The Word of Fate

“A will to climb lifts a delight to live,
Heaven’s height companion of earth-beauty’s charm,
An aspiration to the immortals’ air
Lain on the lap of mortal ecstasy.
His sweetness and his joy attract all hearts
To live with his own in a glad tenancy,
His strength is like a tower built to reach heaven,
A godhead quarried from the stones of life.
O loss, if death into its elements
Of which his gracious envelope was built,
Shatter this vase before it breathes its sweets,
As if earth could not keep too long from heaven
A treasure thus unique loaned by the gods,
A being so rare, of so divine a make!
In one brief year when this bright hour flies back
And perches careless on a branch of Time,
This sovereign glory ends heaven lent to earth,
This splendour vanishes from the mortal’s sky:
Heaven’s greatness came, but was too great to stay.

But the queen cried: ‘Vain then can be heaven’s grace! Heaven mocks us with the brilliance of its gifts,
For Death is a cupbearer of the wine
Of too brief joy held up to mortal lips
For a passionate moment by the careless gods.
But I reject the grace and the mockery.
Mounting thy car go forth, O Savitri,
And travel once more through the peopled lands.
Alas, in the green gladness of the woods
Thy heart has stooped to a misleading call.
Choose once again and leave this fated head,
Death is the gardener of this wonder-tree;
Love’s sweetness sleeps in his pale marble hand.
Advancing in a honeyed line but closed,
A little joy would buy too bitter an end.
Plead not thy choice, for death has made it vain.
Thy youth and radiance were not born to lie
A casket void dropped on a careless soil;
A choice less rare may call a happier fate.’
But Savitri answered from her violent heart,

SAVITRI, Book VI, Canto I, SRI AUROBINDO

There is a vigilance that gives you a warning if you are about to make a mistake, if you are making a wrong choice, if you are being weak ..., and there is the active vigilance which seeks an opportunity to progress, seeks to utilise every circumstance to advance more quickly.

The new year 2019 is upon us, and Auroville’s 50th anniversary is receding with a bright trail that points to brighter things to come. May Auroville - City of Dawn - continue to grow and glow with light for the world in its 51st year ahead!

“Lands for Auroville Unified” (LFAU) and its two dedicated campaigns “Acres for Auroville” and “GreenAcres” have been working non-stop to raise funds for Auroville’s land, an urgent and essential need for the community. Our annual New Year’s card is part of this action, and we are very pleased to distribute this year’s card which commemorates the beautiful and inspiring Water Ceremony. To see the full e-version of the card, click here.

You can pick up a hard-copy version of our card at many places around Auroville: at the Town Hall Kiosk, the Visitors Centre Information Office, the Unity Pavilion, Solar Kitchen, Pour Tous (PTDC-SK), Pour Tous (PTPS-Aspiration) and at the LFAU office (Town Hall, 1st floor). If you are a land donor living outside Auroville, your card will be sent by post, with the cost covered by the generosity of a benefactor. This card is given for free as an offering, and is not to be sold anywhere.

We congratulate the Water Ceremony team for the very inspiring event and warmly thank Marco Saroldi for the use of his photos. Our sincere appreciation goes to Isabelle for her wonderful graphic work on the card and generosity of time, and to Aravinda & Jasmin for their continued valued involvement! Land donations from Aurovilians and friends have enabled Auroville’s Land Board to add over 45 new acres to the Auroville mosaic over the last 4 years - year by year bringing Auroville closer to a consolidated land base. But present circumstances show we must intensify our collective efforts. Solidarity works, so let us keep it up - and all together, we must expand it!

With our sincere appreciation for your solidarity & collaboration, and our warmest wishes for 2019!

LFAU@auroville.org.in  Tel. (0413) 262-2657  https://land.auroville.org/donate/
**MONTHLY REPORT OF THE GREEN GROUP FOR NOVEMBER/DECEMBER 2018**

**1- NEW MEMBERS:** The Green Group has recently welcomed new members: Enea (Forest Group), Vivek (Farm Group) and Iyenar (Farm Group). We are very pleased to have this new energy. Cristo intends to leave the Green Group once the new members are established but will be available if/when necessary. The present membership of the Green Group is: Cristo, David (Aurodam), Fabian, Yuval, Enea, Jeff, Vivek, Iyenar, Gowri, Priya (coordinator)

**2- GREEN GROUP MANDATE:** Our mandate was sent to the AVC in 2015 and a reply was received in September 2017. This ratified the role that the Green Group takes in protecting the Green Belt and its role in the Green Belt land allocation process. The FAMC and the TDC have a very good and relatively long standing working relationship with the green group regarding land allocation, building applications and other matters pertaining to green areas in the green belt as well as in the city area. AVC pointed out, however, that only groups appointed by the Residents Assembly could make ultimate decisions about land allocation. The Green Group is revisiting the mandate to ensure that it continues to reflect the aims, values and work of the Green Group.

**3- GREEN GROUP REPRESENTATIVE FOR THE BCC:** The Green Group has delegated Hans from the Forest Group to be the full time Green Group member of the BCC and he will attend the weekly meetings. If any farm related topic comes up Hans will tell Vivek, the representative agreed by the Farm Group, who will attend the meeting as necessary. Vivek will be totally responsible for presenting and discussing the Farm Group yearly budget. This dual representation is necessary as it is very difficult for a non-farmer to understand and present the financial realities of farming.

**4- GREEN GROUP REPRESENTATIVE FOR THE HOUSING BOARD:** It was generally felt that housing for forests and farms had very similar challenges and that there should be opportunities for the Forest and Farm Groups to work on this together. A joint meeting has been planned for early January. Yuval will continue to be the Green Group representative until the end of January 2019, during which time another representative will be chosen.

**5- ALLOCATION OF MONEY FOR HOUSING REPAIRS FOR GREEN BELT HOUSING:** The group observed various inconsistencies in the way that money is allocated by Housing Service for repairs to housing in the Green Belt. Not everyone is being asked the same questions about their financial situation. A let to housing in the Green Belt. Not everyone is being asked the same questions about their financial situation. A let to housing in the Green Belt. Not everyone is being asked the same questions about their financial situation.

**6- ABRI UPDATE:** The new steward has started work on the renovation of this area in a very positive way. Various issues have arisen which the ABRI Support Group are working with the steward to resolve.

**7- GUNSHOTS IN THE FOREST:** This was discussed and a number of suggestions were made as to how we could respond to this. Since the Secretary has already been advised about this and is taking action the Green Group supports him in taking whatever action is necessary to resolve the situation.

If you would like further information about any of the above topics, please contact Priya greengroup@auroville.org.in.

**Forest Group Meeting Notes**

**Friday 7 December, 2018, Fertile Field**

**Present:** Dominik (chair), Hans (notes), Natasha, D Segar, R Kannayappan, Yuval, Ambre, David, Vinny, Jan, Kleti, Nathalie, Christoph, R Kumar, Quentin, Guy, Bernd, Alex, Balu, G Venkatesh, Maddalena, Rita, Sandeep, Edzard, Shona, Thanaayan

- **BCC:** The Forest Group agrees with Hans representing the Forest Group in the BCC.

- **Waiver for Forest guesthouses:** Some forest communities have income from guest or volunteer accommodations. This income is needed to help support the overall cost of forest maintenance and protection. These guesthouses should not have to pay 25% of that income to the Central Fund. The Forest Group strongly recommends the BCC and FAMC to grant a waiver to these forest communities, so that full income of these accommodations can be used to maintain the forest community.

- **Forest maintenances:** Currently there is a waiting list of 4 active foresters for receiving a maintenance. These people are on the waiting list for almost a year now. This issue will be taken up with the relevant groups in Auroville.

- **Tree planting red vouchers:** All foresters who have been planting this monsoon: urgently turn in your red vouchers. You can give them directly to Glenn or place them in the Abri Forest mailbox at the post office.

- **Fencing by Land Board:** Yuval gave an update of fencing activities carried out by the Land Board. Type of fencing depends on the urgency and varies between simple demarcation, serious fencing and everything in between. Landboard takes this task very seriously, provides the labour and if necessary, raises the funds.

- **Urgent Fencing Fund:** A need for fencing can be very urgent. The Forest Group therefore strongly recommends creation of a fund earmarked for fencing of lands under serious encroachment. In order to avoid losing valuable time by having to get into a lengthy procedure, this fund must be directly accessible to the Forest Group. The Forest Group sent a mail to both FAMC and Land Board to establish this Urgent Fencing Fund.

- **Lands for sale? Inform Land Board:** Do you know any lands that are for sale and that should be part of Auroville? Please inform the Land Board and bring the current owner of the plot to the Land Board. Also: please inform the Land Board if plots are for lease.

- **Hunting with rifles in the Northern Greenbelt:** Shots are being heard in the Northern Greenbelt and people are worried. In order to immediately stop the hunting with rifles, action has to be taken on multiple levels. On the ground level a group of concerned foresters formed a rapid interventions team to identify and nail the culprits. At the same time a letter will be sent to the Working Committee and Secretary to take up this issue with the relevant authorities.

- **AV Security:** An important number: 9443090107. Call this number when in distress or when help is needed.

The Forest Group wants to express its gratitude to AV Security for being very helpful and always available when needed.

**Next meeting in Hermitage**

The next Forest Group meeting will be in Hermitage, in Vinnie’s place, on Friday, January 4, at 3pm.

**L’Avenir d’Auroville - Interim members - investigation into the difficulties**

Dear Community,

In the past one year, five members of L’Avenir d’Auroville have resigned. Over time, the current team reduced to three members, and urgently more members are needed in order for the office to continue to function.

The Auroville Council and Working Committee have spoken with the continuing and former members of L’Avenir to better understand what worked and what didn’t work this last year. We have realised that a deep reflection of the difficulties faced by L’Avenir is urgently required, before the community can select new permanent members. We have decided on three actions:

a) **Appointment of interim members.**

To continue the work as much as possible, and as at least five people should be present for decision making at L’Avenir, we have decided to recommend to the Governing Board, Auroville Foundation, which is the appointing authority for the L’Avenir membership, that Selvam R, Sreevatsa and Srimoyi are appointed as interim members whose term of office which will
explore when the final team has been appointed, which we expect will be by April 1, 2019. These three names have been suggested by the continuing members of L’Avenir.

b) Investigation into the difficulties facing L’Avenir.

We need to get clarity about why members have resigned their membership of L’Avenir; why the aims and objectives have not been followed as was expected when the present team was appointed; why the community can realistically expect from L’Avenir, e.g. if the mandate given by the community can be followed or is too vast; and if the community has sufficiently qualified people to serve in L’Avenir.

We have decided to form a subgroup to investigate all these questions. The subgroup will obtain the views of all the nominees for the interim membership of L’Avenir as well as of all former and continuing members of the L’Avenir and other persons knowledgeable about the topic.

The outcome of this investigation will be made available by the subgroup to the community before the upcoming selection process in March, 2019, so as to serve as guidance for the appointment of the permanent team members.

c) Nominations for permanent membership.

We have decided that all present nominations for the interim membership will be valid nominations for the selection of the final team of L’Avenir in March, 2019 along with all the other persons that will be nominated by the community.


Interface Team of L’Avenir d’Auroville

Dear Community,

We are happy to share with you the good news that, starting this week, three new members have joined the Interface team of L’avenir d’Auroville…… Selvam Rajamani (Douceur), Srimoyi (Samasti) and Sreevatsa (Humility). We have had our first introductory meeting with some Council and Working committee members on Monday 24th.

We welcome them on board and look forward to better tackling our workload with their support.

Warmly,

Interface team of L’avenir d’Auroville
(Tejaswini, Srimoyi, Sreevatsa, Selvam R., Pino, Anita)

Collaborative Planning Sessions

7th to 12th January, 2019

How can the vision of Auroville be translated into our built environment, quality of life and self-governance?

Everybody who wants to explore answers to this is invited to actively participate in a week of focused working sessions, presentations and group discussions:

Collaborative Planning Sessions
January 7th to 12th 2019
at Unity Pavilion

With: Residents, working group members, in house experts and resource people.

These January Sessions will be facilitated by an international team of specialists in sustainable town planning and community processes. This is an offering from Auroville International, the visiting team, the Interface team of l’avenir d’Auroville and many members of the community.

More details of the daily sessions and schedule will follow over the next days by emails, phone calls, Auronet, News and Notes, posters, etc. This is just a short intimation for you to block your dates and plan your participation in January!

Warmly,

Interface team of L’avenir d’Auroville
(Tejaswini, Srimoyi, Sreevatsa, Selvam R., Pino, Anita)

New members of the RAS

The Residents’ Assembly Service is happy to inform you that four new members have joined the RAS office for a trial period of 3 months (starting from November 16):

- Maël Shanti: “Born in Auroville in 1994, I spent about half of my life here, and the other half in France. I came back a few months ago after finishing my studies in the field of Social Anthropology. I have written my masters’ thesis on Auroville, focusing more especially on the way silence binds us together and could be a path towards human unity. Hence, I had the chance to discover & try to understand our organizational system and its complexities. I hope we can now move towards more simplicity, more clarity and mutual understanding. In the Service of Auroville, let’s bring in more joy & togetherness!”.

- Praveen: volunteer.

- Sathish Arumugam: “Joined Auroville officially in 2007 although rest of my life prior joining were spent in and around Auroville by studying in schools like New Creation, Udavi & After School and working for different services and units. During school times, Internet and technology were my area of interest which has now lead me find my career in technologies shaping me into an Internet Consultant. Post completing my high school, I joined AVision which was (a company rendering service like Multimedia and Internet Consulting) led by Alok Aurovillian, where I gathered up the required skills for mastering myself into what I am today and building my passion towards technology. When my career with AVision came to an end naturally, I started exploring myself freelancing providing Internet Consulting for various individuals and companies in Auroville, elsewhere in India and Overseas through Auroville Activities since 2010 till date. Over these years, I’ve been helping with various start-ups of Auroville services such as Colaap (Land fund raising) setting up their website and maintaining etc. Why I joined RAS? It was always in my mind to integrate myself even further more serving the community and is when I came across RAS requiring helping hands. Brought myself into it as technology playing a vital role here as well in the form of communications. I think RAS is the right place for me as it’s the bridge between the Governance of Auroville and its Residents, and being the neutral body. Being in Auroville all my life, I’ve witnessed the history of Auroville’s progress at different phases, by involving myself in RAS; I believe I can break certain barriers in communications and bringing in trust among all of us to build the city together”.

- Tania: “I am a confirmed Newcomer since July 2018, of Belgian nationality. I worked 13 years in the private banking sector in Luxembourg before moving to South East Asia. I lived in several countries for about 15 years, mainly working in hospitality management. I came first to Auroville in March 2016 and in July 2017 I felt the call to stay”.

They are welcome to strengthen the team!

Warmly,

For the RAS: Jesse, Isha, Tatiana and Slava

Appeal Process and timeframes reminder for the community

Dear Community,

The Auroville Council would like to remind you that the Auroville Appeal Process applies to decisions made by the Working Committee, Auroville Council, FAMC and l’Avenir (TDC).

Please be aware of the timeframes:

- the appeal request needs to be submitted within one month from the communication of the decision for appeal on decisions of Working Committee, Auroville Council and FAMC,

- the appeal requests on decisions taken by the TDC / L’avenir are appealable within fifteen days from the communication of TDC’s decision.

The Auroville Council invites you to read the whole process to be better informed of its details (see this link).

Warmly, Auroville Council

New Year’s Eve Safety

Dear Aurovilians, Newcomers, Volunteers, Guests, friends and visitors - As the end of the year approaches, we encourage you to usher in the New Year with fraternal and convivial gatherings. We discourage organisation of loud parties on 31st December which will attract unwanted people and create a disturbance in the atmosphere.

AVSST members will be patrolling but your collaboration is indispensable to maintain peace and harmony in the Auroville area.

Sincerely,

Auroville Safety & Security Team (AVSST), Working Committee & Auroville Council.

News&Notes 31 December 2018 [779]
Dear Auroville community,
We have asked community members whether they prefer the new natural crystal globe being tried out in the lotus pond below Matrimandir, or would they rather keep the transparent glass globe that was there up till three months ago.
As you already know the feedback period for the natural crystal globe trial at the lotus pond has come to an end on 10th December.
We have received total 37 feedbacks (including 2 neutral feedbacks) and the result is very closely tied. Since the received vote was relatively low, we would like to extend the feedback period until 31st of December.
From Friday 21st December onwards we will place the glass globe at the lotus pond, for you to compare with the natural crystal globe. 
Please leave your feedback to the notebook which is kept with the office gate watchman, or write to: mncommunication@auroville.org.in.
Thank you very much, Matrimandir Executives

FROM THE ENTRY SERVICE - N&N # 779
Dated: 31-12-2018
Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville, joining Auroville. Prior to Newcomer, Aurovilian 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:
  Itzhak HELMAN (Israel) Staying in Terrasoul and Working at Terrasoul Activity
  Siva PERUMAL (Indian) Staying and Working at Isaiambalam School
  Subramani SAMIKANNU (Known as Ranjith) (Indian) Staying and Working at AV Bakery
  Sureshbabu VEDHANARAYANAN (Indian) Staying in Savitri Bhavan Hostel and Working at Buddha Garden & Savitri Bhavan

- NEWCOMERS CONFIRMED:
  Khushmita SANGHVI (Indian)

- AUROVILIANS ANNOUNCED:
  Audrey SERRE (French) Staying in Humility and Working at AuroGestion
  Vimala VELAYUTHAM (Indian) Staying in Pragati Construction and Working at Pragati Construction & Pre-creche

- AUROVILIANS CONFIRMED:
  Marie-Pierre LACOMBE (French) Working at Pragati Creche
  Mathew B. TILDESLEY (British) Working at AV Bakery
  Vijayakumar JAYARAMAN (Indian) Working at Pragati Construction & Pre-creche
  Yangmi LEE (Korean)

- RETURNING AUROVILIAN CONFIRMED:
  Maël VIDAL (French)

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 Auroville Foundation (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF.
The Entry Service open to public timings Monday, Wednesday, Friday 09:30AM-12:30PM
Yours, the Entry Service

OBITUARY

Peggy passed on
In the late afternoon of Sunday 23 December, our dear Aurovilian sister Peggy Ann Pfaff passed away in her daughter’s Fraternity home at the age of 91. Both Lila and her sister Laura (who had come over from USA), were with her in the moment of transition.

Already from the seventies onward, Peggy used to come over from USA to visit Lila which eventually resulted in her joining as Aurovillian in 1997. Living in her house in Surrender, Peggy was unvaryingly present for her Matrimandir Chamber duty and worked with Krishna Tiwari at the Auroville Archives in Bharat Nivas, where she interviewed and recorded Aurovilians.
Coping with a severely arthritic constitution as well as other general health problems, it became clear in 2008 that she could no longer live alone and Peggy moved in with Lila in Fraternity. One of her delightful characteristics was her great sense of humour and her innate capacity to make people feel good, which features carried her through till the end.

On December 26th Peggy’s remains were buried in Auroville’s burial grounds.
We salute a bright and shiny person who took life in its stride with great grace and thank her for having been with us. Or warmest condolences go out to her daughters.

OM-
A short clip with Peggy talking about her life is available at goo.gl/3dSGhf

Edgar Thriemer passed away
Dear friends,
this is to inform you that Dr. Edgar Thriemer, a very dear friend and supporter of Auroville has passed away in Germany on 20th of December. Edgar was 95 years old, and although he suffered in the past years of almost blindness, he continued following everything happening in Auroville and the world with deep interest and affection. I spoke with him on the telephone a few days ago and, even under pain killers, he still joked and gave me one more of his encouragements for Auroville. Here are a few witnesses of his “old” friends.

submitted by Biggie

From Lucas: Edgar’s place located in the middle of Stuttgart but insulated well from the city life, was one of those rare places in Germany in the early 1970s where spiritual seekers of all kinds were welcome and, if you were drawn to Sri Aurobindo and Auroville, you found refuge and support. For me, this was true from 1973 onwards. Later Edgar moved to the countryside, and his place there served the purpose even better. Throughout his life, Edgar kept his contacts with Auroville alive - and his critical perspective too. Edgar being generous and big-hearted, it was a pleasure to talk to him about our achievements and failures and doubts and hopes.

From Franz: I remember Edgar from the very early days. We had together a Darshan in Mother’s room. Still before that, we had the same Zen Meditation teacher, Roshi Nagaya, from the Tokyo University. Nagaya was teaching Zen Meditation in Germany in the 70’s. He was well known. Later Edgar, as a very skillful dentist, came daily from Pondicherry to the Aspiration Health Center in Auroville where he checked and treated our teeth. This was a great help since there was at that time nowhere a good dental service, not in Auroville and not in Pondicherry. Edgar wanted also to stay in Auroville, in Fraternity, and he financed the construction of a little house. Later he changed his mind and donated the house to Auroville, to be used as a Guesthouse. The same house is still there in Fraternity and it is used as a Guesthouse.

From Helmut: I remember Edgar very well from Auroville and from Stuttgart. I believe that he is well prepared for his big journey.

From Frederick: Edgar is one of those beings who suddenly appeared in our early community, without much ado he stood in line for his simple food, found a place to stay and started pulling
teeth under a cashew-tree. When technology arrived in AV, he also treated teeth. I later on benefitted greatly from his professional generosity and personal hospitality. I was not surprised that he became a Zen-master, because he carried in him the belly-laughter of a living Koan. We miss you.

They went ahead in 2018...

As 2018 draws to a close, we thankfully acknowledge those of us who proceeded before us, recognising their work and contribution towards the steadily emerging City of Dawn, and knowing that their footprint will be forever with us.

We remember with love our Aurovillian brothers and sisters: Chris Gray, K Nishanthi, Subir Caracostea, V Devaraj, R Sakhivel, Ross Elliott, André Tardel, Murugan Adhi, Pieter van der Molen, Nergez Pesikaka, Daniel H Droz, Thupten Londen, Jan Weber, Roza Tuh, Paulo I Berdah and Peggy A Pfaff.

We also remember and honour here T A Sampathkumar, Ahalya Rajan, Marcauro, Ishwar P Gupta, Janine Morisset, Cornelia Dreikhausen, Rudi Phillips, Krishna Kumar and Edgar Thriemer.

~ We will meet again ~ Jay MA ~

FOR YOUR INFORMATION

Youth Safety & Wellbeing Presentation

On December 20th at Unity Pavilion, a Creating Auroville Together (CAT) was held to introduce four different Auroville projects addressing the topic of “Youth Safety & Wellbeing - Towards a Vibrant Health for our Community”.

Originally started a few months ago by a group of Santé therapists, some parents and teachers, the need of providing assistance regarding issues related to sexuality, drugs and psychology was broached. As monthly meetings were held throughout most of this year, different existing initiatives joined to complement and support one another with this common aim around Youth Wellbeing.

The purpose of the CAT event was to introduce to the adolescent and the wider community, these various educational and interventional efforts; to inform every one of these very first steps, all which will continue to be made more available as they grow. Also, an apt and light inspirational talk by Alok Pandey rounded out the gathering.

The presentations were:
- “Sexual Health Basic”, by Paula
- “Auroville Peer Education Network”, by Juan Andres & Anna
- “Educational Tools for All”, by Denis & Nando
- “Empowerment Educational Skills”, by Kaliananda (purnashakti@auroville.org.in)

To know more about this presentation you can access its recording at: www.aurovilleradio.org/youth-safety-and-wellbeing-or-towards-a-vibrant-health-for-our-community/. The visual record will be available very soon.

To connect with these initiatives please send an email to adminsante@auroville.org.in.

We thank everyone who attended the presentation, and all the team remains at your disposal for further request and/or concern.

Anna, Kaliananda, Miriam, Paula, Denis, Juan Andrés and Nando.

New “Auroville Basket Service”

Dear Community, we would like to share with you our Basket Service.

AIM: The idea is to provide a purchase and delivery service for those who either can’t move around themselves or are too busy to do so. We would like to mention that we are offering this as a service and not an online shopping option. The idea is not to make profit either but to provide each one with what they need.

OUR TEAM: We are 3 Auroville youth - Kumaran, Bala and Smiti - who have grown up here. We do all other work in Auroville aside from this but as we have decided to start this Basket Service, we hope to offer the best we can to you.

If you are interested, please get in touch with us for more details.

Happy New Year! ::) Kumaran, Bala & Smiti

For the Auroville Basket Service: av.basketservice@gmail.com

Second editorial is online!

Dear friends, Welcome to our second online editorial: www.outreachmedia.auroville.org

Each monthly review consists of a theme-based piece with a collection of articles, videos, photos, etc. The second one, called ‘Resources’, shows Living-Being (portraits of 5 OutreachMedia team members), a short video with portraits of Aurovilians in the field of Research and Technology, an article on the Walk of Hope with AVAG, a quote from Sri Aurobindo on his sadhana and many others.

With these editorials, our aim is to communicate by weaving a thread between all the things that are happening around a theme. Our core values are honesty, transparency and impartiality; our guiding insight is kindness. We strive to make our editorials relevant, interesting, meaningful and add value. Is our vision in sync with yours? Do you like writing and/or making short videos and/or clicking pictures? If yes, don’t hesitate to contact us and join the fun!

Warmly, OutreachMedia team

MOBILITY IN AUROVILLE

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

We repair and maintain all types of bicycles, as a community service. Bike parts to full servicing at minimal costs. Free air!

Where: Opposite PTDC/Foodlink/Solar Kitchen in Prosperity Area

When: Monday to Saturday: 9am to 4:30pm.

How: drop in. Contact phone Chris O.: 8940115240

Cycles and children car seat 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: 0413-2623302, 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: 8089776644 | 9442566256 | 9840983080.

ITS@auroville.org.in, http://its.auroville.org/

Visitors’ Center - Bicycle Rental

Available from the Kiosk, Near Dosai Corner / Dreamer’s Café

News&Notes 31 December 2018 [779]
**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

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**From Kinisi**
Dear Guests of Auroville,

Do you know that you have an alternative to petrol vehicles while visiting Auroville?

We would really appreciate if you took this opportunity to be green! Petrol vehicles emit approximately 40 different harmful substances into the air, whereas electric vehicles truly have zero direct emissions. This is extremely important for your own health as well as the health of Aurovilians, Volunteers, Newcomers, children, plants and animals, who are here for the long term.

Our guest population is increasing every year, and if you decide to emit a petrol vehicle, please think twice and consider the cost to our health that your transportation choice is having for Auroville. By the way, mopeds pollute twice as much as petrol motorcycles.

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**Green Matters**

**Talkin’Trash**

**Know . . . Tetrapaks**

Tetrapaks have gone global—an engineering marvel that can extend the shelf life of any liquid for years and be transported safely anywhere. They are strong, waterproof, lightweight, and mass production makes them available and affordable (for the marketers). EcoService is stockpiling them—nobody wants them, difficult to recycle and just to throw them into landfill is a sad and polluting option. Fortunately, there are a few upcyclers in Auroville using them. Marc is making furniture out of them. Discipline has a shed with a tetrapak roof. Bhakti also did a roof for her cycle shed. Individuals use them for art projects but we have too many of them.

There are solutions: first, any tetrapak we drop at PTDC or send to ecovillage must be CLEAN otherwise there is instant invasion by ants, cockroaches and not to mention the stink which also compels rats and mice to chew them. Dirty, infested, smelly tetrapaks do end up in landfill because what else? Cleaning our tetrapaks is part of the users responsibility because Ecoservice or an upcycler has not the energy or resources to do this for us. Clean tetrapaks can be useful. Second, and best solution, is not to buy tetrapaks. Yes, they are easily available and convenient but you and the earth are being ripped off. In Auroville, where we have fresh fruits, milk and soy milk available, why are people buying tetrapaks? Truthfully, there can nothing “fresh” in a tetrapak (note the misleading labels) otherwise it would soon spoil, ferment and perhaps explode. Most all tetrapak labels claim “no preservatives”. This is usually true because they don’t need any. UHT (Ultra Heat Treatment) and radiation is used to make all the contents completely sterile. Anything in a tetrapak has been made from concentrates and powders in an industrial production plant.

If there is any nutritional value at all in a tetrapak even that is compromised by the formula used to make this “chemical cocktail” so delicious that you will be addicted to buying again. People say things like: “I have kids; I have no time to make fresh juices.” “I need this milk for my coffee.” Check the ingredients labels: “Contains added flavor—Natural, nature identical and artificial flavoring substances,” usually no mention of what they are! Of course, these are the substances to enhance, sweeten, and texturize—all chosen without any regard for your health or nutrition.

Now that we know about Tetrapaks, could we say “no” to them and enjoy the fresh and healthy food we have in abundance?

Here’s a true statement that could be stamped on every tetrapak label next to the model displaying her/his super health: **Shopper beware, industrial food products are made to make money regardless of the cost to our health and our earth.**

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**AUROVILLE TRASHION SHOW 2019: JOIN US!**

A final shout out to all interested individuals, units and schools to take part in this community event with your creations made from waste.

The fourth edition of the Auroville Trashion Show will take place on February 1st and 2nd. If you would like to participate please sign up with us by the end of December.

Need inspiration?

Use waste that has been generated by our community and collected by our waste heroes at the Eco Service:

- Get creative with our top three problematic waste items: multi-layered packaging, Styrofoam, and plastic mushroom trays.
- Find a use for waste piling up at the Eco Service that’s destined for the landfill.

Highlight the importance of the ban on single use/disposable plastic items that will come into effect in TN form January 2019 onwards.

For more info visit: www.plasticpollutionfreetn.org/bannedplastic.php

If you wish to source your waste from the Eco Service, you’re welcome any Tuesday morning between 9.30 and 11.00 am.

You can also call Palani (+91 94435 35172) to make an appointment for another day if needed.

Would you like to join us in organising the event? We’d love to hear from you. Email us at trashion.show@auroville.org.in or call Ok (9344002972) / Mukta (9443620174)

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**What is the Healthy Cashew Network?**

The Healthy Cashew Network (HCN) sprang into being after the unusually heavy application of poisons on the 2017-18 cashew crop which finished earlier this year. We feel that Aurovilians and their children must not annually endure months of exposure to agricultural poisons, including chemicals which are banned in many countries, the cumulative effect of which has been established in research. The effects on pollinators, biodiversity and ground water are well documented and do not support our community food supply.

**What does the HCN aim to do?**

The Healthy Cashew Network aims to:

- eliminate the use of agricultural poisons within Auroville and the bioregion.
- encourage and support the activity of Aurovilians caring for and harvesting Auroville cashews and with it the joy of collective karmayoga.
- promote an annual Cashew Harvest Festival.
- provide well-documented models of organic plots for the bioregion’s farmers.

**What is HCN doing right now?**

Very soon the cashew season will be upon us again. At this point in our work we feel that we should focus on caring for Auroville cashew plots rather than try to stop spraying in the bioregion. We feel than any work we do in the bio-region will be enhanced by a good cashew growing model within Auroville. In collaboration with the Land Board we have plans to take on an Auroville cashew plot which we will harvest ourselves. During this next cashew harvest we will see what else we can do to assist them with the monitoring of the cashew plots that they
would like to undertake. This is just one of the many activities we will undertake to work towards the eradication of these poisons in our environment. We will keep in touch with you as our activities develop.

A video about the first activity of the Healthy Cashew Network for this coming new cashew season can be seen here. You can read more about Anandi’s experience of the Kriya community cashew harvest here. If you want to find out more about the pesticides being used in this area have a look at the HCN Rough Guide: https://auroville.org.in/article/69109

If you would like to know more or join in with any of our activities please contact us at: healthycashewnetwork@auroville.org.in

Everyone who would like to support or join with us is very welcome. Priya for the Healthy Cashew Network

The One Earth Festival, Mumbai

On Dec 2nd I attended India’s largest compassionate and eco-friendly festival, The One Earth Festival in Mumbai. There were two main lecture rooms, one largely oriented to compassion - meaning vegan, spiritual or animal rights talks. The other was devoted to sustainability and ecology. And then there were hundreds of stalls. I felt that Auroville was missing at this huge festival. We have so many eco-friendly and sustainable projects happening here. I will definitely suggest this for the future.

I was impressed at the huge number of vegan entrepreneurs in India now. Vegan companies are growing at unfathomable rates in the West, with even the largest meat and dairy companies investing in them. The world is understanding that animal products are unsustainable, and are major causes of global warming, desertification, species extinction, water shortages, and climate change. But people are unable to stop eating meat because of the taste. Here I want to mention one fantastic Indian meat alternative company - Good Dot. Their products are outstanding, uncannily close to the real thing. AND they are relatively healthy, extremely economical and they even deliver for free if you buy more than Rs 300 worth. They have a few ready-made items so that even cooking is not required. Their Achari Tikka is worth mention here.

I am not a fan of packaged foods but I strongly urge Aurovilians and especially Auroville restaurants, and maybe even FT to try their products. The best part is that both vegetarians and non-vegetarians can enjoy it. Check out their website https://gooddot.in

There were so many amazing products available but must mention Almitra Sustainables for their cleaning brushes, tooth brushes etc etc. They truly have fabulous range of alternatives to plastic http://www.almitrasustainables.com.

There were so many other amazing organisations - if anyone needs more information I can help. India is truly coming of age.

Dr Nandita Shah - nandita@sharan-india.org

WELCOME
❤ VEERA

We are happy to announce the birth of our son VEERA on November 29th 2018 at Nallam Clinic.

Our sincere thanks and love to Hilde for her great support and guidance. It was a blessing to have her through the process.

Love, Vidhya & Vijay - Svedame

THANK YOU

Food Festival Cheers!

Dear Foodies,

Thank you soooo much for supporting the first ever Fabulously Flavourful Fun-filled Family-friendly Free-love Food Festival at African Pavilion on December 22nd 2018.

None of it would have been possible without all the decorators, builders, technicians, musicians, helpers, and, of course, phenomenal cooks! Not even the rain could stop the light. Human unity in action. You are our family and we love you all.

Ubuntu!

African Pavilion Team

HEALTH

Auroville Health Center & Pharmacy closed 1/1

Both will be closed for New Year’s Day, on Tues. 1st January 2019.

Animal Health Care services

Dr. Kumar (Aurovilian) offers Animal Health Care services that include Sterilization, Vaccination and Treatment of dogs, cats, cows and horses. Animal Health Care is a, Auroville registered Activity. Minimum charge for a visit: ₹300. Treatment cost vary depending on medicines used, average ₹500. Sterilization cost for dogs and cats: ₹2000 to ₹3000. This includes aftercare. The costs depend on size/ weight of the animal, and vary with type of anaesthesia, suture material, antibiotics, pain killer and other medical items used for operation and after care.

For more information call Dr Kumar, Animal Health Care, cell 9443203092. Best is to send an SMS with name, address and request. Dr.Kumar will get back to you.

MATTRAM: Facilitating Development & Transformation - JANUARY SCHEDULE

For appointments about Consultation, Counselling and Therapy, Mattram is available Monday to Saturday from 12 to 12:30pm (closed on Sundays)

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 - closed on Sundays) from 9:00 to 10:00 am with one of the Integral Psychologists

SCHEDULE OF THE TEAM MEMBERS:

<table>
<thead>
<tr>
<th>DAY</th>
<th>PSYCHOLOGIST</th>
</tr>
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<tbody>
<tr>
<td>Monday and Wednesday</td>
<td>Palani</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jerry</td>
</tr>
<tr>
<td>Thursday</td>
<td>Gopa</td>
</tr>
<tr>
<td>Monday and Wednesday</td>
<td>Palani</td>
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</tbody>
</table>

Seven Eyes course - a Reminder

Seven Eyes course second session will be on Tuesday 1 Jan from 4-5:30pm. Seven Eyes is a practical and profound tool for psychological and spiritual development.

Please register for coming with also a mob. no. at mattram@auroville.org.com or SMS 7639071051.
**Kindly note that Santé is closed on New Year’s day (Tuesday 01/01/2019)**

SANTÉ
AUROVILLE INSTITUTE FOR INTEGRAL HEALTH
Clinic Phone: 0(413)-2622803
Clinic mobile: +91-9489441703
😊 email: sante@auroville.org.in / adminsante@auroville.org.in
😊 Website: www.sante.auroville.org.in

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For emergencies, contact Auroville Ambulance: Tel: 9442224680 (24x7)
OR email: ambulance@auroville.org.in
Government Ambulance: Tel: 108 (24x7)

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

Closed every Tuesday afternoon for regular staff meetings

**Please note:** Blood tests and Lab collection Mon-Fri only before 12:00pm. No lab collection on Saturday.

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

SANTÉ THERAPISTS’ SCHEDULE – JANUARY 2019

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Ruslan</td>
<td>Mon, Wed, Thurs, Fri</td>
<td>-</td>
<td>Away till 17/01/19</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Brian</td>
<td>Tuesday, Thursday</td>
<td>Morning</td>
<td>From 08/01/2019</td>
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<td></td>
<td></td>
<td>Mon, Wed, Fri</td>
<td>Afternoon</td>
<td></td>
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<tr>
<td>General Practitioner</td>
<td>Dr. Igor</td>
<td>Mon, Wed, Fri</td>
<td>Morning</td>
<td>Till 07/01/2019 From 08/01/2019</td>
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<tr>
<td></td>
<td></td>
<td>Mon, Tues, Wed, Thurs, Fri</td>
<td>Afternoon</td>
<td></td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Archana/Ezhil Thilagam</td>
<td>Mon - Sat</td>
<td>Morning</td>
<td>Closed on Tuesday afternoon for staff meeting</td>
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<tr>
<td></td>
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<td>Mon, Wed - Sat</td>
<td>Afternoon</td>
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<tr>
<td>Acupuncture</td>
<td>Andres</td>
<td>Monday, Wednesday, Friday</td>
<td>Afternoon</td>
<td>Away till 06/01/19</td>
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<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wednesday, Friday</td>
<td>Morning</td>
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<td></td>
<td></td>
<td>Thursday</td>
<td>Afternoon</td>
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<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Monday, Wednesday</td>
<td>Afternoon</td>
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<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
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<tr>
<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Monday, Wednesday, Thursday</td>
<td>Morning</td>
<td>Away from 09/01/19 till 27/01/19</td>
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<tr>
<td></td>
<td></td>
<td>Wednesday, Thursday</td>
<td>Afternoon</td>
<td></td>
</tr>
<tr>
<td>Medical Shiatsu and Meridian Psychotherapy</td>
<td>Linda - Grace</td>
<td>-</td>
<td>-</td>
<td>Away till 31/01/2019</td>
</tr>
<tr>
<td>Medical Massage</td>
<td>Galina</td>
<td>Tuesday, Wednesday, Friday</td>
<td>Morning</td>
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<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Monday, Thursday</td>
<td>Morning</td>
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<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
<td>Monday, Friday</td>
<td>Morning</td>
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<td></td>
<td></td>
<td>Thursday</td>
<td>Afternoon</td>
<td></td>
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<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>Mon, Tues, Thurs, Fri</td>
<td>Morning</td>
<td></td>
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<td></td>
<td></td>
<td>Mon, Thurs, Fri</td>
<td>Afternoon</td>
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<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>Tues, Wed (gynaecology)</td>
<td>Morning</td>
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<td></td>
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<td>Friday (pregnancy care)</td>
<td>Afternoon</td>
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<tr>
<td>Childbirth Preparation &amp; Yoga class</td>
<td>Paula / Krishna</td>
<td>Monday</td>
<td>Afternoon</td>
<td>(from 4 to 6pm)</td>
</tr>
</tbody>
</table>

**Santé Schedule is Now Online on our Website at this link**
**Ultimate Frisbee Nationals tournament in Ahmedabad**

Dear Community,

Some news from our Frisbee team... This year has been a very hectic tournament year for us. As Ultimate Frisbee is growing in India so are the number of teams and tournaments. Other than already hosting 2 annual tournaments in Auroville (and now a third in Kodii), this year the UPAI (Ultimate Players Association of India) — the governing body of Indian Ultimate — organised the National Championship Series, a series of Sectional, Regional and National tournaments.

We have attended 3 Sectional tournaments (one of which we hosted in Auroville, the other two in Chennai), Regionals for all the teams in the South Zone two weeks ago and next is Nationals (for all teams in India) which will take place in Ahmedabad, Gujarat on the 8th 9th 10th of February.

As a team we have been changing too as players come and go and people have different occupations. The team is primarily boys) 13 of which are students from Transition school, Last year. We will be 18 players who will go for Nationals (9 girls and 9 boys) all of whom are like extended family. Tournaments are also an opportunity to push and challenge oneself at many levels. There are also a lot more opportunities for youngsters to represent India at the International level – an experience that is eye-opening for youth who would otherwise never travel to other states in India let alone leave the country.

Unfortunately, Ultimate is still a completely self-funded sport in general. We in Auroville are not under any unit nor do we get regular funding from anywhere, we also don’t earn huge amounts as individuals. Our team policy is that everyone who wants to play should be able to regardless of their financial background. We usually try to advance costs and allow players to pay back slowly. We also try to subsidising as much as possible for those who don’t have the means. But the team is on a tight budget at the moment due to the number of tournaments this year. We will be 18 players who will go for Nationals (9 girls and 9 boys) 13 of which are students from Transition school, Last School, Future School, NESS and colleges around Auroville. The approximate cost per player (train, transport, stay, tournament fee, and food) will be Rs. 6,000-7,000.

We would be very grateful for any support from the community. Our account no is #251887. (Also if any Gujaratis know of inexpensive of places we can stay in Ahmedabad please let us know).

Thank you :-) Merry Christmas and Happy New Year! :-(


Spinergy – Av Ultimate
(Aultimate@auroville.org.in)

**EATING OUT**

- **New Year’s Eve VEG BUFFET at Visitors Center Cafeteria**

  Dear All, there will be a special Vegan and Vegetarian Buffet at the VC Cafeteria on Monday 31st December from 7 pm onwards.

  A happy New Year to all!

  The Cafeteria team

- **Roma’s Kitchen Open Exceptionally on Monday 31st**

  Dear Friends, Roma’s Kitchen will be OPEN exceptionally on Monday 31st December for Lunch and Dinner.

  Dinner timing will be extended to 10.30 pm to enable you to come after the meditation at the Tibetan Pavilion.

  Please reserve your tables at 0413-2622032.

  We will be also open as usual on the 1st of January.

- **Zephyr closes on the 1st**

  Dearest Zephyr fans out there, we will be closed on the 1st (Tuesday) of January. Wishing you all a wonderful new year!

  Much love, Zephyr team

**AUROVILLE RADIO / TV**

- **Greetings Auroville…**

  We are so happy to share everything we have managed to capture this past week as the team of AurovilleRadio/TV. We are always looking for more content and you can help us out! Please do collaborate with us in sharing event details and video clips of events happening in the community of Auroville. We would love to hear from you, and also for you to use our services and keep Auroville’s content creation machine purring like a well-oiled machine. We hope you follow our updated website, which offers a wide range of information with written, audio and video content for people of all ages.

  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:

  - rtm - Ratiana on Purna Shakti or Educational Empowerment Tools / Carla Sello invites to Mimetic Transmutations / A Midsummer Night’s Dream by Auroville Theater Group / Youth Safety and Wellbeing - Towards a Vibrant Health for our Community.


  Here are also The News of Thursday and Monday. Your AurovilleRadioTV team

**NOTES**

- **SAVITRI**

  The great Sun of Evolution puts us in the Heart of the Revelation of Savitri by Sri Aurobindo. Within a time which unfolds more and more accelerated, triumphantly carrying us for ever in its wings of Glory. Having received a donation for the 50th anniversary of Auroville from a special One, Gérard Maréchal who came to Auroville in 1969, offers us 250 free copies of Savitri by Sri Aurobindo in English together with the French translation by Satprem. With profound gratitude to Gérard Maréchal and all those who have participated in the elaboration of this collective action which is like a mantle of sweetness for the end of this year 2018 and the beginning of 2019. These books are available at Gérard’s domicile in Sukhavati. GangaLakshmi (House of Mother’s Agenda, Savitri Bhavan)

- **All Auroville Assets be registered under One Trust**

  Community should come together and put all Auroville assets under One Trust.

  Stops monetisation of community assets.

  Exchanges can weigh more on need and best use transfers.

  Preserves goodwill for the future generation.

  Contains inflation and escalating real estate costs.

  Takes us to the first step towards nothing belongs to the future generation.

  Preserves goodwill for the future generation.

  Under One Trust.
use and feel burdened and no longer motivated to maintain the asset as they don't own it. Chandresh.

• A great Christmas and New Year Present
it is truly pleasing, when going to Matrimandir, to see the lotus pond's original crystal globe back in its rightful place in time for the celebration of Light and dawning of the new year.
A divinely arranged, heart-warming gift delivery indeed.
Within Love, Adhara ✨ Om Namo Bhagavaté ✨

• Year of the Dog
"Puthandu vazhthukal!" (happy New Year!) - in Tamil.
For Tamilians, New Year will start on Apr.14, for Tibetans on Febr.5. According to the Tibetan calendar this year was the Year of the Dog, and next will be the Year of the Pig or Boar. This year started for Tibetans on Feb. 27, and the previous one was the year of the Bird (or Hen). For the Tibetans 2016 was the Year of the Snake.
In China, Japan, Korea, they use also the lunar calendar but their New Year dates sometimes are not exactly like in Tibet. What differences are there between Dog and Pig in the Eastern calendars? They are sure that Pig is more quiet than Dog. Usually dog is a good guard for a house but it does like to be chained. Like a wolf, a dog willingly uses its legs for “travelling”. Who was born in Dog's Year is a good friend. Brigitte Bardot was born in 1934 (Dog’s Year): she loves animals and is a fighter for the animals’ rights. If someone is born in Pig’s Year, he or she has usually a good character. Sometimes children use a small porcelain pig’s figure as a money-saving box - a piggy bank. There is a nice story about three clever sucking-pigs, they were winner against their enemy - the wolf. Some people like to have guinea-pigs as pets. There are the religions in which the dog and pig are seen as “dirty”, bad animals. Of course it is an old superstition. The dog and pig are clever creatures; they often participate in circus performances. They have a good sense of smell and they are used in France to find precious mushrooms called truffles as they grow in hidden places.
In the Soviet Union there was a great astronomer Ambarzumyan. Once they asked him why he took this rare profession. He answered that man and pig have a difference: the pig cannot lift its head and see the stars. Of course the dog willingly uses its legs for “travelling”.

Looking for...

Friendship Valley book: My copy of an illustrated children’s book called FRIENDSHIP VALLEY by Wolo disappeared in Auroville many years ago. This book or any book by Wolo: Amanda, Sir Archibald, or Secret of the Ancient Oak, I would like to borrow for a school project. Thanks, B at bg8ful@auroville.org.in or 9943532829.

Work: Hello, I am Nithya from Azhagu bhoomi forest recently I applied as newcomer, so I am looking for a long term work in Auroville. I completed B.Sc Botany, if interested please contact me 9786807071, auronithya@gmail.com.

Mosaic Maker: I am looking for someone who can make a mosaic-type floor and round tabletop with broken tiles in Courage. eugen@auroville.org.in or 2623137, thanks, Eugen.

House Items: any shelves, cabinets, cupboards or just a few wooden planks to make shelves with bricks. I would appreciate if you can help me as I have a nice small apartment filled up with boxes and bags. It could be that you are moving to a fully furnished apartment and you need to rid of furniture. Thank you. Ivana 7094444154, ivana@auroville.org.in.

Water Lilies and Lotus Plants: Alas, the large ornamental pond at Aurelec has somehow lost all the water lilies and most of the lotus plants that we have been enjoying for years. Now we need to replace them. If anyone can spare a few plants, especially lilies of any colour, please let me know. Many thanks Tim (timwrey@auroville.org.in or 2622296)

Looking for taxi sharing

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

From 2 to 6 January: for a workshop in Quite Healing Center, I’m going at 8:45 am from Center Field and coming back at 6:15 pm. Are you interested in sharing taxi? Call Betza 6385629106.

2 January: to Chennai airport and back on January 2nd. Taxi will pick up a friend that arrives at 2pm. It can be used on the way to Chennai or shared on return from Chennai airport after 2pm (max. 2 people). shivaya@auroville.org.in, 948 960 1312.

7 January: Taxi sharing 7th January from Auroville to Tiruvannamalai early morning... WhatsApp 00393408497658 or elisegala@gmail.com, ask for Elisabetta.

Week’s Happenings

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

At The Matrimandir

AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri

read by Mother to Sunil’s music
Every THURSDAY - 5.30 to 6.00 pm [weather permitting]
Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!
Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please No Photos and do not to use your cell phones, cameras, i-pads, etc.
Dear Guests, please carry your Guest Card with you - No photos there.
Access only for the Amphitheatre from 5.15 pm
Please be seated by 5.25 pm, no late entry.
Thank you.
Amphitheatre Team
**New Year at Matrimandir**

**On 31.12.2018:**

- **4.30 - 9 pm:**
  The Inner Chamber will remain open for Aurovilians and New Comers for their concentration before the New Year.

- **5 - 6.30 pm:**
  Quiet Gathering under the decorated and lit Banyan Tree to bid farewell to the last day of the year and to welcome the coming Year. All are to maintain complete silence under the Banyan Tree and in the Garden of Unity.

- **5.30 to 6.30 pm:** ‘The Marvel of Her Presence’
  a musical offering with the Russian Singing Bells at the Unity Pond, Mini Amphitheatre.
  Entrance by the Office Gate.
  Visitors and guests are requested to carry their Aurocard.

- **11 pm - 12.15 am:**
  Matrimandir will remain open for the midnight meditation for Aurovilians and Newcomers only. All are requested to be seated in the Inner Chamber latest by 11.45 pm.

  Visitors’ hour for concentration in the Matrimandir as usual in the morning between 9 and 11.30 am as per their respective bookings.

**On 1.1.2019:**

- **6 - 6.30 am:** New Year Meditation under the Banyan Tree.
  Entrance by the Office Gate.
  Guests are requested to carry their Aurocard.

- **5.30 - 6.30 pm:**
  Amphitheatre, chanting with the setting Sun.
  Sri Aurobindo’s Savitri set to medieval chant.
  Entrance by the Office Gate.
  Guests are requested to carry their Aurocard.

**Bonne Année and Happy New Year to All!**
INVITATIONS

The Pavilion of Tibetan Culture invites you all
To welcome the New Year with a
Light Mandala Meditation
for the world peace, harmony & prosperity
Monday 31st December 2018
6:45pm onwards
At the Pavilion of Tibetan Culture

All are invited.
We wish you all a Happy New year!
Pavilion of Tibetan Culture team

EXHIBITIONS

Savitri Bhavan
Exhibitions – January 2019
Monday-Saturday 9am-5pm

Meditations on Savitri
The entire series of 472 paintings created by the Mother with Huta
From 1961-67 is on display in the newly extended picture gallery
Sri Aurobindo - A Life-Sketch in Photographs
in the upstairs corridor
Glimpses of the Mother
photographs and texts in the Square Hall
Everyone is welcome

Ryoan-ji
The Dragon at Peace
Opening from 29th December 2018 to 12th January 2019

Monna Maier Photo Exhibition
on Japanese Garden
Opening Timings Except Sunday 9:00 -12:30 / 14:00 - 18:00
[Vernissage 29th Dec from 4:30 to 5:30pm]
Pitanga Cultural Centre, Samasti, Auroville, TN 605101, India. (0413) 2622403/2622994 Pitanga@auroville.org.in

Exhibition on
The Line of Goodwill
The largest Line of Force
Ongoing until 1st March, 2019
Auroville Town Hall Reception Area

Dear Friends, Guests, Aurovillians!
Welcome to enjoy:
Singing, Dancing and delicious Food of Slavic nations!
Sunday 6 January, 2019 - 5pm-8pm
Unity Pavilion Hall
Free Entrance
In our program:
•Small activities for kids
•Short film “Invocation of the Russian Soul”
•Concert and etc.
Under the project of Bratstvo Balkanchest

Baraka Fair
Saturday 5th January from 2:30 to 5 pm
Snacks, Flea Market, Riding Demonstrations, Guided Rides!!
Everyone Welcome :-)

EXHIBITIONS

61 oil paintings inspired by Savitri
a Legend and a Symbol
The painter is AGHNI (Giovanni Tonioni of the Gruppo Germoglio of Modena, Italy), who has been exploring Sri Aurobindo’s epic through painting for more than 20 years). These paintings illustrate the 12 Books and 49 cantos of the poem, and are accompanied by texts summarising each of the cantos.

On view at Savitri Bhavan
2 - 26 January 2019
9 - 5 daily

Opening Concentration:
Wednesday 2 January, 2019, 10am
Everyone is welcome
Bharat Nivas presents
At Kalakendra Art Gallery
"The Dawn of Auroville"
Ongoing Photo Exhibition on the early
days of Auroville with rare historical
images and texts by The Mother.
Opening hours: 9 to 4:30 pm. Sundays closed.
Ongoing until March 2019.

CENTRE D’ART
CITADINE PRESENTS
CARLA SELLO

MIMETIC TRANSMUTATION
22 DECEMBER 2018 TO 2 JANUARY 2019
11AM TO 12PM - 3PM TO 5PM

Pot Pourri
Paintings from the CREEVA students and teachers
of the evening classes happening at the studio in Creativity
until 8 January 9am - 5pm
(closed on Sunday & public holidays)
at Kala Kendra,
Bharat Nivas

MANDALA
BY ROSALBA

MANDALA EXHIBITION
TILL 12th JAN,
WITH THE COLLABORATION
OF AUROVILLE ART SERVICE
AT PAVILION OF TIBETAN
CULTURE
From 9 am to 12:30
and 2 pm to 5 pm
Closed on Sunday
and national holidays
rosalba@auroville.org.in
+91-9787702844

TALKS & DEMOS

ElemenTerre
- the Science Secrets of Earthen Architecture
Thursday 3rd January 2019 at 10:30 am
at Earth Institute courtyard, CSR
A one-hour demonstration for all audiences, given at the
Auroville Earth Institute.

Through intriguing science experiments, we’ll discover the
hidden physics behind this ecological
construction material, used widely
across vernacular cultures.
Showcasing the role of soil, air and
water, this demonstration is based
on a scientific hands-on approach, and shows the key principles
of building with earth. This demonstration aims at offering an
introduction to the physical properties of the local material
earth, principles of building technologies and a sensibility to
sustainable construction.

For more information:
www.earth-auroville.com/elementerre_en.php
Contact : elementerre@earth-auroville.com
or call 9821245951, 0413 - 262 3330 / 262 3064
Auroville Earth Institute
UNESCO Chair Earthen Architecture

CULTURAL EVENTS

Lotte van den Dikkenberg
plays 20th and 21st piano pieces
and improvisations

music by
Bill Evans
Hendrik van Oordt
Jan Johansson
A.Scriabin Etude
Karen Tanaka
Saturday 5 January
- 7:30pm
AT CRIPA
DURATION: 1 HOUR
GALACTIC NEW YEAR
Make a wish!
Monday 31 December
Well cafe at Sve Dame
7pm: Special New Year Eve dinner
8 pm: Folk Music Delight
9:15 pm: BulletProof Funk
10:30pm: Dj Ewan-A - tribal-dub-organic-trance set
Free for Av, Pc, volunteers, guests entry fee

Odissi Dance performance
by Aneesh Rahavan
Saturday, 5 January 2019 - 8 pm
at Sri Aurobindo Auditorium, Bharat Nivas, International Zone, Auroville
Aneesh Rahavan
a student of Smt. Sangeeta Dash, and an ex-student of the Sri Aurobindo International Center of Education, and a PhD scholar of Sanskrit at the Pondicherry University.

Theme of the Show:
"A story on the relationship between the Guru and Disciple: the unfolding of the Deba Prasad Das gharana of Odissi from the guru to the shishya... A journey of self-expression..."
Contact: bharatnivas@auroville.org.in
All are welcome
Bharatnivas cultural group

Bharat Nivas presents
Odissi Dance performance
by Aneesh Rahavan
Saturday, 5 January 2019 - 8 pm
at Sri Aurobindo Auditorium, Bharat Nivas, International Zone, Auroville
Aneesh Rahavan
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Contact: bharatnivas@auroville.org.in
All are welcome
Bharatnivas cultural group

Pavilion of Tibetan Culture
International Zone - Auroville
- Wednesday 6.45 to 8 pm: Tibetan Dinner (Request to register)
- Thursday 5.15 to 6.45 pm: Vocal Yoga class.
- Saturday 7 to 8.30 am: Pranayama - Breathe of Life Energy.
- Saturday 5.30 6.30 pm: Heart Energy Meditations.
- Every 4th Friday and Saturday: visit of the Tibetan DOCTOR.
For further details of information contact us office -0413 2522401.8489067332.
E-mail bodkhang97@gmail.com
Please note this last minute event:
Saturday 29th December 2018
Pavilion of Tibetan Culture and the visiting Tibetan Students from Delhi are organizing a light dinner first come first served from 7 to 8 pm serving only.
for big groups are requested to register.
0413 2622401 or 8489067332.
e-mail to - bodkhang97@gmail.com

Centre D’art Schedule - January 2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 4 January</td>
<td>Auroville photo circle meeting</td>
<td>5pm to 7pm</td>
</tr>
<tr>
<td>Saturday 5 January</td>
<td>Opening of photography solo exhibition THE OLDER BROTHERS’ OF SIERRA NEVADA By Sri Kolari</td>
<td>4 to 7pm</td>
</tr>
<tr>
<td>Monday 7 to Saturday 19 January</td>
<td>Solo Photography Exhibition THE OLDER BROTHERS’ OF SIERRA NEVADA By Sri Kolari</td>
<td>2.30 to 5.30pm</td>
</tr>
<tr>
<td>Friday 11 January</td>
<td>Documentary film Screening on Henri Cartier-Bresson</td>
<td>5pm to 7pm</td>
</tr>
<tr>
<td>Wednesday 16 January</td>
<td>Western classical music evening by Eric Chacra</td>
<td>5pm to 6pm</td>
</tr>
<tr>
<td>Friday 25 January</td>
<td>Documentary film on painting</td>
<td>5pm to 7pm</td>
</tr>
<tr>
<td>Saturday 26 January</td>
<td>Opening of “WHITE NIGHT” group painting exhibition</td>
<td>4pm to 7pm</td>
</tr>
</tbody>
</table>

SUBMISSIONS: Centre D’art is pleased to accept submissions of cohesive art projects, and we carefully go over all submitted portfolios. However, we hope you understand that due to a high number of applications, we cannot unfortunately reply in person to each submission. If we are interested in your work for exhibition, we will be sure to contact you via the details provided with your submission. Submissions may be made to centredart@auroville.org.in. If making a submission, please note the following guidelines:
● The subject line of any submission email must begin with the subject ‘Exhibition Submission’
● All images should be sent as jpeg files, at screen resolution, not more than twenty-five images.
● Attach a short artist statement for the project being submitted, that will help us understand your work better.
● Provide contact details - email address.

Connect with us: centredart@auroville.org.in
Sign up for our latest posts and updates.

AT ISAIAMBALAM GUEST HOUSE

REGULAR EVENTS ON APPOINTMENT:
On appointment. Contact: 9487503617 or email isaiambalam@auroville.org.in

● Ayurvedic Massage: with Raja. Acupressure and deep tissue Ayurvedic massage for Vata, Pitta and Kapha body types.
● Reiki: with Gabriele. Reiki is a hands on healing technique based on prana the life force energy flowing through us. It is beneficial for body, mind and spirit and peace and relaxation.
● Private Hatha Yoga sessions: with Gabriele in English or German. You will receive personalized instructions based on your body type and life style.

WEEKLY DROP-IN CLASSES WITH GABRIELE:
All are Rooftop classes - only without rain

● Sivananda Hatha Yoga: every Monday and Friday at 7 am. It includes relaxation, pranayama (breath work), suryar namaskar and the main asanas postures in Sivananda tradition. Discover how yoga can help improve your flexibility, balance, strength and more!
● Sivananda Hatha Yoga for beginners level 1: every Thursday at 7 am. We guide you step by step in the fundamental asana postures to strengthen the body for flexibility and stamina and breathing techniques (pranayama) to enhance concentration. Suitable for everybody!
● Sivananda Hatha Yoga for beginners level 2: every Wednesday at 7 am. Designed for beginners who have attended the level 1 of have some yoga experience. Here we begin working with the bodily energy system and chakras.
● Meditation for beginners - learn how to meditate! every Tuesday at 5 pm. The class consists of breath work and some yoga asanas to prepare body and mind, mindfulness meditation of different traditions including relaxation, mantra and chakra... Suitable for everybody either on the floor or on a chair.

AT QUIET HEALING CENTER

For appointments and registration, please contact the reception at 2622329, 9488049466

● Watsu 1 (TF) with Dariya & Daniel
Wednesday 2 - Sunday 6 January 2019 (9am - 6pm)
In Watsu 1 (Transition Flow) you will learn to connect the basic Watsu movements and positions you have been exposed to with longer, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also gain insight about your own body mechanics and learn how to support and move each person as effortlessly as possible.

● Liquid Flow Essence with Dariya & Daniel
Tuesday 8 - Monday 14 January 2019 (9am- 6pm)
This high-level workshop with the main Liquid Flow sequence is for participants, who wish to dive deeper into the beauty of aquatic bodywork. You will expand your knowledge and focus on flow and continuity of movement, which offer possibilities for improving your therapeutic work.
In combination with exercises on land, you will experience the profound, multilayered effects of this powerful, yet softening, bodywork.

● Foot Reflexology Training with Ananda
Friday 11 - Tuesday 15 January 2019 (9am - 4.30pm)
Holistic Foot Reflexology is deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.
You will explore and deepen your knowledge about anatomy of the physical and energy bodies in relation to yogic science, warmup, self-healing techniques and use of supportive tools, reflexology techniques & sequence for organs, nerves, hormones, specific sequence for lymphatic flush drainage & energy balancing, reading various body types and variations in approaches to apply, meditations to be open channel of sensitivity, presence and loving energy, and effective ways to give deep healing sessions effortlessly.

● OBA 2 with Gianni
Tuesday 15 - Monday 21 January 2019 (8.45am - 6pm)
OBA 2 focuses on learning more complex tech-niques, refining your intuitive responses and preparing for working profes-sionally with people in water. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. Prerequisite: OBA 1 or equivalent, such as Liquid Flow Essence.

CREATIVITY HALL OF LIGHT - JANUARY PROGRAM

You can just come to the regular classes, no need for an appointment.
For a workshop, please contact the person who is conducting it.
Aurovilians and Newcomers free regular classes. Guest fixed contribution and reduced for Volunteers.

REGULAR CLASSES

<table>
<thead>
<tr>
<th>Monday</th>
<th>8:00 to 9:15am Hatha Yoga</th>
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<tbody>
<tr>
<td></td>
<td>- 27 January from 8:30 to 9:30am</td>
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<tr>
<td></td>
<td>- 30 January from 8:30 to 9:30am</td>
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<tr>
<td></td>
<td>- 31 January from 8:30 to 9:30am</td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
<th>8:00 to 9:00 Hormonal Yoga</th>
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<tr>
<td></td>
<td>4:15pm to 5:45pm Chi work</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>3:30 to 4:50pm Kundalini meditation</th>
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<tbody>
<tr>
<td></td>
<td>5:30 to 6:30pm Chanting</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>8:00 to 9:15am Hatha Yoga</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>- 31 January from 8:30 to 9:30am</td>
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<tr>
<td></td>
<td>- 30 January from 8:30 to 9:30am</td>
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<tr>
<td></td>
<td>- 27 January from 8:30 to 9:30am</td>
</tr>
</tbody>
</table>

| Friday       | 5:30pm to 6:50pm Hatha Flow Yoga |

WORKSHOPS

<table>
<thead>
<tr>
<th>Nada Yoga Workshops:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Thursday 10 &amp; Friday 11 January</td>
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<tr>
<td>- Thursday 17 &amp; Friday 18 January</td>
</tr>
</tbody>
</table>

From 9.30am to 4:45pm
To register: Contact Hansini 9487544184

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Vérité Programs January 2019
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>
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<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>Transformational Yoga (starts 15th Jan)</td>
<td>11 am to 12.30 pm</td>
<td>Elise</td>
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<td></td>
<td>Laughing Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
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<td></td>
<td>Yoga Anatomy &amp; Alignment in Asana</td>
<td>5 to 6.30 pm</td>
<td>Sheida</td>
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<tr>
<td></td>
<td>Deep Sound Bath (No class 1st Jan)</td>
<td>5 to 6.30 pm</td>
<td>Anand, 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>
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<tr>
<td></td>
<td>Somatic Explorations</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>Transformational Yoga (starts 17th Jan)</td>
<td>9 to 10.30 am</td>
<td>Elise</td>
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<tr>
<td></td>
<td>Open Heart Space Meditation</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
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<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>The Rhythms of Movement (no class 18th Jan)</td>
<td>5 to 6.30 pm</td>
<td>Vera</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>Fri, 4 Jan</td>
<td>Mindfulness Through Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Wed, 9 Jan</td>
<td>Somatics – An Introduction for everybody</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Sat, 12 Jan</td>
<td>Yoga for the Spine</td>
<td>9.30 am to 12.30 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Fri, Sat &amp; Sun, 18, 19 &amp; 20 Jan</td>
<td>Pranayama: Breath of Life – Part 1</td>
<td>9 am to 4.30 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td>Sat, 19 Jan</td>
<td>Introduction to “The Movements” of Gurdjieff</td>
<td>9.30 am to 12.30 pm</td>
<td>Yoffi</td>
</tr>
<tr>
<td>Fri, 25 Jan</td>
<td>Breath-work and Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Wed, 30 Jan</td>
<td>Construct Your Flow: Know your Body through Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
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</table>

Therapies

<table>
<thead>
<tr>
<th>Therapist</th>
<th>Technique</th>
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<tbody>
<tr>
<td>Andres</td>
<td>Thai Yoga Massage</td>
</tr>
<tr>
<td>Sheida</td>
<td>Yoga Asana Therapy for Muscular Skeletal Conditions</td>
</tr>
<tr>
<td>Chetna</td>
<td>Neurofeedback therapy</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki</td>
</tr>
<tr>
<td>Tania</td>
<td>Biodynamic Craniosacral Therapy (starts 14 Jan)</td>
</tr>
<tr>
<td>Lisa</td>
<td>Etiomedicine</td>
</tr>
</tbody>
</table>

**INTENSIVES AT VÉRITÉ**

- **MINDFULNESS THROUGH YOGA** - with BIJOU
  - **Friday 4, January** - from 9.30 am to 12.30 pm
  What is mindfulness? And how can Yoga help us understand both the concept of mindfulness and its application? This intensive draws on traditional foundations of yoga, where the unity of mind and body results in a meditative state. While the physical aspects have been well researched, here we look more at the mind, and learn how mindfulness can make it our best friend. BIJOU is a certified Hatha Yoga teacher (300 hrs) from Yoga Vidya Gurukul, Nasik, India and along with initiations into Buddhist Meditation (Tushita, Dharamkot) to incorporate Mindfulness through Yoga. He has been teaching several places in India and abroad since 2014.

- **SOMATICSG - AN INTRODUCTION FOR EVERY BODY!** with MAGGIE
  - **Wednesday, 9 January** - from 9.30 am to 12.30 pm
  Somatics is a system of slow mindful movements (mind-body training) in the tradition of Thomas Hanna. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. MAGGIE is a professionally trained Somatic Movement Educator and offers workshops, classes and clinical sessions in highly effective technique.
**AUROMODE YOGA SPACE - Program January 2019**

Phone: 0413-2622224 mobile: +91 8940557864
Email: contact@auromodeyogaspace.com
www.auromodeyogaspace.com

**YOGA CLASSES**

Drop in classes for all levels and ages are available full week, morning and evening:

Yoga, Qi Gong, pranayama practice. Check the schedule on: www.auromodeyogaspace.com

<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/Rute</td>
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<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>9-10.30 am</td>
<td>BB/Salomea</td>
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<tr>
<td></td>
<td>PRANAYAMA</td>
<td>4-5 pm</td>
<td>Liran</td>
</tr>
<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7 pm.</td>
<td>Laure/Rute</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure/Rute</td>
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<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>9-10.30 am</td>
<td>Salomea</td>
</tr>
<tr>
<td></td>
<td>CLASSICAL HATHA YOGA</td>
<td>5.30-7 pm.</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>QI GONG FOR MERIDIANS</td>
<td>8.35-9.35am</td>
<td>Andres L (from Jan 7th)</td>
</tr>
<tr>
<td></td>
<td>PRANAYAMA</td>
<td>4-5 pm</td>
<td>Liran</td>
</tr>
<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7 pm.</td>
<td>Bala</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure/Rute</td>
</tr>
<tr>
<td></td>
<td>HATHA VINYASA FLOW</td>
<td>9-10.30 am</td>
<td>BB/Salomea</td>
</tr>
<tr>
<td></td>
<td>HATHA FLOW YOGA</td>
<td>5.30-7 pm.</td>
<td>Andres A.</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>GOOD MORNING HATHA YOGA</td>
<td>7-8.30 am</td>
<td>Laure/Rute</td>
</tr>
<tr>
<td></td>
<td>QI GONG FOR MERIDIANS</td>
<td>8.35-9.35am</td>
<td>Andres L (from Jan 7th)</td>
</tr>
<tr>
<td></td>
<td>HATHA YOGA</td>
<td>5.30-7 pm.</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>5.30-7 pm.</td>
<td>Laure/Rute</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>HATHA YOGA</td>
<td>10-11.30 am</td>
<td>Bala (except intensives days)</td>
</tr>
</tbody>
</table>

**EVENTS AND INTENSIVES**

>>> 24 Hours prior registration required <<<

- ‘Music & Rhythm Therapy’ With Ruma Chakravarty
  - Saturday, January 5th from 2.30-5pm
  - Reverberation - the PratinAda

- Yoga of Tamil Siddhas and Visiting Powerful Temples around Auroville - With Bala
  - Sunday, Jan 6th from 10am - 7pm
  - Ancient temples around Auroville and Tamil legends, Siddha Yoga, pujas and more! Join us for a one-day “talk & walk” blending experience and theory, practice, history, sightseeing. Bus included.

- Poetry Reading: Spiritual Songs of Kabir by Prof. Sehdev Kumar & Ms. Ruma Chakravarty
  - Monday, Jan 7th - 7-8.15 pm

- Thai Yoga Massage Introduction With Andres Acosta
  - Sun, Jan 13th - 9.30am - 4pm

- Acupuncture & Trad. Chinese medicine diagnosis (3 half day sessions) with Andres Lokuta
  - Jan 17, 18 & 19 - 8.30am - 12.30pm

- Acroyoga With Shakti Shilpa
  - Friday, Jan 25th - 9am - 5pm

- Awareness of the subtle-physical body using yoga Nidra With Egle
  - Sun, Jan 27th - 9am - 5.30pm

**THERAPIES & MASSAGES**

- Andres Acosta: Thai yoga massage.
- Bebe Merino: Thai yoga massage.
- Andres Lokuta: Acupuncture & traditional Chinese medicine diagnosis.
- Andres Lokuta: Chiropractice & energy line adjustments (From Jan 9th)
- Liran: Oil massage (deep tissue, lomi lomi, holistic)
- Claudia: Lomi-Lomi and Kahuna massage (Hawaiian massage)
- Lila: Foot reflexology & holistic consultation
- Laure: Private Individual or group yoga sessions in EN, FR or NL
- Gabriele: Reiki and private individual or group yoga sessions

For appointments: phone +91 413-2622224, contact@auromodeyogaspace.com

Guests/volunteers: contributions requested (reductions), Aurovilians/newcomers: donations welcome

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*News&Notes 31 December 2018 [779]*
<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 (regular Students only)</td>
<td>Monday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (regular Students only)</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 (all levels)</td>
<td>Wednesday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Thursday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Yoga with Bala with Nikhil</td>
<td>Tuesday</td>
<td>5 to 6:30 pm</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 (all levels)</td>
<td>Saturday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>ATB (Awareness through the Body) with Stefania</td>
<td>Saturday</td>
<td>9 to10:30 am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THERAPIES (on Appointment only)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td>by Sara</td>
<td>9443617308 or with Simona (9489511648)</td>
</tr>
<tr>
<td>Reiki</td>
<td>Marcia</td>
<td>7598260379</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Tarot &amp; Shamanic Card Reading</td>
<td>Valentina</td>
<td>9791719387</td>
</tr>
<tr>
<td>Thai reflexology massage</td>
<td>Santiago</td>
<td>8754958120</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.joyauville.org - www.facebook.com/joyauville

ARKA WELLNESS CENTER & MULTIPURPOSE HALL –JANUARY– 2019

<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 Saturday.</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. Mariene Dengg - by appointment 8220232869, <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 8903363572 or 7339607097</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>Antarjothi - 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>
### Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna & hair coloring.
**Meha** by appointment 9443635114  
**Monday to Saturday**

### Hair Dressing
**Ongkie** by appointment 9843930178  
**Monday to Friday**

### Hair Dressing
**Mimi** - by appointment 9489694626  
**Monday to Friday**

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### CLASSES

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates</td>
<td>Teresa - 786798952</td>
<td>Tues, Thurs 7:30am – 8:30am.</td>
</tr>
<tr>
<td>Hatha Yoga (Beginners and Intermediate)</td>
<td>Dr. Carola - 8903363572, 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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### PITANGA - Programme for January 2019

#### Yoga - Iyengar

<table>
<thead>
<tr>
<th>Asanas for women</th>
<th>level 2</th>
<th>Mon</th>
<th>07.30 - 09.00</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for beginner</td>
<td>level 1</td>
<td>Mon</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>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 - 09.00</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>Asanas</td>
<td>drop in</td>
<td>Tues</td>
<td>16.30 - 18.00</td>
<td>Nadia</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Wed</td>
<td>06.30 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas for women</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>07.30 - 09.00</td>
<td>Nadia</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>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>Yoga Therapy</th>
<th>drop in - all levels</th>
<th>Mon, Wed, Fri</th>
<th>08.30 - 10.00</th>
<th>Gala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas (*)</td>
<td>for teenagers</td>
<td>Mon, Wed</td>
<td>16.00 - 17.00</td>
<td>Natascha/Lisbeth</td>
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<tr>
<td>Yoga - body,breath,mind</td>
<td>drop in - all levels</td>
<td>Mon</td>
<td>17.00 - 18.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa flow</td>
<td>drop in - all levels</td>
<td>Tues (from 22nd)</td>
<td>09.00 - 10.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>17.30 - 19.00</td>
<td>Soyouan</td>
</tr>
<tr>
<td>Yoga - Restorative</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>14.00 - 15.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>drop in - all levels</td>
<td>Wed (from 16th)</td>
<td>17.00 - 18.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Feminine Dance for pregnancy</td>
<td>drop in - for women</td>
<td>Thurs</td>
<td>14.30 - 16.00</td>
<td>Priscilla</td>
</tr>
<tr>
<td>Hatha yoga</td>
<td>drop in - in French</td>
<td>Thurs</td>
<td>07.30 - 09.00</td>
<td>Sylvie</td>
</tr>
<tr>
<td>Yoga Nidra</td>
<td>drop in - in French</td>
<td>Fri</td>
<td>17.00 - 18.30</td>
<td>Sylvie</td>
</tr>
<tr>
<td>Asanas</td>
<td>for children 7-9 yrs.</td>
<td>Sat</td>
<td>10.00 - 11.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - Level 1</td>
<td>Sat</td>
<td>17.00 - 18.30</td>
<td>Soyouan</td>
</tr>
</tbody>
</table>

#### Other Exercises

<table>
<thead>
<tr>
<th>Falun Dafa (Qi-Gong)</th>
<th>drop in - all levels</th>
<th>Tues</th>
<th>17.30 - 19.00</th>
<th>Tania</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pranayama</td>
<td>Regular practitioners</td>
<td>Fri</td>
<td>06.45 - 08.00</td>
<td>Francois/Namrita</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>drop in - for women</td>
<td>Thurs</td>
<td>16.30 - 17.30</td>
<td>Suriya Gandhi</td>
</tr>
<tr>
<td>Discover energy body</td>
<td>for children, 7-9 yrs.</td>
<td>Sat</td>
<td>11.00 - 12.00</td>
<td>Gala</td>
</tr>
</tbody>
</table>

#### Dance

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

#### Health Care at Pitanga

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

- **Thai yoga Massage** with Juan
- **Awakening the Intelligence of the body** with Vani
- **Foot Reflexology** with Lila
- **Life Coaching** with Vani
- **Readings in Vedic Astrology** with Vikram
- **Journey to the memory of the body** with Vani
- **Acupuncture** with Heidi

Note: (*) Denotes classes for those willing to commit for a minimum of 3 months
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
Jan. 7: Evolution Fast forward, Part 2 50min.
Jan. 14: Evolution Fast Forward, Part 3; Parts of the Being & Planes of Consciousness 75min.
Jan. 21: Hidden Treasures of Plants 35min.
Jan. 28: The Great Mystery of Water 86min

Full Moon Gathering
Sunday Jan.20, 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
Satudays 5-6.30pm: Satsang led by Ashesh Joshi

Every Thursday 6:00pm – Meditation

New Weekly Reading of Savitri
Weekly reading of Savitri is starting on Tuesday 1st of January at 5 pm
with the aim to complete the poem within 12 months.
The weekly reading will be each Monday at 6:30 pm for an hour.

Everyone is welcome
REGULAR EVENTS

Note from the editors
The Regular Events column is printed once a month, sent weekly via pdf through our mailing list, and published online for anyone to access at: auroville.org/contents/4187.

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

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

Online Auroville Events Calendar
- (no need to log in for guests) - just scroll down the page.
The schedule of events for the week can be accessed by all, including Guests and Visitors, on the Auroonet login page:
www.auroville.org.in

AVYA Auroville Youth Activities: a 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. Derby 90 47 72 27 40.

African Pavilion’s Regular Events: Every Thursday enjoy the drumming circle together with African drummers from 6 pm till 9 pm. We drum together... musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / • Unifying team building.

**Active meditation / Empowerment through rhythm. On Saturdays from 4:30 pm until 6 pm: Focused Dance Improvisation with Tahir. Location: African Pavilion, near Visitor Centre. Contact: 9047047411 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 (morning classes) on Tuesday & Thursday 6:00 to 7:15 am; Women & young girls (from 15) Sunday morning 8.30 to 9.45 am with Surya. For all classes please be at the Dojo/Budokan 10-15 min. before class starts. Welcome to watch a class before you join. Beginners may wear long loose pants & T-shirt with sleeves for the start (no tight fitting please) then a white “keikogi” will be required - we have some. For all activities at the AV Budokan: Health Fund or private insurance necessary. For more information contact Murugan: 9955-813845; Murugan: 9952-812843.

Aikido with Sep: Practice of Aikido at the Auroville Budokan under the guidance of Sep Overtaat, 6th Dan Tokyo Aikikai. Hours of practice: Tuesdays and Thursdays from 7pm. to 8:30pm. Minimum age is 15. For further information contact Sep: overtaat@gmail.com / 849750503.

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

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 7094104229.

Ashtanga Yoga- Mysore Style: with Christine Pauchard. “Change of venue**: Taramangaling - 5 min after the Beads Garden - Check the directions on our webpage at the site “YOGA” - or enter in Your GPS “Skandavan”. The gate of Taramangaling is the third gate on the left after Skandavan gate which will be on your right side - From Monday to Saturday - 1st Batch 6.45 am/ 2nd batch 7.15 am / Led class on Saturday at 7am. Pre-Registration by mail must be done in advance: by phone / email: christine@auroville-holistic.com / www.auroville-holistic.com.

Ashtanga Yoga classes by Muthukamar: Wednesday afternoon - 5 to 6 pm, at Progress Hall, Bharat Nivas. Contact: muthukamar@auroville.org.in, 894043617.

Astrology, Vedic: Readings in traditional Vedic Astrology to address any issue or area of life where you need more clarity. A single session lasts 45 to 75 minutes. Please plan accordingly. Study sessions are also possible. See http://www.allthingsvedic.com/ 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, farm, art, and more. During a morning time, or more if you need, you’ll follow Veronique who speaks French and English, with your electric bicycle (best ever) around Auroville, Veronique lives and works in Auroville since 2001. For information please contact Veronique J. on +919488512678 (Whatsapp too) or email 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.

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

Bead Play Shop: Dear guests, Rio is offering bead play shop for children between 8-13 of age from Monday to Saturday. The timings are 10 to 12 noon and 2.30 to 4.30. The children can play with beads and create their own patterns and / or follow set patterns. For appointments, please contact Mila: 9047240618 or rio@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, kirtan, harmonic, overtone, if you wish. Individual sessions with Tuning Forks for chakra cleaning. Qi gong with facial rejuvenation, and for the back (spine, shoulders, neck). French and English speaking. For more info: please call Sattyoyoga, tel: 7639761930, email: jilmoral@yahoo.fr.

Bharatanatyam Dance: with Deepa at Sawchui (Bharat Nivas) every Saturday 9 from 10 am to 12 noon. r_deepa14@yahoo.co.in or 759836514.

Bharatanatyam Dance: with Caveri at Sawchui (Bharat Nivas) every Tuesday and Thursday, 4 to 6pm. Saturday 10 to 12am. sureshcaveri@gmail.com, 759836514.

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 Sivasubramanian in Tamil and English (for directions kindly consult google maps at this link: here).

Biodynamic Craniosacral Therapy (starts 14 Jan) with Mila at Vérité. Biodynamic Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

For appointments please contact: 0413 -2622 606 or 7094104329.

Bioresonance (with Bicom machine) with Afshaneh at Quiet A low energy magnets with healing magnets allows or injury these vibrations become disharmonious. The Bicom machine can read these vibrations and transmit complimentary electromagnetic vibrations to restore harmony in the body. The Bicom machine contains computerized programs to make an energy diagnosis and to determine which therapies are appropriate for specific symptoms, organs and meridians. Bioresonance therapy can be used for both diagnosis and treatment. For appointments, please contact Quiet’s reception at 9488084966 www.qiethealingcenter.info / quiet@auroville.org.in.

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 Bajhans and Kirtans. Musicians are welcome with their instruments. Hansini 9487544184.

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

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Contact Improvisation Dance classes and jams: Tuesday and Wednesday 5 - 7pm at European House (located inside and to the right of international house - opposite Tibetan pavilion). A chance to play, move, roll, fly, spiral with and without a partner. We will play with the artistry of falling off balance, counterbalance, finding the edges of the body and learning the mechanics of the body in order to handle someone else’s weight or be lifted. Looking at body design and structure to find efficient, effortless and graceful movement. Tuesday class will focus on technique and improving our contact movement vocabulary. Wednesday will start with a structured warm up and develop into a free space jam, where we can play and dance. Classes are designed for all experience types. Contact John: 852 496 3049.

Chinese Cupping & Moxibustion: with Aurosavithri at Progress Hall, (Bharat Nivas) every Wednesday and Thursday - 3 to 5pm. aurosavithri@gmail.com, 8300492836.

Dance - Contemporary and Bharatnatyam: with Aurosavithri at Progress Hall, (Bharat Nivas) every Wednesday and Thursday - 3 to 5pm. aurosavithri@gmail.com, 8300492836.

Dance - Hip Hop and Contemporary: with Vijay at Sawchhu (Bharat Nivas) Tuesday 7 to 5pm, Saturday and Sunday 6:30 to 7:30pm. sarasu@auroville.org.in, 9655811272.

Dance for Teens: with Madita 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 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 maha mantra “Hare Rama Hare Krishna” which is simple 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 keeping the world in balance with his cosmic dance. - For more info (+91) 413 2622045 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 movement of another body. - For more info (+91) 413 2622045 or email: programming@verite.in.

Darkali Fitness Track: is 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 aware that the Fitness Track reopens after the rain please visit Auronet group «Darkali Fitness Track». - Way to the gate in Google Maps: goo.gl/dpdTgf.

Deep Sound Bath (no class 1 Jan): with Anand, Balu & Vera on Tuesdays from 5 - 6.30pm 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 Healing is an ancient method, which allows you to: - 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 Sheida at Vérité on Wednesday from 6.10 to 8am. In yoga asana practice, alignment refers to the optimal relationship between bones and musculature, to maximize physical efficiency and ease of movement. Proper alignment is essential to reduce strain and prevent injury. These sessions feature awareness of posture, alignment, and the stretching and strengthening both sides of the body equally. It also includes instructions on the use of props, which helps students at all levels to practice with greater stability, effectiveness and ease.

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 practices.

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

Carnatic Vocal: with Grace at Sawchhu (Bharat Nivas) every Sunday 8:30 to 11:30am. 8940522975.

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 utilize your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are the creators & observers of our own lives, and we can change the reality around us by changing the reality within us, we will learn simple, effective ways of using the voice for: - Healing oneself & other 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: saroja@aarav.org.in or 76390 17692. http://activitygartenaarav.org.es.

Chun: Fire cupping (火罐) and Moxibustion: both are 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 - 80989-00708 / chun@aarav.org.in or in Arka Wellness Center.

Collective Painting Experiences with Louis at Hibiscus Art Villages project - Well Studio Cafe at Saw Dome. Every Sunday from 23 December, 10am to 5pm (12pm -1pm lunch break/potluck). Contribution for the materials expected if used, or feel free to bring along your own materials and colours and everything that can make art. - Edible alive! Please make sure for all age groups, contact: louis@aarav.org.in or on Facebook @HibiscusAV. Create yourself through Art. ☛

Communication of the Heart: Regular practice group, in FRENCH ONLY. (Based on CNV/NVC of Marshall Rosenberg). Mondays: 4:30-6pm. It is both a personal 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.

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 Writing: with Francesca every Monday from 4:30 to 6pm. The creative writing experience is back! Never stop to be creative whatever happens in your life! For info: 0413-26223987 or write to amvictorycreativewriting@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 Francesca 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.
experiences. Pass by to learn more about the hazards of disposable menstrual products, the benefits of reusable pads 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: 9497179556. Our office in the Saraco campus, near Ganesh bakery, just before Windarra. email info@ecofemme.org.

**EcobrandCraft with Wellpaper:** All are welcome daily to experience one or more upcycling techniques with the experienced women of Wellpaper. The regular interactions are morning or afternoons. Please contact us in advance to coordinate and get information. Phone/WhatsApp +91 9385744722, email wellpaper@auroville.org.in. Please check our website: wellpaper.org/

**Enhance your perception:** You can enhance your perception by doing some very easy drawing exercises. Please don’t be afraid! Drawing is not about the expression of some mysterious magical skill, but a matter of perception. Every person who is able to write has the skill to draw. Our perception is usually limited by what we already have learned. Realizing this mechanism, you might become able to perceive the real physical form and beyond. You might start to see energy fields... Time: every 2nd Thursday from 2 to 4.30 pm. For groups up to 12 and also on appointment, please contact us for the next date: Matrigold 0413-2622458, matrigold@auroville.org.in.

**Expressing your inner through colours:** With Helgard, Wednesdays 5-7pm at CREEVA's Studio in Creativity. Welcome back to my class for adults! I welcome my experienced student as well and any interested peoples who want to express their inner through colours, (no need to have experience with painting)! We work in silence, to feel our first colours. I will guide you a bit and let you perceive the r... Time: every 2nd Thursday from 2 to 4.30 pm. For groups up to 12 and also on appointment, please contact us for the next date: Matrigold 0413-2622458, matrigold@auroville.org.in.

**The Eternity Game- El Juego de la Eternidad:** An oracle with 64 cards based on Sri Aurobindo’s Yoga. Individual and groups, in English, Spanish, and French. By appointment. Contact : Anandi: 0413-2622547 or anandi7@auroville.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 606 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, on these Saturdays (9am to 6pm) in 2019: 12 Jan, 9 Feb, 9 March. Contact Moghan: 9751110486 / moghan@auroville.org.in

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

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

**Fitness Swiss ball with Sativri** 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 Sativriyogu, tel: 7639761930, email: jimalor@yahoo.fr.

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

**Food Garden Exploration:** Every Friday from 9am to 1:30pm with breakfast and lunch at La Ferme Community. Harvest - Prepare - Eat. I would like to share with you the beauty and simplicity of growing and eating your own food. Let’s harvest greens, vegetables, flowers, fruits and create together, colorful and healthy tasty dishes, with focus on raw food. We will start with breakfast ideas such as herbal tea, green smoothies, fruit bowls... Followed by a discovery walk through the garden, collecting gifts for our lunch dishes to create delicious healthy veggi bowls. Limited to 6 persons. Booking: sarah@auroville.org.in, 9047421044, Instagram: greenleafauroville.

**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.

**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.

**Gurdjieff movements:** at Cripa with Yoffi, every Monday 5-7pm. Gurdjieff movements, also known as “sacred dances” are a powerful tool for inner and outer awareness. The practice makes it possible to become free of the automatism and habits of our body, emotions and mind. By moving differently than we usually do, we experience new qualities of energy and meet ourselves in new ways.

**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 9787337465.

**Hatha Flow Yoga Classes with So-You:** At Creativity Hall of Light. Fridays: Hatha Flow Basics 5:30pm to 6:50pm. The class is based on the alignment of lyengar and flow of Ashtanga. It remains authentic to ancient yoga tradition while tackling modern challenges. After class, you will be So Young!! Info: 8500874818. Savitri Bhavan.

**Hatha Vinyasa Flow:** with Aishwarya at Vérté 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 90 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 Vérté on Mondays and Wednesdays from 5 to 6.15 pm.** "The practice guides the student to a tension-free state of radiant health achieved through the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dharana), activation of the energetic centers (Chakras), and Relaxation techniques. As a result, the flow of Prana (Vital Life Force) is unblocked throughout the Nadis (energy meridians). Balance is restored in the physical, mental, emotional, intuitive and psychic being. Through constant practice contentment (santosh), equanimity (samatha), conscious health, connection and well-being will be established in daily life". Contact: 0413-2622 045 or 7094104329.

**Morning Hatha Yoga:** at Auromode Yoga Space. (accessible to all levels) Monday to Saturday from 7.30 to 8.30 am with Rute, Laure or Bala. Soft and activating Hatha yoga to wake your body up gently and start a healthy day! More info on: www.auromodeyogaspace.com.

**NEW!** Hatha Flow and Vinyasa Yoga Flow: at Auromode Yoga Space (accessible to all levels). Monday to Saturday 9-10.30 am with Bebe, Anabel, Gabriele or Salomea. Breathe, move and get more vital. Let your Chi flow for the whole day! More info on: www.auromodeyogaspace.com.

**Hatha or Hatha Vinyasa Flow:** at Auromode Yoga Space (accessible to all levels). Monday to Saturday from 5.30-7pm with Rute, Laure or Bala. Soft and activating Hatha yoga to wake your body up gently and start a healthy day! More info on: www.auromodeyogaspace.com.

**Classical Hatha Yoga:** at Auromode Yoga Space (accessible to all levels) Sundays from 10-11.30 am with Bala. Join a gentle Classical Hatha (Sivananda style) yoga session including asana and pranayama to enjoy a relaxing Sunday. More info at: www.auromodeyogaspace.com.

**Hatha yoga - private sessions:** individual or group (90 min) at auromode yoga space with Laure, Bala, Andres Acosta, Liran or Anabel. Classes in English, French, Hebrew, Tamil, Dutch or Spanish. More info on: www.auromodeyogaspace.com.
Hatha Yoga classes with Tatianna: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahayoga108@gmail.com, +919655668798.

Heart Energy Meditation: Saturdays from 5.30 to 7 pm. Pavilion of Tibetan Culture, International Zone. The session is held by Anand Kumar. He combines his deep experience with yoga, meditation, and science. (Anand Kumar is offering retreats in well-known centers for healing and inner essence through body-mind energy with love and awareness across India, Vietnam and Europe). The class will start from Saturday the 15th of December 2018 until further announcement. The doors will close on time. Thank you for your understanding.

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 (Selvera) of KCC / 9876167917 (Sundar, K, Aspiration).

Hindi & English Class: Learn to speak, read and write Hindi at New Creation every Sunday at 4pm. Contact Shiv: 9110810224 at Reach for the Stars. shiv.god107@gmail.com.

Holistic regular sessions: See more details and the up-coming intensives: www.auroville-holistic.com. For the following sessions, book at christine@auroville-holistic.com or on whatsapp: +91-9489805493.

1) 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. 2) Health & wellness coaching program: 5-session program includes one to one talk session, 1 acupressure massage, 1 scientific meditation with sound healing… A customize program to heal Depression, General Anxiety Disorder, Sleeping disorder, to enhance your relationship (bad-breaking relationship, no relationship…)

3) Chakra Healing & Therapeutic acupressure massage.

Homeopathy Sensation Method: A deeper approach in homeopathy, determining a person’s constitutional remedy for long-term healing (physical, mental and emotional). With Sigrid- Sigrid@auroville-holistic.com / www.auroville-holistic.com.

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

Hypnosis: with Lhamo at Joy Guest House (on Appointment only) - 9936552423; 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.

Hypnotherapy with Christine P.: Minimum two to three sessions required: hypnosis, mindfulness, and therapy techniques will be used to help the person suffering from psychological trauma caused by a distressing events. By reducing the impact and the symptoms associated with traumas. With Christine P. Certified EKKA christine@auroville-holistic.com or whatsapp: +91-9489805493. www.auroville-holistic.com.

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 professional skills that will build confidence and self-esteem to make a great impression, awaken and express your creativity, develop quick-thinking & amp; active listening skills. Contact: Emo (9943970834) or Elke (94865 20868).

Inner Dance and Meditation: with Yaffi on Saturdays from 5 to 6.30 pm at Verité. Listening, sensing, connecting, letting go and celebrating the present moment. The session will include active meditation, inner awareness and free flow movement. Come with good spirit and comfortable clothes. Contact: 0413 - 2622 045 or 7094104329.

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


- 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.

Kathak Dance: with Ashavari at Progress Hall (Bharat Nivas) every Thursday/Saturday 5 to 6 pm and Sunday 10 to 11 am. 9751617716, aashavari@gmail.com.

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 in length or 24x36 film stills to come and screen it. We meet every first Saturday of the month at 10 am at the MMC/CP (MultiMedia Center / Cinema Paradiso) at the Town Hall. Some of the films made can be found at this link: https://vimeo.com/groups/kinoaurovilemonently.

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. (0413) 2623446, info@kolamayoga.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 10:

- Evening tuition classes from 3rd 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: kuilacreativecentre@auroville.org.in.

Laughing Meditation with Nikhil at Vérité on Tuesdays from 3 to 4.30pm. It’s a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, om chanting & singing spontaneously to return to the moment/now. Thereafter we make transition to laughter and it has a contagious effect starting waves of natural laughter sometimes goes on for hours or till your belly hurts!! Depending on the day and energy we may do laughing exercises (aka laughing yoga) to induce/enhance laughter… Generally, we end the session with yoga Nidra or yogic sleep to completely relax the body, mind and emotions.

Contact: 0413-2622 045 or 7094104329.

Laughing Yoga: with Nikhil Thursdays and Saturdays from 5 to 6.30pm at Joy GH Hall. Laughing Yoga is a set of joyful exercises to keep yourself healthy. Like any other exercise for example: gym, aerobics, running, etc. the aim of Laughing Yoga too is to keep your body fit and mind healthy. The only exception is that it’s a lot more FUN. To know more: - About teacher/facilitator Nikhil Thapar: CLYT (Certified Laughing Yoga Teacher), trained by Dr Madan Kataria himself, founder of Laughing Yoga movement.

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 SVEDAME, at the Butterfly Barn. English, Spanish, French, Italian, German and Russian versions all available. Contribution kindly asked. Please call before to confirm your coming, thank you. Contact: Veronique@9.488512878. For more info visit www.leelathegame.blogspot.in.

Life coaching, Neuro coaching: For those who are successful but maybe stuck in some area and can’t seem to break out of that rut in order to move to the next level. Gain clarity, set specific, measurable, achievable and realistic goals, overcome negative thought patterns, and make behavioural changes. Contact Vikram at 9843948288 or at vikram@aurolife.org.in.

Lilajoka - Creative Play afternoons for ages 4+: (closed from December 22 to January 7) Monday, Wednesday 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 What’s app Anna from 1 to 3 pm from Monday to Friday at 9943528729.

Lomi Lomi and Kahuna massage by Claudia at Auromode Yoga Space. These massages are based on the Hawaiian tradition that believes that everything in the universe seeks harmony, love and balance. Bookings and more info on: www.auromodeyogaspace.com.

Mandala Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala’s practice in the Pavilion of Tibetan Culture. 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, produces effects and a
benefit on our own Life, harmonizing and rebalancing whatever is in need. - My role on all this is to guide you into the process of drawing, the mandala as a Sacred Circle, our own Universe, where to express our inner being of that moment, the moment we draw inside it, using different techniques, to reach spontaneously your center, your recognition 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 Vérité on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaya, maa kaali chants and repeat same in a group aimed to quiet the mind & help improve focus and concentration. Contact: 0413-2622 045 or 7094104329.

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, Chethna on Friday. Appointments for Consultation, Counseling and therapy (daily except Sunday), from 12:00 to 12:30 pm at 0413-2623351 or mattram@auroville.org.in. Mattram is situated in Mitra youth hostel behind Town Hall.

Murtumav Healing Forest Activities: Herbal Walk & Talk/ Consultation Siddha Herbal Medicine/ Herbal food cooking classes/ Quitting with Herbs. For dates and timing please contact murtumav@auroville.org.in. Cell: 93454 54232. Student Groups very welcome. Regards, MHH 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.

Mindfulness meditation: with Johanna and Jaz on Tuesday 6 to 7.30pm @Joy GH Hall. Mindfulness 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 will help us stay centered and peaceful everyday. This includes sitting, walking and movement meditation and sharing circles. Open to beginners and experienced meditators alike. For info and reservations, please contact us at: 9487722393 / Email: joycommunity@auroville.org.in.


1) - AMI: 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. Benefits of AMI: 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 Exclusively Scientific Music based Therapies available in Holistic. We use two approaches - "SSDP 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, sleeplessness, disorder management, chronic fatigue. 

3) - "De-Stress Your Mind and Relax Your Body": One-day session offering 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.

**NEW** Move for Health with Teresa: Tuesdays and Thursdays 8:45am to 9:45am @Arka. Different practices like Body Awareness, Pilates, Yoga, Natural Movement etc. are put together to develop balance, coordination, strength, flexibility and control of your body. Come to explore and enjoy your body in all its moves, directions, possibilities and curiosities. Classes are for all levels, work is individual and you choose your level. For more information you can write to Teresa: whatsapp +917867998952 or mail teresa@auroville.org.in.

MMA (Mixed Martial Arts) and Self-Defence for Women: Every Monday and Wednesday 5:30 to 7 pm at Dehashtak Gym. Cut your nails, be punctual and dress sportively. Accept men only more than 13 springs, so punctuality is a must. Free for those who are interested in martial arts and Newcomers (by the way donation are welcome if you want to roll on a new tattam), otherwise contribution is expected. Account number: 251884. Contact Giacomo: 9487340778 / giacomo@auroville.org.in. Check our page on FB: Auroville Mixed Martial Arts. Love, Giacomo.

Mudra-Chi Workshop: A body Prayer in a Tai-Chi Form. Every Thursday 4:45 pm at Savitri Bhavan. Facilitator: Anandi. For further information or Special Classes, contact me, anandil@auroville.org.in.

**NEW!** Music Composition “The Ultimate Composer of Sounds”: this is a regular weekly informal meeting to discuss about music composition, and how to develop the necessary skills. We will discuss how 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 one wishes to use (whether created from scratch or using already existing materials or a combination of both), and how to be able to notate and/or create it directly on paper or using a music software and/or sound device. Also very important is how one can open oneself to the “source” and have the complete creative tool to materialise “that World” and the subtleties of its vibrations. All this I believe to be the highest achievement of a composer. We will look into conventional and unconventional methods, discovering, experimenting, questioning and understanding the processes by which one can become what I call the “Ultimate” composer. If interested please contact me at: pushkar@auroville.org.in. More info: http://www.pushkarcarlottodo.com.

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

Neurofeedback Therapy: with Chethna at Vérité. Neurofeedback is a training process that utilizes the body’s ability to self-regulate and seek balance. It is for all who want to relax, increase productivity and experience greater control over mind states. 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 odissidanceclass@gmail.com.

NEW COLORS: The NEW COLORS children's center is in Edyananchavady 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 9:45am, afternoon activity from 1pm to 3pm or full day activity from 8am to 3:45pm. It is suitable for short or long term for Aurovilians & Newcomers and Guests. For registration and for further details contact Renana 9865444472 / renana@auroville.org.in.


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 odissidanceclass@gmail.com.

Odissi Dance: with Agila at Progress Hall, (Bharat Nivas) every Monday 4:30 to 6:30pm. agilakrishna@gmail.com, 9047332837.

Odissi Dance: with Kanchna at Sawchu (Bharat Nivas) every Saturday and Sunday 3 to 6pm. udavikanchna@gmail.com, 9358388665.

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 symbolized 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 Satmrat at Vérité on Thursdays from 3 to 4.30 pm. It is a simple practice of becoming aware of the...
Pregnancy, Birth, Conception, Parenting: Offering space and time to share and grow during this special time of life. Knowledge, Trust, Awareness in body and breath, Empowering. Proposing Thursday mornings 7.30-8.30am and evenings from 5-6pm. Prior registration required. Please contact us for more information or different timings. Place: Sanjana behind Arati. Ulrike Urseli 9442069249 (sms, whatsapp), ulirkirishna@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: antarcalli@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 qigong exercise movement, there are both external movements and internal movements. All levels are welcome :)”

**NEW** Recent Carnatic Music: every Tuesday from 5 to 6 pm at Utility (Bruno’s house). Come and listen to the ragas played with the veena and accompanied by the mridangam.

Please leave your vehicle at the community entry and arrive 5 minutes before the recital.

Reiki: with Marcia @ JOY GH Hall- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. On Appointment. For more info: 7598260379.

Reiki: with Betty. Traditional Mlkao Usui method. Healing sessions and certified workshops all levels on appointment. (English/French/Spanish). Contact by SMS or WhatsApp for details or appointment on (+91)8098074351 or email betty@auroville.org.in.

Reiki: with Tania at Vérité. 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)413 262 22 24. More info here: www.auroymodeyogaspace.com.

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, Kalabhumii also during the summer. Open for all. Offering also individual sessions of feminine dance. For details contact: pashulihiot@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 info: sacredgroves@gmail.com 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 7:30-8:30pm. 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
**Skyworks: Tree Climbing Workshops**: RECREATIONAL. You want the experience without learning all the knots! The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED You want to learn the ropes and get off the ground. During class we teach both the double and single ropes techniques plus demonstrate many of the new climbing devices available. You will learn to install the ropes in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions & appointments call Satyaajayi 8300752545.

**Solitude Farm activities**: 1) Friday 11:30am (free for everyone): Farm Tour “Introduction to Permaculture with Krishna.”
2) Saturday 9:30am (contribution required, max 10 people): Mini Permaculture Workshop “Re-valuing, re-re valuation 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.
3) Day Residential Workshop (Jan 18-20, Jan 25-27, Feb 1-3, Feb 8-10). For more information, visit www.aurowildlifeparkpermaculture.in/workshop.

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

**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 soothing waves and vibration of pure acoustic instruments. Gongs, bells, chimes, strings and diverse new and archaic sound sources will invite you to listen into a sound journey into a inner landscape and synaesthetic contemplation towards a unity experience. svaramsoundhealing@gmail.com.

**Saiviti in the morning**: You are invited to read Saiviti 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 Saiviti’s journey to find her soul and bring a new dahn for the earth. The pronunciation, vocabulary, rhythm and discussion can help to build English. The mantric poetry of Saiviti is inspirational. This is helpful for our life and work. We have extra books. Ground floor fully accessible. If you need further information, contact pat@aurouville.org.in, or ramanarayana@aurouville.org.in.

**Saiviti Group Readings**: at Saiviti Bhavan. Sundays 10.30-12 noon: Saiviti Study Circle. Tuesdays 6-6:5pm: Let us learn Saiviti together in Tamil, led by Buvana; Tuesdays 5.45-7.15pm: OM Choir/OM Singing, activating the inspiration by reading lines from Saiviti. Thursdays 7:15pm: Reading of Saiviti led by Shradhovan; Full Moon Gathering 7.15-8.15pm in front of Sri Aurobindo’s statue with Reading of Saiviti organised by Murugan. Listening to Mother’s voice, reading Saiviti and viewing the Full Moon charges the atmosphere and embraces all with a beautiful presence.

**Shiatsu Massage**: with Sara (9443617308) or Simona (9489511648) at JOY GH Hall; Shiatsu helps remove the blockages by re-aligning meridian points, which balances the qi and eases the body and mind. For appointment email joycommunity@aurouville.org.in.

**South Indian Classical Dance (Bhratnayam)**: Bhratnayam Dance classes offered for beginners. Weekly twice. The classes are offered for children and adults. If you are interested, please contact me after 4pm on my mobile. S.Caveri: 798368514.

**Spontaneous Singing**: with Antoine 8940740529 / antoine@aurouville.org.in.

**Tai Chi Hall @ Shangrila**: Please note: no class on January 1st, Monday & Tuesday 7.30-8.30 / Chi, Monday 8.30-9.30 & Thursday 7.30-8.30 /24-form, Tuesday 8.30-9.30 & Friday 7.30-8.30 /108-form, Wednesday & Saturday 7.30-8.30 /127-form. The next intake for beginners is from Jan 21 to Feb 9. taichi@aurouville.org.in.

**Tango**: with Bhuvana @ JOY Guest House; Mondays 5 to 6 pm and Tuesdays 7 to 8 am, for Regular Students ONLY - while Wednesdays 5 to 6 pm and Saturdays 7 to 8 pm, for ALL levels. Lhano will be teaching 24 forms of Tai Chi Chuan (which is a simple style) for beginners; but according to the students level she will start advance level of Taichi Quan as #42 style and Wu Style 37.

**Tamil Literary Classes and Craft Lessons**: Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5 pm-6 pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, History and Culture are opened to all Monday through Friday any time. Also classes on languages, sewing, drawing, painting and simple handicrafts for Aurovilians workers and Aurovilians interested. Contact us to organize classes according to your schedule. Phone No: (0413) 2623 771; Email: tamil@aurouville.org.in. R. Meenakshi (Ilaignarkal Education Centre)

**Tao of Tea**: every Monday 7pm at SAWCHU hall, at the entrance of Bharat Nivas. tango@aurouville.org.in.

**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-coffee 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@aurouville.org.in.

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

**Tarot Reading and Medicine Cards**: with Valentina (On Appointment Only) - 9791719387 at Joy Guest House; The reading of the Medicine Cards of the Spirit Animals used in collaboration with the 22 Major Arcana of the Tarot of Marseille (Camoin-Jodorowsky) is a precious method of psychological and inner investigation. Can be useful for expand our vision about what is flowing or what is blocked deep inside 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.

**Thai Reflexology Massage**: with Santiago (On Appointment Only) at Joy GH – 87549 58720; Following the Thai foot massage tradition, pressure is applied to specific areas of the foot, just behind and to the side of the toes. In turn, a reflex reaction occurs in another part of the body, which is stimulated. Santi received his training, knowledge and certification at the Thai Yoga Massage School in Bangkok.

**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.
Thai Yoga Massage with Andres at Vérité. Thai Yoga Massage is used to unblock energy. This is achieved through pressure on the energy lines (Nadis) and movements of the body based on Yoga postures. For appointments please contact: 0413 - 2622 606 or 7094104329.

The Rhythms of Movement (no class 18 Jan): with Vera at Vérité on Fridays from 5 to 6.30 pm. Let’s dance in the never-ending cycle of time, to the sacred rhythms of the Universe. Express your unique movements, and find your own inspiration from the Transpersonal Source. We’ll let go of self-consciousness and restraint, release tension, and just enjoy the feeling of moving our bodies. Come write a new story about yourself, and experience more trust in the process of life by invoking a state of bliss. Contact: 0413 - 2622 045 or 7094104329.

Therapies with Vani:
1) Awakening the intelligence of the body: Discovering your Self-healing power and innate intelligence of the body. Experiencing the Presence within by quietening the thought process and contacting the body. Fusion of deep guided relaxation, visualisation, panic 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 belief systems put in place in the past, which keep you from living a very joyful life in the present. Fusion of Hladina Method, Hypnotherapy, Self-Inquiries.
3) Life Coaching: Using awareness, visualization & imagination techniques. Life coaching is very useful in the everyday life of transformation and new projects in order to get in contact with your intuitive self and find the creative & dynamic thread of your life again.
4) Reiki and Reflexology courses possible on request
For appointment contact Pitanga: 0413-26222403 or Vani: vani@auroville.org.in.

Theatre Improvisation Games: Improvisation Theatre or IMPROV, is a form of live theatre where most, if not all, is created the moment it is performed. Our 5-hour workshops from 4:45 to 6:15 pm – Pre-Registration by mail must be done in advance. Visit the directions on our website at the page “YOGA”.}

Traditional Hatha Yoga: with Christine Pauchard. **Change of venue**. Taramangaling – 5 min after botanical garden: Check the directions on our website at the page “YOGA”. Monday/Thursday from 4:45 to 6:15 pm. Contact: Em (99439 70834) or Elke (94865 20868).

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 a gentle, slow approach towards the study of hatha yoga. Based in the Sivananda style, these sessions support our experience of both the inner and outer aspects of yoga. Contact: 0413 - 2622 045 or 7094104329.

Transformation Game® with Carmen: Just as life is filled with this rich variety of experience, so is the Transformation Game®, a fun and complex board game which offers a playful yet substantial way of understanding and transforming key issues in your life. It can be played either as a group or individually. In a light-hearted way of gaining insight into yourself, to a tool to help solve problems, clarify important personal issues, or creatively enhance relationships. By appointment. 9751673869. Love, Carmen.

Transformational Yoga (starts 15 Jan): with Elise at Vérité on Tuesdays from 11am to 12.30 pm & Thursdays from 9 to 10.30 am. Inspired by the Integral Yoga of Sri Aurobindo and the Mother, Transformational Yoga goes far beyond physical exercise: it is an integral approach to physical health, emotional balance, mental and spiritual clarity. The integration of the emotional, mental and spiritual bodies enables connection with the higher self. In Transformational Yoga, we learn and practice asanas, mantra chanting, pranayama (breathing) and meditation techniques as tools to help us enter into a different state of being. This will vary for each session, based on your energy levels and needs. By appointment. 0413 - 2622 045 or 7094104329.

Vocal Yoga Class with Caroline: Every Tuesday 7:15pm till 7pm at Pavilion of Tibetan Culture – International Zone. A class to relate the breath with voice and singing from a light-framed and open perspective. We will explore the positive and healing power of conscious sounds via Nada & BiJa Mantra Yoga and give a “body” to your vocal expression through conscious breathing. Facilitated by Caroline, certified VocalYogaVY teacher and performer from France who studied several vocal approaches as Nada Yoga, Bé Canto lyric vocal technique, Jazz and Holistic Singing. Beginners are always welcome. We look forward to seeing you! For more information: Caroline 7397716578 or caroline@auroville.org.in.

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.

Water Warm 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 weightless, relaxed and connecting benefits of movement and floating in warm water. You are invited to come with or without your partner/birth attendant.

Women Temple: with Dariya, In sve-dame, Butterfly Barn at 7 pm - 9 pm (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 present version of the feminine. Women’s World Games: meditation, movement, self-inquiry...beauty & wisdom of sisterhood! “The relationship we have to other women reflects the relationship we have to our own feminine essence. We take a stand for a new way of being a woman together on this planet. Together we can heal and transform into a relationship of celebration and empowerment”, Chameli Ardagh of Awakening Women Institute.

World Game in Sand: An activity for kids (5+years old and above) and adults, organised by Spirit & Nature. The World Game encourages spontaneity, trust in oneself and being in the flow of the moment. An opportunity to be creative, to be able to express our own individuality and our unique, living soul. For info: spiritandnatureAUROVILE.org.in or appointment spiritandnature@auroville.org.in.

YEP Week: Youth Entertainment Program presents the YEP Week, a program especially designed for guest kids, to enjoy their stay, and discover Auroville. We will take them from place to place, where the kids can visit and participate in various activities. The activities include pony riding, Papier Mâché, quilting, painting...
This program (Monday to Friday, 8:30 am to 12:30 pm) offers a good balance between visits and activities. Joyfully, Yep Team. Phone: +91962655134 - Facebook: www.facebook.com/YEPAV.

Yoga Anatomy & Alignment in Asana: with Sheila on Tuesdays and Thursdays from 5 to 6.30 pm at Vérite. These yoga sessions highlight basic anatomy and alignment. Each class focuses on a specific musculoskeletal group, and begins with a brief description of the corresponding anatomy. We then engage these muscles and bones through a variety of asanas (standing poses, twists, hip openers, forward and back bends). The use of props helps students at all levels to develop sensitivity, and practice with greater stability, effectiveness, and ease. Understanding basic anatomy, alignment, and use of props allows practitioners to receive the full benefits of each posture without overextending themselves. Contact: 0413 - 2622 045 or 7094104329.

Yoga Asana Therapy for Musculoskeletal Conditions: with Sheila at Vérite. Musculoskeletal issues are the leading cause of physical disabilities and pain, adversely affecting quality of life and even associated with depression. Specific asanas can free the body’s joints, relieving pressure on cartilage, restoring correct alignment to the bones, keeping muscles and ligaments healthy and posture correct. Take good care of your Musculoskeletal System through the help of Yoga, to not only strengthen your muscles but also help you gain a healthy inner being. For appointments please contact: 0413 - 2622 606 or 7094104329.

**STARTED AGAIN** Yoga Body: with Olesya at Sharmga Guest House. Asanas and Pranayama in Iyengar tradition. The balanced mind and intelligence developed through mobility, strength, stability and alignment of body in asanas. Mornings 6.45 to 8 am every Monday, Tuesday, Friday and Saturday. Evenings 5 to 6.30 pm every Monday, Wednesday and Saturday. Drop in classes at Sharmga GH Yoga Hall, left gate, after parking follow the green path and behind the swimming pool you will find Yoga Hall. Contribution for guests is requested. For more information: what’s app +919159052743, olesya@auroville.org.in.

Yoga for All: with Kaveri on Fridays from 5 to 6.30 pm @ Vérite. 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 - 2622 045 or 7094104329.

Yoga Nidra Relaxation: with Alishwarya at Vérite 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 verbal instructions. In this session the focus is on tuning inward. Contact: 0413 - 2622 045 or 7094104329.

Yoga Nadopasana: Every Friday afternoon in Utility Community, modal singing lessons (by the practice of the nadopasana yoga) will resume for beginners from 4 to 5pm. For the already advanced people we will do a game of ragas while singing carnatic compositions. Classes are held at Bruno’s house. Please leave your vehicle at the entrance of the community. Cordially, Bruno. 2623308, nadopasana@auroville.org.in.

Yoga Classes: with Balu 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.

Yoga for Pregnant Women: With Mimi at Progress Hall (Bharat Nivas) every Tuesday and Friday from 4 to 5pm.

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

Zumba with Anabel at New Creation dance studio. Mondays from 6-7pm. 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 1 January (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 Supermind'
- 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

These Workshops are conducted every Tuesday, each week with a different focus. Study, play 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-auroville.com.

- **FOOD GARDEN EXPLORATION** - Harvest - Prepare - Eat - I started a permaculture garden a few years ago and would like to share with you the beauty and simplicity of growing and eating your own food. Come to visit my house garden. Let’s harvest greens, vegetables, flowers, fruits and create together, colorful and healthy tasty dishes, with focus on raw food. We will start with breakfast ideas such as herbal tea, green smoothies, fruit bowls… Followed by a discovery walk through the garden, collecting gifts for our lunch dishes to create delicious healthy veggie bowls.

COME AND GET INSPIRED TO START YOUR OWN FOOD GARDEN PARADISE!!!

**EVERY FRIDAY** from 9 to 13:30 with breakfast and lunch at La Ferme Community. Prebooking limited to 6 persons.

For booking and more info contact: Sarah@auroville.org.in 9047421044 - Instagram: greenleafauroville

- **Drawings and paintings of Roof Studio**

Available at Vikas every Saturday from 4pm to 6pm. Unfortunately there is not a website to see drawings and paintings by various mediums such as oil, charcoal, soft pastel and watercolor. Please do not hesitate to come just to see works which includes a part from the exhibition “Ivana’s Art from Auroville”. There is not payment only donation to raise funds for Auroville to get a home with a studio for the artist. The special account 256190 is open at Auroville financial service. Please do not hesitate to contact Ivana if you have any inquiries - Ivana@auroville.org.in, mob.709 43 44154. Ivana

- **Capeoira Special: Open Roda at VC**

Capeoira group Ganga Saroba - Professor Samukka da India with his students, invites everyone to Open Roda on Friday 4th of January 2019 at 5.30pm at the Visitors Centre. Everyone is welcome to participate. You can come down and play with us, sing, clap or just observe!

- **Sunday lunches at Atithi Griha Guest House**

BHARAT NIVAS - The Pavilion of India presents:

Sunday 6 January 2018

“South Indian lunch”

with less-known, locally grown vegetables

By Ms. Bhuvana (Sudarshan) - Certitude

Between 12:30 and 1:30 PM

For Aurovilians and Newcomers only.

For reservations, please write to atithi@auroville.org.in

You can call us at 0413-2622445 any time before 4:00 PM on Friday 28 December. (Contribution for the lunch Rs. 150.)

- **Films**

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

FRIDAY 4 JANUARY - 8:00 PM

“1 Dream in Another Language”, “SUEÑO EN OTRO IDIOMA” (original title) Directed by: Ernesto Contreras MEXICO, 2017 Starring: Fernando Alvarez Rebeld, José Manuel Ponceil, Eligio Meléndez- Synopsis: “When a language dies, a unique vision of the world is lost forever”. A young linguist arrives in a small jungle settlement hoping to record a conversation between two elderly men, the last two remaining speakers of the Zikril language. Unfortunately for him, the men are feuding and haven’t spoken to each other in 50 years. Trying to bring the two old friends back together, he discovers that hidden in the past, in the heart of the jungle, lies a secret concealed by the language that makes it difficult to believe that the heart of Zikril will beat once again...

Poetic, mystical and mythical film!

Original Spanish version with English subtitles - Duration: 1h.43’
CINEMA PARADISO Multimedia Center (MMC) Auditorium

Please note that like every year: we are closed on 31st December and 1st January.

We are all set for the journey with you to another year of watching wonderful films, discussing them, and allowing them to challenge us, teach us, and make us grow. Wishing all - a healthy and peaceful year!

Film program 31 December 2018 to 6 January 2019

Interesting - Wednesday 2 January, 8:00 pm:
• SCIENCE FAIR
  USA, 2018, Writer-Dir. Cristina Costantini & Darren Foster, Documentary, 90mins, English, Rated: PG
  Filmmakers follow nine high school students from around the globe as they compete at an international science fair. Facing off against 1,700 of the smartest teens from 78 countries, only one will be named Best in Fair. This film will appeal to all ages - even if you are not into science. Screening of this highly acclaimed, Academy Award nominated film has been made possible by the generous sharing of Kathryn Toll.

Selected - Thursday 3 January, 8:00 pm:
• MATCHSTICK MEN
  USA-UK, 2003, Dir. Ridley Scott w/Nicolás Cage, Alison Lohman, Sam Rockwell, Comedy-Crime-Drama, 116 mins, English w/English subtitles, Rated: PG 13
  Neurotic con man Roy suffers from several emotional problems, including obsessive-compulsive disorder. He and his partner Frank swindle people out of money by posing as money collectors who promise things like tax refunds, package vacations, and other fabulous prizes (which they never get). Frank wants to pull a really big job, but Roy is too consumed with fear and panic attacks to join him. Roy ends up talking about his emotional damage from a troubled marriage and divorce, which results in the discovery of a child whom he has never met.

International - Saturday 5 January, 8:00 pm:
• A STAR IS BORN
  USA, 2018, Dir Bradley Cooper w/ Lady Gaga, Bradley Cooper, Sam Elliott, and others, Music-Romance, 136mins, English w/ English subtitles, Rated: R
  Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the persona she has been developing with her own internal demons. Screening of this highly acclaimed, Academy Award nominated film has been made possible by the generous sharing of Kathryn Toll.

Children’s Film - Sunday 6 January, 4:30pm
• LUIS AND THE ALIENS
  Germany, 2018, Dir: Christoph Lauenstein, w/ Callum Maloney, Dermot Magennis, Ian Copping and others, animation, 86mins, English w/English subtitles, Rated: PG
  ‘Luis’ tells the story of an 11yrs old boy who makes friends with three lovable little aliens, who crash their UFO at an abandon gas station near his house. In return for Luis help in finding the home-shopping channel stuff they came for, they save Luis from boarding school - and an exciting adventure follows.

ADVENTURE MOVIES @ Ciné-Club
Ciné-Club - Sunday 6 January, 8:00 pm:
• EL ABRAZO DE LA SERPIENTE (Embrace of the Serpent)
  Colombia-Argentina, 2015, Dir: Ciro Guerra w/ Nélio Torres, Jan Bijvoet, and others, Adventure-Drama, 125mins, Spanish w/English subtitles, Rated: PG
  The story of the relationship between Karamakate, an Amazonian shaman and last survivor of his people, and two scientists who work together over the course of forty years to search the Amazon for a sacred healing plant. 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, January 4th, Friday
Schedule of Events:
4:00 pm: Tour of Sadhana Forest for the Tour
4:30 pm: Free bus from Solar Kitchen to Sadhana Forest for the Tour
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 :)**

A WORLD WITHOUT MONEY!

42 mins / English / 2018 / Produced by Tilman Achtner

Cashless payments are on the rise. They are fast, easy and convenient. Worldwide, cashless transactions have become the norm. But central banks and governments are still clinging on to cash. Can they stop the move towards a cashless society? This documentary shows who is behind the worldwide anti-cash lobby. Banks want to get rid of coins and bills for cost reasons, and politicians think less cash will cut the rug out from under criminals and terrorists.

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 online: sadhanaforest.org and facebook.com/sadhaneforest.

** The News&Notes is available for all to download **

The archives are found at www.auroville.org/articles/186

Subscribe for the weekly email version at this link

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 News&Notes email address (below). Please try your best to send your announcements, reports, film schedules whenever they are ready.

The Tuesday deadline (5pm) is absolute

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 In case of any dispute, the Auroville Council may be consulted.

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

Front Cover: oil painting inspired by Sri Aurobindo’s “Savitri - a Legend and a Symbol” - (see Aghni’s Exhibition at Savitri Bhavan)