dec** Contact Improvisation Dance classes and jams: at the European house Focused Dance Improvisation: with Tahir at the African Pavilion on Saturdays from 4:30pm until 6pm. We will explore dance improvisation with a different focus every time. All are welcome.

Creative Play afternoons for ages 4+ at Lilaloka: Monday and Thursday - 2.30 to 4.30 pm - Activities offered are around: Music, 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 Francesco 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 avmycreativewriting@gmail.com. Please call me or write to me before if this is your first time. All you need to bring with you is a pen, a notebook and the fun of expressing yourself. Let’s just show up on the page and let that “something” move through us! Donations required for guests; reduced for volunteers. If you want to know more about Francesco and the Creative Writing sessions she is giving in AV, please check her videos on her new YOUTUBE’s channel “My creative Satsang”.

Dance Contact improv Jam with Kartick at New Creation dance studio. Thursdays from 6 to 8pm.

Dance for Teens: with Madda at New at New Creation Studio. Wednesdays from 4-5.30pm

Dance Mantra Meditation: with Nikhil, Wednesdays from 3 to 4.30pm at Vérité. Dance liberates us from our thinking minds as we fully inhabit our bodies. To achieve inner stillness of mind we begin by chanting mantra Om several times spontaneously from the heart centre. Once the mind is slowed down, we chant the mantra “Hare Rama Hare Krishna” or similar and then express the inner joy in form of natural body movements focusing entirely on the present moment. In the end, we ground the energy using proven guided relaxation technique of auto suggestion called Yoga Nidra or Yogic Sleep - Shiva keeps the world in balance with his cosmic dance. For more info (+91) 413 2622 045 or email programming@verite.in

Dance Offering: with Dariya at Vérité on Mondays from 5 to 7 pm. Listening - allowing - unfolding - celebrating - offering. Everyone can dance regardless age, sex, size, flexibility... Offering a space to explore our own unique movement, improvisation and contact with others... Together we create the freedom and possibility to simply be in the stillness of the moment and allowing each person to be spontaneously moved by an inner pull; the music or perhaps inspired by a movement of another body. Dancing a wave, discovering our own and as a group. Moving towards an empowered, radiating stillness.

Objectives of this sessions include: letting the inner children play, providing space for being rather than doing, inviting awareness into the present moment, the only moment, developing nonverbal, bodily communication, expanding our inner and outer boundaries, building trust, freeing the busy mind by freeing the body, expressing the sleeping creativity, celebrating this wonderful human experience.

Contact: 0413 - 2622 045 or 7094104329.

Darkali Fitness Track: open every day from 4 p.m. till 6 p.m. Please remember to come 30 minutes before closing time. Please note, in case of rain the Fitness Track will be closed until the path is dry. To be awoken by the bell! At the entrance the rain please visit Auronet group - Darkali Fitness Track -. Way to the gate in Google Maps: goo.gl/dpdTgf.

Deep Sound Bath: with Anand, 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.

Easy Yoga Asana Alignment using Props: with Shrida at Vérité on Wednesdays from 6.30 to 8 pm. 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.

Eco Femme Open Session: Eco Femme welcomes you on every Thursday from 10.30 am to 11.30 am for a small talk about our work - sustainable menstrual products and menstruation experiences. Pass by 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: 9487179536. Our office in the Saracoan campus, near Ganesh bakery, just before Windara. email info@ecofemme.org.

Eco Handicraft with Wallpaper: All are welcome daily to experience one of 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@aurouville.org.in. Please check our website: wallpaper.org/

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@aurouville.org.in

Etiomedicine: with Lisa at Vérité. Etiomedicine 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 636 or email programming@verite.in

Facial Acupuncture: with Lhamo at Joy Guesthouse (on Appointment only) 9565524237; 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.

Family Constellation workshop with Moghan: Creativity Hall of Light Saturdays (9am to 6pm) on these dates: 2019 - 12 Jan - 9 Feb - 9 Mar - 9 Apr. Contact Moghan: 9751104865 / moghan@aurouville.org.in

Feminine Dance 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@aurouville.org.in
Fire spinning group for AV kids and teens in Dehaskhati (in front of office). Fridays 5pm-6pm, minimum age 10, regular commitment preferred. For more information contact naharemte@gmail.com

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

Fitness Training: personal coaching for individuals and/or small groups (max 5 persons). I have 30 years of experience and I can tailor a programme to meet your needs over the short, medium or longer term. French and English speaking. For more info: please call Satyayoga, tel: 7637961930, email: jimalor@yahoo.fr.

5 Rhythms Dance: “(no class 14 Dec)” with Irena at Vérité, on Fridays from 5 to 6.30 pm. 5 Rhythms is a Dance meditation & creative expression (Gabriel Roth’s method). Move into new fluid, fresh energy and enjoy a simple way to de-stress, connect to yourself and others, and put a smile on your face. Dancers/movers of all ages are welcome! Contact: 0413 - 2622 045 or 7094104329.

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

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.

**NEW!!** Foot Reflexology & Holistic Consultation: (90 min) at Auromode Yoga Space with Lila. More info on: www.auromodeyogaspace.com.

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.

Hairdresser/Hairstylist: by Ladina. I offer haircutting, hairstyling, highlights at my home salon Monday through Saturday for the ladies. Private home service also available. For appointments please contact 9783733465.

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

Hatha Vinyasa Flow: with Alshwarya at Vérité on Fridays from 6.45 to 8 am and Saturday from 5 to 6.30 pm. Hatha Flow - In this session the practitioner will be guided through a dynamic sequence of asanas, while 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 drishti are aids in this practice. The session ends with a short visualisation practice. Contact: 0413 - 2622 045 or 7094104329.

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 (Dhyanadaran), 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 (santōdhi), equanimity (samatha), conscious health, connection and well-being will be established in daily life.” Contact: 0413 - 2622 045 or 7094104329.

**NEW!!** Hatha Yoga: at Auromode Yoga Space (accessible to all levels) Monday to Saturday from 7.8.30 am with Laure or Bala More info on: www.auromodeyogaspace.com.

**NEW!!** Hatha Yoga: at Auromode Yoga Space (accessible to all levels) sundays from 10-11.30 am with Balal. More info on: www.auromodeyogaspace.com.

**NEW!!** Hatha or Hatha Vinyasa Flow: at Auromode Yoga Space (accessible to all levels). Monday to Friday from 5.30-7pm with Laure, Bala or Andres A. More info on: www.auromodeyogaspace.com.

**NEW!!** Hatha or Hatha Vinyasa Flow: at Auromode Yoga Space (accessible to all levels). Monday to Friday from 5.30-7pm with Laure, Bala or Andres A. More info on: www.auromodeyogaspace.com.

**NEW!!** Hatha yoga - individual or private group sessions: (90 min) in EN, FR or NL at Auromode Yoga Space with Laure. More info on: www.auromodeyogaspace.com.

Hatha Yoga classes with Tatiana: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahayoga108@gmail.com, +919655687978.

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**: To learn to read, speak and write Hindi at New Creation every Sunday at 4pm. Contact Shiv: 9110810224 at Reach for the Stars. shiv.godi007@gmail.com.

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 at the up-coming inauguration: www.auromodeyogaspace.com. For the following sessions, book at contact@aurowille-holistic.com. Health coaching & 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- cent. Health & wellness coaching program: one to one 1hr session, massage, scientific meditation with sound healing, breathing exercises... Chakra Healing: Hypnotherapy & Therapeutic accupressure massage.

**Holistic Singing Classes**: 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 relax with sounds and vibrations on different levels from anatomic level to psychic level. Beginners are always welcome. For more information, contact Caroline: 7397716578.

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

**Inner Dance and Meditation**: with Yoffi on Saturdays from 5 to 6.30 pm at Vérité. To still the mind, & experience inner silence we divide the class in two parts: 1) Active Meditation: Starting with pattern-less music we allow the mind to lose its grip on firm negative believes and inspire it to Return to the NOW by following the music. We initiate with shaking of the body to break habitual thinking and then change the music to flow/ follow naturally the movements of the body via inner dance. 2) Passive meditation: When the mind is still we open the valve of inner joy via group laughing therapy techniques and OM chanting together. We end the session with grounding YOGA nidrā or Yogic sleepings that help health/relaxation benefits. Contact: 0413 - 2622 045 or 7094104329.

**IMPROV**: Every Friday at 4.30 pm at SAWCHU. 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. Contact: Ema (9943970834) or Elke (94865 20868).

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

**KALARIPAYATTU CLASSES**: in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 904209920 / 9585153355

- 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 3-4pm and Wednesday 10-30-11.30am 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 MAM/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

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. (0413-2623446, info@kojamayoga.com

Kuilai Creative Centre - Weekly Activities: Dear community members and friends, we are very delighted to share about our regular classes. Please feel free to contact us to join in any of these classes. They are for everyone from above 10.

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Evening tuition classes from 1st graders to 9th graders
Computer classes on hardware and software.
Yoga, Silambam (Martial Art), English classes, Music classes, Bharatanatyam (Classical dance), Hip-Hop classes.
Weekly once “Movie time” on Saturdays from 6pm to 8pm.
Our regular LIBRARY timings: Monday to Saturday 9 am to 1pm and 1:30pm to 4:30pm.

For more contacts 9843195290 or 9385767513 or mail us through: kullaicreativcentre@auroville.org.in

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 Laughter Yoga too is to keep your body fit and mind sound, the only exception is that it’s a lot more fun!... :)
About teacher/facilitator Nikhil Thapar: 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 behavioral changes. Contact Vikram on 9843948288 or at vikram@auroville.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 SVEDAM, at the Butterfly Barn. English, Spanish, French, Italian, German and Russian versions all available. Contribution kindly asked. Please call before to confirm your visit. Thank you! Veronique J. 9485126787. For more info visit www.leelathegame.blogspot.in.

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 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: 9787702844 or rosalba@auroville.org.in. See more on facebook: www.facebook.com/rosalba.auroville.

Mantra Chanting: with Nikhil at Verité on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaya, ma kaali chants and repeat same in a group aimed to quiet the mind & help to 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 balance emotions. It is said 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 tool/guide for finding greater alignment/balance within.

Mattram, Centre for Psychological Development and Support: Open Walk-in for just sharing without appointment from 9:00 to 10:00 am (except Sunday) with professional Integral Psychologists: Palani on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday. Appointments for Consultation, Counseling and Therapy daily (except Sunday), from 12:00 to 12:30 pm. 0413-2622551 mattram@auroville.org.in. Mattram is situated In Mitra youth hostel behind Town Hall.

Muttuvan Healing Forest Activities: Herbal Walk & Talk/Consultation Siddha Herbal Medicine/ Herbal food cooking classes/Quitting with Herbs. For dates and timing please contact muttvam@auroville.org.in. Cell. 93454 54232, Student Groups very well come. Regards, MHM Team

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

Mindful Hatha Yoga: with Nikhil at Verité on Tuesdays from 3 to 4.30pm. Asanas (Postures) and Pranayama (breathing exercises), Sivananda Style to improve blood circulation 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.

Mindfulness meditation: with Johanna and Jaz on Tuesday to 7:30pm at Joy GH Hall. Meditation is the art of living happily in the present moment, embracing everything that life has to offer to us. Every Tuesday we practice together various mindfulness exercises that help us stay centered and peaceful in everyday life. These include sitting, walking and movement meditation and sharing circles. Open to beginners and experienced meditators alike. For inquiries and reservations, please contact us at: 9487727393 / Email: joycommunity@auroville.org.in.

Mindful-Techniques: from HOLISTIC - Health Care Studio
Venue: Holistic health care studio - Kuppalapalam - Auroville Main Road.
Contact: Christine P. mob & whatsapp 94889085493, or via email contact@auroville-holistic.com / www.auroville-holistic.com

1) - AML: Analysis of Multiple intelligence through fingers print: A Scientific way to discover your hidden talent and potential. Technology to know one’s Inborn Potential & Talent. That will help you to know your resources and abilities, and to develop them. If you want to know how your Multiple Intelligence works, and your natural weakness and strength with 99.9% accuracy. Benefits of AML: 1/Identify your hidden natural talent - 2/Enhance the learning ability - 3/Helps to identify the level of brain quotients - 4/Confidence for better life - 5/Better family relationship.

2) - Sound healing with scientific meditation sessions: Sound has been a very vital tool for healing Mind, Body & Soul. With Exclusive Scientific Music based Therapies available in Holistic. We use two approaches - "SSD" Super sensory development program to develop our 5 senses, fast reading, memory enhancement, productivity, etc. And the "Healing treatment approach": for depression, anxiety, bipolarity, mental disabilities, hyperactivity, sleeping disorders, anger management, chronic fatigue.

3) - Our welfare workshops and program: “De-Stress Your Mind and Relax Your Body” Workshop will offer a simple and practical way to learn relaxation and mindfulness techniques of meditation. “Scientific meditation” is a simple and effective approach to meditation, practicable by one and all.

MMA (Mixed Martial Arts) and Self-Defence for Women: Every Monday and Wednesday 5:30 to 7 pm at Dehasakti Gym. Cut your nails, be punctual and dress in sportswear. I can’t accept more than 13 students, so punctuality is a must. Free for Aurovilians and Newcomers (by the way donation are welcome if you want to roll on a new tapati), otherwise contribution is expected. Account number: 251884. Contact Giaoco: 9487340778 / giacomomaurouville@gmail.com. Check our page on FB: Auroville Mixed Martial Arts, Love, Giaoco.

Mudra-Chi Workshop: A body Prayer in a Tai-Chi Form. Every Tuesday at 4.45 pm. At Savitri Bhavan. Facilitator: Anandi. For further information or Special Classes, contact me, anandi7@auroville.org.in.

Music Theory Classes: every Tuesday, 5:30pm, at Kateryna. At CRIPA. Music theory classes for all ages for music lovers and music students. Ear training, music notation writing, sight reading singing, composing etc. Take with you a music writing book and pencils. katogav@gmail.com.

Neurofeedback Therapy: with Chetna at Verité. Neurofeedback is a training process that utilizes the body’s ability to self-regulate and self-balance. It is for all who want to relax, increase productivity, and experience greater control over mind states. On Appointment. For more info: (+91)413-2622606 or email programming@verite.in

NEW COLORS: The NEW COLORS children’s center is in Dayanadhavadi village, and offers free homework help for students from grades 1-9 from Monday to Friday between 5 to 7 pm (not 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 10am 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 odissidanesclass@gmail.com

**NEW!!** Oil Massage: (deep tissue, lumi lumi, holistic) (60 or 90 min) at Auromode Yoga Space with Liran Oved. More info on: www.auromodeyogaspace.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 Ashram Entrance, Pondicherry, Fridays at 7:00pm.

Open Heart Space Meditation: with Sanmat at Verité on Thursdays from 3 to 4.30. Pilates is a simple practice of becoming aware of the reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go 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.

Oracle card reading: Carmen is a passionate Oracle card reader and offers 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 & Wellness, Expanding way through synchronicity. Contact Carmen for booking: 9751673869.

**RESTARTED!!** Organic Lunches in Joy Community (Center Field): Tuesdays at 12:45: Italian Food (by Simoni) AND Saturday at 12.45: Japanese Food (by Emiko). We are happy to announce that from the beginning of December we are restarting to serve a beautiful mostly 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, we’ll have home-made pasta with mushrooms and zucchini sauce on December 4th and home-made gnocchi with tomato sauce on December 11th. For Japanese food, we’ll have sushi plate on December 8th and tempura plate on December 15th. By reservation only (1 day in advance). For info and reservation call us at 9487727393 or email us at joycommunity@auroville.org.in. 25 % discount for Aurovilians, New Comers and SAVI registered volunteers and 50 % discount for monthly lunch scheme. Joy Community team :-)

Pavilion of Tibetan Culture (International Zone): Wednesdays Tibetan dinners are served from 7pm onwards. We request everyone to register in advance for the dinner by calling 0413-2622401, 8489067332 or send an e-mail to: Kalsang@auroville.org.in. All are welcome.

Piano classes: (under the umbrella of SAIIER). For children and adults. Classic, 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.

**STARTS AGAIN ON 4 DECEMBER** Pilates: with Teresa in Arkra. Come to enjoy a Pilates class if you look to strengthen your core, create long, lean muscles, develop core control or get rid of a regular back pain. Pilates class are focussed on movement and group control from the ‘power house’. Tuesdays 7:30am - all levels. Wednesdays 5:30pm - all levels. Thursday 7:30am - all levels. Fridays 5:30pm - for advanced students only. For more information you can write to Teresa: whatsapp +917867998952 or mail teresa@auroville.org.in

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

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

**NEW!!** Pranayama Practice: at Auromode Yoga Space (accessible to all levels) Monday & Wednesday from 4-5 pm with Liran. More info on: www.auromodeyogaspace.com.

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 times.

Place: Sanjana Dance Hall, Ulrike Urvasi 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 Antarjyoti in English or French, tel: 0413-262 37 67 or email: antarci@ly@yahoo.fr.

Psychotherapy 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 Llama 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 qi gong 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. Reiki is energy healing 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/Arabic). Contact by SMS or Whatsapp for details or appointment on (+91)8098074351 or email betty@auroville.org.in.

Reiki: with Tania at Verité. Reiki is a healing technique for stress reduction and relaxation that also promotes healing. Reiki is energy healing 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)413-2622606 or email programming@verite.in.

Restorative Circles (RC): workshops, practice groups, calling a live circle, and other questions. Contact Laura: 9442788016, restorative@auroville.org.in, joylivinglearning@gmail.com, www.facebook.com/RestorativeAuroville

Rise and Shine Dance – Start Your Day Dancing. Every Friday 7:30-9:00am at Cripa hall, Kalabhumu also during the summer. Open for all. Offering also individual sessions of feminine dance. For details contact; pashutilhiot@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.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: Steph@auroville.org.in.

Salsa & Latin Dance with Mani 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

**Paused until further notice** SATURDAY MARKET at Youth Centre

Saviti Group Reading: at Saviti Bhavan. Sundays 10.30-12 noon: Saviti Study Circle. Tuesdays 5-6pm: Let us learn Saviti together in Tamil, led by Buvana; Tuesdays 5.45-7.15pm: OM Choir/OM Singing, activating the inspiration by reading lines from Saviti. Thursdays 4-5pm: The English of Saviti led by Shraadhavan; Full Moon Gathering 7.15-8.15pm in front of Sri Aurobindo’s statue with Reading of Saviti organised by Murugan. Listening to Mother’s voice, reading Saviti and viewing the Full Moon charges the atmosphere and embraces all with a beautiful presence.

Saviti in the morning: You are invited to read Saviti 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 Saviti’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 tantric 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 ramanarayan@auroville.org.in.

Shiatsu Massage: with Sara (9443617308) or Simona (9489511648) at JOY Guest House; Shiatsu sessions are given by re-aligning meridian points, which balances the qi and eases the body and mind. For appointment email joycommunity@auroville.org.in.

Sketchers Group at ARTOMIC: An invitation to stop, observe, draw, enjoy landscape. ARTOMIC is starting a playful friendly group linked by the passion of urban and nature sketching. Join us once a week. Tuesdays 2:30pm to 4:30pm or Fridays from 10am to 12pm. Location: AV Natural spots - will vary. Any simple technique is permitted: pencil, charcoal, charcoal pens, ballpoint pens, markers, and don’t forget your sketchbook. Small light chair, stool or mat 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 ARTOMIC (Clara) : +917639065609. We will keep in touch 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 hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED You want to learn the ropes? Get on 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 Satyajit @ 8300752545

Solitude Farm activities: 1) - Friday 11:30am (free for everyone): Farm Tour 'Introduction to Permaculture with Krishna' 2) - Saturday 9:30am (total contribution required, 10 people): Mini Permaculture Workshop 'Re-valuing local food - renaissance of well-being': 9:30am: Introduction, reading Fukuoka / 10:00am: 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.

**Paused until Dec 12th** Somatics Movement: with Maggie at Vérité.

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 plants / 12:30pm: Lunch and closing circle. To sign up write an email to: solitudemovement@auroville.org.in or come to Solitude Farm.

**Paused Until Further Notice** Spontaneous Singing: with Antoine 8940740529 / antoine@auromodeyogaspace.com.

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 and to learn to fly by butterfly. For questions call Tanja 9787411369 or email: tanja@auroville.org.in.

Tai Chi Hall @ Sharnag: 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@auroville.org.in.

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. According to students level she will start advance level of Tai Chi Quan as 42 style and Wu Style 37.

Tamil Literary Classes and Craft Lessons: Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5pm-6pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, History and Culture are opened to all Monday through Friday any time. Also classes on languages, sewing, drawing, painting and simple handicrafts for Auroville workers and Aurovilians interested. Contact us to organize classes according to your schedule. Phone No: (0413) 2623 777. Email: tamil@auroville.org.in. R. Meenakshi (Ilaignarkal Education Centre)

Tango - Beginners Dance Class: Argentine Tango dancing class for beginners is offered at Windarra Farm, Terrassoul Community, every MONDAY 7pm. No partner is necessary. Please bring socks or dance shoes. More info: Jorge@auroville.org.in.

Tango - “Practica”: practice space held for all tango dance levels on Wednesday 7:30-9pm at SAWCHU hall, at the entrance of Bhar Nivas.

Tao 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.

- every day available, venue: Swayam. Advance booking required. Approx. 1 hour for each session. Book at: 0413-2622192 / ishaswayam@auroville.org.in

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

Tarot Reading and Medicine Cards: with Valentina (On Appointment only) - 9791719187 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 (Camino-Jodorowsky) is a precious method of psychological and energetic investigation. Can be useful for expand our vision about what is flowing or what is blocked deep inside oneself. 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.

**NEW!!** Thai yoga massage with tibetan bowls (no oil): at Auromode Yoga Space, (90 min) with Andres Acosta or Bebe Merino. More info on: www.auromodeyogaspace.com.

Therapies with Vani:
1) Awakening the intelligence of the body: Discovering your Self- healing power and the presence of the body. Experiencing the Presence within byquietening the thought process and contacting the body. Fusion of deep guided relaxation, visualization, pranic healing, acupressure and foot and cranial reflexology.
2) Journey to the memory of the body: Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware 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 Hidana Method, Hypnotherapy, Self-Inquiries.
3) Life Coaching: Using awareness, visualization & imagination techniques. Life coaching is very useful in period of changes and deprogramming these past, or according to the students level she will start advanced level of Tai Chi Quan as 42 style and Wu Style 37.
4) Reiki and Reflexology courses possible on request

For appointment contact Pitanga: 0413-2622403 or Vani: vani@auroville.org.in.

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

Traditional Hatha Yoga: with Christine Pauchard. Holistic healing and wellbeing Center Office. 1st Floor - Opp Supermarket Blue Bag roundabout, Auroville, Ramakrishna Math, Kuklapalayam Road, Monday to Tuesday from 5 to 6.30 pm. Registration by phone/ must be done in advance by phone/ whatsapp 91-9489805493 or mail contact@aurville-holistic.com.

Traditional Hatha Yoga for Beginners: with Kaveri on Mondays and Tuesdays from 6.45 to 8 am at Vérité. Designed for those who want to take gentle, fearless steps towards a deeper understanding of hatha yoga. Based in the Sivananda style, these sessions support our experience of balance between inner and outer aspects of yoga. Contact: 0413 - 2662 045 or 7094104329.

Transform your life with the Transformation Game: Wednesday and Sunday from 10:00 am. Come and play the Transformation Game! The Transformation Game illuminates patterns, offers insights towards new directions, and supports change and transformation. The in-depth journey is marked with realizations, obstacles, angels, and miracles... Contact Carmen for booking: 9751673849.

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

Ultimate Frisbee problem's team training: Sunday 4-6 pm

Vocal & Nada Yoga Class: Mondays 1:30-3:30pm. Pre-register required. Unique combination of Italian Master of the Voice & Ancient Indian Wisdom of Sound. Develop your energy and physical parts of the body involved in vocal productions. Learn to use these parts through vocal practices and consciously create and strengthen your unique musical instrument. Access inner consciousness through sound with NadaBhranti Yoga: This ancient Indian science links music to spiritual growth through vibrational sound. Use musical scales inside energetic centres to deepen auditory and kinaesthetic awareness and free motional 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. At Creativity. Hamsini 9487544184, hamsinfr@yahoo.fr.

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

Volleyball Classes Intermediate Level: every Thursday 7.30-8.30 am 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 9787413149 or email: tanja@aurville.org.in

Warm Water Sessions During Pregnancy: in Quiet Healing Center's warm water pool. Wednesday morning from 9.30 till 10.30 am. An invitation for pregnant women to experience the weightlessness, relaxing and connecting benefits of movement and floating in warm water. You are invited to come with/or without your partner/birth attendant.

When you come for the first time, please contact Friederike 99432 47272 or Apple 8903158065 beforehand.

Women Temple: with Dariya. In Sve-dame, Butterfly Barn at 7pm - 9pm (door opens at 6.45 & we start together on time) on the following Wednesdays: 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 ourselves' - 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 (6years old and above) and adults, organised by Spirit & Nature. The World Game encourages spontaneity, trust in oneself and being in the flow of the moment. An opportunity to be creative, to be able to express our own individuality and our unique, living soul. For info: www.spiritandnature.org or appointment: spiritandnature@aurvile.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 join 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: +91626565134 - Facebook: www.facebook.com/TEPAV.

Yoga Anatomy & Alignment in Asana: with Sheida on Tuesdays and Thursdays from 5 to 6.30 pm at Vérité. 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 - 2662 045 or 7094104329.

Yoga for all: with Kaveri on Fridays from 5 to 6.30 pm @ Vérité. An easy, gentle blend of pranayama (breath), asanas (postures) and relaxation to lift body, mind and spirit. This class is suitable for all, as it is based on yoga’s universal principles that help guide us to union with ourselves. Contact: 0413 - 2662 045 or 7094104329.

Yoga Nidra Relaxation: with Aishwarya at Vérité on Saturdays from 6.45 to 8 am. The practice of yoga Nidra or yogic sleep is one where the practitioner is completely relaxed, the mind is selectively attentive to the vertical breathing. In this session the focus is on tuning inward. Contact: 0413 - 2662 045 or 7094104329.

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: 4 to 5:15 pm, Hatha yoga based on Sivananda style.

**PAUSED FOR NOVEMBER** Iyengar Yoga with Olesya at Vérité

**PAUSED FOR NOVEMBER** Yoga with Olesya: At Sharga Guest House Yoga Hall. For more information:olesya@aurville.org.in or WhatsApp +91-915-905-2743

**PAUSED UNTIL FURTHER NOTICE** The Youth Center Saturday Pizza Nights are on Hold: With love and flowers, Y Center Team.

Zumba with Anabel at New Creation dance studio. Mondays from 6-7 pm

Strong by Zumba with Anabel at New Creation dance studio. Wednesdays from 5.30-6.30pm

OTHER EVENTS

• Inner-Work-Workshop: Introduction to the Integral Yoga of Sri Aurobindo and the Mother 4 December (Tuesday) - at Savitri Bhavan, 9 am to 12 noon (For those who are new to Yoga, from 8.45 to 9 am there will be a brief presentation on Yoga and Spirituality.)

Focus this week on: ‘The Collective Yoga’

- Overview with multimedia presentation
- Questions and Answers
- Practice in Daily Life
- Complimentary Concentration Exercises
- Creative Arts, Interactive Games
- Life of Sri Aurobindo and the Mother
- Introduction to the Reference Books
- The Youth Center Saturday Pizza Nights are on Hold: With love and flowers, Y Center Team.

These Workshops are conducted every Tuesday, each week with a different focus. Study and creativity go hand in hand with various inner exercises. Led by Ashesh Joshi (Contact: 9489147202, 0413 2622922). No Registration required (except for groups). Fees: Voluntary Contribution. All are welcome.

For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-aurville.com.

• PILATES with Teresa in Arka

**Starting Tuesday 4th December**

Come to enjoy a Pilates class if you look to strengthen your core, create long, lean muscles, develop core control or get rid of a regular back pain. Pilates class are focusing on movements with control from the ‘power house’. Tuesday 7:30 am, all levels are welcome

Wednesday 5:30 pm, all levels are welcome

Thursday 7:30 am all levels are welcome

Friday 5:30 pm, only for advanced students For more information, you can write to Teresa: teresa@auroville.org.in

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Guided Walking Tours for Auroville Guests and Visitors

Guided Walking Tours in the international zone for guests and visitors will be offered at Visitors Centre from December 3rd onward. The tours will be held on Monday, Friday and Saturday, mornings 10.30 - 1 pm & afternoons 2 - 4.30 pm. For information and booking contact the Visitors Centre Information office, 0413 2622 239.

Herbal workshop for wellness beauty-care

In Pitchandikulam Forest, Saturday 8-12-2018 9 am to 1 pm

Pitchandikulam Forest welcomes you to our Herbal workshop on Wellness Beauty-Care. The wellness beauty concept is “Food as a cosmetic” with our traditional health specialist Ms Parvathi and Dr. Be. The workshop will start with forest walk in identifying the cosmetic herbs and learn their health benefits in everyday life. The workshop includes body constitution awareness and practical herbal facial massage for all the participants, All are welcome to enjoy the beauty of nature and interact with herbs.

Session details:
- Registration. Introduction to Pitchandikulam Forest and about traditional cosmetic practices.
- Forest walk, cosmetic herbal plants identification
- Awareness on body constitution
- Practical - Herbal facial massage
- Home remedy tips for beauty care
- Conclusion session. Feedback session

Fixed contribution required, limited 20 people only
Email: pitchandikulam.outreach@auroville.org.in
Contact person: Azhagppan, 9787065356, Parvathi, Herbalist: 8870913072
www.pitchandikulamforest.org

Enhance your Perception

Thursday 6th of December from 2 - 4.30 pm

At Matrignold Office, Sanjana Community (residential zone)

You can become conscious of your visual limits by doing some simple and easy drawing exercises. Please don’t be afraid! Drawing is not a matter of some mysterious magical skill, but a matter of perception. Every person who is able to write has the skill to draw.

This short learning experience is interesting for everybody, who really wants to explore the reality around. Our perception (of every sense) is usually limited by what we already have learned. Most people are not even able to even see, what is right in front of their eyes. They register what they see and then the mental part of the brain filters the information and makes it fit into their habits and belief systems.

Realizing this mechanism, you might become able to perceive the real physical form. By seeing that, you can go further and start to see energy fields ...

In these 2 1/2 hours you might find a different access to silence your mental and to unfold your creativity.

Registration: matrignold@auroville.org.in, Matrignold 2622458
Register Name + Phone number + Guest house / Community,
Fee on donation base.

To avoid any inconvenience to the residents please park on the right side of the road, 15 m before the gate.

Please bring if you can: Drawing pad with a solid back (max. A4, 30x21 cm), 2 soft pencils.

Let’s enjoy ORIGAMI

A collaboration between Bharat Nivas & the Japanese Pavilion

Friday 7th December 2:30pm-3:30pm

In Bharat Nivas office under Auditorium (after you enter Auditorium building from outside, please proceed to the steps down on your right side. Then on your right is the office we use). It’s December! This “Robin Star” will be a nice addition to your Christmas decoration. If it’s made with bigger papers, it can be used as a Christmas wreath.

Bookings not needed, all are welcome!

Contact; Tomoko or Emiko on letsenjoyorigami@gmail.com

Discover Yourself & Experience Auroville Program

Venue: Joy Community Hall, Center Field

Intro Program: December 11th to 14th, 8 am to 5.15 pm

In-depth Program: December 15th onward

This is a honest exploration to unveil community life in Auroville. It is for people who are interested in joining or volunteering in Auroville or for those who seek to deepen their understanding of the community and have hands-on experiences in various aspects.

The program is made of:

- a 4 days Intensive Introduction, during which you will listen to our pioneers’ stories, discover Auroville potentialities and ideals, and familiarize with alternative projects and community life.

- and an optional in-depth extension of 1 to 3 weeks (at your choice), during which you can participate at all Joy’s activities and deepen a field of action (organic farming, alternative construction, social development, etc.) through a hands-on fun experience.

Here we will answer your questions and doubts. This experience will help you clarify your impressions and insights. It is an opportunity to better understand your inner calling.

Advance registration is required. NO DROP-IN. 25 % discount for people under 30 and 50 % discount for long-term volunteers.

For additional information and a detailed program please find it listed under the activities of the Joy Community website www.joyauroville.org or in our facebook page www.facebook.com/joycommunityguesthouse or contact us via email at joycommunity@auroville.org.in or by phone at 9487277293.

We are always available in Joy Community Guesthouse in Center Field for further clarifications regarding the community at large and to help you discover Auroville.

For MUSIC lovers.

- an informal gathering/meeting: On the topic of:

“MUSIC COMPOSITION”

The “Ultimate” composer of sounds

To be able to organise sounds, develop and manipulate them in a coherent fashion, meaningful to performer and/or listener (whatever sound palette or musical style you are want to use, whether created from scratch or using already existing materials or a combination of both), to be able to notate and/or create it directly on paper or on a software and/or sound device, and to know how to connect with that “source” and to have the complete freedom and skill to materialise that “Inspiration” and the subtleties of its vibrations, that is what may be the highest achievement for a composer.

We will discuss on how to prepare the foundations to be able to do so, and how to achieve this, looking at conventional and unconventional methods, discovering, experimenting, questioning, understanding the processes by which one could become what could be called the “Ultimate” composer of sounds. Time and place TBA.

If interested please contact Pushkar: pushkar@auroville.org.in

You can also visit: http://www.pushkarcarlotto.com

Films

AT SAVITRI BHAVAN

Monday, December 3, 2018 at 6:30pm.
Duration: 22min.

THE MOTHER ON SRI AUROBINDO

The Mother’s stated: “What Sri Aurobindo represents in the history of the earth’s spiritual progress... is a mighty action straight from the Supreme.” And “Sri Aurobindo has come on earth... to open concretely the route towards an imminent and inevitable future”.

After Sri Aurobindo’s passing on December 5, 1950 The Mother comforted the sadhaks in the Ashram and confirmed that “Sri Aurobindo is here, as living and as present as ever and it is left to us to realise his work with all the sincerity, eagerness and concentration necessary.”

This film produced by the Sri Aurobindo Ashram in 1992 was re-edited in 2015.
Indian - Monday 3 December, 8:00 pm:
Special Screening with Amshan Kumar

A national award-winner, Amshan Kumar, has made 20+ documentaries, several of them are prize-winning. His book on film appreciation ‘Cinema Rosana’ is a prescribed text in many Indian and Sri Lankan Universities. He has been active in the film society movement of South India and in the editorial board of the film monthly Salaman. This is his second feature film.

The film screening will be followed by a brief Q&A with the director.

MANUSANGADA (Cry Humanity)

India, 2018, Writer-Dir. Amshan Kumar w/ Rajeev Anand, A.S. Sasi Kumar, Sheela Rajkumar and others, Drama, 93mins, Tamil w/ English subtitles, Rated: NR (PG)

When Kolappan’s father dies, he is not allowed to carry his father’s body through the common pathway because he’s a Dalit. He seeks help from the authorities only to find them to be equally castest. Refusing to be cowed down, Kolappan begins a protest and finds his village standing by him. Based on a true incident, in docu-drama style, the film stands out with a strong social message and highlights a trend – where Dalit, who form 16% of the population, are uprising against the century-old atrocities inflicted upon them.

Italian - Tuesday 4 December, 8:00 pm:
• MIELE (Honey)

Italy- France, 2013, Dir. Valeria Golino, w/ Jasmine Trinca, Carlo Cecchi, Libero De Rienzo, Drama, Italian w/ English subtitles, 96 mins, Rated: Not Rated

Irene lives alone a pretty isolated life. Her clandestine job is to help terminally ill patients pretend to die with dignity by giving them a drug. One day she supplies a new “client” with a fatal dose, only to find out he’s perfectly healthy. Irene is determined not to be responsible for his suicide. From this moment, Irene and Grimaldi are locked unwillingly in a tense and unusual relationship which will change Irene’s life forever.

Cultural - Wednesday 5 December, 8:00 pm:
• DIOR AND I

France, 2014, Dir. Frederick Tcheng, w/ Raf Simons and the craftsmanship of the Dior House, documentary, 90 min, French w/ English subtitles, Rated: NR

The prestigious French Fashion House Christian Dior is receiving a new designer Raf Simons as he is introduced to the talented people composing the staff of the Dior House. Raf will be facing many challenges but the worst is that he has only 8 weeks to come up with his new collection, which is extremely short. The craftsmanship and organization required to create such beauty is amazing to behold. The gorgeous show that Simons creates is worth the wait and the Premieres are absolutely amazing. It is all elegance, beauty and refinement. The film was earlier screened by Cinema Paradiso. It is definitely worth a re-visit or watch if you have not before.

French - Thursday 6 December, 8:00 pm:
• AU REVOIR LÀ-HAUT (See You Up There)

France, 2017, Dir. Albert Dupontel, w/ Mahuel Pérez Biscayart, Albert Dupontel, Laurent Lafitte, comedy drama, 117 min, French WITH ENGLISH SUBTITLES, rated G.

This multiple award-winning film is set in November 1919. Two survivors from the trenches, one a genius designer, the other one a modest accountant, decide to put together a scam on war memorials. In France of the roaring twenties, this business will reveal itself to be as dangerous as it is spectacular.

International - Saturday 8 December, 8:00 pm:
• CALL ME BY YOUR NAME

Italy-France-Brazil-USA, 2017, Dir. Luca Guadagnino w/ Armie Hammer, Timothée Chalamet, Michael Stuhlbarg, Drama-Romance, English-Italian-French-German-Hebrew w/ English subtitles, 132 mins, Rated: R

It’s the summer of 1983 in northern Italy, and Elio Perlman, a 17yrs old American-Italian boy, spends his days in his family’s 17th century villa lazily transcribing music and flirting with his friend Marzia. One day Oliver, a charming, 24yrs old American scholar working on his doctorate, arrives as the annual summer intern tasked with helping Elio’s father, an eminent professor specializing in Greco-Roman culture. Amid the sun-drenched splendor of this sensual setting, Elio and Oliver discover the heady beauty of awakening desire over the course of a summer that will change their lives forever.

Children’s Film - Sunday 9 December, 4:30pm
• STRANGE MAGIC

USA, 2015, Dir: Gary Rydstrom w/ Evan Rachel Wood, Elijah Kelley, Kristin Chenoweth and others, Animation, 103mins, English w/English subtitles, Rated: PG

Goblins, elves, fairies and imps, and their misadventures sparked by the battle over a powerful potion.

COSTA-GAVRAS FILM FESTIVAL @ Ciné-Club
Ciné-Club - Sunday 9 December, 8:00 pm:
• MUSIC BOX


Hungarian immigrant Mike Laszlo has done well for himself since arriving in the USA over 40 years ago after WWII’s end. He is particularly proud of his daughter Ann, a successful lawyer. Following the release of some secret WWII records by the Russians, Mike finds himself accused of being a notorious war criminal. He’s convinced it’s a Communist plot to discredit him and insists that Ann defend him in court.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl make a donation to “Cinema Paradiso” (account #105106) at the Financial Service or set up for a monthly contribution. Thanking You, MMC/CP Group

THE ECO FILM CLUB
Sadhana Forest, December 7th, Friday
Schedule of Events:
4:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Tour
4:30 pm: Tour of Sadhana Forest
6:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
6:30 pm: Eco Film Club begins with ‘previews’ of short Sadhana Forest films
8:00 pm: Dinner is served
9:30 pm: Free bus from Sadhana Forest back to Solar Kitchen

Before the movie, at exactly 4:30pm you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner!

**Note: Families and children are welcome! Dinner for children will be served at 7pm :)

**KUMBH - Eternal Journey of Indian Civilisation

69 mins / English / 2018 / Directed by Harshit Jain
India Inspires Foundation Presents, The Most awaited documentary on Kumbh Mela. For the first time showcasing the Kumbh Mela from Indian perspective. With the help of scholars, the film unfolds spiritual, cultural and social importance of the Kumbh Mela and highlights its great relevance for the modern world.

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

Or visit us online: sadhanaforest.org and facebook.com/sadhanaforest.
**The News&Notes is available for all to download**
from the Auroville website at
http://www.auroville.org/contents/4186
The Regular Events at
http://www.auroville.org/contents/4187

**Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm)**
The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material: Material (no pdf files, please) may be sent (in English only) to the N&N email address (below).

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

The Tuesday deadline (5pm) is absolute
Any modifications of the submitted News items have to be sent to the editors before Tuesday 5pm.

We regret not being able to attend to visitors on Wednesdays and Thursdays due to work pressure.

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

Visiting hours: On appointment only.

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre, Town Hall. Phone: 0413-2622133, email: newsandnotes@auroville.org.in

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FRIDAY 7 DECEMBER - 8:00 PM
“THE OTHER SIDE OF HOPE” - TOIVON TUOLLA PUOLEN
(MMC, Town Hall)

Directed by: Aki Kaurismäki - Finland, 2017
With: Tommi Korpela, Ville Virtanen, Dome Karukoski, Kati Outinen

Symposia: Khaled, Syrian refugee stows away on a freighter to Helsinki. Meanwhile, Wikström is a traveling salesman who wins big at a poker table and buys himself a restaurant. He offers him a job and a roof over his head behind his restaurant. He offers him a job and a roof over his head...
The Other Side of Hope was highly awaited in Helsinki. Meanwhile, Wikström is a traveling salesman who wins big at a扑克 table and buys himself a restaurant. He offers him a job and a roof over his head behind his restaurant. He offers him a job and a roof over his head...

Thierry Janssen, Raymond Moody, François Lallier, Pim Van Lommel, Steven Laureys, several doctors and neurologists: Mario Beauregard, Dominic Bachy, presents scientific studies and the various phenomena observed around death (NDE, contacts with the deceased, visions of the dying, ...) and brings together for the first time a large number of renowned scientists on this subject: Prof. Steven Laureys, several doctors and neurologists: Mario Beauregard, Thierry Janssen, Raymond Woody, François Lallier, Pim Van Lommel, Jean-Jacques Charbonier, Constance Yver-Elaeume, Olivier Chambon, etc. Biologists and physiologists: Sylvie Dethiollaz, Philippe Guillemant and Trinh Xuan Thuan. But also personalities including the writer Didier van Cauwelaert. What are their conclusions?

Valérie Seguin is also co-founder of the School of Sense and author of Le Havre further sharpens his craft with this film, offering once more a timeless drama, humane and full of brilliant gags.

*The FRENCH PAVILION presents*

Documentary directed by Valérie Seguin and Dominic Bachy
Saturday 8th December 2018 at 5pm
Town Hall - Cinema Paradiso
in French only, duration: 50min

Is the hypothesis of the survival of the spirit, soul or consciousness of a living being after death a reality?
The film ‘And if death did not exist’, directed by Valérie Seguin and Dominic Bachy, presents scientific studies and the various phenomena observed around death (NDE, contacts with the deceased, visions of the dying, ...) and brings together for the first time a large number of renowned scientists on this subject: Prof. Steven Laureys, several doctors and neurologists: Mario Beauregard, Thierry Janssen, Raymond Woody, François Lallier, Pim Van Lommel, Jean-Jacques Charbonier, Constance Yver-Elaeume, Olivier Chambon, etc. Biologists and physiologists: Sylvie Dethiollaz, Philippe Guillemant and Trinh Xuan Thuan. But also personalities including the writer Didier van Cauwelaert. What are their conclusions?

Valérie Seguin is also co-founder of the School of Sense and author of a personal development book: “The three and a half days after the death of my father”.

**REMINDER TO ALL GUESTS**

ALL GUESTS in Auroville (including Indian nationals and foreigners as well as friends and family members of Aurovilians)
are required by Indian law and Auroville regulations to register within 24 hours of their arrival.

In addition, guests are required to register each time they move to a new destination in Auroville.

The Auroville Guest Registration Service operates at 3 locations:
- Visitors Centre - at the far end of the Expo Hall (big white building on the left), opposite Dreamer’s Cafe - All days 9:30-12:30 and 2:00-5:00
- Town Hall - reception area - Monday-Saturday 9:30-12:30 and 2:00-5:00
- Aspiration - Financial Service office left side - Monday-Saturday 9:00-12:30

WHERE TO READ THE NEWS&NOTES and see all EVENTS

- Subscribe at newsandnotes-list+subscribe@auroville.org.in or click directly on this link
- Pour recevoir par email les Nouvelles hebdomadaires en Français, veuillez écrire à: avtraductions@auroville.org.in.
- **The News&Notes is available for all to download**

AUROVILLE EMERGENCY CONTACT NUMBERS

- Save them in your phone now!
- Auroville Safety and Security Team: 9443090107 (Email: security@auroville.org.in)
- Ambulance: Auroville: 9442224680 - Pims: 0413-2656271
- Farewell: mobile number: 8903836246, reachable 24/7
- Emergency Service of India: 108

Front Cover: for Dec. 5th, 1950 - Sri Aurobindo’s Mahasamadhi Day.

News&Notes 3 December 2018 [775]
AV TODAY is 30!

Come and celebrate with us
SUNDAY 2nd Dec 2018
4 - 7pm | Unity Pavilion
Simultaneous translation into French & Tamil if available

Book Launch
Discussion on enriching our communication culture in Auroville
Mocktails & appetizers

We invite ideas/proposals for a forum/space/discussion where we could discuss as a community topics of importance to us in a way that is in consonance with our ideals and builds human unity.