(Regarding the conversation of March 9: “A few seconds’ experience that gave me the sense that the most central problem was solved.” That experience was what Mother called “the death of death.”)

Those things are strange.... You don't remember actively, that is, you can't find any thought whatsoever to express the experience; even the active sensation of the experience fades away. And yet you are no longer the same person - that's the remarkable thing! I experienced this phenomenon several times (I don't remember clearly enough to tell you exactly how many times), several times in my life, it was always the same thing: no longer the same person, you've become someone else. All the relationships with life, with consciousness, with movement - everything changes. Yet the central thing is just a vague impression. At the moment of the experience, for a second, it's so clear, so precise - a thunderbolt. But then... probably the cerebral and nervous system is incapable of preserving it. But all the relationships are changed, you are another person.

I've seen this phenomenon very often. For example, the impression people have in ordinary life (few are conscious of it, but everyone has the impression, I know that) of a Destiny or a Fate or a will... “hanging over” them, a set of circumstances (it doesn't matter what you call it), something that weighs you down and tries to manifest through you. But weighing you down. That was the first of my experiences: emerging above (very long ago, at the beginning of the century). And it was that kind of experience: one second, but suddenly, oh, you find yourself above it all. I remember because at the time I told the people I knew (maybe I was already looking after the Cosmic Review, it was the beginning, or maybe just before), I told them: “There is a state in which you are free to decide what you will do; when you say, ‘I want this,’ it means it will happen.” That was the impression I lived with. Instead of thinking “I'd like to do this, I'd like that to happen,” with the sense of the decision being left to Fate, the impression that you are above and you make the decision: things WILL BE like that, things WILL BE like that.

That's my memory of the beginning of the century. I had several experiences of the kind - quite a number of them. And since that last experience [the death of death], which lasted a second, I've had the feeling... the same kind of feeling. Before that, whenever I intervened for people, either to prevent them from dying or to help them once they were dead - hundreds and hundreds of things I used to do all the time - I did them with the sense of Death like this (gesture above Mother), as something to be conquered or overcome, or the consequences of which had to be mended. But it was always that way, Death was... (laughing) just a little above. And from that moment [the death of death], the head emerged above - the head, the consciousness, the will were above. On the side of the Lord. I had an experience quite a long time ago, when Sri Aurobindo was here: one night I had the experience of being in contact with the Supreme Lord, and it was concrete:

“One dies only when You will it.”

I don't remember in detail (I wrote it down), but the idea was like this: the Lord makes you die only with your consent - your consent is necessary for you to die. And unless He decides, you can never die. Those two things: for you to die, something (the inmost soul, that is) must consent, the soul must say yes, then you die; and when the soul says yes, it's for the Lord to decide. Ever since that experience, there had been the certainty that you can die only when the Lord wills it, that it depends entirely and exclusively on His Will, that there are no accidents, no “unforeseeable mishaps,” as human beings think - all that doesn't exist: it's His Will. From that experience till this latest one [the death of death], I lived in that knowledge. Yet with the feeling of... not quite the unknown but the incomprehensible. The feeling of something in the consciousness which doesn't understand (what I mean by "understand" is having the power to do and undo, that's what I call “to understand”: the power to realize or to undo, that's the real understanding, the POWER), well, of something which eluded me. It was still the mystery of the Infinite Supreme. And when that experience [the death of death] came, then, “Ah, there it is! I have it, I've caught it! At last, I have it.” I didn't have it long (laughing), it went away! But my position changed. It's one more thing I see from above; I rose above, my position is above. (To be continued).

MOTHER - MOTHER’S AGENDA, 16 March 1963

The Ponder Corner

Each time there is a purification of the outer nature, it becomes more possible for the inner being to reveal itself, to become free and to open to the higher consciousness above.

Sri Aurobindo Letters On Yoga, p.1102
Dear Community,

The News and Notes team is looking for a third editor.

Our aim is to provide: the maximum accuracy of information conveyed within the right time frame (so that the readers do not miss any info). The layout quality of the News & Notes is also very important to us.

Background info:
The amount of information to be processed and mails to be replied are increasing constantly. We have 4 different categories and ways of collaboration with the AV residents submitting their contents to the News: working groups, individuals, events organisers and regular classes/workshops providers. Each category requires a specific and personalised: communication, editing, cross checking of info, layout.

Currently, the News & Notes are still made in Word on an A4 format which is converted into PDF for the email/online version. We want to change our layout software as it is a completely outdated way of making a newsletter. There is a need to create an appropriate online version for 3000 current readers. This requires extra time and resources.

The “Regular Events” section has 9 pages of compact information. Last year this same section took 4 pages with the same compact layout.

There is as well a need to review the mandate of the News & Notes and to look at its purpose for our community of today. What does the reader want to see, in which appearance and frequency? What kind of information needs to be printed, who can or should read what content (NN&N are presently sent all over the world)? And many more questions ….

These many tasks and perspectives need a team of dedicated people with specific competences. Our 2-person team is currently completely stretched to make the weekly publication.

We are looking for a 3rd team colleague with following competences:

- Good computer skills (knowledge in Adobe software would be a plus).
- Good English.
- Capacity to work under the weekly deadline pressure.
- Good communication skills and capacity to hold the community’s needs and immediate requests for interaction.
- Team work.
- Ability to follow Auroville internal matters.
- Reliability and regularity is a must.
- Competences or interest in developing towards online publishing.
- Full time position.
- High motivation and good spirit!

A 3rd person is needed for the correct running of this essential and busy service and also to ensure proper work conditions. We have requested a maintenance to the BCC, we hope to be able to offer it to our new team member.

Extra support needed for a specific task
The community is sending us nearly 250 Regular Events to be updated weekly. And “soon” a new online platform in collaboration with Talam and Auronet will be available. We need a person to help holding this project. One hour daily would be already a great support. Commitment for 6 months required. Is this calling you? Aurovilians, newcomers, long term volunteers welcome.

Call for Website wizards
We need support in creating a Website dedicated for the News and Notes, will you help?

For all the above, please contact us at admin-newsandnotes@auroville.org.in

Warmly,
Your dedicated News and Notes team: Isabelle and Sabine.
ART FOR LAND
EXHIBITION & FUNDRAISER
FOR AUROVILLE’S HARMONIOUS DEVELOPMENT

- EXHIBITION & EVENTS TILL MARCH 15th

Monday - Saturday: 10 AM to 4 PM
& on 4 Sundays: 3 - 6 PM (February 3rd & 10th; March 3rd & 10th)

“Let beauty be your constant ideal …”
The Mother

THIS WEEK’S GOOD NEWS:
After the high-energy inauguration, the donated art collection is still growing. It now counts over 300 works from 90 participating artists - 60 from Auroville – making this 4th year our biggest so far! And our calendar of fundraising events continues to expand as well. We are grateful for the generosity of the artists and the events presenters. Our site: artforland.in.

Here’s the AV Radio interview with ART FOR LAND organizers Jaya and Devasmita of the Unity Pavilion who discuss their goals & aspirations for the land, as well as the intense behind-the-scenes work of the teams needed for such a complex event: https://www.aurovilleradio.org/art-for-land-inauguration-on-1st-of-february-with-plenty-of-good-music/.

HOW “ART FOR LAND” WORKS:
- A non-commercial system of flowing generosity and all donations go for the purchase of missing Master Plan acres - Come to the exhibition and choose an artwork to donate for. Or browse the works by artist or media via our online gallery at artforland.in. Click on a photo for more information about the work and the artist. With another click you can ask a question or reserve a work via the reservation form that will appear. Artwork reservations will be held for 10 days until your donation is received. Donations can be made to ART FOR LAND by check or bank transfer or online using the ACRES FOR AUROVILLE button at https://donations.auroville.com/ Tax deductions are available for Indian donors and via certain AVI Centers. Shipping of works by Unity Pavilion is unfortunately not possible but you can designate a friend in Auroville to pick up your artwork on your behalf. Our website’s “How it Works” page gives complete information on reserving a work and on making a donation.

ART FOR LAND FUNDRAISING EVENTS OF THE WEEK:
(See details in this News&Notes - The weekly schedule is also at unitypavilionauroville.com)
- Tuesday, 5th February at 5 pm - “My Relationship with the Wood” by Torkil / Prakrit
- Wednesday, 6th February at 7 pm - World Café with a documentary film of Auroville in the 1970's
- Saturday, 9th February at 5 pm - “Mudra, the symbolism behind your hand gestures” by Devasmita

Upcoming ART FOR LAND FUNDRAISING EVENTS:
- Monday, 11th February at 5 pm - ”Water, the Source of Life” by Gilles Boulicot
- Tuesday 12th Feb at 5pm - “Living a Healthy Life Style” by Dr Geeta
- Friday 15th Feb at 5pm - “The Future Garden” by Joss of Pitchandikulam
- Monday 18th and 19th Feb 6.30 pm - “Life, Death, Life – Immortality” by Loretta
- Tuesday 19th Feb at 5pm - ”The Forms I dream with Bio Cotton” by Uma of Upasana
- Sunday 3rd March at 7pm - “A Concert of Hindustani and Carnatic Music ” by Intune

Come, feast your eyes on beauty, donate, and enjoy – and let us all come together for Auroville’s land!!

Art for Land - Unity Pavilion - AV Arts Service – Acres for Auroville
unitypavilion@auroville.org.in  Tel. 0413-2623576 unitypavilionauroville.com
lfau@auroville.org.in  Tel. 0413-2622657 land.auroville.org
artforland.in
**MOTHER’S ROOM DARSHAN**

**MOTHER’S ROOM DARSHAN ON 21ST FEBRUARY 2019**

Tokens for Darshan will be registered on:

Days: FRIDAY 15th & SATURDAY 16th
Timings: 9 am - 12.30 pm and 3 - 6 pm
At: PITANGA, Samasti.

This is a service for Aurovillians & Newcomers only.

We remind you dear friends that we do not take requests on mail. (Sorry for the inconvenience).

So to register your name(s) for Mother’s Darshan tokens, we invite you to come or send someone to Pitanga with a requesting note. We will do our best for your requirements.

Registration on phone will be taken only for people who are sick or not mobile.

Collection of tokens will be on TUESDAY 19th and WEDNESDAY 20th at Pitanga from 9-12.30 pm and 3-6 pm.

Darshan timings: The tokens given by the Ashram enables you to go for Darshan usually between 12 noon and 4.30 pm with the limit of 30 persons per slot. The time slot 3.30 - 4 pm is reserved for Aurovillians taking the bus.

Transport: The bus trip is restricted to those who are going for the Darshan should be going at the usual time. Please check with the person responsible for the transport on Darshan days.

Reminder from the Ashram: Auroville will not be granted extra tokens, beyond 270 tokens provided in the regular 9 time slots.

Reminder from us:
There are four ways to go to Sri Aurobindo’s Room or Mother’s Room without a token on Darshan days.

1. You may join the queue of devotees at 5-6 pm on the previous day, spend the night waiting on the street and enter the Ashram compound for Darshan from 3 am onwards.
2. You may go on the day itself, join the queue between 3 am and 6 am.
3. You may go in the morning of the Darshan day and get your token at the Ashram. In this case you will probably need to wait or come back later at the time indicated on the token.
4. You may join the queue on Darshan day before 5 pm as the queue is generally over between 5 to 6 pm.

Kumar, Mallika, Meha: Pitanga team.

**OUTGOING MEMBERS FROM AV COUNCIL**

Dear Community,

This is to update you with additional information in regards to the Auroville Council membership and the upcoming selection process.

Sandhya, Elisa, Angelo and Matriprasad will be stepping down from the Auroville Council and that now leaves four positions to be filled during the selection process. Continuing members of the AV Council will be: Enrica, Martin, Mita, Selvaraj and Shivaya. Warmly, AV Council.

**SELECTION PROCESS 2019:**

We need your feedback!

Dear Community Members, we would like to invite you to share constructive feedback on the people volunteering to serve on one of the working groups.

The working groups need to replace:

- The Auroville Council (AVC): UPDATE!
  - four members (Angelo, Elisa, Matriprasad, Sandhya);
- The Funds and Assets Management Committee (FAMC):
  - four members (Bindu, Chall, Chandresh and Yuval);
- L’avenir d’Auroville (TDC-Town Development Council):
  - Interface Team – five members (Aurovici, Anu, Diviya, Inge, Sindhuja);
- The Working Committee (WCom):
  - two members (Hemant, Inge).

To submit your feedback, please either:

- Use the below links to the profile lists, click on «Offer Feedback» under each candidate/participant profile picture, and fill the 3 online feedback questions:

Participants of the selection process:

- Come and meet the RAS at La Terrace on Tuesdays 10 am-noon and on Fridays 4.30 pm - 6 pm (new exciting timing!). We will help you with filling the online feedback form, assuring the confidentiality of the information given if required;
- Send an email to raservice@auroville.org.in to get an appointment, so that we can help you in person with filling the form.

Kindly note that all feedback should be sent before SUNDAY, FEBRUARY 10.

Much love,
The Residents’ Assembly Service and the Study Group

**WATER WORDS**

Why aren’t there water catchment mechanisms on the new parking sheds at Town Hall? What’s the average rainfall in Auroville? Where does the treated water from the new wastewater treatment system in the Residential Zone go? What is the most efficient showerhead to purchase for my bathroom? What is an aquifer?

You have questions about water in Auroville, and we will try our best to answer them.

For the whole month of February, the Water Group is “question-raising”, a lot like “fund-raising” but with no money involved. All we want are your questions and curiosities about water in Auroville. Email them to: watergroup@auroville.org.in, post them on Auronet, or send them via courier-pigeon to CSR. Water Group (Aditi, Giulio, Ing-Marie, Tency, Tom).

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

**MATERIAL - INFORMATION MEETING**

8th Feb. 2019, 5pm at Unity Pavilion

Dear Community, this will be a very interesting meeting, please do come. Besides regular information presentation on work in progress and future work, we would like to inform you on:

1. Garden of the Unexpected joyful design integration and implementation plan.
2. La Terrace Gardens process for review of built gardens by community. “Design festival” and its incorporation in the design brief for the design call for 4 main unbuilt gardens.

Thank you, Matrimandir Executives.

**FROM THE ENTRY SERVICE - N&N # 784**

Dated: 04-02-2019

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

**NEWCOMERS ANNOUNCED:**

Naveen VASUDEVAN (Indian) Staying in Celebration Volunteer House and Working at Anveshan and SEA (Social Entrepreneurship Association)
Why is fundraising for land a very urgent priority for Auroville? Today the groundwater level is falling in Auroville’s bioregion, as well as in many regions in Tamil Nadu due to over-exploitation of water for agriculture and Pondicherry’s rapid expansion. We have had saltwater intrusion near Auroville’s beach at the ECR road for over 10 years. The Water Group is acutely aware of this situation: “Consolidating lands within the Auroville township area and working out a prioritisation of land acquisition for hydrological continuity is an urgent priority in order to strategically work to protect the groundwater resources for Auroville and the bioregion.”

If you’d like to see Auroville manifest and flourish, please support our actions - and donate for Auroville’s land and future. We invite you to join our land presentations at the Unity Pavilion, and our “Art for Land” exhibition and fundraising action.

Why take this training?
- Develop your leadership and communication skills and become part of an International Network of Peer Educators!
- This training is designed specifically for Auroville & bioregional youth between the ages 16-30 yrs, with flexibility.

Auroville Peer Education Training #2
25th Feb - 3rd March 2019
Why develop this network?

- We face several challenges as a collective in the Auroville-bioregional area - regarding topics like bike accidents, substance abuse, suicide and depression. At times we may feel handicap ... not knowing how to react, with questions arising like, “what can we do to help?”
- We know our peer group has a strong influence in how we behave, and this can be for both risky and safe behaviors. This is especially important when we deal with sensitive issues. Many times we want to help, but we don’t know how or we don’t know enough. So, how can you be of real help to your close ones? Use peer influence in a positive way by becoming a reference for information and support in your community.

Organized by: Lead Facilitator Juan Andrés Papagno (clinical psychologist, advanced Y-PEER Trainer), under the YouthLink umbrella, using the methodology of Y-PEER, an initiative from the UNFPA.

Sign Up! youthlink@auroville.org.in / +91 8778312841 / www.youthlink.org.in.

Thank you for helping us build an Auroville Peer Education Network (APEN) for this region! Any donations welcome to cover training costs to FS#251048.

A Start-up Circle

We wish to initiate a circle for sharing novel ideas for start-up initiatives and discuss opportunities for existing ones. Each circle meeting will consist of an approximately one hour presentation and discussion around one existing project and one proposed initiative. Later on we will have an open space for getting to know one another better. In the first circle Debo will talk about Kinisi.

Our first circle is scheduled for February 8, at 6 PM, Aurae Centre office (1st floor, CSR Building).

If you would like to present a prospective initiative in the circle, please write to us at - auro@auroville.org.in.
All those who would like to hear more are welcome. Thank you, Auroe Centre Team (Natasha, Giacomo, Thamu, Verda and Eran).

GREEN MATTERS

Talkin’Trash

New T-SHIRT for Zero Waste

The Upcycle shop in Visitors Center and at Aurovelo there’s this Super T-shirt. 100% fair traded organic cotton (including even the special labels) containing no dyes or bleach (but it has been washed), it’s priceless. You have to take out a lifetime membership in Zero Waste Auroville to qualify. Yes, there’s a scaled membership fee. The packing is your membership certificate (No Plastic).

The shirts are for heart-core cyclists committed to cycle, recycle and Upcycle . . . Remember the transformation is Cycle Logical.

Savitri Nursery

Dedicated to growing plants and ourselves with joyful loving care...

Dear earthlings in the roles of Aurovilians, newcomers, long-time volunteers and guests,

We are starting a nursery in Savitri Bhavan, growing plants whose flowers are given spiritual significance by the Mother. We grow and offer them in the spirit of Gift Economy, i.e. voluntary work and financial contribution.

We see every person, Auroville and the world as potentially a blossoming garden, and we aim to grow in individual and collective consciousness by immersing in the spiritual atmosphere that flowers create.

We see Savitri Nursery as being complementary to other nurseries and plant-related projects, with which a lot of exchanges and mutual enrichment can happen.

You are welcome to take plants that you intimately relate to, to grow them in your home and work spaces. Right now, we have some seedlings of Imagination, Protection, Psychological Perfection, Realization, desert rose, etc. to gift. We are growing more varieties in a modest quantity.

And, you are most welcome to join us to grow the nursery, gift and/or exchange seeds and plants, share your knowledge on how to grow them and their spiritual significance, and heart-storm to co-create the Auroville garden, the world garden, and the life garden.

Much appreciated if you come at the following timings for collective gardening work, seed/plant gifting & exchange:

Every Tuesday 5-6:30pm
Every first Sunday of the month 9-10:30am

We do need your financial contribution to make the nursery self-sustainable. Savitri Nursery FS account no.: 251421.

With Gratitude, Savitri Nursery Team (Amrita, Anandi Zhang, B, Prasad, Suresh, Tomoko and you?)

E-Cycle or Motorcycle?

E-cycles - Advantages:

Ride Cheap

Batteries charge to full in two and a half hours, and provide 30 - 40 kilometers autonomy. To run 30 km, an electric cycle will need 0.25 units of electricity, for a total cost of INR 1.75! To run 30 km, a motorcycle will need ½ liter of petrol, for a total cost of INR 32.00! And you don’t need to find a petrol station, you can recharge your e-cycle battery in the comfort of your own home every evening, so you never run out of power.

Sunday Walk Farms & Forests

Sunday 10 February 6.30 am
Pichandikulam with Joss.

Pichandikulam Forest was established in 1973 as a pioneering greenbelt community, working to bring back the indigenous forest. The Pichandikulam foresters work throughout the bioregion, helping people to plant indigenous trees, spread know-how and are involved in restoration ecology (Nadakkupam and Adyar Park in Chennai, Mangrove Forests), environmental education, nature art, medicinal plants, walks and courses, preserving indigenous knowledge and traditions, as well as promoting village -based sustainable livelihoods. http://www.pichandikulamforest.org.

Directions: From the Solar Kitchen turn right take the road past Certitude /sportsground, at the crossing take left (direction Kullapalayam) till you come to a small culvert/bridge, take the turning on the left there and follow the road into the forest! note: Start of the walk 6.30 am, bring a potluck, organic dish to share for breakfast! Contact: 2622 387.

Reminder: Sunday 3 February, 8-11 am, Integral urban farming and rooftop garden, City Centre.

Sunday Events

AYUR VOLC YOGA

This week: Introduction to Ayurveda and Yoga - For beginners and those who want to learn how to live a healthy and balanced life according to the laws of Ayurveda and the spirit of Yoga.

Organized by: Roshni and Jussie

Contact: jussie@auroville.org.in

BIOGAR CIRCLES FOR COLLECTIVE GARDENING

Every Tuesday from 10:30am
A Day of Collective Gardening at Savitri Nursery

Organized by: Savitri Nursery Team

Contact: amrita@upcycle.org.in

Launching a New Website

It is a great joy to announce that the Auroville WordPress website has been launched. The site is a comprehensive, up-to-date and easy-to-navigate web resource. Please visit it: https://auroville.org.

Organized by: Media Production Team

Contact: media@auroville.org.in

Bike Drive

Sunday 10, at 7am, from the Solar Kitchen, if you’d like to contribute to the Joyful Cycle Drive.

Organized by: Savitri Nursery

Contact: amrita@upcycle.org.in

Ayur Volc Wheelie Bin Clean Up

This week’s Wheelie Bin Clean Up is on Sunday 10th February at 6:30 am. Join the Ayur Volc team at the Solar Kitchen for a run around the streets collecting Bin and other waste to keep the streets clean.

Organized by: Ayur Volc

Contact: ayurvolc@gmail.com

We wish to acknowledge and thank our Sponsors and Volunteers for their support. Auroville, as always, is a gift to the earth and the community, and the reason is the many hands and hearts that are put into it day by day.
Ride Efficient
An electric cycle has a lighter frame and components, providing more balance, stability and performance as compared to motorcycles. E-cycles weigh around 25 kg as compared to 100 kg for a regular motorcycle. This means that most of the energy expended by e-cycles is used to move the passenger and not the vehicle itself, as is the case for motorcycles. Simple in design, lightweight and economical, e-cycles cost less to run and maintain.

Ride Fast
Electric cycles go faster than cars in heavy traffic. The reason is obvious to anyone who ever sat in a traffic gridlock. A car capable of travelling at 120 km per hour is useless if the hundreds of gridlocked cars in front are snarling at 10 km/h. On an e-cycle you can go faster than the average cyclist, yet still use the cycle routes that are forbidden to cars and motorcycles. An electric cycle is often the fastest way to move around in a city.

Ride Free
By law, motorcycles cannot travel on cycle lanes and sidewalks or park in bicycle parkings. By contrast, an e-cycle can travel freely on cycle lanes, paths and trails, and you can park it almost anywhere. Electric mountain bikes can travel on off-road trails, motorcycles cannot. You no longer need to dread steep hills, as pedal assistance flattens them out. Parking is usually easier and faster on an electric cycle than with a car or a motorcycle. On an electric cycle, you move around quickly and cheaply, and park for free.

Ride Green
You reduce your carbon footprint every time you take a ride! Be a proud green warrior, doing your small part to preserve the planet for the upcoming generations. Compared to the environmental impact of a car, e-cycling has a negligible impact on the environment. The electric cycle is the greenest, most efficient transport mode, with zero direct emissions.

Ride Healthy
An electric cycle ensures consistent exercising. Pedalling (with assist) to work every day might provide you with 30 to 60 minutes of low-intensity cardio twice a day, six days a week - for a possible exercise total of 6 to 12 hours per week. Pedalling is an excellent way to lose weight and burn calories. Much better than going indoors to exercise in a gym, in Auroville you get a forest bath together with your daily exercise!

Ride Lean
An electric cycle will enable immense savings. Compared to the running costs of cars / motorcycles or even public transport, electric cycles are definitely the most cost-efficient mode of transport for everyday use. A brand new car/motorcycle costs less than its electric counterpart in the beginning. However, this does not factor in all of the following costs:
- High insurance costs
- Constantly fluctuating fuel prices
- High maintenance and repair costs over the vehicle lifetime
- High service charges and oil changes costs
Riding an e-cycle doesn’t require any license, registration, or insurance. No red tape! Therefore, investment and operating costs are almost nothing compared to a car or motorcycle.

Ride Proud
Riding an e-cycle, you sit in a more upright position than on a motorcycle. This reduces back and neck pain, and gives you a better perspective to look out for obstacles and traffic.

Ride Safe
E-cycles pose significantly less risk than hefty four-wheeler and two-wheeler motor vehicles. Motorcycles have a top speed of 45 km/h while e-cycles are generally limited to 25 km/h with motor power only (you can go faster if you are actively pedaling). Riding in cycle lanes keeps you out of the direct path of cars, lessening the risk of collision.

Ride Silent
E-cycles combine a smooth, silent motor with pedal assistance. You don’t wake up the entire neighbourhood when you come back home late or start your day at dawn. The absence of noise pollution is often underrated because of the current mayhem in cities, but as e-cycles become prevalent, this silence will become a coveted commodity.

Ride Stinkless
The health danger and sensory inconveniences provided by motorcycles spewing out over 40 toxic substances and bad-smelling fumes are completely avoided with an e-cycle. People behind you will not wrinkle their noses and try to overtake you just to avoid breathing your exhaust stink. On the contrary, they will be grateful that you are not endangering their health and the health of their children.

Ride Strong
While the e-cycle can help you up steep inclines and help you cover ground faster, if you choose a low level of pedal assistance your e-ride can translate into a solid workout, especially for your core. Motorcycles do not provide exercise in any form.

Kinisi, CSR, Auroshilpam, +91 413 262-2168, +91 830 046-0679 kinisi@auroville.org.in, www.kinisi.in.

**Auroville Botanical Gardens Guided Tours**

**Correction of days: Every Monday, Wednesday, Friday from 9:30 to 11 am**

(until March 29th 2019)

Come and enjoy a guided tour in gardens and forest spread over 50 acres. The tour will take you to: The orchid house, the ornamental garden, the cactus garden, the fern house, the maze, the labyrinth, our ponds, and more...

*This is a walking tour, please bring a hat and water.*

Priority will be given to online reservations:
www.auroville-botanical-gardens.org/guided-tours

**MOBILITY IN AUROVILLE: Essentials**

- **City Shuttle**
  Quick ‘Pick up and Drop’ Shuttle Service within the city area or nearby, free of charge, operating with 2 EV vehicles (quiet electric 7 seater vans) and 1 petrol 4 seater for special needs.
  **Where:** Visitors Center Main Gate or on call.
  **When:** daily 9:30am to 6pm.
  **How:** call landline (best) 0413-262-2611 or 9487650951 (driver).

- **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.: +940115240.

- **Cycles and children car seats rentals**
  **Where:** Vehicle Service, Town Hall.
  **When:** Monday - Saturday from 9am to 12.30 and 2.30 to 5pm.
  **How:** Contact avvehicle@auroville.org.in or Phone 0413-2623302, 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 call +91 8300460679 / +91 8300460680 / +91 4132622277.

- **Integrated Transport Services (ITS)**
  Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. NEW! Evening Electric Shuttle Service & Shuttle Service to Chennai.
  **Where:** opposite Solar Kitchen.
  **When:** Monday-Saturday from 9am-5pm.
  **How:** Phone: 8098776644 | 9442566256 | 9840983080. lts@auroville.org.in, http://lts.auroville.org/.

- **Visitors’ Center - Bicycle Rental**
  Daily/Weekly/Monthly rates,
  **Where:** Available from the Kiosk, Near Dosai Corner/Dreamer’s.
  **When:** 9am - 5.30pm.
  **How:** Contact: 0413-262-3034.

- **Auroville Accessible Bus Schedule**
  The current Accessible Auroville Public BUS schedule (for Pondy and Sri ma beach trips) is always available at www.auroville.org/contents/3988.
  Contact: avbus@auroville.org.in.

News&Notes 4 February 2019 [784] 8
Thank you from LGBT Support Group

The LGBT Support Group gives their warmest thanks to Youth Center for inviting them to put up a stall at their annual fair on the 19th of January.

It was a great opportunity to let community members know about our existence, and bring about awareness simply by being colorfully present in the usual landscape of hetero-normative society.

The LGBT Support Group would also like to give many thanks to everyone who engaged with us, expressed curiosity and wanted to support. Over 100 people answered our quizz, and happily shared on colorful pieces of paper what Love means to them. This enabled us to gather relevant data which we are happy to share the results with the community. First, we must acknowledge that all the community members did not come to the Youth Center annual fair. Nor did everyone who came to the fair, stop at our stall or answered our quizz. And also, some were attracted to our stall by the colors but didn’t know about the LGBT flag and how it is a symbol of Lesbian, Gay, Bisexual and Transgender pride and its social movements.

People who said they were uncomfortable seeing a non-heterosexual couple engaged in a public display of affection (PDA) were for the most part the same people who expressed discomfort with PDA by heterosexual couples as well. The issue for them, is about seeing PDA and not necessarily about sexual orientation. There was also a tendency to be happier than indifferent seeing a non-heterosexual couple show PDA. We can guess from this result that it is by solidarity for the struggle of the non-heterosexual minority.

A neat majority of 80% of the respondents answered that homosexuality is a natural way of loving. In a heteronormative society, one could expect people to be brainwashed by the dominant narrative offered and therefore carry misconceptions about this subject.

However, only 8% of people who answered the quizz never witnessed homophobic behaviors. This answer really puts an emphasis on the necessity for the LGBT support group to create a safe platform for people to be heard and held. We were glad to see that in the event of homophobic behavior, 57% would confront it.

Through this modest start, we are happy to find such an open and supportive response from those who visited our stall. We hope this will be a journey that will spark off more conversations that broaden our collective minds and hearts. The LGBT Support Group wishes everyone in Auroville to be mindful of the struggles that being non-heterosexual can bring and to be at peace with all colors and combinations of love.

If you want to join us, support or just know more about the data, feel free to send us an email at groupprideLGBT@gmail.com


Welcome

✈️ Mahanya

We are happy to share the arrival of our little angel Mahanya on 12.01.2019 at Clinic Nalam. A special thanks to Paula, Shanti and Krishna. Murali and Pavi.

Work Opportunities

Stage assistant

We are still looking for people to help us with the upcoming theatre production (a comedy). It will be staged later this year but a lot of work needs to be done beforehand so if you are blessed with practical and organisational skills, call us 9486520868 or write to: francesca@aurovillle.org.in. Eike.

Health

Matram Schedule Online on our Website

You can find updated from Matram at this link.
**Santé – Auroville Institute for Integral Health**

Clinic Phone: *(0413)*-2622803 - Clinic mobile: +91-9489441703  
😊 email: sante@auroville.org.in - Website: www.sante.auroville.org.in 😊

---

**For emergencies, contact Auroville Ambulance: Tel: **9442224680 *(24x7)*  
**Government Ambulance: Tel: **108 *(24x7)*

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

Working Hours: 8:45 -12:30 & 2:00 - 4:30 Monday - Saturday  
for Aurovilians, Newcomers & registered Volunteers, Guests, & Friends of Auroville  
Closed every Tuesday afternoon for regular staff meetings

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

---

### SANTÉ THERAPISTS’ SCHEDULE - FEBRUARY 2019

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Brian</td>
<td>Mon, Wed, Fri, Sat.</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Igor</td>
<td>Tuesday, Thursday Mon, Wed, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Ruslan</td>
<td>Wed, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Archana/ Ezhil Thilagam</td>
<td>Monday to Saturday Mon, Wed - Sat</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Andres</td>
<td>Mon, Wed, Fri, Saturday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wednesday, Friday, Thursday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Monday, Wednesday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Monday, Wednesday, Tuesday, Thursday</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Medical Shiatsu and Meridian</td>
<td>Linda Grace</td>
<td>Tuesday, Wednesday, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Psychotherapy</td>
<td>Galina</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Mon, Wed, Wed, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
<td>Mon, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>Mon, Tues, Thurs, Fri Mon, Thurs, Fri</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>Tues, Wed (gynaecology) Friday (pregnancy care)</td>
<td>Morning, Afternoon</td>
</tr>
<tr>
<td>Yoga for pregnant women</td>
<td>Paula/ Krishna</td>
<td>Monday Friday (pregnancy care)</td>
<td>Afternoons</td>
</tr>
<tr>
<td>Childbirth Preparation</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*(TOS = Temporarily Out of Station)*

Santé Schedule is Now Online on our Website at this [link](#).

---

*News&Notes 4 February 2019 [784]*
**SPORTS**

**12th Auroville Marathon**  
Dear Community,  
Greetings from the Auroville Marathon Team!  
Here we are at this time of the year where we have around 3000+ runners from all over the world running in Auroville.!

This Sunday, the 12th Auroville Marathon run will be hosted by the Auroville Marathon Team. Full Marathon will start at 5 AM, Half at 6.15 AM, 10 K start at 7 AM and the Children’s/Open at 7.30 AM.

We invite Aurovilians and guests to cheer and encourage the runners as they pass by your community. Play music, greet them, cheer them, offer water, offer your wishes. We also request everyone to drive slow and give ample space for the runners and walkers sharing the roads on Sunday. The less dust we kick off, the happier the runners will be and so much better their “Joy Of Running” in Auroville.

The runners will pass by the following Aid stations:  
- Visitor Center (4.30am to 11.30am)  
- Celebration (5.00am to 8.45am)  
- Transition School (5.15am to 8.55 am)  
- Rajeswari College (5.20am to 9.10am)  
- Aikyaam School/New Creation (5.30am to 9.30am)  
- Ansuya Forest (5.40am to 9.40am)  
- Gaia Junction (5.45am to 9.50am)  
- Deepanam School (5.55am to 10.05am)  
- Samasti (6.00am to 10.20am)  
- Matrimandir Gate (6.07 am to 10.50am)  

The starting point for the event will be at the Visitor Center and finishing at Aurodam Football Ground.

Everyone are welcome. Love, Auroville Marathon Team

---

**Auroville Badminton Tournament 2019**

**9 February:**  
- Under 10 & 14 Sub Junior Girls.  
- 10 February:  
- Under 10 & 14 Sub Junior Boys  
- 11 February:  
- Junior Girls  
- 12 February:  
- Junior Boys  
- 13 February:  
- Women’s Doubles  
- 14 February:  
- Men’s Double Cat C  
- 15 February:  
- Men’s Doubles Cat A  
- 16 February:  
- Super Senior (Above 45)  
- 17 February:  
- Final’s

For Further Details,  
Kindly Contact: 94436 17098, 97511 10018, 94435 35172, 94430 01761.

---

**Darkali Fitness Track update**

The track is open from 4 pm till 6.15 pm. If you would like to come in the mornings please contact us at dft@auroville.org.in

The track’s purpose is to provide to families, school groups and sadhaks that feel a little rusty, a peaceful, secure and green (many shades of it) environment punctuated with structures and boards that offer guidance to simple yet rejuvenating exercises. Other than for its intended purpose the tracks 1.2 km path can also be used for meditative strolls, happy saunters, headphone jogging, introspective walk, union with the Divine and even, if that’s your thing, reverse walking.

Please remember to come 30 minutes before closing time. Way to the gate in Google Maps: goo.gl/dpdTgf. Darkali Team.

---

**Aikido intensive 2019!**

The Auroville Aikido group is happy to announce its Aikido Intensive for 2019! So, here is again your chance if you wanted to join Aikido or re-start a long lost practice of it!  
Jean-Pierre Pigeau, 7th Dan, teacher in Paris and technical executive at FFAB (French Federation of Aikido and Budo), is coming again to Auroville. With him we will have a 10 day Intensive. And we can say he will be well accompanied to share his skills…!

We will practice every day, from February 25th to March 7th, at the Auroville Budokan, Dehashakti. Final timing will be confirmed as the event approaches, but we plan to practice mostly early morning sessions, in the late afternoon and 9-11 am in the week-end and on the AV Birthday!

- CHILDREN already in our Aikido classes are most welcome to attend as much as they can. After the holidays, they will have 2 special classes with Jean-Pierre: Monday 4th and Wednesday 6th, 4 to 5 pm and 5 to 6 pm as usual.

- Are you ready? A little bit of effort and discipline for a great joy of the body and mind! Then mark the dates and join us! Please come at least 15 minutes before the class; wear long loose pants & T-shirt with sleeves; or your martial arts white keikogi if you have.

**Cristo, Surya and Murugan** for the Auroville Aikido group, Auroville Budokan (Reg. ALA/LEAD activity)

budokan@auroville.org.in - http://budokan.auroville.org/  
http://www.auroville.org/contents/2841

---

**EATING OUT**

**Sunday Lunches at Atithi Griha Guest House**

BHARAT NIVAS - The Pavilion of India presents:

Sunday 10 February 2019  
“SINDHI LUNCH”

By Ms. Ms. DEEPA

Ex. Student of Sri Aurobindo International Centre of Education  
Between 12:30 PM to 1:30 PM

For Aurovilians and Newcomers only.

For reservations, please write to atithigriha@auroville.org.in  
You can call us at 0413-2622445 any time before 4 pm on the Friday before. (Contribution Rs.150, her/his guests Rs.200).

**Organic Lunch in Joy Community**

Tuesday at 12:45: Italian Food (by Simona)  
Saturday at 12:45: Japanese Food (by Emiko)

We are happy to remind about our beautiful mostly organic lunch accompanied with the usual family atmosphere of Joy Community in Center Field. Ingredients are all fresh (some from our amazing vegetable garden) and depend on the inspiration of the season, garden, and the chef of the day. For Italian food, we’ll have home-made vegetarian lasagna on February 5th and gnocchi with tomato and pesto sauce on February 2nd. For Japanese food, there will be vegetarian sushi at the start of the meal and on the AV Birthday!

---

**Voices / Notes**

**Greetings Auroville…**

We are happy to share with you all what we managed to capture in past week as a team of Auroville Radio/TV. Please do collaborate with us in sharing event details and video clips of events happening in the community of Auroville.

We would be happy to hear from you, and also for you to make
use of our services. Please do follow our updated website which offers a wide range of information with written, audio and video content and stay connected with us for more event updates on our social media sites.

Website: aurovilleradio.org, FB: facebook.com/auroville.radio, Twitter: AurovilleRadioTV

From our volunteers for the past week we have:
Marylyz - Feldenkrais Method radio programme - Session 1.
Maryliz and Wobbl - Hildegard de Bingen - A Symphony of Sacred Repertoire.
Nadia - Yoga Nidra, Session 2.
Claire - Lively Up Your Earth - Tribute to Beatles.
Anandi - America Latina e indigena.
rtm - Emerson and Debora on Creating Free biodios with social technology. Jaya and Devasmita invites all to Art for Land Inauguration, Photo Exhibition on Altya, R.I.P. oliver Mutukudzi In conversation on Churning Waters with Priya, Priyadarshini and Gina, Annual Sharing on Development of International Zone Churning Waters, multidisciplinary performance.

Out of regular programs we have:

Here are also the news: Thursday and Monday.
Your AurovilleRadioTV team.

Notes

Life's Triumph
The Mother lived in Japan from 1910 to 1914. Maybe she saw the forest and came to Brazil. I didn’t see the plant but read in “The Random House Dictionary”, N.Y. 1989, p. 125: “Camellia… a woody plant having glossy evergreen leaves and waxy, roselike flowers, named after G.J. Camellius, 1661-1706, Jesuit missionary, who brought it to Europe from Asia”. A pity that this Jesuit missionary didn’t bring the camellia to Auroville.
In 1968 the first Aurovilians arrived in a semi desert place with strong erosion, many canyons and ravines. They tried to stop erosion with dams but the soil was very sandy and the rains destroyed the dams. The plants helped, Aurovilians created a very effective green protection against ravines and canyons.
On 30 Dec. 2011, the cyclone Thane hit Auroville. The wind was 135 km/hour, thousands of trees were uprooted or decapitated. Many buildings were damaged. But Auroville’s green oasis revived like a phoenix, very soon we would not see any trace of the Thane anymore: Life and Aurovilians resisted the disaster.
In nature there is a law of entropy: if the sunrays go in a desert, they reflect and return into the cosmos. But Auroville is the green laboratory where the rays are captured and help to create biomass and oxygen. The roots of plants are very similar to octopuses, they work like natural water pumps, show the anti-erosion effect and participate together with leaves in anti-entropical action.
The nature is mighty if the human greed and industrialisation do not conquer life too much. Boris

Having Fun with an Economic Impact Assessment

In these days of populist governments emerging in many countries it can be particularly challenging for organizations working outside of the mainstream to maintain themselves. The wave of nationalism, which populist politicians tend to encourage, can be particularly challenging to organizations which are multicultural and multinational in scope. In particular, entry visa issues can manifest themselves and make visitor access more challenging. Also raising funds from government and non-government agencies can become more difficult because of the change in political climate.

However, there is a way that such organizations can greatly strengthen their position without doing much differently from what they do already. I will use the Findhorn community as an example. One of the best things, I believe, which ever happened to the Findhorn community was when a third-party did an Economic Impact Assessment of its effect on the local and national economy. This opened people’s eyes to the many jobs created directly and indirectly and the money flowing into the economy because of its presence. This helped justify the community’s existence in terms which many in the mainstream, who were not at all interested in Findhorn’s higher goals, could accept.

The facts about an organization’s contribution to the economy can help silence even some of its more vocal critics; who then have to come up with equally compelling facts to support their views, or they just look misinformed, self-serving or foolish. The economic facts can even turn some critics into supporters. Such economic data can strengthen the arm of those who want to support the organization whether financially, or politically, as they can justify this in economic terms and not just philosophical ones.

Visionary organizations tend to only present their value in terms of their philosophical, ecological, humanitarian, or spiritual goals. They sometimes forget, underplay, or not even mention at all, what they are doing for humanity also includes contributing to the local economy, creating jobs for locals, visitors spending in travel, restaurants, shops and taxi services and so on. These are the factors which become more important in the political climate which many such organizations are facing now. What will Auroville and its visitors bring to the local economy in the next 10, 20 or even 50 years? I imagine the impact will be substantial, especially if existing growth trends are taken into account. If these facts were known, and openly promulgated, I suspect that this would provide significant benefits to Auroville and its supporters. As the saying goes, “Trust in Allah, but tie your camel”. Yours in community, William Martin, The Global Forgiveness Initiative.

Available

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

Horse Compost: Are you in need of quality compost and would also like to support us? We are a small natural horsemanship project located in Evergreen and we routinely have extra compost that can be used for your gardens, fields, or forests. We have 50kg bags available for pick-up or you can bring your own containers/ load carrier/ tractor and we can fill them. looking forward to hearing from you! Call us or text to 8489281386 to book some today. Thank you, Daniela, Divya, Inge, Maya, Sagu.

Editing/ Translation: I would like to offer my services (free of charge) to any Auroville enterprise in need of help with editing or simply improving the English in any document or text. I can also translate from French to English. Fiona, newcomer. Email: fionafraserjehu@hotmail.com.

Naturelement Christmas Cake: Dear community, for those of you who would still like to have our christmas cake, you can now get it at a 50% discount at Naturelement. From Naturelement team.

Enfield: Royal Enfield 350 Electra, model 2012, 47,000 km well maintained for more details 8498756124 Many thanks, Liran.

Juicer: in excellent condition, Moulinex brand. If you are interested, please call Simona at 9489511648.

Glen Gas cooking range: with 4 gas burnets, Grill and electric Oven. Glen services. Oven and Grill hardly ever used. Delivery free. Marc for Raj +91 8974665007.

Four cute puppies are looking for a lovely home: Information contact: 9745776604. Selvaraj.

Looking for...

Patrice Brasseur group: I have been volunteering in Auroville for a month. I am looking for people who follow the conferences of Patrice Brasseur, to gather, listen to the conferences together and to exchange. A group can also be created for people who
wish to discover these conferences in French on philosophy, psychology and spirituality. They are accessible on internet. For Anglphone, a conference is available on youtube. This month's theme: solidarity education. Do not hesitate to contact me by email, if you are interested: guichardan.p@gmail.com, Patricia Guichardan

Research Assistant in English Literature: He should be able to do research and write essays on given topics, to render secretarial assistance and take quick dictation. Please contact: Anand Kumar (Auroville Foundation Housing, Promesse) anandkumar@hotmail.com

Any afternoon/evening Work: My Name is Parthipan, I am working in New Pour Tous (PTDC), I am looking for a job after 3pm. Contact me: 8098740882, parthipanbalala.34@gmail.com

Unused Building Material: Dear all, we are a small horse farm project presently situated in Evergreen forest and looking for some change of scene! We take care of 4 horses and a retired Pony. We are happy to collect any unused/leftover/waste building material, which we could use to reinforce our present degrading infrastructure, such as beams, pillars, roofing material, cement, sand, pebbles, etc. If you think you have something, we'll be glad to come and have a look and pick it up. We have high quality compost that may interest you in exchange! If you would like to support in other ways, please also get in touch with us at Ashwagandha@auroville.org.in. Thank you, Daniela, Divya, Inge, Maya, Sugu.

Surf board: After a few surfing lessons we would love to get our own board for practice. Not yet sure which kind of board would be appropriate. Please let us know if anybody wants to give away her/his old board to 2 advanced beginners. Please text or email us, thanks. Anna-Lena & Lara. anna821999@gmail.com / whatsapp +49 175 9717224.

Laptop/Computer: Dear Friends, would someone have a spare laptop or small computer which you don't use and wish to give away. I would be very grateful if you could pass it on to me. Many thanks in advance, Kantha. Contact 2622148 (Home) or 2622239 (my office in VC Information Service).

LOST & FOUND

Wallet (Lost): Lost between Food Link and Joy community on 29th January. Please if you find it call me or send me an email. It has a Visa Card that I very much need! Contact: mariakarastergliou@gmail.com or 8056690848. Thank you! Maria

Reading Glasses (lost): silver frame in a grey felt pouch. Please contact: peter@auroville.org.in, Phone: 9488483348, Whatsapp: +49 1763626033. Thank you, Peter.

A wrist watch(found): last Sunday on 20th near the elephant water tank, way to Arati. If it belongs to you, please call and collect your watch. 8903363122. Rabindra.

TAXI SHARING

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

9 February: From Auroville to Chennai airport. I need to leave on Saturday 09/02 evening to reach the airport at around 1am on the 10th. Contact Nelly lalie58@hotmail.com.

12 February: leaving Auroville at 10 am to go to Chennai airport. Taxi sharing possible both ways. Email giovanniparrillo@hotmail.com or WhatsApp +393288181300.

13 February: I will leave Auroville to Chennai airport at 9 pm on 13/02. My flight is at 01.50 am on the 14th. If you are interested to share the taxi, let me know by e-mail to evm.lang@gmx.net or call 9486 363454 Thanks, Emvarie.

14 February: Thursday 14/02 at 8:30 pm from Auroville, Maitreya for an arrival around 12 am at Chennai Airport. One way to share. Please send an email to galikinlai.in. Magali.

17 February: I want to go to Tiruvanamalai on Sunday 17/02. Does someone want to share a taxi with me? Contact Chantal, chantalpirsani@gmail.com.
To mark the occasion of the 50th Anniversary of Auroville, Bharat Nivas invites all

A painting Exhibition offered by Ex-Students of Sri Aurobindo Ashram

3rd February to 3rd March 2019
Venue: Kalakendra Art Gallery
Bharat Nivas-Auroville

Opening Timings: 9 am to 5 pm
Exceptionally open on all Sundays in the month of February

To bridge the early history of Auroville’s Foundation Days related to the Sri Aurobindo Ashram, few events will be organised at Bharatnivas around the above Art Exhibition, inviting personalities who took part in the first month of February 1968, laying down the first stones for Aurovilians. It would be an occasion to pay a tribute to early Ashram participants and express Auroville Community’s gratitude. As and when, these events will be announced in the newsandnotes.

For more information: bharatnivas@auroville.org.in

A tribute to the soiled hands and feet

A tribute to the soiled hands and feet

Curated by Richa and Rrivu
3rd February – 3rd March 2019
Kalakendra Bharat Nivas Auroville

Auroville Timelines
An in situ video art installations project
in Kalakendra, Bharat Nivas
from 3rd February to 3rd March.
9am to 7.30pm

Curated by Richa and Rrivu
Supported by ‘Auroville becoming 50’

The German pavilion group cordially invites to
The exhibition opening of Birgitta Volz,

Baobab Project -
a Research of the Invisible

on Saturday 9th of February 2019
at 4.30 pm
Venue: Exhibition Gallery
of the Pavilion of Tibetan Culture,
International Zone, Auroville.
During the opening event Birgitta will share some of her expedition adventures in the bush of Namibia and explain about the magic unfolding, while she worked with this 3000 year old majestic tree.

The exhibition will be open from Mon 11 February to Sat 2 March
from 9 - 12.30 am and 2 - 5 pm.

Vibrations
A Photographic Exhibition
by Paulette

Saturday February 9th until Saturday February 23rd 2019
Open daily 8am - 12 pm and 2 - 6 pm. Closed on Sundays

where one sees nothing but the one, hears nothing but the one,
knows nothing but the one -- there is the infinite.
Chandogya Upanishad

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

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.

Savitri Bhavan
Exhibitions – FEBRUARY 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
• Paintings by Priti Ghosh
of Sri Aurobindo Ashram, Pondicherry
In the Square Hall from Feb.1 to 15, 2019

Everyone is welcome.
ART FOR LAND 2019
Fundraising ART EXHIBITION
at THE UNITY PAVILION

Come, feast your eyes on beauty, 
donate, and enjoy
– and let us all come together for Auroville’s land!!

• 10 am to 4 pm Mondays – Saturdays
• 3 to 6 pm on Sundays 3/2; 10/2; 3/3 and 10/3
till the 15th March 2019

Auroville’s creative artists have come together once again to create a splendid offering of beauty to raise funds for Auroville’s unified material base. They are joined by artist friends from India and all around the world - making over 70 participating artists in the media of painting, sculpture, pottery, textiles, and photography.

The Unity Pavilion has offered its beautiful spaces for this showcase of inspiration and for the parallel fundraising events. All the artists have made the donation of their original works with the goal of raising funds for the City of Dawn’s missing lands within the Master Plan area. In an action of flowing generosity, you can choose an artwork and thereby make your contribution for land purchase. Many works are available as cards and prints.

The exhibition is open from 10 AM to 4 PM (Monday - Saturday) and from 3 - 6 PM on Sundays 3/2; 10/2; 3/3 and 10/3.

You can also preview the artworks and reserve online at artforland.in.

Paintings by Priti Ghosh of Sri Aurobindo Ashram, Pondicherry, are on display
In the Square Hall from Feb.1 to 15, 2019
9-5 daily except Sundays
Opening concentration: 10.30am Friday, February 1
Everyone is welcome

PERMANENT CERAMICS ART INSTALLATION
As part of the 50th anniversary celebrations in Auroville,
5 ceramic artists are inaugurating an art installation they have created at the Solar Kitchen premises, in the garden near the covered entrance. Adil, Nausheen, Rakhee, Sabrina, Supriya

Centre d’Art Atelier, Citadines invites you to the painting exhibition:
‘WHITE NIGHT’
Painting exhibition by V5 painters.
On view till 16 February from 2 to 5.30pm (except Sundays)
centredart@auroville.org.in

Auroville Art Service presents
Audrey as Painter
REALIZING SYNCHRONOUS
Jan 27 to Feb 22
Daily 3-7 pm
Morning by Appointment, Monday Holiday.
Tasmai Centre for Art and Culture, 17 Advocate Chinna Thambi st, Kuruchikuppam, Pondicherry

Exhibition on
The Line of Goodwill
The largest Line of Force
1st December, 2018 - 1st March, 2019
Auroville Town Hall Reception Area
present

an Art For Land Fundraiser Event:

My relationship with the wood
A sharing by Torkil/Prakrit

Torkil came to Auroville in 2011, shortly after cyclone Thane. He started to use the wood from the fallen trees to create furniture and art. “The human straight line is easy to design with. Nature’s curved lines are more difficult. Balance is important to reach an aesthetic design.”

SRI AUROBINDO’S POEM ILION
a bridge between West and East spirituality, conference by Claude de Warren.

Thursday 7th February, 5.15pm,
Sangam Hall, Savitri Bhavan

Break the moulds of the past,
but keep safe its gains and its spirit,
or else thou hast no future.
Sri Aurobindo

After Savitri, Ilion is Sri Aurobindo’s most important poetic work with nearly 5000 verses. Until today, this poem was practically ignored since Sri Aurobindo never gave the keys necessary to its comprehension or any indications concerning its symbolic content.

Ilion nevertheless addresses an essential question in the great spiritual turning point that is being experienced by humanity today, namely what can be conserved of the structures and realisations supporting the most advanced efforts of the ancient Yoga, represented by the city of Ilion, later called Troy.

A thorough study of the symbolic meaning of Greek mythology carried out over more than twenty years and published under the name Greek Mythology, Yoga of the West, allows to approach the deep meaning of Ilion.

SAKHS, SONGS & VISION OF KABIR

By Prof. Sehdev Kumar
(Author of ‘The Vision of Kabir’) and
by Kathak/Sufi dancer Deepti Gupta

Friday, February 8, 8-9 pm at CRIPA

Songs for the river dolphins
of Punjab “Bulanaji”

Saturday
9 February
7.30pm
At cripa

Presenting original punjabi and English compositions in sufi pop-rock genre.

Prem sena aka
Dr sunny sandhu
Www.atelierom.guru/music

Please note that this event has been cancelled.

Bharatnivas invites All Music Lovers to

Indian Hindustani Vocal Concert

Offered by Giridhar Murthy: Impressario & By Artists from Chennai
Smt. Chitra Mohankumar: Vocal
Sri Rajashekharan C.: Vocal and Violin
Tabla: Rashmi Bhatt

On Thursday, 7 February 2019 at 7.30 pm

Sri Aurobindo World Center for Human Unity (SAWCHU), Bharatnivas

For more information: contact bharatnivas@auroville.org.in
Auroville arts service, Surya performance lab, SAIER, Ritam in partnership with Svaram present:

VAST
a contemporary dance theatre performance.

POSTPONED TO
15, 16, 17th Feb - 8pm
8, 9th- 10th February, 8 pm
Swami Vivekananda Auditorium,
Indian Pavilion Bharat Nivas.

The journey of a young man from Nepal who is forced into exile in a big Indian city. Beyond oppression he tries to find in his body a path to his Himalaya. A story of reconnection with Nature and Vastness.

Performers: Gopal Dalami, Thierry Moucazambo
Director, choreographer: Philippe Pelen Baldini
photo credit, Ashwin Ezhumalai

After the success of their show BHU/EARTH (with Kalaripayattu warriors) in Auroville and India, Surya performance lab, SAIER, Ritam (Philippe Pelen Baldini, Thierry Moucazambo, Gopal dalami and Barbara Paschinger are happy to introduce their new creation VAST.

It is a dance theatre show produced under Auroville art service with the collaboration of SAIER and the support of SAIER (for the research). VAST is a contemporary dance theatre show. It tells the story of a young man from Nepal who is forced into exile in a big Indian city. Beyond oppression and confinement, he tries to find in his body a path to his Himalaya. He is accompanied in his journey by the monkey God: Hanuman.

A story of reconnection with Nature and Vastness.

(See Poster in this issue)

REGULAR EVENTS
We will include the updated Regular Events in our next issue. With our apologies, we couldn’t keep up with the amount of work and are unable to publish this week. Warmly, the 2 editors.

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

OTHER EVENTS

◆ Flower exhibition
Within the framework of promotion of horticulture in Auroville, Soham, living, loving, and working (hard) in Transformation community (and elsewhere) welcomes everybody and everyone to his annual garden exhibition of Love and Light every day after 3 PM from Sunday, 3 February onward until end of March.
Enjoy, contemplate and identify yourself in this multitude of flowers and natural Beauty!
OM TAT SAT. Soham

FEBRUARY SCHEDULES

◆ Pavilion of Tibetan Culture
offers the following classes in February 2019

Thursdays: Vocal classes, 5.30 to 6.45 pm with Caroline.
Fridays: Transformation Yoga, 7 to 8.15 am with Elise.
Saturdays: Pranayama class, 7 to 8.15 am with Ananda Kumar.
Saturdays Heart Meditation, 5.30 to 6.45 pm with Ananda Kumar.
Acupuncture Sessions with Andres Lokuta (to get an appointment kindly call, SMS, OR WhatsApp @ 9655474497).
◆ Carnatic Classical Meditation

on Ragaveena and singing with Bruno.
on Friday 8th of February 2019 at 6.30 pm
Pavilion of Tibetan Culture, International zone.
All are invited

◆ Understanding tibetan people - A Talk.
Tuesday 5th of February 2019 at 5 pm.
Pavilion of Tibetan Culture International zone.
On the occasion of the Tibetan New Year Pavilion of Tibetan Culture invites you all to attend a talk by the visiting guest Mr. Passang Tsering, Principal of Higher Tibetan Studies based in Dharamsala.
All are invited.

◆ Free music concert: Behind the Scenes. Exploring what it takes to make a movie.

AT SANKALPA

Henna & Healing: Art Therapy Workshop
February 9th from 10am - 12pm
Sankalpa Art Center (behind Pavilion of Tibetan Culture, International Zone).
Registration (limited places):
sankalpa.art@gmail.com

AT CREEVA
Center for Research Education
Experience Visual Arts
Information: Audrey 9786411419 or audrey@auroville.org.in

Weekly Evening Art Sessions
Mondays: Gino 9047097812. Watercolor through meditation and geometry, 5-7 p.m.
Tuesdays: Aparajita 8860811953. Unlearning Through Folk-Art, 5-7p.m.
Wednesdays: Helgard 9486534326. Playing with Color, 5-7p.m.
Thursdays: Lakshay 9810052574. Drawing from the model, 5-7 p.m.
Fridays: Sathyap 9486145072. Watercolor Landscapes, 5-7 p.m.
Saturdays. Is Open.
Sundays: Anick 9585944167. Using natural pigments going back to primitive Art, 3-5 p.m.

Experience with CREEVA
we are giving these Sessions in collaboration with Kala Kendra in the Bharat Nivas studio.
Feb. 5, 6, 7 from 9-12
Gino presents: Water color through meditation and geometry.
Feb. 8 and 9 from 9a.m.-12p.m. & 2-5p.m.
Audrey presents: The Body Draws.
You will expand from your own natural way of drawing.
Feb. 12 and 13 from 9a.m.-12p.m.
Sathyap presents: Exploring the landscape indoors and outdoors with water colors.
Feb. 22 and 23 from 9a.m.-12p.m. & 2-5p.m.
Thais and Julien present: Behind the Scenes. Exploring what it takes to make a movie.

News&Notes 4 February 2019 [784] 17
Explore the traditional art form of henna (mehndi) as a tool for self-awareness, discovering personal symbolism within a safe space for expression. Each participant can connect to the body on various levels: through adornment, attention, self-care and potential healing of scars, injuries or stories carried in the physical form. Includes an introduction to the history and traditional context of henna use, a guided meditation, drawing, henna application and sharing. We will use a natural henna paste, which each participant will learn and practice by applying on themselves. No art experience necessary, for ages 16+.

Bio: Born in the US and of Gujarati ethnic origin, Krupa Jhaveri is an international art therapist, art director and founder of Sankalpa – promoting original self-expression, transformation, awareness and connection across all barriers through art. With training from SVA-NYC (2008), Krupa is now in a pre-PhD program integrating the last decade of her work including children and women with HIV/AIDS, in child protection, cross cultural exchanges, and as a Trauma-Informed Expressive Art Therapy consultant. She is an Ambassador to India for Art Therapy Without Borders with presentations on the therapeutic value of ritual, sacred and indigenous artforms throughout North America, Europe and Asia. You can see her TEDx Wilmington Women talk on “Art as a Mirror” online.

Limited spots, please register by email: sankalpa.art@gmail.com. With love, light and color, Krupa for Sankalpa (sub-unit of Thamarai). sankalpa.art@gmail.com / sankalpajourneys.com / FB: Sankalpa: Art Journeys.

**News&Notes 4 February 2019 [784]**

**Pre-registration required **

**Monday, Feb 4th.**
Yoga nidra and sound therapy: singing bowls
9-11 AM With Samantha Duggal, worldwide recognized teacher from Mumbai.
A guided relaxation and a precursor to meditative practice with the magical sound of singing bowls. All levels.

**February 7, 8 & 9th**

Acupuncture & traditional chinese medicine diagnosis
8.30-12.30 AM With Andres Lokuta.
There are 3 consecutive mornings of 4 hours.
We will practice simple but effective exercises combined with the activation of specific acupuncture points to enhance well being.

**Sunday, Feb 10th**

Awareness of the subtle-physical body using yoga Nidra
9 AM - 5.30 PM With Egle.
About Egle: Egle is practicing yoga since 20 years, “energy medicine and healing” certificate, presently learning “clinical hypnotherapy”

More info: egle@auroville.org.in or whatsapp: +91 - 94880 47368

Awareness is an endless area of exploration and can be enhanced by various practices. The way we perceive the world with the physical senses and mentality is habitual and rather rigid. Using the technique of Yoga Nidra one can learn to transfer the total attention of our daily world to our subtle-physical body, staying alert even in the delta state. Once the awareness is displaced beyond the boundaries and limitations of physical senses, we become aware of the subtle-physical realm of existence, where our habitual principles of “seeing the world” have no total value any longer. The subtle and now concealed senses can come forward into action. This experience is not only very interesting and liberating; it can and should be used as a tool of personal growth.

To keep awareness at another level and to change the habitual ways of perception needs time and practice. The great advantage of Yoga Nidra is that we can use the night-time for this training and learn to sleep in a more efficient manner.

**Friday, Feb 15th.**

**Acroyoga, 9 AM - 5 PM With Shakti Shilpa**

**Sunday, Feb 17th.**

Yoga for the spine. 9.30 AM - 12.30 PM With Andres Acosta.

**Sunday, Feb 24th.**

Yoga of Tamil Siddhas and Viiting Powerful Temples around Auroville. 10 AM - 7 PM With Bala.

**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

**Liran:** Oil massage (deep tissue, lumi lumi, holistic )

**Claudia:** Lomi-Lomi and Kahuna massage (Hawaiian massage)

**Lila:** Foot reflexology & holistic consultation

**Laure:** Private yoga sessions & yoga therapy (individual or group) in EN, FR or NL

**Isaac:** Reiki, Ayurvedic massage, Shiatsu & Foot reflexology

For appointments: +91 413-2622224

Contact: auromodeyogaspace.com

**Guests/volunteers:** contributions requested (reductions)

**Aurovilians/newcomers:** donations welcome

**AT AUROMODE YOGA SPACE**

**Program February 2019**

Check the schedule on: www.auromodeyogaspace.com

**YOGA CLASSES**

• Drop in yoga classes for all levels and ages from Monday to Sunday, mornings and evenings.

• Private (individual & group) yoga or pranayama sessions are available on demand in English, French, Spanish, Polish, Tamil... Contact us for more information.

**INTENSIVES**

**Pre-registration required <<<

**Monday, Feb 4th.**

Yoga nidra and sound therapy: singing bowls
9-11 AM With Samantha Duggal, worldwide recognized teacher from Mumbai.
A guided relaxation and a precursor to meditative practice with the magical sound of singing bowls. All levels.

**February 7, 8 & 9th**

Acupuncture & traditional chinese medicine diagnosis
8.30-12.30 AM With Andres Lokuta.

There are 3 consecutive mornings of 4 hours.
We will practice simple but effective exercises combined with the activation of specific acupuncture points to enhance well being.

**Sunday, Feb 10th**

Awareness of the subtle-physical body using yoga Nidra
9 AM - 5.30 PM With Egle.
About Egle: Egle is practicing yoga since 20 years, “energy medicine and healing” certificate, presently learning “clinical hypnotherapy”

More info: egle@auroville.org.in or whatsapp: +91 - 94880 47368

Awareness is an endless area of exploration and can be enhanced by various practices. The way we perceive the world with the physical senses and mentality is habitual and rather rigid. Using the technique of Yoga Nidra one can learn to transfer the total attention of our daily world to our subtle-physical body, staying alert even in the delta state. Once the awareness is displaced beyond the boundaries and limitations of physical senses, we become aware of the subtle-physical realm of existence, where our habitual principles of “seeing the world” have no total value any longer. The subtle and now concealed senses can come forward into action. This experience is not only very interesting and liberating; it can and should be used as a tool of personal growth.

To keep awareness at another level and to change the habitual ways of perception needs time and practice. The great advantage of Yoga Nidra is that we can use the night-time for this training and learn to sleep in a more efficient manner.

**Friday, Feb 15th.**

Acroyoga, 9 AM - 5 PM With Shakti Shilpa.

**Sunday, Feb 17th.**

Yoga for the spine. 9.30 AM - 12.30 PM With Andres Acosta.

**Sunday, Feb 24th.**

Yoga of Tamil Siddhas and Viiting Powerful Temples around Auroville. 10 AM - 7 PM With Bala.

**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

**Liran:** Oil massage (deep tissue, lumi lumi, holistic )

**Claudia:** Lomi-Lomi and Kahuna massage (Hawaiian massage)

**Lila:** Foot reflexology & holistic consultation

**Laure:** Private yoga sessions & yoga therapy (individual or group) in EN, FR or NL

**Isaac:** Reiki, Ayurvedic massage, Shiatsu & Foot reflexology

For appointments: +91 413-2622224

Contact: auromodeyogaspace.com

**Guests/volunteers:** contributions requested (reductions)

**Aurovilians/newcomers:** donations welcome
**Weekly schedule:**

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

Every Monday 6:35pm to 7:35pm: **Savitri reading**.

Every Thursday 6:00pm: **Meditation**.

01st Fri at 6.00pm: Reading from **The Mother’s Questions & Answers - Vol-7** in English led by Rama Narayana.

03rd Sun at 5.30pm: Reading **The Supreme & Savitri** in Tamil & English led by Buvana Sundari.

17th Sun at 5.30pm: Reading from **The Mother’s Questions & Answers - Vol-7** in English led by Rama Narayana.

19th Tue at 6.00pm: **Reciting Sri Aurobindo’s Gayatri Mantra for 30 min.** (Full Moon).

21st Thu at 5.30pm: **Inauguration of a new exhibition for The Mother’s 141st Birthday**.

21st Thu at 6.00pm: **Meditation (30mins)**.

**Exhibitions in Savitri Bhavan**

**February 2019**

**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
- **Paintings by Priti Ghosh**: From Feb.1 to 15 in the Square Hall

**Films on Mondays 6:30pm**

Feb. 4: **Love and Death – A Narrative Poem by Sri Aurobindo**.

Feb. 11: **The Matrimandir – Honoring Piero Cicionesi**

Feb. 18: **Serving the Construction of the Matrimandir**


**Full Moon Gathering**

Tuesday, February 19 7.15-8.15pm in front of Sri Aurobindo’s statue

**Workshop by Dr. Ananda Reddy**

28th Feb. Means and Methods for Inward Growth: Concentration & Meditation

22nd, 23rd & 24th: “A God’s Labour: Sri Aurobindo’s Vision & Work

**Regular Activities**

- **Sundays 10.30–12 noon**: **Savitri Study Circle**
- **Mondays, Tuesdays 3-4pm**: **Psychic Awakening** led by Dr. Jai Singh
- **Mondays 4.45-5.15pm**: **Meditations with Hymns of the Rig Veda translated by Sri Aurobindo**, led by Nishtha
- **Tuesdays 9am-12**: **An Introduction to Integral Yoga Workshop** led by Ashesh Joshi
- **Tuesdays, Fridays, Saturdays 4-5pm**: **L’Agenda de Mère**: listening to recordings with Gangalakshmi
- **Tuesdays 4.45-5.45pm**: **Mudra-Chi** led by Anandi
- **Tuesdays 5-6pm**: **Let us learn Savitri Together** (in Tamil) led by Buvana
- **Tuesdays 5.45-7.15pm**: **OM Choir**
- **Wednesdays 5-6pm**: **Essays on the Gita**, led by Shraddhavan
- **Thursdays 4-5pm**: **The English of Savitri**, led by Shraddhavan
- **Fridays 3-4pm**: **Exploring the Bhagavad Gita**, led by Dr. Jai Singh
- **Saturdays 5-6.30pm**: **Satsang** led by Ashesh Joshi

**Exhibitions, Main Building and Office are open Monday-Saturday 9-5; Reference Library Monday to Friday 9-5. Digital Library can be accessed on request, Monday-Saturday 9-4. Everyone is welcome**

- **Inner-Work-Workshop**
  - Introduction to the Integral Yoga of Sri Aurobindo and the Mother
  - 5 February (Tuesday) - at Savitri Bhavan, 9 am to 12 noon
  - (For those who are new to Yoga, from 8.45 to 9 am there will be a brief presentation on Yoga and Spirituality.)
  - **Focus this week on: ‘The Collective Yoga’**
  - Overview with multimedia presentation
  - Questions and Answers
  - Practice in Daily Life
  - Complimentary Concentration Exercises
  - Creative Arts, Interactive Games

- **Life of Sri Aurobindo and the Mother**
- **Introduction to the Reference Books**
- 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](http://www.integralyoga-auroville.com).
For more info about these events, please visit our website at www.quiethealingcenter.info

### EVENTS FEBRUARY 2019

<table>
<thead>
<tr>
<th>Feb. Dates</th>
<th>Name</th>
<th>Facilitator</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 12</td>
<td>Oceanic Bodywork Aqua (OBA) 3</td>
<td>Gianni</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>13 - 14</td>
<td>Woga 1 &amp; 2 (Yoga in Water)</td>
<td>Petra</td>
<td>8.45 am – 5.30 pm</td>
</tr>
<tr>
<td>14</td>
<td>Watsu Yoga Round</td>
<td>Gianni</td>
<td>6.00 pm – 9.00 pm</td>
</tr>
<tr>
<td>15 - 17</td>
<td>Watsu Basic &amp; OBA Intro</td>
<td>Petra</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>17</td>
<td>Yantra Shastra</td>
<td>Swami Omkar</td>
<td>9.30 am – 4.00 pm</td>
</tr>
<tr>
<td>18</td>
<td>OBA Evaluation Day</td>
<td>Gianni</td>
<td>8.45 am – 6.00 pm</td>
</tr>
<tr>
<td>19 - 22</td>
<td>Watsu 1 &amp; OBA 1 (part 1)</td>
<td>Gianni</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>20 - 22</td>
<td>Tantsu (part 1)</td>
<td>Xavier</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>23 - 24</td>
<td>Reiki Level 1</td>
<td>Betty</td>
<td>8.30 am – 6.00 pm</td>
</tr>
<tr>
<td>23 - 24</td>
<td>Somatic Movement</td>
<td>Maggie</td>
<td>9.30 am – 5.00 pm</td>
</tr>
<tr>
<td>23 - 24</td>
<td>Watsu &amp; Breathing</td>
<td>Xavier</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>25 - 28</td>
<td>Watsu 1 &amp; OBA 1 (part 2)</td>
<td>Gianni</td>
<td>8.45 am – 6.30 pm</td>
</tr>
<tr>
<td>25 - 28</td>
<td>Tantsu (part 2)</td>
<td>Xavier</td>
<td>8.45 am – 6.30 pm</td>
</tr>
</tbody>
</table>

**Watsu & Meditation with Dariya**
Monday 4 - Tuesday 5 February 2019 (9.00 am - 6.00 pm)
Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. The purpose of meditation - besides the physical and psychological benefits - is to build a connection with our soul and with the Divine in and around us. It also encourages the development of our intuition and perception through the heart and not only through the rational mind. This permits us, in certain life situations, to arrive on a higher level and make better choices. Meditation helps us essentially to develop our capacity for personal introspection and is the basis for our ability to listen to the person we float during a Watsu session. In this way we can work with a genuine empathy, thereby stimulating the flow of subtle energy. Prerequisite: Watsu Basic or Watsu & Liquid Flow/OBA Basic.

**Essence - Inner Journey with Ananda**
Friday 8 - Sunday 10 February 2019 (9.30 am - 5.00 pm)
In this workshop, you will learn and experience:
• acceptance, healing and letting go of past holdings and be open to the now;
• tools for tuning mind, body, emotions & energy;
• simple, powerful techniques for health, conscious relating & growth in your daily life;
• handling emotions of anger, pain, fear with Love;
• opening deeper layers of energy to support the life you want;
• remembering to live with love, freedom & awareness in connection with your Essence.
Ananda, professionally trained with international certifications in a wide variety of healing modalities, is a facilitator and therapist, focusing on wellness and connection with your essence through body, mind, emotions and energy. He has been sharing his inner journeys across India, Vietnam and Europe.

**Woga 1 & 2 (Yoga in Water) with Petra**
Wednesday 13 - Thursday 14 February 2019 (9 am - 6 pm)
Woga is based on yoga poses and stretches modified for warm water. Thanks to the decrease of gravity, water gives ease to the yoga movements, unblocks articulations, lengthens and melts muscles, removes negative tensions, and prevents stress, insomnia and anxiety. Sessions include breathing, warm-up exercises, a series of poses, and a relaxation period. Focus of Woga 1 is Asanas in water (standing, at the wall, floating and under water); besides asanas, the focus of Woga 2 is pranayama and meditation. No previous experience required.

---

**Creativity Hall of light - FEBRUARY PROGRAM**
You can just come to the regular classes, no need for an appointment.
For workshops, please contact the person who is doing it.
Aurovilians and Newcomers free regular classes. Guest fixed contribution and reduced for Volunteers.

<table>
<thead>
<tr>
<th>Regular Classes</th>
<th>Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Family Constellation workshop with Moghan: Creativity Hall of Light Saturday 16th February (9am to 6pm). Contact Moghan: 9751110486 / <a href="mailto:moghan@auroville.org.in">moghan@auroville.org.in</a></strong></td>
</tr>
</tbody>
</table>
| 5pm to 6:30pm Transformational Yoga | **Workshops**

<table>
<thead>
<tr>
<th><strong>Tuesday</strong></th>
<th>7:30 to 8:45 am Hatha Yoga, 10.00 - 11.00 am BM 4:15pm to 5,45pm Chi work <strong>Workshops</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>3:30 - 4 50 PM Kundalini Meditation 5: 00-6:30 Spontaneous singing (from 6 Feb) <strong>Workshops</strong></td>
</tr>
<tr>
<td>Thursday</td>
<td>7:30 to 8:45 am Hatha Yoga, 5:00pm to 6:30pm Vinyasa flow Yoga <strong>Workshops</strong></td>
</tr>
<tr>
<td>Friday</td>
<td>5:30 pm to 6:50pm Hatha Flow Yoga <strong>Workshops</strong></td>
</tr>
<tr>
<td>Saturday</td>
<td>3:00 pm to 5:pm Authentic Relating Every other Saturday starting 2 Feb. <strong>Workshops</strong></td>
</tr>
</tbody>
</table>

---
## Joy Activities
### February 2019

<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>Laughter Yoga with Nikhil</td>
<td>Thursday</td>
<td>5 to 6:30 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Friday</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Mantra Chanting with Nikhil</td>
<td>Friday</td>
<td>5:30 to 7 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (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 to 10:30 pm</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil</td>
<td>Saturday</td>
<td>5 to 6:30 pm</td>
</tr>
</tbody>
</table>

### Therapies (on Appointment only)

<table>
<thead>
<tr>
<th>Therapies</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td>with Sara (9443617308) or with Simona (9489511648)</td>
</tr>
<tr>
<td>Reiki</td>
<td>with Marcia (7598260379)</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Tarot &amp; Shamanic Card Reading</td>
<td>with Valentina (9791719387)</td>
</tr>
<tr>
<td>Thai foot reflexology</td>
<td>with Santiago (87549 58120)</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 or www.joyauroville.org - www.facebook.com/joyauroville.

---

**Discover Yourself & Experience Auroville Program**

**Venue:** Joy Community Hall, Center Field.

**Intro Program:** February 7th to 10th, 8 am to 5:15 pm.

**In-depth Program:** February 11 onward.

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

The program is made of:
- a 4 days **Intensive Introduction**, during which you will listen to our pioneers' stories, discover Auroville potentialities and ideals, and familiarize with alternative projects and community life.
- and an **optional in-depth extension** of 1 to 3 weeks (at your choice), during which you can participate at all Joy’s activities and deepen a field of action (organic farming, alternative construction, social development, etc.) through a hands-on fun experience.

Here we will answer your questions and doubts. This experience will help you clarify your impressions and insights. It is an opportunity to better understand your inner calling. Advance registration is required. NO DROP-IN. 25 % discount for people under 30 and 50 % discount for long-term volunteers.

For additional information and a detailed program please find it listed under the activities of the Joy Community website www.joyauroville.org or in our Facebook page www.facebook.com/joycommunityguesthouse or contact us via email at joycommunity@auroville.org.in or by phone at 9487272393. We are always available in Joy Community Guesthouse in Center Field for further clarifications regarding the community at large and to help you discover Auroville.
Programme for February 2019

### Yoga Iyengar

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for women</td>
<td>level 2</td>
<td>Mon</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for beginner</td>
<td>level 1</td>
<td>Mon</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>level 2-3</td>
<td>Tues</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>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>Wed</td>
<td>06.45 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas for women</td>
<td>drop in</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 - restorative</td>
<td>drop in</td>
<td>Thurs</td>
<td>15.30 - 16.45</td>
<td>Nadia</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>Therapy</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Therapy</td>
<td>drop in - all levels</td>
<td>Mon,Wed,Fri</td>
<td>08.30 - 10.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas (*)</td>
<td>for teenagers</td>
<td>Mon,Wed</td>
<td>16.00 - 17.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Natascha/Lisbeth</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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</td>
<td>09.00 - 10.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hathha 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>Feminine Dance for pregnancy</td>
<td>drop in - for women</td>
<td>Wed</td>
<td>16.00 - 17.30</td>
<td>Priscilla</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hathha 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 for children 7-9 yrs.</td>
<td></td>
<td>Sat</td>
<td>10.00 - 11.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Hathha 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>Exercise</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falun Dafa (Qi-Gong)</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>17.30 - 19.00</td>
<td>Tania</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>Understanding MartialArts (Registration Required)</td>
<td>Thurs (from 7th)</td>
<td>19.15 - 20.45</td>
<td>Hong Gye</td>
<td></td>
</tr>
<tr>
<td>Pranayama</td>
<td>Regular practitioners</td>
<td>Fri</td>
<td>06.45 - 08.00</td>
<td>Hong Gye</td>
</tr>
<tr>
<td>Understanding MartialArts (Registration Required)</td>
<td>Fri (from 8th)</td>
<td>19.15 - 20.45</td>
<td>Hong Gye</td>
<td></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

<table>
<thead>
<tr>
<th>Dance</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Odissi Dance (*)</td>
<td>Regular practitioners</td>
<td>Tues</td>
<td>16.00 - 17.15</td>
<td>Rekha</td>
</tr>
</tbody>
</table>

### Health Care at Pitanga

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

<table>
<thead>
<tr>
<th>Therapy</th>
<th>with Juan</th>
<th>Awakening the Intelligence of the body</th>
<th>with Vani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai yoga Massage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Readings in Vedic Astrology</td>
<td>with Vikram</td>
<td>Life Coaching</td>
<td>with Vani</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>with Heidi</td>
<td>Journey to the memory of the body</td>
<td>with Vani</td>
</tr>
</tbody>
</table>

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

Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994 - pitanga@auroville.org.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>7 to 8.15 am</td>
<td>Kaveri</td>
</tr>
<tr>
<td></td>
<td>Mantra Chanting</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method (no class 11 Feb)</td>
<td>3.30 to 4.30 pm</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Dance Offering (only 4 Feb)</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>7 to 8.15 am</td>
<td>Kaveri</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method</td>
<td>10 to 11 am</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Transformational Yoga (no class 26 Feb)</td>
<td>11 am to 12.30 pm</td>
<td>Elise</td>
</tr>
<tr>
<td></td>
<td>Laughing Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Yoga for All (no class 26 Feb)</td>
<td>3.30 to 4.45 pm</td>
<td>Kaveri</td>
</tr>
<tr>
<td></td>
<td>Yoga Anatomy &amp; Alignment in Asana</td>
<td>5 to 6.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Deep Sound Bath</td>
<td>5 to 6.30 pm</td>
<td>Anand, Balu &amp; Vera</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Yoga Asana Alignment for All</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Dance Mantra Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations</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>7 to 8.15 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Transformational Yoga (no class 14 Feb)</td>
<td>11 am to 12.30 pm</td>
<td>Elise</td>
</tr>
<tr>
<td></td>
<td>Open Heart Space Meditation</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td></td>
<td>Restorative Yoga Postures</td>
<td>5 to 6.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Chakra Toning (no class 21 Feb)</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td>Fridays</td>
<td>Yoga (no class 22 Feb)</td>
<td>7 to 8.15 am</td>
<td>Anne-Sophie</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method (no class 15 Feb)</td>
<td>3 to 4 pm</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Dance: Rhythms of Movement (no class 22 Feb)</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga</td>
<td>5 to 6.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Hatha Yoga</td>
<td>7 to 8.15 am</td>
<td>Bijou</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Flow (no class 2 Feb)</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, 1 Feb</td>
<td>“Life/Art Process®” and Authentic Movement</td>
<td>9.30 am to 12.30 pm</td>
<td>Ambre Jaïa</td>
</tr>
<tr>
<td>Thu, 7 Feb</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, 8 Feb</td>
<td>Yoga for Conditioning the Back</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Sat, 9 Feb</td>
<td>Transformational Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Elise</td>
</tr>
<tr>
<td>Mon, 11 Feb</td>
<td>“Life/Art Process®” and Authentic Movement</td>
<td>9.30 am to 12.30 pm</td>
<td>Ambre Jaïa</td>
</tr>
<tr>
<td>Wed, 13 Feb</td>
<td>Mindfulness Through Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Thu 14 &amp; Fri 15 Feb</td>
<td>“The Movements” of Gurdjieff</td>
<td>9.30 am to 4.30 pm (Thu)</td>
<td>Yoffi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.30 am to 12.30 pm (Fri)</td>
<td></td>
</tr>
<tr>
<td>Fri, Sat &amp; Sun, 15, 16 &amp; 17 Feb</td>
<td>Ovarian Breathing Feminine Alchemy &amp; Yoga for Women</td>
<td>9.30 am to 4.30 pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Sat, 16 Feb</td>
<td>Energy Meridians in Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Mon, 18 Feb</td>
<td>Somatics – An Introduction for Every Body!</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Wed, 20 Feb</td>
<td>Breath-work and Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Thu, 21 Feb</td>
<td>Bhakti Yoga (Yoga of Love) aka Mantra Chanting Meditation</td>
<td>9.30 am to 12.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Fri, Sat &amp; Sun, 22, 23 &amp; 24, Feb</td>
<td>Pranayama; Breath of Life – Part 1</td>
<td>9 am to 4.30 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td>Sat, 23 Feb</td>
<td>Feldenkrais; Rolling on the Ribcage</td>
<td>9.30 am to 12.30 pm</td>
<td>Nur</td>
</tr>
<tr>
<td>Wed, 27 Feb</td>
<td>Intro to Hatha Yoga – Designing Your Own Flow/Practice</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
</tbody>
</table>

### Therapies

**For appointment:** Phone [0413-2622606](tel:+914132622606) Mobile [7094104329](tel:+917094104329) treatments@verite.in

- **Andres:** Thai Yoga Massage
- **Chetna:** Neurofeedback Therapy
- **Elise:** Holistic Rebalancing Massage
- **Lisa:** Etiomedicine
- **Mila:** Biodynamic Craniosacral Therapy
- **Nur:** Functional Integration - Feldenkrais Method
- **Sheida:** Foot Reflexology / Yoga Asana Therapy for Musculoskeletal Conditions
- **Tania:** Reiki
INTENSIVES IN VÉRITÉ: (Registration required)

INTRODUCTION TO “THE MOVEMENTS” OF GURDJIEFF - with YOFFI
Thursday, 7 February - from 9.30 am to 12.30 pm
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. The movements/dances were collected and developed by Gurdjieff during his extensive travels in the near and far east and in his institute for “the harmonious development of man”.
YOFFI has been teaching Yoga and movement meditation for several years. She has experience with a variety of body work methods. Mainly, she enjoys the beauty and benefits of inner movement and wishes to share it with others.

YOGA FOR CONDITIONING THE BACK - with BIJOU
Friday, 8 February - from 9.30 am to 12.30 pm
One of the most common physical issues in people is a weak back, which is often due to unhealthy lifestyle choices and/or a lack of proper exercise. In this intensive, you will be guided through a series of yoga asanas which will strengthen the back. These simple postures can help to prevent and remediate the typical spinal issues that we are most vulnerable to.
BIJOU began exploring Yoga in 2014, far away from civilization in the Amazon jungle. This calling led to deeper research into the ancient art, including certification in 2015 (300 hr. Yoga Vidya Gurukul, Nasik). After initiations in Buddhist Meditation, Bijou found a way to incorporate Mindfulness and Yoga. His experience working with people recovering from trauma and substance abuse has enhanced his teaching, which focuses on the meditative and therapeutic aspects of Yoga.

TRANSFORMATIONAL YOGA - with ELISE
Saturday, 9 February - from 9.30 am to 12.30 pm
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 make a difference in your everyday life. This variety of Yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher mental consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome!
Elise Jones is a RYT 500 certified Yoga teacher (SriMa International Yoga and Meditation School) who believes that Yoga should be accessible to all. After 17 years of practice, she wants to share her learning with others and spread the joy of Integral Yoga.

“LIFE/ART PROCESS®” AND AUTHENTIC MOVEMENT - with AMBRE JAIA
Monday, 11 February - from 9.30 am to 12.30 pm
Movement connects sensation, emotion and imagination, allowing us to dive into the deep self, where creativity emerges. In the Life/Art Process, we explore the essential bond between Art and Life and how it can help in personal development and social change. The “dance” grows from the here and now of people's life experiences. Authentic Movement is a mindful exploration between a mover and a witness, through which both simultaneously develop greater self-awareness. In this intensive, you will experience both of these movement modalities and learn how they can help access the body’s deep information and wisdom.
AMBRE JAIA was trained in movement-based Expressive Art Therapy in 2013 by Anna Halprin at Tamalpa Institute in California and studied Authentic Movement in Europe.

MINDFULNESS THROUGH YOGA - with BIJOU
Wednesday, 13 February - 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. The practice with BIJOU draws on traditional foundations of yoga, where the unity of mind and body results in a meditative state. Allow BIJOU to lead you to the essence of mindfulness through the movement and meditation of Yoga.

News&Notes 4 February 2019 [784]
BHARAT NIVAS REGULAR PROGRAMS - February 2019

<table>
<thead>
<tr>
<th>Activity center</th>
<th>Day</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
<th>email</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAWCHU:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Sri Aurobindo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>World Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>for Human Unity)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>Q Gong Practice Capoeira</td>
<td>7 to 8 am</td>
<td>Andres Sam</td>
<td><a href="mailto:lokutta@auroville.org.in">lokutta@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>Bharatnatyam</td>
<td>4 to 6 pm</td>
<td>Caveri</td>
<td><a href="mailto:sureshcaveri@gmail.com">sureshcaveri@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>Hip Hop / Contemporary Dance</td>
<td>6 to 7 pm</td>
<td>Vijay</td>
<td><a href="mailto:sarasus@auroville.org.in">sarasus@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>Tango “Practica”</td>
<td>7:30 to 9 pm</td>
<td>Lisa &amp; Mona</td>
<td><a href="mailto:tango@auroville.org.in">tango@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>Q Gong Practice Bharatnatyam</td>
<td>7 to 8 am</td>
<td>Andres Caveri</td>
<td><a href="mailto:lokutta@auroville.org.in">lokutta@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>Improv Theater</td>
<td>4.30 to 6.30 pm</td>
<td>Jeff</td>
<td><a href="mailto:jeff@auroville.org.in">jeff@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>Q Gong Practice Bharatnatyam</td>
<td>7 to 8 am</td>
<td>Andres Deepa</td>
<td><a href="mailto:lokutta@auroville.org.in">lokutta@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>Carnatic Vocal</td>
<td>8:30 to 11:30</td>
<td>Grace</td>
<td>8940522975</td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>Odissi dance class</td>
<td>3 to 6 pm</td>
<td>Ruchika</td>
<td><a href="mailto:udavikanchana1@gmail.com">udavikanchana1@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>Hip Hop / contemporary Dance</td>
<td>6:30 to 7:30</td>
<td>Vijay</td>
<td><a href="mailto:sarasus@auroville.org.in">sarasus@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>Kathak dance class</td>
<td>5h30 to 6h30 pm</td>
<td>Ashavari</td>
<td><a href="mailto:aashavari@gmail.com">aashavari@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>Contemporary / Bharatnatyam</td>
<td>3:00 to 5:00 pm</td>
<td>Aurosvithri</td>
<td><a href="mailto:aurosvithri@gmail.com">aurosvithri@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>Ashtanga Yoga</td>
<td>5:00 to 6:00 pm</td>
<td>Muthukumari</td>
<td><a href="mailto:muthukumari@auroville.or.in">muthukumari@auroville.or.in</a></td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>Contemporary / Bharatnatyam</td>
<td>3:00 to 5:00 pm</td>
<td>Aurosvithri</td>
<td><a href="mailto:aurosvithri@gmail.com">aurosvithri@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>Kathak dance class</td>
<td>5 to 6 pm</td>
<td>Ashavari</td>
<td><a href="mailto:aashavari@gmail.com">aashavari@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>Hatha Yoga</td>
<td>6:30 to 8:00 am</td>
<td>Tatiana</td>
<td><a href="mailto:Mahayoga108@gmail.com">Mahayoga108@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>Kathak dance class</td>
<td>5:00 to 6:00 pm</td>
<td>Ashavari</td>
<td><a href="mailto:aashavari@gmail.com">aashavari@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>Kathak dance class</td>
<td>10:00 to 11 am</td>
<td>Ashavari</td>
<td><a href="mailto:aashavari@gmail.com">aashavari@gmail.com</a></td>
</tr>
<tr>
<td>PROGRESS HALL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mon to Sat. Till 03 March</td>
<td>A tribute to the soiled hands and feet By Auroville Timelines (an in-situ video art installations project)</td>
<td>9 to 7:30 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Mon to Sat. Till 03 March</td>
<td>Art Exhibition offered by Sri Aurobindo Ashram Ex-students and members.</td>
<td>9 to 5 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Mon to Sat.</td>
<td>Photo Exhibition on “The Dawn of auroville”</td>
<td>9 to 5 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Mon to Sun.</td>
<td>Regular Art classes/workshop coordinated by Creeva / BN in the Art Studio</td>
<td></td>
<td>Bharat Nivas</td>
<td><a href="mailto:audrey@auroville.org.in">audrey@auroville.org.in</a></td>
</tr>
<tr>
<td>KALAKENDRA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INDIA SPACE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(in the basement of the main Auditorium Entrance)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td>Permanent Exhibition on India &amp; the world by Olivier Barot</td>
<td>10 to 4.30 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td>Permanent Exhibition on Mother &amp; Sri Aurobindo</td>
<td>10 to 4.30 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td>Reading Space for study circles</td>
<td>10 to 4.30 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td>MUSIC ROOM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sri Aurobindo Centre For Studies: India &amp; The World</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuesday, Wednesday, Thursday</td>
<td>Hindustani singing classes</td>
<td>2 to 6 pm</td>
<td>Nandita di</td>
<td>Mob: 9488084470</td>
</tr>
<tr>
<td></td>
<td>First Friday of the month</td>
<td>origami Classes</td>
<td>2.30 to 3.30 pm</td>
<td>Tomoko</td>
<td><a href="mailto:tomoko@auroville.org.in">tomoko@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Monday to Sat.</td>
<td>Resource Library</td>
<td>10 to 4.30 pm</td>
<td>Bharat Nivas</td>
<td><a href="mailto:vanianboo@gmail.com">vanianboo@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>Reading sessions</td>
<td>10 to 4.30 pm</td>
<td>Aster Patel</td>
<td><a href="mailto:asterpatel@auroville.org.in">asterpatel@auroville.org.in</a></td>
</tr>
<tr>
<td>Bhumika Hall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Space for meetings, Film screening, talks &amp; workshops. Prior booking by mail is required to use this space.</td>
<td></td>
<td></td>
<td>Bharat Nivas</td>
<td><a href="mailto:shilpa@auroville.org.in">shilpa@auroville.org.in</a></td>
</tr>
</tbody>
</table>

Activity center | Day       | Title                                      | Timings          | Facilitator          | email            |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ANNAM KITCHEN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Old Indus valley)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td>South Indian meals</td>
<td>12.30 to 2.10 pm</td>
<td>Ramesh - Tamara</td>
<td><a href="mailto:annam@auroville.org.in">annam@auroville.org.in</a></td>
</tr>
<tr>
<td>Post Office</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td></td>
<td>9 to 4 pm</td>
<td></td>
<td>0413- 2622120</td>
</tr>
<tr>
<td>Laboratory of Evolution (LOE)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday to Saturday</td>
<td></td>
<td>9 to 12 pm &amp; 2.30 to 4.30 pm</td>
<td></td>
<td>0413 - 2622423</td>
</tr>
</tbody>
</table>

Bharat Nivas in collaboration with Japanese Pavillion invites you to participate in: Let's enjoy ORIGAMI Friday 8th February 2:30pm-3:30pm
Bharat Nivas office under Auditorium – after you enter Auditorium building from outside, please proceed to the steps down on your right side. Then on your right is the office we use.
In February….we have two big celebrations; Mother’s and Auroville birthday! We shall make Lotus (“The Avatar” by the Mother) for such a special month.
Bookings not needed, all are welcome! Contact; Tomoko or Emiko on letsenjoyorigami@gmail.com
News&Notes 4 February 2019 [784] 25
<table>
<thead>
<tr>
<th>Program</th>
<th>TIMING</th>
<th>In-charge</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashtanga Yoga</td>
<td>1st Batch: 6.45 am / 2nd batch: 7.15 am Every days except Sundays, Full moon days &amp; New moon Days</td>
<td>Christine Pauchard</td>
<td>Taramangaling 5 min after Botanical Garden</td>
</tr>
<tr>
<td>HATHA YOGA</td>
<td>5:00 PM to 6:30 PM Mondays and Wednesday</td>
<td>Christine Pauchard</td>
<td>Taramangaling 5 min after Botanical Garden</td>
</tr>
<tr>
<td>Scientific meditation</td>
<td>Tuesday/ Thursday/ Saturday Pre-registration 2 days in advanced Last 1h30 min</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road, Kuilapalayam</td>
</tr>
<tr>
<td>Super Sensory Development PROGRAM WORKSHOP</td>
<td>A pre-counseling is required 2 days before- SSDP workshop on Tues/Thurs/Sat --- Last 1h30 min</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road, Kuilapalayam</td>
</tr>
<tr>
<td>Neuro linguistic PROGRAMMING SESSION: For self development, improve your communication skills.</td>
<td>Any time appointment: 1st appointment. last 1h30 min to 2h</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road - Kuilapalayam</td>
</tr>
<tr>
<td>Health &amp; wellness coaching program: 5 days to one week: For who is stuck in his or her life and looking for the next steps to take but do not know how to do so. General Anxiety Disorder, Sleeping Disorder, Anyone who want to enhance his or her relationship ( Bad Breaking Relationship, No relationship)</td>
<td>Contact us for details and appointment - Involvement in the therapy and advises given are required</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road, Kuilapalayam</td>
</tr>
<tr>
<td>Healing program: 2 weeks to two month - A customized program adapted to the symptoms and the profile of the person to heal depression, General Anxiety Disorder, Sleeping Disorder, Bipolarity Disorder</td>
<td>Contact us for details and appointment - Involvement in the therapy and advises given are required</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road - Kuilapalayam</td>
</tr>
<tr>
<td>Analysis of Multiple Intelligence Through Scientific Tool</td>
<td>Any time on appointment, First appointment for finger print test : 30 min / 2nd appointment on the next day for counseling : 1h30 min</td>
<td>Christine Pauchard &amp; Mradul</td>
<td>Holistic Studio, Auroville Main Road - Kuilapalayam</td>
</tr>
<tr>
<td>Hypnotherapy</td>
<td>Any time on appointment, Last 2h</td>
<td>Christine Pauchard</td>
<td>Holistic Studio, Auroville Main Road, Kuilapalayam</td>
</tr>
<tr>
<td>Accupressure therapy</td>
<td>Any time on appointment Last 1h30 min</td>
<td>Christine Pauchard</td>
<td>Holistic Studio, Auroville Main Road, Kuilapalayam</td>
</tr>
<tr>
<td>SOUND MASSAGE AND BATH WITH TIBETAN SINGING BOWLS AND GONG</td>
<td>Any time on appointment, Last 1h30 min</td>
<td>Antarjyoti</td>
<td>Near Solar Kitchen</td>
</tr>
<tr>
<td>Vocal Yoga Classes: A practice to explore the positive and healing power of conscious sounds via Nada &amp; Bija Mantra Yoga.</td>
<td>Group session : Every Thursday at 5.15 pm : Last 1h 30 min Private class : Last 1h Any time on appointment</td>
<td>Caroline Cohen</td>
<td>Tibetan Pavillon and New Creation</td>
</tr>
<tr>
<td>THAI Yoga Massage</td>
<td>Any time on appointment</td>
<td>Emmanuel Schmitt</td>
<td></td>
</tr>
</tbody>
</table>

**Wednesday 6 February- Tea Talk**

Questions and answers about Yoga, the practice and the obstacles.

For every ones or anyone interested by yoga and its studies in General.

All are welcome at 5 PM at Windmill cafe, behind the visitor center on the left side after "King's Food"
**CINEMA PARADISO**

**Multimedia Center (MMC) Auditorium**

**Film program 4 to 10 February 2019**

**Indian - Monday 4 February, 8:00 pm:**
- **PAHUNA: THE LITTLE VISITORS**

  India-Nepal, 2018, Dir: Paakhi A. Tyrewala w/ Ishika Gurung, Anmol Limbu, Saran Rai, and others, Drama-Mystery, 148mins, Nepali w/ English subtitles, Rated: NR (PG)

This directorial debut film narrates the story of three siblings Amrita the oldest, Pranay her brother, and the baby Bisha as they flee with their neighbors from their village in Nepal for India for a safer and better life. Their mother stays back to check on their father who takes a different escape route. Circumstances have it - when they reach the Indian state of Sikkim - the children get separated from the group and must figure out a way to carry on while they wait to re-unite with their parents. With idyllic set up the film offers a soft, nurturing takes on reality even though it is set on the backdrop of real-life issues of disturbance and displacement. A soft and sweet film!

**Italian - Tuesday 5 February, 8:00 pm:**
- **lazzaro felice (Happy as Lazzaro)**

  Italy 2018, Writer-Dir. Alice Rohrwacher w/ Adriano Tardiolo, Agnese Graziani, Luca Chikovani and others, Drama, 125 mins, Italian w/ English Subtitles, Rated: PG 13

Lazzaro is such a pure hearted young man that he can be taken as an idiot. He might be a peasant but he's worthy enough for the friendship of spoiled aristocrat Tancredi. They find joy in a forgotten pastoral world of deception and lies. The truth will s

**Film News & Notes 4 February 2019**

**Sunday 10 February, 8:00 pm:**
- **ANGST ESSEN SEELE - AUF (Fear Eats Soul)**

  Germany, 1973, Dir. Rainer Werner Fassbinder w/ Brigitte Mira, El Hedi Ben Salem, Barbara Valentin and others, Drama-Romance, 92 mins, German w/ English subtitles, Rated: PG

Emmi, a German woman in her mid-sixties, falls in love with Ali, a Moroccan immigrant worker around twenty-five years younger. When they abruptly decide to marry, everyone around them seems appalled. When the folks calm down a bit, Emmi and Ali's relationship grows uncertain.

**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
- NC-17-No one under 17 admitted
- X-Adults

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@aurowire.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 contributions.

**Friday 8 February - 7:45 PM**

**“The Best of Youth”- La meglio gioventù (original title) (FIRST PART)**

**Director:** Marco Tullio Giordana - Italy, 2003

**With:** Luigi Lo Cascio, Alessio Boni, Adriana Asti, Sonia Bergamasco, Fabrizio Gifuni, Maya Sansa, Jasmine Trinca, Lidia Vitale, Valentina Carnelutti, Claudio Gioè

**Synopsis:** The Best of Youth film was originally planned as a TV mini-series, but in the end it was divided in four parts. For our film projection we will present it in two parts of 3h each! For this reason, we will start at 7:45PM, exceptionally!

At the end of the sixties, two brothers of an Italian family, Nicola and Matteo, share the same dreams, the same hopes, the same readings and the same friendships, until the day when the meeting with Giorgia, a young girl suffering psychic disorders, determines the destiny of each: Nicola decides to become a psychiatrist, while Matteo abandons his studies and enters the police. Their journey and that of the rest of their family is parallel to the events that played against the Mafia in Sicily, the big matches of national team football... It won the prestigious “Un Certain Regard” award, in Cannes Film Festival 2003. The film is a touchstone of Italian cinema!

**Original Italian version with English Subtitles - Duration: 3h**

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

**Friday 8 February - 7:45 PM**

**“The Best of Youth”- La meglio gioventù (original title)** (FIRST PART)

**Director:** Marco Tullio Giordana - Italy, 2003

**With:** Luigi Lo Cascio, Alessio Boni, Adriana Asti, Sonia Bergamasco, Fabrizio Gifuni, Maya Sansa, Jasmine Trinca, Lidia Vitale, Valentina Carnelutti, Claudio Gioè

**Synopsis:** The Best of Youth film was originally planned as a TV mini-series, but in the end it was divided in four parts. For our film projection we will present it in two parts of 3h each! For this reason, we will start at 7:45PM, exceptionally!

At the end of the sixties, two brothers of an Italian family, Nicola and Matteo, share the same dreams, the same hopes, the same readings and the same friendships, until the day when the meeting with Giorgia, a young girl suffering psychic disorders, determines the destiny of each: Nicola decides to become a psychiatrist, while Matteo abandons his studies and enters the police. Their journey and that of the rest of their family is parallel to the events that played against the Mafia in Sicily, the big matches of national team football... It won the prestigious “Un Certain Regard” award, in Cannes Film Festival 2003. The film is a touchstone of Italian cinema!

**Original Italian version with English Subtitles - Duration: 3h**
**THE ECO FILM CLUB**

Sadhana Forest, February 8, Friday
Schedule of Events:
4:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Tour
4:30 pm: Tour of Sadhana Forest
6:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
6:30 pm: Eco Film Club begins with “previews” of short Sadhana Forest films
8:00 pm: Dinner is served
9:30 pm: Free bus from Sadhana Forest back to Solar Kitchen

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

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

**Arabian Inferno: When the Rains Come**

48 mins / English / 2017 / Produced by Blink Films
The summer months bring with them one of the most significant natural phenomena of the region, the monsoon, or “khareef” in Arabic. The ocean upwelling that results along the coast of the Sultanate of Oman, brings nutrient-rich water up to the surface. The strip of land between the Dhofar mountains and the sea becomes remarkably lush, green and teeming with life.

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683 or sadhanaforest@auroville.org.in. Or visit us online: sadhanaforest.org and facebook.com/sadhanaforest.

**Auroville Conversation- Part 3 is ready!**

“What is your contribution towards the vision of Auroville?”
8th of February at the MMC cinema in Town Hall, at 4pm (43mins).

In the meantime, you can catch up and watch the first 2 parts online!
- Part 1: What will you tell a Newcomer?
- Part 2: What keeps you here?

This series of movies is on the subject of Karma yoga. We believe “Work is an integral part of our collective life in Auroville, which requires all of us in our capacity to participate.” What makes our dream come alive? Let us dive in and reflect. Project teamUma Prajapati, Danielle de Diesbach, Puneet Bhatnagar.

The French Pavilion presents

“After Tomorrow” Documentary Film
directed by Cyril Dion and Laure Noualhat
Saturday 9th February 2019 at 5pm
Town Hall - Cinema Paradiso
in French only, length: 72 min

What works, what fails? And if, finally, all this forced us to invent a new story for humanity?

Two years after the phenomenal success of the documentary “Demain/Tomorrow”, Cyril Dion returns to the initiatives that the documentary inspired. He embarks with him his friend Laure Noualhat, renowned investigator on the fronts of ecology and very skeptical about the ability of micro-initiatives to have a real impact on climate change. Their humorous confrontation pushes them to their limits.

**REMINDER TO ALL GUESTS from The Guest Facilities Coordination Group**

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

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

The Auroville Guest Registration Service operates at 3 locations:
- Visitors Centre - at the far end of the Expo Hall (big white building on the left), opposite Dreamer’s Cafe - All days 9:30 to 12:30 and 2 to 5pm.
- Town Hall - reception area - Monday-Saturday 9:30 to 12:30 and 2 to 5pm.
- Aspiration - Financial Service office left side - Monday-Saturday 9 to 12:30 and 2 to 4:30pm.

**Auroville Emergency Contact Numbers**
- Sadhana Forest, 0413-2622133
- Visitors Centre, 0413-2656271
- Ambulance, 9442224680 - Pims: 0413-2656271
- Farewell: mobile number: 8903836246. reachable 24/7
- Emergency Service of India: 108

**The News&Notes is available for all to download** from the Auroville website at http://www.auroville.org/contents/4186
The Regular Events at http://www.auroville.org/contents/4187
The archives are found at http://www.auroville.org/contents/186
And also on Auroville Wiki http://wiki.auroville.org.in/wiki/News_%26_Notes

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

How to submit material: Material (no pdf files, please) may be sent (in English only) to the N&N email address (below).
Please try your best to send your announcements, reports, film schedules whenever they are ready.

The Tuesday deadline (5pm) is absolute
Any modifications of the submitted News items have to be sent to the editors before Tuesday 5pm.
We regret not being able to attend to visitors on Wednesdays and Thursdays due to work pressure.

Articles for the Notes section should ideally be no longer than 500 words. All articles and reports need to reach us by Tuesday noon.
Visiting hours: On appointment only.
Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused.
In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

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

GO PAPERLESS for the 50th! RECEIVE THE NEWS&NOTES by EMAIL weekly! Subscribe at this link.

Front Cover: Faces printed and worked out from an old Baobab Tree, Birgitta Volz 2018 (see under Exhibitions)
PLEASE NOTE THAT THIS EVENT HAS BEEN POSTPONED TO 15, 16, 17th of February – 8pm

Sri Aurobindo Auditorium
Bharat Nivas

Performers: Gopal Dalami
Thierry Moucazamba
Director, choreographer:
Philippe Pelen Baldini

VAST
a contemporary dance theatre performance.

The journey of a young man from Nepal who is forced into exile in a big Indian city. Beyond oppression he tries to find in his body a path to his Himalaya. A story of reconnection with Nature and Vastness.