News & Notes

A Weekly Bulletin for Residents of Auroville

Number 785
Monday 11 February 2019
I have always observed very carefully every time somebody died here in the Ashram, and well (one or two persons have died since that experience, in particular the old doctor’s sister), well, since then it has been ABSOLUTELY DIFFERENT. It was something I saw from above. There was no longer any mystery. But if you ask me to explain... That I can’t - words, the mind, no. But the POSITION of the consciousness was different - the position of the consciousness. Altogether different.

And it happened the same way every time. But it may take years to turn into a conscious power. And IN THE PRESENT CASE, the conscious power would mean the power to give or prevent death equally; to effect the necessary movement of forces - almost... almost an action on the cells, a mechanical action on the cells. With that power, you can give death, you can prevent death.

But there is NO LONGER any of that sensation people have of a brutal clash between life and its opposite, death - death is not the opposite of life! At that moment I understood, and I never forgot: death is NOT the opposite of life, it is not the opposite of life. (2)

It’s a sort of change in the cells’ functioning, (3) or in their organization.... When I say all this now, I try to pull back a deep-buried memory. But that’s the point. Once you have understood that (all that you understand, you can do), once you’ve understood that, you can do it. Then it’s very simple: you can easily stop the thing from going this way or that way; you can go like that or like this or like that (Mother seems to handle forces or shift the position of the consciousness). Then it almost becomes child’s play to make someone die or make someone live! But that is better left unsaid.

But it will surely come! In how many years, I don’t know, but the thing has become plain. And to me (as I said the other day), to me it seemed quite a central secret - not the most central of all, no, but fairly central with regard to life on earth. It’s... of course, it would mean a new phase for life on earth.

(silence)

It may almost result (later, once modern science has run an ascending curve) in a MATERIAL knowledge. It wouldn’t be that [Mother’s experience], but the image of it: what Sri Aurobindo calls a figure, a representation; the closest word is “image.” An image: not the thing itself but its projection, as on a movie screen.

(silence)

It is clear that... It is clear that we are drawing near to what ordinary consciousness regards as the Marvelous. (long silence)

At bottom, to understand the creation is to be able to make it - that’s it. When you understand, you can do. Whatever men do is done with a conscious will here (Mother makes a gesture as if she were wearing blinkers), but with an invisible Power which may or may not come, which is at their disposal or isn’t. And that invisible Power is what ACTS. Men can have conceptions, but they don’t have the power. But when you make that movement and go from here to THERE (gesture above), then you realize that all those conceptions are like the notes of a universal keyboard; you can play all the notes, it’s very fine and makes a beautiful orchestra, but it isn’t essential, it’s incidental. THAT [the invisible Power] is what is needed. THAT is what knows how things are to be done and how one should play.

(2) With a sort of incomprehensible comprehension, we are reminded of the words of the Vedic Rishis: “He uncovered the two worlds, eternal and in ONE nest.” (Rig-Veda, 1.62.7)

(3) Thus it is in the depths of the cells that the key is found, that the passageway is found, not in a world “beyond” but in this very world where death is not the opposite of life - where death is no more (this very world too where you fall on flints weightless and unscathed?).

MOTHER’S AGENDA, 16 March 1963 - MOTHER

The Ponder Corner

Work is part of the yoga and it gives the best opportunity for calling down the Presence, the Light and the Power into the vital and its activities; it increases also the field and the opportunity of surrender.

Sri Aurobindo
Gems from Sri Aurobindo, First Series, p.129
News & Notes team is looking for a third editor.

Dear Community,

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 is 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 over 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 (N&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 full-time team colleague (preferably Aurovillian or Newcomer) 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 for the people holding the News&Notes. 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.

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**Straight out of the recent Auroville Trashion show 2019 (Feb 1&Feb2), meet the “News&Notes Paper Waste Duo”!**


This year again the ‘Trashion Show’ made Our Waste Problem Wearable!

The challenge was high: use the unrecyclable waste that overflows the Eco Service and gets buried under our own ground - sending out more than ever the same urgent message to our community and visitors:


The event this year had 50 models -- between the ages of four and 70 -- sporting garments made of the most difficult waste to deal with in Auroville: multi-layer chips packaging, pet food bags, mesh sacks, broken umbrellas, insulation foam, 8mm film, mosquito nets and e-waste among others.

An invitation to rethink your choices as consumers and reduce waste! In particular, your News&Notes paper waste :) GO PAPERLESS for the 50th! RECEIVE THE NEWS&NOTES by EMAIL weekly! Subscribe at newsandnotes-list+subscribe@auroville.org.in
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)

A harmonious collective aspiration can change the course of circumstances
The Mother

BUILDING A CITY, NOT ANY CITY
Art for Land’s Inauguration included a highly-motivating presentation about the needed resources for Auroville’s missing land. It spoke of “the City, not any City” that we are here to build and its basic elements - peace, harmony, beauty, the striving towards perfection, the collective enterprise for a shift in consciousness, a cradle for the New Being, and for a Next Step in Evolution. This beautiful appeal evoked our shared values of collective commitment, generosity, realization - and the POWER of a harmonious collective aspiration. (Please see the Auroville Radio website for the recorded presentation - www.aurovilleradio.org)

Individual commitment and generosity from worldwide and Indian friends, AVI centers, Integral Yoga Centers, the Sri Aurobindo Ashram (Pondy & Delhi), and Aurovilians have enabled the purchase of approximately 50 acres of missing Master Plan land in the past four years: https://land.auroville.org/new-auroville-land-thanks-donations-2/ But we all know that this is not yet enough, and that our collective commitment needs to become much stronger and continue to grow!

ART FOR LAND is a beautiful expression of collective commitment and generosity in action! In this special month, we warmly invite you to visit the 2019 Art for Land Exhibition at the Unity Pavilion and take part in the upcoming land fundraising events. The artworks are at the Unity Pavilion and viewable at the online gallery at www.artforland.in The site’s “How it Works” page gives complete information on reserving a work and on making a donation. This video clip will give you a glimpse of opening day and our most beautiful exhibit yet! https://www.aurovilleradio.org/4th-art-for-land-presentation/

ART FOR LAND FUNDRAISING EVENTS OF THE WEEK - ALL AT THE UNITY PAVILION: unitypavilionauroville.com

These events are all land fundraisers. When you attend, kindly donate generously in solidarity for the land!

- Monday 11th February at 5 pm - "Water, the Source of Life" by Gilles Boulicot**
- Tuesday 12th February at 5 pm - "Living a Healthy Life Style" by Dr. Geeta
- Friday 15th February at 5 pm - "The Future Garden" by Joss of Pitchandikulam**

**The events on the 11th and 15th are directly followed by another event “Solidarity Snacks and Evening Tea” at 6:30 PM - a “delicious land fundraiser” - with questions & answers about Auroville’s land with Sigrid. We warmly thank the Visitors Centre & Tanto for their generous donation of the snacks. “Solidarity Snacks” suggested minimum donation: 200 Rs for the land!

Come, feast your eyes on beauty, donate, & enjoy – 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
Funds and Assets Management Committee (FAMC) Quarterly Report - Oct-Dec 2018

FAMC members participated in an open community meeting organized by Auroville Council, RAS and the Study Group to give information about FAMC’s work in the light of the four powers of the Mothers. After this meeting, Swaha (aka Kathryn) spontaneously volunteered to help FAMC and took minutes for us at several meetings. Her help is gratefully acknowledged.

FAMC has now served the community under its new mandate over for two years. At the next selection process, FAMC will need four more members to serve in lieu of Yuval, Chali, Chandresh, and Bindu.

We expect people wanting to serve in FAMC to have a good understanding of what this job requires:
- to have read and understood the FAMC mandate, which is posted on Auronet;
- to have read and understood the Code of Conduct, also posted on the Auronet;
- to be prepared to meet three times a week for 2½ hours each, 7.5 hours/week;
  - 2 regular meetings a week (2.5-3 hours); currently these are on Tuesday afternoons and Thursday mornings,
  - 1 meeting a month as and when necessary: currently on Saturday mornings,
- to represent the FAMC on at least one other working group meeting (e.g. BCC, Housing ABC, etc.), 3 hours/week;
- to come to meetings prepared, having read all emails and supporting documentation 4-6 hours/week, and
- to take up regular tasks 4-10 hours/week.

The total time commitment is 16 to 28 hours per week. Additionally, the skills we would like from new members are as follows:

- Required skills:
  - We would like 1 person with the following skills to lead the administrative secretariat:
    - Competency in English to help in writing reports and letters
    - Organisation skills with an attention to detail
    - Managerial skills to delegate, facilitate, follow up
  - Other key skills that all members should have:
    - An understanding of Auroville processes and organizational structures
    - Ability to understand financial management and accounts of trusts and units.
    - Ability to understand spreadsheets and presentation of financial information in various forms.
    - Understanding of Indian laws pertaining to funds and asset management or if these do not exist, the ability to read Indian law and understand its basic content.
    - Integrity: Ability to maintain confidentiality and serve the community by transcending one’s personal preferences.
    - Willingness to help in the growth of Auroville’s economy in a sustainable manner.

Other desirable skills:
- Ability to listen to and harmonize different viewpoints
- Team work
- Sense of humour!

Units and Trusts:
- ADPS Trust: Reappointment of Trustees: Trustees Bobby Patel, Franz Fassbender, and Mauna van der Vlugt were approved for reappointment for a term of five years.
- Service Trust: New appointment of a trustee: Amy Basset was appointed for a term of five years. The other trustees are Eusebio Martinez Burdespar (aka Josefina), Anne Defour and M. Ponnuamy.
- Tanto: Change of Trust: FAMC issued a resolution approving to move Tanto from ABC Trust to Hospitality Trust.
- ENSO (Discovery Trust): New unit: FAMC issued a resolution approving the creation of a new unit ENSO managed by newcomer Naushad Ali, with executives Sundar Rajamani, Dirk Gastmans. As new executives, they have an initial term of 2 years. The scope of work for this unit is to produce fashion clothing.
- Auro Dent (ABC Trust): New unit: FAMC issued a resolution approving the creation of a new unit Auro Dent with executives Tatiana Melnichenko, Yauheni Matsveyenka and Alexander Gheebovsky. As new executives, they have an initial term of 2 years. The scope of work for this unit is Dentistry.
- STRAW (Service Trust): Reappointment of executive: FAMC issued a resolution approving the reappointment of Elke van Koert. The other executive is Ms. Tscharnkne Ingrid.
- Telephone Service (Service Trust): Reappointment of executive: FAMC issued a resolution approving the reappointment of C. Gunasekaran. The other executives are Sandeep Dabral, and M. Ponnuusamy.
- YouthLink (Service Trust): Executive changes: FAMC issued a resolution approving the resignation of Abhimanyu Rathinam and Natasha Salgia Jain and approving the appointment of Michael Dieter Salvador Marco Manger as a new executive. The other executive is Kavitha Urvasie Selvaraj.
- Auroville Village Action Group (Auroville Village Action Trust): Reappointment of executive: FAMC issued a resolution approving the reappointment of Bridget Horkan. The other executive is Abha Tewari.

Submission of trial balance sheets:
It was decided, in collaboration with ABC and ABS, that to improve the annual consolidation of balance sheets for the financial year (2018-19) all units will submit trial balances according to the following schedule:
- The first submission is for the first 6 months (April to September) due by 15 November;
- Those units missing the first submission must submit a trial balance for the nine-month period (April to December) due by 15 February 2019; and
- The final Balance Sheets will be due by 15th June 2019.

It was agreed that Trial Balance Sheets should show correct opening and closing balances for all ledgers, with the exception of stocks/inventory, which is not required for the Trial Balances. Opening and closing balances should not be subject to future changes without a written explanation. According to the audit report, 51% of the units have submitted their Trial Balances for the first 6 months (April to September). The FAMC wishes to express its appreciation to those who submitted on time. Those units that have missed the first submission must now submit their Trial Balance for the nine-month period (April to December), by 15 February 2019.

Internal Audits:
It was agreed that to ensure compliance with Auroville’s Code of Conduct (2017) and Government of India statutory rules internal audits will be conducted annually.
- Units and Services. stratified, random audits of at least 6 units will be carried out each year. The focus of these audits will be to verify proper financial documentation to establish a valid audit trail from the general ledger to the source document (invoice, receipt, voucher, etc.); compliance with the Code of Conduct; and compliance with statutory regulations. The method used to determine which units for the audit was based on stratified data pertaining to turnover. The units, selected randomly in an open process in the presence of representatives of ABC, GFCG, and ABS (Nicole who is also a FAMC member), were: Brahma Builders; Papui & Something; Atithi Giriha Guest House; Decor/Painting Service; New Dawn Carpentry; and Naturally Auroville. Accounts for the financial year 2017-18 of these 6 units are in the process of being audited by D. Bremanathan’s company Chandrasekar & Co.
- Non-Profit Trusts. There will rotating audits of the non-profit Trusts. This year an audit of Auromitra Trust is scheduled.
- Government of India Grant Beneficiaries. An internal audit of all GOI grant beneficiaries will be conducted on a quarterly basis. The focus of these audits is to ensure statutory compliance.

Housing:
- Youth round selection for Youth Housing: FAMC approved the recommendations made for 2 single people for Humanscapes and a couple at Kriya.
- Chieko Osugi’s apartment compensation: Chieko Osugi, due to reasons of personal health, left Auroville on a permanent
basis and received a compensation, in accordance with Auroville’s housing guidelines, for her apartment in Sanjana.

- Muna resettlement in Happiness community: To bring closure to a long drawn out failure to provide Muna with suitable accommodation. FAMC approved the proposal of relocating Muna Blume back in her old house in Happiness after the end of the term of the current house-sitter there. Efrat, the current house-sitter in Happiness has been informed of the decision by the Housing Board and alternative accommodation is being worked out for her and her daughter Leela.

Green-belt related:
- Manavasam Farm: (Farm Group) Creation of a new farm: The Farm Group was given stewardship of land near Edyanchavadi marked IR 98/1B, IR 96/3A, IR 96/3B, IR 96/4. Selvam will be the manager and will set up a dairy farm called Manavasam farm
- Allocation of stewardship: FAMC endorsed the Green Group’s recommendation to allocate stewardship of plot 302/3 land at Fernsite Field to residents Jan and Janna.

Land bord-related:
- Land purchase: FAMC and Working Committee approved the purchase of the following plots of land:
  - IR 163/68: 0.265 acres of Greenbelt land next to Udavi School
  - IR 94/3C3: 0.67 acres of Greenbelt land in the Edyanchavadi area.
- Lease of MA 292/1 & 2: FAMC approved the Land Board’s proposal to lease these plots in the northern green belt, near Kamataru, so as to protect the greenbelt.

Policy and Guidelines:
The following amendments were made to the Loan guidelines:
- Housing Loan Limits: FAMC agreed to revise the figures for limits on individual housing loans from Rs 5,00,000/- over 5 years to Rs 8,00,000/- over 8 years.
- ABC revolving loan fund amendment: ABC has a revolving Loan Fund for units. Loan requests under this scheme are also sent to the Loan Group for approval. There is no limit to the amount borrowed. Previously any loan request above Rs. 5 lakhs had to be approved by FAMC. It was agreed to revise this figure to Rs. 8 lakhs.

In community, Bindu, Chali, Daniele, Dhruv, Lyle, Prabhu, and Nicole (Active FAMC members)

Forest Group meeting report,
Friday 4 January, 2018 - Hermitage
Present: Yuval (chair), Hans (notes), Prabhu, Bernd, Rita, Babu, Velmurugan, Shivaraj, D Segar, G Venkatesh, Christoph, Natasha, Jan, Manolo, Pujaree, Yorit, Aviram, Ludwig, Vinny, David, Dr Das, Edzard

Hermitage
Strangely, for such a beautiful and ecologically important and large area, Hermitage, is not on the Auroville map that everyone is running around with during guest season. The Forest Group was happy to meet here and discuss the current situation at Hermitage. Plenty to discuss about long standing issues with less than friendly neighbours, encroachments and disputes about ownership of lands, questions about care of perumoke lands and last, but not least, the enormous ecological value in terms of water management for the whole larger bioregion, and the real threat of yet another serious highway cutting through the land.

The Forest Group decides to appeal to the Auroville Council, Working Committee and the Secretary of the Auroville Foundation, Mr. Chunkath, to apply for an improved protection status from the collector’s office, for the entire area of Hermitage and Sadhana Forest, including all perumoke land, comprising approx. 500 acres of prime rainwater harvesting/re-afforestation land, because this area is crucial for recharge of the aquifer of the entire bio-region.

Maintenances
Hans, the new Green Group representative in the BCC, will inform the BCC of the need for maintenances for Aurovilians actively involved in forest work. Currently there is a waiting list of 5 members who are in urgent need of a maintenance.

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

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

Report European House Presentation
27.01.2019
On Sunday, January 27. the European House invited the Auroville community for the presentation of a new, project-oriented approach to manifest a ‘European Plaza/Pavilion/Cluster’ in the International Zone of Auroville.

After a vivid welcome gathering at the dining room of the ‘Pavilion of Tibetan Culture’, (many thanks to Kalsang) with tea/coffee and cookies, the 40+ participants went upstairs to listen to Marco presenting his alternative to the traditional Think Big, Build Big approach.

Using the existing ‘European House (EH)’ as a nucleus for 6-7 lively, participatory events, of which one could easily last for 1 year, or more, with infrastructural elements which can be dismantled and reused for the next project; this proposed way of ‘working the land’ reflects much more the true Auroville spirit, aiming purposely at the younger generations of Auroville, to encourage an active participation in planning as well as in execution.

Projects could be themed around topics like fashion, dance & music, food courts, water management, oenology, flora & fauna (forestry, agriculture, parks, …), or any other subject that represents an important aspect of the past, present and future Europe.

As this way of creating a national/regional/pavilion is a rather new and unusual idea, the question + answer session started on a slow pace, but soon it got clear, that there was a good deal of curiosity and a certain approval among the 40+ Aurovilians.

As it was a Sunday the meeting broke up at around 5:30 pm, but small groups of vividly discussing Aurovilians lingered up to 6 pm around the premise.

All in all it was a successful first step which soon will be continued with presentations directed towards the younger generations of Auroville, to tap a fresher and more inventive energy that might like the idea to come together, even live together, and to manifest together in a simple, participatory way a European Cluster different from earlier and somehow outdated attempts.

4 near future projects that need to be completed before we can venture ‘out on the land’ to create up to date facilities representing the rich cultural heritage of Europe are:
- The building of the 3rd module of the European House (opp. TP, next to IH) in a way that it can host a caretaker who could eventually become the future project holder.
- Landscaping the premise around the EH in accordance with the topography, the planning of a ‘Loop Road’, existing tree foliage, as well as the connectivity to neighboring clusters.
- Developing a 1st European Project before venturing into more National Projects.
- And, last but not least, fundraising for the above-mentioned prerequisites and for financing the first project.

Furthermore, the EH will soon be ready to host events, from national holidays to any happening more or less connected to Europe and European culture. Bookings can be made with Denis and Raphael, see below. Also, very soon, we will build a petanque/boule court, as well as there are a variety of board and card games that we will offer to take advantage of every Saturday/Sunday. Please watch out for further announcements.

We like to thank all Aurovilians, Newcomers, Volunteers, Friends of Auroville, members of AVI, who supported us, and who will continue their support towards a future realization of the ‘European Pavilion’ in the ‘International Zone’ of Auroville.

Contact persons:
Denis, denis@auroville.or.in, ph. 95002 71460
Raphael, raphael@auroville.org.in, ph. 936 216 97 98

Denis, Carla, Marco, Raphael, Vani and many more ...

News&Notes 11 February 2019 [785]
Dear community members,

In collaboration with the Auroville Council and Working Committee, the Residents’ Assembly Service and the Study Group would like to invite you for a General Meeting on the upcoming Selection Process, which is meant to replace outgoing members for 4 major working groups (Auroville Council, FAMC, L’avenir d’Auroville, Working Committee). The Residents’ Assembly Service has received a petition signed by 87 residents, asking for a re-opening of the nomination period (given the current level of participation). We believe best is now to address this collectively.

This General Meeting will be the occasion for us to share the challenges we have met lately regarding this upcoming Selection Process, while providing space for the community and its working groups to share their concerns and voice their thoughts. We are then willing to collectively envisage our possible ways forward.

The General Meeting will happen on Saturday the 16th of February, 5 pm, in Unity Pavilion.

Complementary to this General Meeting, we are also circulating a survey - please take some time to fill it out! It is accessible at the following link: http://eepurl.com/ggD8OL

With love and care,
Your Residents’ Assembly Service and Study Group.

New Entry Board Selection - Call for Participation

Dear members of the Residents’ Assembly,

Time has come to renew the Entry Board and for the first time, the community will be invited to participate and choose its new members through a participatory selection process.

Dates:
Feedback / Feed forward Session on Saturday 20th of April (half day)
Final Session on Saturday 27th of April (full day)

Apart from reading the Job description and the Entry Policy - knowing that some amendments will be done soon - let’s take a little time to look at what are the Entry Board’s field of action, needs and challenges.

The quotes used in this announcement are all Mother’s words remembering that Auroville is born of Her Dream. She said: “Are invited to Auroville all those who thirst for progress and aspire to a higher and truer life.”

And then, how to welcome properly the ones knocking at the doors of Auroville today?

Since we might not yet be collectively in-tune with the Supreme Consciousness, the choice of determining who is meant to stay in Auroville in order to “realise a divine life which wants to manifest on earth” with “good will to make a collective process of humanity” is a very challenging and complex task.

We should remember how it was for us when we were Newcomers.

The role of the Entry Service, beside of welcoming our future brothers and sisters by helping, guiding and informing them on a practical level (housing, visas, policies, etc.) is also to decide if it is appropriate to present them as Newcomers and / or Aurovilians to the community or not.

To serve best the future Aurovilians, Entry Board members need to collaborate and co-create harmoniously with the Entry Secretariat, the Mentors and the Training Program facilitators. They also need to have and develop good communication skills, a high social capacity, empathy, fairness and consciousness in order to avoid falling into traps of wrong judgments and power misuse.

Would you like to help/participate?
You can participate or invite someone you feel designed for the role to the Selection Process to explore and call for new possibilities.

To be a participant in this Selection Process, and even perhaps turn out to nominate yourself or others for the Entry Board, send us your profile by clicking on the following link: https://auroville.formstack.com/forms/entry_board_2019

You can also come and visit the Residents’ Assembly Service at La Terrace on Tuesdays (10 am to noon) and on Fridays (4.30 pm to 6 pm), or send us a mail directly at raservice@auroville.org.in.

The deadline for submitting your participation and sending your profile is Sunday the 24th of February.

With love and hope,
The Residents’ Assembly Service and the Study Group.

From the Housing Service

Houses available for transfer: (08 Feb 2019)
1. Terra Amata - Simona’s Apartment: Carpet Area 37 Sq.m, Rcc Framed structure with 1 bed room, attached toilet bathroom, Kitchen, Living room and Terrace. Suitable for Single or Couple.
For more information e-mail to housing-transfer@auroville.org

Youth Housing:
If you are Aurovillian, between 20 and 35 years old, working for Auroville full time for at least 9 months and have no/limited funds for housing, you are welcome to apply for Youth Housing. Places in Youth Housing (Kriya and Humescapes) are suitable for singles, couples and families.
(No guarantees for immediate placement.)
For more information e-mail to housing@auroville.org.in

Houses available in housing projects:
1. From Sunship: Immediately available.
One single unit of 42 Sq.m completely furnished and equipped-kitchen, bathroom and cupboards- with Collective cafeteria, Laundry, technical maintenance and management by Aurovilians!! *(Contact louis@auroville.org.in for visit and more information).
2. Kalpana Housing Project: The Kalpana project is completed. The residents have moved in since 15th December 2018.
Fully equipped apartments with cupboards, equipped kitchen, bath room, fridge, hob, light, fan, solar back up system. Covered terrace for each apartment.
5 units are available
2 unit STUDIO, 2 units 1 BHK (Bed room, Hall and Kitchen), 1 unit 3 BHK. For information and site, visit contact: satyakam@auroville.org.in.

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

FROM THE ENTRY SERVICE - N&N # 785
Dated: 11-02-2019

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 entryservice@auroville.org.in.

NEWCOMERS ANNOUNCED:
Cristina PERETTI (Italian) Staying in Quiet Staff Quarters and working at Quiet
Gunhui KIM (known as Mint) (Korean) Staying in Quiet Staff Quarters and working at Quiet
CHILD OF NEWCOMER:
Bharathiraja KASINATHAN (Indian) Lucas BOCK (German)
Maninathan EKUMALAI (Indian) Stephane LEFEVRE (Canadian)
AUROVILIANS ANNOUNCED:
Maninathan EZHUMALAI (Indian)
Ranjini SUNDIRARAJ (Indian) Staying in Udavi School Staff Quarters and Working at Udavi School

Gunhui KIM
Born on 26/11/2001 (Child of Gunhui KIM)
Wui Lee Born on 01/03/2013 (Child of Gunhui KIM)
NEWCOMERS CONFIRMED:
Bharathiraja KASINATHAN (Indian)
Lucas BOCK (German)
Maninathan EKUMALAI (Indian)
Stephane LEFEVRE (Canadian)
AUROVILIANS ANNOUNCED:
Celine PERRAUD (Swiss) Staying in Surrender and working at Last School
Ranjini SUNDIRARAJ (Indian) Staying in Udavi School Staff Quarters and Working at Udavi School
BUILDING APPLICATIONS

Monday 11th February 2019

The following projects are recommended by L’avenir d’Auroville and feedback is now invited from the larger community. The last date for your feedback is Monday 25th February 2018.

In the Outside Master Plan

Building Extension: Egle & Ravi @ Petite Ferme
Built up area: 28.35 Sq.m
Project Brief: At our house there is only one big room on the ground floor. And we are having many family members and friends visiting us each year. We would like to extend the room, so there is at least one separate room.

In the Cultural Zone

Kalabhum Pottery Studio: Sabrina @ Kalabhum, Nele @ Madhuca, sabrina.srinivas@gmail.com.
Built up area: 35 Sq.m
Project Brief: A temporary steel structure for a gas kiln and workshop.
Please note:
- An NOC (No Objection Certificate) is issued only after evaluation and processing of the community feedback received during the two-week period.
- Any work should start only with an NOC.

For additional information or feedback, please write to avenir@auroville.org.in, call 2622-170 or come directly to L’avenir d’Auroville office in the Town Hall.

FOR YOUR INFORMATION

■ Clarification regarding Individual Houses / Plots

The TDC frequently receives applications to build individual houses in the City and Greenbelt area. Usually, the application also requests a piece of land around it.

To regulate the process of these requests, especially for individual housing, we would like to communicate the following: The Greenbelt is mainly managed by the Farm and the Forest Group (with the Green Group). These official groups are in charge of the development in these areas and are the stewards of these lands. Housing possibilities arise only when the activity of the “steward-to-be” corresponds to the directives and guidelines of the Farm and Forest Group. The application of any building or house should be related to the activities undertaken in perspective of forest and/or farm in the Greenbelt.

In the city area (including some bordering communities), lands are reserved for projects according to land use. Projects proposed by project developers and the Housing Service find their way to the TDC and are processed according to community-approved guidelines. In this respect, some areas are reserved for low-density housing as clusters, but only on a project basis.

Thus, the TDC will not be approving free-standing houses in the city center for the moment and for a foreseeable future. Also please note that any further additions in outlying communities of Felicity, Happiness and Promesse is currently on hold.

All zones need detailed development plans and some zones (like the Cultural Zone and the Industrial Zone) are areas with very specific utilization and restricted number of housing assets.

Therefore, the development of additional housing assets in these specific zones goes against this and for these reasons, we unfortunately cannot accept these applications.

The TDC has made an agreement with the Housing Service and the Land Board to protect lands which are vulnerable to encroachment. The Housing Service will propose temporary housing projects on those locations for the specific purpose of protecting the area.

Several housing projects are being built (in the Residential Zone) and residents are encouraged to search among these (details to be found at the Housing Service).

The developments mentioned above imply that space for individual houses is limited and only possible with consent of the Forest & Farm Group, the Housing Service or as a project initiated by a project developer/architect. In any case, final approval is granted by the TDC.

Yours truthfully, L’Avenir d’Auroville (Anita, Pino, Selvam, Sreevatasa, Srirnayo, Tejaswini)

■ Atithi Griha GH extension: Expression of Interest for Contractor

This is a call out to enlisted contractors to express their interest as a general contractor for the Atithi Griha GH First floor extension project. Registered contractors with Auroville Foundation applying must have successfully completed a) one single project with value of Rs. 80 lakhs or more or b) completed two projects with a value of each Rs. 45 lakhs or more over the last 7 years in Auroville. Expression of Interest shall be sent via email to - bharatnivastraust@auroville.org.in or goi_grant@auroville.org.in with subject line: Expression of Interest - Atithi Griha GH - by February, 22nd 2019 noon. Kindly submit relevant project details for the Pre-Qualification process. Bharat Nivas group, for Atithi Griha GH Tender Committee.

■ Study Group: history, purpose & current team

In 2012, The Working Committee sent out a call to the community that a Study Group be formed to look at and come up with suggestions for a new Selection process for our working groups. The voting system had become very politicized resulting in heavy lobbying by interest groups, resulting in polarized and dysfunctional working groups. There was also a strong sense of the working groups working in isolation from the community. As a response to this call, the Study Group was formed: a group without a formal structure, with no fixed membership, open to all who wanted to participate in working towards improving Auroville’s organisation.

Two years later, it launched the ‘Participatory Working Group’ proposal, a set of guidelines aiming to foster more participation and communication between the Working Groups and the community at large as well as a participatory process for selecting working group members. Central to this amendment are core values that strive to unify Aurovilians. Since its inception the Study Group has been the body responsible for looking and organizing the Selection Process of Working Groups along with the Residents’ Assembly Service, thus moving from a system of voting to one of agreement and consensus.

It is interesting to reflect on the history of the Study Group, as it gears up to oversee the upcoming Selection Process of 4 major Working Groups (Auroville Council, FAMC, L’avenir d’Auroville and Working Committee) in March 2019. Given the current level of participation and the feedback received from the community, many of us believe that we might have reached full circle today. Perhaps the time has come to explore new ways, taking into consideration the learning of the past and bringing in more simplicity.

The process would need to be thoroughly looked into for something new to emerge. For now, the Study Group is exploring different
methods for the design of the upcoming Selection Process, to see how to best support it under these challenging circumstances. Unless the community should request otherwise, it is the collective’s will to hold the Selection Process.

Today the former members of the Study Group have made way for a new core team: Caroline, Maël, Marc, Pranjal, Rakhal, Sandarya, Sudipta and Tania. Further it is enriched by a larger body of resource persons without whom the Selection Process is impossible. The two are comprised of a healthy mix of people from different backgrounds and ages and remain open for anyone who would like to help as facilitators or resource persons. Even if you are taking part in the Selection Process, you are invited to plug in and help however you can! If anyone should feel inspired to support, please reach out to us at studygroup-email@auroville.org.in.

**New RAS Members’ trial period is coming to its end**

**Dear community,**

The Residents’ Assembly Service (RAS) is happy to announce that the trial period of its three new members is coming to its end. These members are Maël, Sathish and Tania. Please read a short self-introduction below.

If you’d like to share any feedback about their service so far, please write to the Auroville Council: avcouncil@auroville.org.in.

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

- **Sathish Arumugam, Surrender:** “Joined Auroville officially in 2007 although rest of my life prior joining were spent in and around Auroville by studying in schools like New Creation, Udavi & After School and working for different services and units. During school times, Internet and technology were an area of interest which has now lead me find my career in technologies shaping me into an Internet Consultant. Post completing my high school, I joined AVision, an Auroville based unit which was rendering services like Multimedia and Internet Consulting, where I gathered up the required skills for mastering myself into what I am today and building my passion towards technology.

When my career with AVision came to an end naturally, I started exploring my freelance providing Internet Consulting for various individuals/companies in Auroville and elsewhere through Auroville Activities since 2010 till date. Over these years, I’ve been helping with various start-ups of Auroville services such as Colaap (Land fund raising) setting up their website and maintaining etc. Why I joined RAS?

It was always in my mind to integrate further more serving the community and is when I came across RAS requiring helping hands. Brought myself into it as technology playing a vital role here as well in the form of communications.

I think RAS is the right place for me as it’s the bridge between the Governance of Auroville and its Residents and while being the neutral body. Being in Auroville all my life, I’ve witnessed the history of Auroville’s progresses at different phases, by involving myself in RAS: I believe I can break certain barriers in communication and bringing in trust among all of us to build the city together.”

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

Why I replied to the call for help from RAS: I wanted to get to know Auroville more in depth and from a different side. And being part in trying to bring the community and the organizational bodies closer together and in communication with each other is one of my dreams.”

**For your information:** RAS team will soon be starting a process of re-thinking and perhaps re-designing the purpose of the RAS, and what is its role in the community. This will be a collective process where the new team will present its aspirations & vision while asking for feedback, inputs and participation from the community at large. It should happen once the Participatory Selection Processes are over: stay tuned!

*Much love, Your Residents’ Assembly Service.*

**Why we fundraise for land for Auroville – part 3**

Today, 10% of City Area land & over 50% of Greenbelt land are still missing from the Master Plan area On Auroville’s barren plateau at the start, the small Banyan trees in a few palmyra palms and lots of sky. There were sandstorms, no roads, no birds, sparse vegetation – just a few species of fauna and flora could survive in these conditions! The first grass was brought from Lake Ousteri, 20 kms away. The villages around were small and poverty-stricken. Only rain-fed farming was done, trying to cultivate millets on very poor soils, with crops often failing.

Till the ‘90s, everybody who came and stayed worked daily on afforestation and farming. Seedlings had to be watered every 3 days through all the hot dry summer months, and just a few organic vegetables were produced during the winter months. For decades, Aurovilians foresters travelled throughout South India to collect seeds … and nature responded!

**Why is fundraising for land in Auroville’s Greenbelt a very urgent priority for the bioregion?**

**Bio-diversity is rapidly dwindling in Tamil Nadu due to urbanisation, population growth, modern agriculture and the falling water table.**

Tamil Nadu’s original “Tropical Dry Evergreen Forest” is a highly endangered forest type of which less than 0.3% remains intact. Auroville is a pocket of this forest, that is fully regenerated from scratch, thanks to so much dedicated labour of love! Forest = Water and Forest = Biodiversity:

Over 3 million trees have been planted in Auroville and the bioregion bringing life and sustainability:

- **Biodiversity Fauna:** 101 bird species and wildlife returned: porcupines, civet cats and many smaller species of animals
- **Biodiversity Flora:** Over 1,000 species are growing here today, over 500 of these species have a recognized cultural use within the local culture, be it for medicinal, spiritual or cultural purposes
- **400 ethno-medicinal plant species are resources for Ayurvedic seminars & treatments**
- **Auroville’s Arboretum holds 250 species**
- **Botanical Gardens produces 30 000 saplings a year**
- **Shakti nursery has 15,000 plants in the Auro-Herbarium including rare & new plant species**
- **24 fully organic farms practice the 4 different kinds of organic farming practices: natural farming, permaculture, biodynamic and bio-intensive farming.**

**Aurovilians have been professionally involved in preserving seeds for 3 decades:** grasses and millets, traditional vegetable seeds, trees and shrubs. Auroville’s biodiversity is the seedbank for crucial regeneration work in southern India.

**For your information:**

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.**

**Acres for Auroville, GreenAcres and Funding Auroville team have their office with the Land Board at Town Hall, 1st floor, mornings, 0413 2622657. Please come and see us, and bring your ideas!**

- **LFAU https://land.auroville.org** for the global Auroville - Integral Yoga family.
- **Funding Auroville http://funding.auroville.org/ for land & collective development, to approach foundations, CSR funding, & organisation.**

Submitted by Sigrid, Mandakini, Aryadeep
**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.: 8940115240.

- **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 email kinisi@auroville.org.in or call +91 8300460679 / +91 8300460680 / +91 4132622277.

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

- **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 Srima beach trips) is always available at www.auroville.org/contents/3988.
  Contact: avbus@auroville.org.in.

**GREEN MATTERS**

### Talkin’Trash

#### How to reduce my waste?

We all struggle daily with all this waste. But how to reduce it? Here’s the zero waste method to get started:

**REFUSE** non-recyclable waste like any single use plastic, freebies or anything non-recyclable that would be given to you which you don’t need.

**REDUCE** multilayer, biscuit packaging, single use plastic, ... Whatever you can cut down, ask yourself: do I really need to buy this item? Can’t I make it myself? Or get it in a recyclable packaging at least? Try to buy packaging free as much as possible using containers and cloth bags.

**REUSE and REPAIR:** fix your clothes, machines, phone. Get your stuff repaired at Maha Saraswati in Auroville. Upcycle your waste which is non-recyclable and give it a new useful life. Ask the Upcycling team for advice.

**RECYCLE** the waste you couldn’t get package-free

**ROT and compost as much as you can.** With your compost, you can recreate life and use it for growing veggies, fruits, plants, aromatic herbs, flowers, ... Only good stuff!

Zero waste is about generating the least waste possible, not no waste at all. Do your best everyday to reduce it, that’s the way...

On social media: A campaign called Futuristic February started. It wants you to keep your dry waste (even recyclables) for a month. At the end of that month, you’ll realize how much you’ve consumed. Multiply it by 12: that’s your yearly consumption! Seeing it will help you to figure what you’re consuming the most, so what you could/should reduce or find an alternative for.

In Auroville: If you wanna talk, share or know more about waste reduction, you can:

- **Facebook group:** join ‘Going zero waste - Auroville and around’, ‘low waste genes’ and “zero waste India”
- **Instagram:** follow the journey of laure.low.waste
- **Zero waste circle:** every Saturday from 3 to 4 at Neem tree cafe to share experience and information p, talk, ask questions to reduce your waste

Greetings from Waste-free Auroville!

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**Sunday Walk Farms & Forests**

**Sunday 17th of February at 9.45 am**

**Fertile Field with Jan and Jana.**

**Description:** The Forest at Fertile Field is a young and started a little over 2 decades ago. It began as twenty acres of open land with no tree in sight and now has grown into a beautiful forest. Jana, who studies insects, planted the front of the forests with trees that attract butterflies. More areas have been purchased recently by Auroville in what is mostly cashew land and this is now being gradually rehabilitated, reforested and integrated into the existing forest by Jan & Jana.

**How to get there:** From Solar Kitchen a 20-minute cycle ride. Out the SK front gate go straight past Library, Santé and Arka towards Transition School. Past the upturned car, turn right into the Greenbelt road, pass the gates of Transition on your right, TLC base camp on your left, Dehashakti and Dana on your right. **Stop opposite Dana at the gate of Baraka, here Jan will guide you into Fertile Field!**

**Note:** the way is short but complicated so be right on time; 9.45 am! contact: 93457-18694.
**Water Words**

Who do I call if I need a plumber? What did The Mother say about water in Auroville? How many people are collecting data on rainfall and who has been doing it the longest? Which crops are the most water intensive? How is water governed here?

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 walk them over to CSR.

**Moving Waters Film Festival**

The Moving Waters Film Festival (MWFF) celebrates our rivers and oceans, and also hopes to generate critical awareness on their current states and conservation challenges. MWFF coming to Pondi, Feb 16-17, 2019 at Alliance Francaise de Pondicherry. Learn more at: https://movingwaters.in/.

**Water Group** (Aditi, Giulio, Ing-Marie, Tency, Tom).
Website: www.aurovillewater.in
Facebook: www.facebook.com/aurovillewatergroup

**Roots**

Thank you for the jicama session

Jicama cooking & brunch 27 Jan 2019

Dear all, we had our jicama cooking demo and brunch Sunday 27 January 2019 @ Rohini, Swayam. Around 40 people turned up at this joyous, chaotic event - Some were inspired, some overwhelmed, some enjoyed, some exhausted 😊

A big "Thank you" to Discipline Farm and Food Link who provided crispy, sweet jicama; to Uma and Rohini-ers who lovingly welcomed us all into this aesthetic space for the first-ever Roots cooking experience, chopped vegetables, cooked, cleaned and gave advice; to all participants who brought fresh vegetables and flowers, joined in to co-create so many colourful, yummy dishes - to the juice team, salad team, soup and frying team, the flower team, last but not the least, the music team; to neighbours who understood and supported in silence, or came over to experience. Jicama recipes coming soon.

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**Action in Davos, what gets measured, matters**

Even before the Annual Meeting of the World Economic Forum in Davos, the scene was set for environmental issues to take center stage.

We have reported in this column on the Global Risk Report 2019 that showed the deep interconnection between the present environmental risks and the level of human health, economic growth and security, the Planetary Health Report (in last week’s issue), the IPCC’s warning that humanity has 12 years left to keep global warming under 1.5°C, the WWF 2018 Living Planet Report illustrating that over 4000 species have globally declined by 60% in a short space of time, oceans are warming 40% faster than previously thought and their pollution with 12.7 million tons of plastic annually caused grave concerns.

The G20 meeting taking place in Japan later this year will be attentive towards a global push to reduce plastic in the oceans. So Davos’ emphasis on the environment didn’t come as a surprise. Sir David Attenborough gave a powerful speech opening the Forum, calling for action on Climate Change, Oceans & Biodiversity.

But it was off center stage where the real action took place; six points on our shared future stood out;

1. Young people stood up for the planet and their future. The CEO of the Zero Waste Academy in Japan told Davos that ‘the younger generation doesn’t have to stop and think about whether to take action for the environment, it just comes as natural as breathing’.

The Global Shapers is a network of young inspiring people all under the age of 30.

# VoiceForThePlanet calls for people around the world to raise their voice for Nature and to show leaders in businesses and government that they have support from their citizens, consumers and employees to raise the level of ambition and action.

2. There were strong calls for a new Action Agenda for Nature. The growing realization that Climate Change and Biodiversity are two sides of the same coin, while much attention to date has been on climate action, Davos 2019 also saw strong calls for a new agenda for Nature to complement action on climate and the oceans (See IPCC report above).

3. Action to protect the Amazonian Rainforest (in Peru)
4. Tackling of E-waste (the world produces more electronic waste every year than the combined weight of all commercial airplanes ever built...)
5. Innovation of Food Systems to address the challenges such as lack of traceability across food supplies, environmental impact and food safety. Food systems are responsible for one quarter of the world’s Greenhouse Gas Emissions, nearly a third of the food globally gets wasted and yet 800 million people are chronically undernourished...

6. Practical Climate Action; fifty global CEO’s responsible for generating $1.3 trillion in revenue, operating in 20 economic sectors in more than 150 countries met to discuss the practical steps they could make to reduce emissions. The discussion of Climate Governance Principles. All these points set the stage for more ambitious announcements at the next big moment of truth on the Climate Change calendar: the UN Climate Summit in September.

The Green Column appears bi-weekly in the News and Notes and on Auronet, where there is space for discussions. We are open to ideas and articles from our readers For the AVGreenCenter: Lisbeth, Isabelle, Apple and Island

**POSTINGS**

**The New Creation Emerges...**

Sri Aurobindo Centre for Studies, India and the World, Bharat Nivas.
Dear friends, we are happy to set up an event on the above theme on Saturday, February 23, 2019... in the Bhumika Hall of the Centre. A soft copy of the event, as also the day’s programme, is on the Auronet. Please take a look and if you wish to participate, please get in touch with Vani at cicbn@auroville.org.in, or call her on 9159186599 and let her know. This will help us to make arrangements.

Let us breathe together a fresh air -
With love, Aster for the Centre.
Preparing for the Endangered Craft Mela
On Wednesday 27th February. The last day of the Endangered Craft Mela, there will be a craft market for all the artisans involved plus any other Aurovilian or not, who would like to market handmade crafts. If you are interested in a stall, free of charge, or in volunteering to help with the Mela, please contact Alex at aschvva5@gmail.com

The Endangered Craft Mela: Call to Artists
From February 22 - 27, almost 20 craftspeople from Tamil Nadu (including Auroville) will gather together in Auroville to create, teach, and interact. Artists who would like to interact by learning new techniques, making new connections, giving design ideas, etc, are invited and most welcome.

The crafts present will include blacksmith, metal carving, basket weaving with palm leaves and bamboo, cotton spinning, banana fibre crochet, macrame, stone carving, wood carving, upcycling, coconut shell arts, pottery, handmade paper, kalamkari, embroidery, rope making, sewing machine stitching, silambam and leather work.

Artists who wish to participate and interact, please email omidpaez@gmail.com and aurovillearts@auroville.org.in.

Preparing for the AV Ultimate Hat tournament 2019
Auroville will host the ninth edition of the original ultimate hat tournament in India. Festivities will commence at sunrise on the 23rd at Gaia sports field and will end 24 February. If you are interested in participating in the tournaments, helping out, or learning more, contact mark@auroville.org.in.

We continue to prepare at regular practice: Mondays & Saturdays at 5pm at Gaia field. We have plenty of discs, so feel free to join in. With light, the AV Ultimate team.

Call for Hibiscus Art Festival (2 March at Sve Dame, Well Cafe)
We call artists, painters, sculptors, artisans, performers, musicians and helpers to join us for festival! We preparing workshops, exhibition, music concert and artisans market. Would you like to share your creativity with us?
Meeting at Well cafe 12 February 5pm.
Louis +91 80985 65426, Elena (hibiscusAV@gmail.com)

AV Art Service

- We would like to meet with Aurovilleans who are interested in acting as extras in films. Please email us with ‘extra in films’ in the subject: aurovillearts@auroville.org.in.

- Meg Stuart and Damaged Goods will be performing their piece VIOLET (2011) at Sir Mutha Venkatarama Rao Concert Hall, Chennai on the 15th of February. AV Art Service is getting passes for the show, which is free of charge. http://www.damagedgoods.be/violet. If any Aurovilians would like to go in a group together, please email us with ‘Meg Stuart show’ in the subject line. aurovillearts@auroville.org.in.

From Accessible Auroville

Accessible Auroville is organizing a very important and unique event on 1st March 2019 “Let’s Play With the Diversities”. We need volunteers on that day and donations are welcome 251185. Please contact us: accessibleaurowlile@auroville.org.in

 Odyssey in two Biospheres in YouTube
After the success of “Odyssey in two Biospheres” at Paradiso last Saturday, and the intense debate with Sierra (one of the eight biospherians), a lot of people asked us how to get hold of the movie. It has just been put recently on You Tube under the same title, with french subtitles. You can use and abuse of the link, copy it for showing to friends, groups, associations, entreprises. You can also translate it, put subtitles in italian, spanish, german, hebrew, russian, tamil, hindi, chinese, corean... esperanto or volapuk, whatever!!!

And THANKS to ALL for the quality of your attention, and questions. Sierra and Michèle.

A Question

This lovely painting is done on a wall of a small room near the Elephant water tank in the Residential Zone. Could we know who the painter is? Thanks for it anyway, mauna mauna@auroville.org.in

THANK YOU

Integral urban farming and rooftop gardens
Thank you very much to Luigi and Team for the “Sunday Walk” on Integral urban farming and rooftop gardens, City center. It is one of the novel thoughts in Auroville to develop rooftop gardens. The team’s work on wastewater treatment, Beeja bamboo plantation and rooftop gardening have to be appreciated and let more support follows.
Warm regards, Sivakumar.

The Housing Service is Great!
Today I want to express my profound gratitude for the marvelous work done by the Housing Service members. I am grateful to them for their selfless dedication, their super efficiency, their impartiality, their warm gentleness, the gracious help they provide to everybody according to the funds available, their sincerity. They must be an example to everyone in the community. My gratitude for all these beautiful beings is inexpressible. Love, Saham.

APPEAL

All India Invitation basketball tournament
Dear Executives / Friends,
As part of the Auroville 50th Anniversary Celebration, we will be hosting an All India Invitation Basketball Tournament. Auroville and Pondicherry teams will play a league of which the 4 best teams will play against some of the top teams in women and men category of South India. These teams will be specially invited to play at the newly constructed multipurpose indoor stadium at New Creation sports ground from 26th February to 3rd March 2019.

The 50th Anniversary core group is already supporting this event. However, the prizes and other items listed below cannot be allocated from this fund. We are therefore approaching you for your kind help to make this event possible.

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<tr>
<th>S.No.</th>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>1</td>
<td>Decoration of the stadium: flower, arrangement, Pooja materials</td>
<td>20,000</td>
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<td>Prizes &amp; Mementos: Trophies and Medals for first three places for men &amp; women.</td>
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<td>3</td>
<td>Prizes &amp; Memento</td>
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<td>First, Second and Third Places Men</td>
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<td>4</td>
<td>Cleaning and Parking: Cleaning sports ground and surrounding areas and parking arrangements with guards</td>
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<td>5</td>
<td>T-shirts for Volunteers &amp; Participants: Total: 610 nos.xrs.120</td>
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<td>6</td>
<td>Team Uniforms: 8 teams x 12 @rs.500</td>
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Your support will be greatly appreciated and helpful to successfully host this basketball tournament. We have opened an account # 252724 where we welcome any contribution. You can also talk to any of the organizing team for further information.

Thanking you very much in advance. You’re sincerely,  
Jothi, Ganesh K., Selvam R., Arumugam, Krishnan, Peter K, Ravi  
(For the organizing team)

**Request for Financial Aid**

Dear Friends of Jonah and Tracy,

Most of you must be aware of the situation that Jonah is going through. He has held on to his belief that all will be fine and that the Divine will take care of him and his family. However, there are a lot of unexpected costs as he is surviving away from home, while we, together in Auroville sort this out for him. They need our help to have an easier time while things get sorted.

If you feel able to help him financially, please make a donation to either his Pour Tous A/c # 252735. The family.

**Generous help request :)**

Hi Everyone, It’s me Mimi, Hairdresser in Auroville for many years now. Sadly, I am no longer able to continue my work in Arka as they are stopping the service at the end of January. My colleague Onkje and I are still in search of a new location. This move brings up a few complications as you can imagine. I must buy a new hairdressing chair of my own, as it is one of the most important things while working. A chair such as this costs Rs 19,500. It is very costly and unfortunately I do not have the funds myself. If anyone would like to give a little donation, I would be extremely grateful for your generosity. Anything would be a huge help. If you feel you want to help in any way or donate something, I have made a savings account in financial services for this reason, the number is # 25 27 38 for those who are feeling generous. If you have any questions don’t hesitate to call or text me at +91 9489694626.

Thank you all and have a great day, Mimi.

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**WORK OPPORTUNITIES**

**Secretary:** Solitude Farm is need of a secretary who can answer e-mails, calls and do other administrative work. Please send application to solitudepermaculture@gmail.com

**Book Translation Work:** WANTED native or near-native English speaker with a good knowledge of the Italian language. This is for a book translation for a friend of Auroville, a book on philosophy and oriental medicine, written in Italian, to be translated into English.

The volume of the book is 240 pages, with about 40 000 words in total. The author is currently traveling but will be happy to come back to AV to work directly with the translator, if a suitable candidate can be found. Terms can be discussed directly with the author. If you are interested, please confirm this in a mail to avitra@auroville.org.in and we will hook you up directly with the author.

**Full time Secretary:** Dear community, dear friends! L’avenir d’Auroville Interface Team is looking for a full time secretary.

Are you interested in organization and in learning many new things?

Do you have a good grasp of the English language?

We are looking for someone full of energy and goodwill who can prepare meeting agendas, write mails and letters, draft reports and meeting minutes, take notes, keeping records, archive documents (both digital and physical), and manage office facilities, amongst other tasks.

These very important activities would constitute a solid base for our daily work.

For more information, don’t hesitate to write to us at avenir@auroville.org.in. For L’avenir d’Auroville (Anita, Pino, Selvam, Srimoyi, Sreevatsa, Tejaswini).

**Communication strategist and content manager:**

Are you concerned with the land situation in Auroville? Funding Auroville is fundraising to get the funds needed to buy the missing land and we need the help of an Aurovilian or of a Newcomer for the following position:

**Communication strategist and content manager**

Job description: Create strategies and content to increase public awareness and promote Funding Auroville developing a favorable public image. With that in mind the Communication strategist and content manager crafts media releases and develop social media programs to shape public perception of the organization and to increase awareness of its work and goals”

If feel you are qualified for the job and are interested by the opportunity to join the fundraising team contact us at info@funding.auroville.org, Sigrid and Bertrand.

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**EATING OUT**

**Atithi Griha Sunday Lunch paused**

There will be no Sunday lunch for some weeks. Sunday lunch will be resumed from 24 March 2019.

**Japanese lunch cancelled**

Dear Friends, Japanese lunch in the month of February is cancelled. Warmly, Joy Community Guest House Team.

**Indian Delight Cooking class**

At Joy Guest House with Rupavathi on Friday 15th February from 11 am to 1 pm

A cooking class where we will cook delicious food. Together we will discover authentic Indian flavors. Come and join us! Limited spaces available. Contact number: Rupavathi 9487272393 or email: joycommunity@auroville.org.in. Warmly :) Joy Team.

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**Voices & Notes**

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**AUROVILLE RADIO / TV**

**Greetings Auroville...**

We are happy to share with you all what we managed to capture in past week as a team of Auroville Radio/TV. Please do collaborate with us in sharing event details and video clips of events happening in the community of Auroville. We would be happy to hear from you, and also for you to make use of our services. Please do follow our updated website which offers a wide range of information with written, audio and video content and stay connected with us for more event updates on our social media sites.

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

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**HEALTH**

**Santé Schedule Now Online on our Website**

You can find our Santé Therapists’ Monthly Schedule at this link.

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**To all Members of the AV Health Fund Scheme**

If you still have any medical bills from the past months at home please drop them, together with your doctor prescription and your PT account number, in the Health Fund box at Aspiration Health Centre or at SANTE.

As the financial year is going to end, all the pending bills from April 2018 till February 2019 have to be processed before the end of March 2019.

Only the medical bills from March 2019 can be paid till end of April 2019. The audit service has told not to process any bills from last financial year after March 2019.

Please check your cupboards while there is still time! From AV Health Fund Scheme
Recommendations for a healthy Spring
with Ayurveda and healthy plants

The sun is coming back to the northern hemisphere; Ayurveda calls this period: Adaana Kaala. It includes 3 seasons: Shishira (late winter), Vasanta (spring) and Grishma (summer). It is known as the period that takes away the strength, the sun becomes stronger and month after month it slowly drains the energy from the body.

Now in Vasanta, the sunrays are becoming hotter by the day but the nights are still chilly. The change of season, from winter to spring, makes the body a bit more sensitive when Kapha (water and earth dominant elements) wakes up and starts moving, exhilarated, giving cheerfulness and burst of energy.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, warm hearted, goodwill, generous and receptive. Kapha also begins to melt so that most of the semi-solid wastes accumulated during the previous cold season liquefy and want to ooze out of the body. If Kapha becomes imbalanced, it gives to the body: a feeling of lethargy and fatigue, loss of appetite, colds, cough out of the body.

Kapha purification therapies: Vamana, Nasya

Fumigation: eucalyptus, neem, sage

In early morning, clean the nasal cavity and sinuses with Nasya (2-3 oil drops in each nostril followed by steaming) using Anu Tailam with Ayurveda and healthy plants

Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, warm hearted, goodwill, generous and receptive. Kapha also begins to melt so that most of the semi-solid wastes accumulated during the previous cold season liquefy and want to ooze out of the body. If Kapha becomes imbalanced, it gives to the body: a feeling of lethargy and fatigue, loss of appetite, colds, cough out of the body.

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INTEGRAL HEALTH, PRAYATNA
Classical homeopathy - hypnotherapy - child care

Aqua Terra
We prepared a homeopathic remedy from the water of over 300 water sources, which was collected at the ceremony for Auroville’s 50th birthday. We are now compiling a “summary of the proving” of this remedy. If you have taken “Aqua Terra” and would like to share your experience with it, please mail me at sigrid@auroville.org.in.

We are still inviting people to participate in “proving” this very special substance.

For all you like to know more, or share:

We invite you to meet up on Monday 11th Feb at 3pm at Integral Health, Prayatna.

Okoubaka
This homeopathic remedy has been effective to soothen the effect of exposure to pesticide spraying as used here for the Cashew trees. Its available in the remedy box anytime, free of charge.

Homeopathy for you!
Constitutional prescribing gives you your personal tonic, which you can use to heal yourself on all levels for many years. Peter and Sigrid trained for 20 years in Dr. Sankaran’s “Sensation Method” - an advanced method in classical homeopathy.

Aditi Patel, fully qualified classical homeopath from Baroda, with 6 years of experience including working alongside an allopath onwards.

Dr. Aditi works on appointment 1.30 - 4.30 pm every afternoon, and for acute prescriptions just phone her at 9428429642.

Malar has trained in homeopathy and provides homoeopathic consultations, homeopathic First Aid, providing follow up remedies etc. in Tamil! Malar can visit your womens group, Service Unit etc. and present the Homeopathic First Aid and PC remedies.

Sigrid gives sessions in transpersonal regression therapy, inner child work, trauma therapy, as well as workshops.

First Aid kits with 32 remedies are available, description in English, French, German and Tamil.

PC Shock, PC Allergy, PC Diabetes, PC High Bloodpressure etc. are available in our remedy box, along with Harmony and Samata. Just come and take anytime. Benefits are well established - no side effects.

Consultations are generally held in English, French and German, and Tamil.

Malar is managing the office, the FirstAidKits and PC remedies daily Mondays to Fridays, 9am - 12.30pm (except Thursdays).

Integral Health, Prayatna 2623669.

You are welcome to contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.

Sigrid: sigrid@auroville.org.in, www.sigridindemann.com / www.auroville-jiva.com

Peter: peterh@auroville.org.in, 9787698464

Aditi: 9428429642.

Malar: malar@auroville.org.in, 9585012007

NOTES

Dwajasthampam
Matrimandir is the expression of the Mother’s vision in her divine Consciousness as a result of practising Sri Aurobindo’s Yoga or the Vedic System of Evolutionary Yoga of Nature. The architects of Matrimandir have done their best to give a physical form of her vision.

1500 years ago the priests and scholars initiated the Temple Movement in Tamilnadu. They were well versed in the Vedas, the Upanishads and the Puranas. The ideals of temple worship are to attain liberation from birth and death and to seek the divine Grace to deliver the devotee from suffering in life. The priests and scholars framed rules and regulations to build temple, which formed the content of Agamasatra.

Sthapathy, temple architect, built the temple strictly following the rules of ‘Agamasatra’. We have thousands of temples in Tamilnadu and all are similar in appearance.

Three features are common in all temples. Temple Towers with ‘Maadham’, representing the planes of consciousness in the universal existence, Temple Tank, representing subconscious plane of consciousness and Dwajasthampam, representing ascending and descending movement of consciousness in the universal existence. Matrimandir also has these three features in a different way. Lotus pond in Matrimandir enables one to recognize the planes of consciousness in the universe. The Column of Light in Matrimandir represents the ascending and descending movement of consciousness in the universe.

In the word ‘Dwajasthampam’, ‘Stham’ means a post or a pillar. It is also called ‘Kodimaram’ in Tamil, which carries superficial meaning. ‘Dwaja’, a Sanskrit word conveys deep meaning, it is a combination of two words ‘Dwa’ means two and ‘Ja’ means go. This word conveys ascending and descending movement of consciousness. ‘Dwajasthampam’ is made of wood. It is present in between the main entrance to the temple and the deity (Sivalingam).

Nandi (bull), made of stone, is present in between the ‘Dwajasthampam’ and ‘Sivalingam’. He is a evermental god of Puranic tradition. He carries the Lord Siva on his back. He is also a caretaker of Sivaloka, which is present in the world of Tapas, second plane of consciousness from the top of the universal existence. As Nandi is in close touch with the Lord Siva, the devotee believes that Nandi will help him to get a place in Sivaloka where he could live permanently without entering into the cycle of birth and death in this world. On behalf of the devotee Nandi pleads with the Lord Siva to deliver the devotee from the suffering and struggling in life. In all these cases ascent or descent of consciousness is necessary and Dwajasthampam represents the double movement of consciousness in the universal existence.

Matrimandir seems to be a well-integrated whole. Lotus pond, the planes of consciousness and the Column of Light give a good perception of the universal existence. Whereas in Tamilnadu temples one finds that ‘Dwajasthampam’, Temple Tower and Temple Tank are separated from one another and the integration of these three aspects is to be attained by the knowledge of universal existence or ‘satchitananda’.

It is better to visit a big Siva temple in Tamilnadu and have a direct knowledge about these salient features in a temple and then compare them with those of Matrimandir.

Somasundaram.

Not to be missed
In Pithaga, on Wednesday 13th of February 2018 at 7.30 pm.

“My burning Heart” THE JOURNEY OF SATPREM. Performed by Norman Bowler.

A few weeks ago Paul B asked me whether I would organize the repetition of our dear Norman’s performance “my burning heart” which he played for the 50th anniversary last year at the Art Center of Citadine. I wished that many more friends would have come and benefitted of such a professional and touching work. I was moved by every single line - it was as if Satprem spoke to the audience about his moving life and I was completely under his spell.

Now Norman will give us one more time the opportunity to listen with our hearts. I promise you an hour of extraordinary acting. When Norman and I talked about how to organize this year’s repetition he also said that this might be the last time he will act in Auroville. Imagine this young Aurovillian is already 87 years old! He was one of England’s most well-known actors. His most celebrated role was that of a chief inspector in a BBC TV series

Not to be missed

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ACCOMMODATIONS

Needed: We are looking for a place for Nicolette (Ponyfarm) and her son Kim for 26 days. Kim will stay in AV. He wants to go to Last school and later to Kailash end of Feb, so she wants to be here with him in the beginning. Guesthouse is beyond the budget, but house sitting or sharing for 26 days is very welcome. Thanks, Veronica. Please react by e-mail only: veronicavolkers@gmail.com.

Needed 2: Dear Aurovilians! We are the family of Newcomers - Dmitriy (working at Varuna and EMS Lab), Anastasia (volunteering at Deepanam school) and our 8 y.o. daughter Vasilina (studying at Deepanam school). Our Newcomers’ period ends and we are looking for a long term house-sitting or other possibilities. We are happy to take good care of your house, garden and pets, or may be some other help. We are quite and responsible. All suggestions are welcome. Please contact Anastasia, call: 8270194875, whatsapp +77771270264, e-mail aaanstasia78@gmail.com.

AVAILABLE

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


2, puppies: Hello everybody. I found 2 adorables puppies (females) who are looking for a nice family. This is 2 sisters and they really like each other. I brought them in Integrated Animal Care Centre (863 763 8925). If you are looking for a great funny puppy, you just found it! Submitted by Hélène.

LOOKING FOR...

Cycle: urgently looking for a gear-cycle in good condition. Please contact me at aurosuresh@aurowire.org.in or 9786626952. Thanks, Suresh.

Smartphone help needed: Who could give me a short introduction into the basics of video editing on my Samsung A3 smartphone? Contribution possible! Isabel (from Germany): whatsapp +491728160448 or belleschupp@gmail.com

Laptop: Dear all, I am looking for a second hand laptop in good condition for my school work. If you think you have one to give away for a reasonable prize would be really appreciated. Thank you! Alexandra. Contact number: 8300132409 SMS or WhatsApp.

Guitar: I am Prithvi 12yrs old learning to play the guitar and I am a beginner. Does anyone have a guitar? I need help in getting one if you have one to give away or to sell pls contact this number 7589368514 or 7589378514. Thank you, Prithvi.

Travelmate: Would you like to travel with me by train to Varanasi and Bodhgaya in the beginning of March? please contact Isabel (from Germany/59 yrs.): whatsapp +491728160448 or belleschupp@gmail.com

Push Hands Partner: Gary is looking for people to practice push hands with (or share related practices like Chi Qong, Ba Qua, etc.) as he learned from his teacher, C. K Chu of NYC. The push hands he practices emphasizes softness, yielding, rooting and flexibility and is appropriate for any level of practitioner. He has been doing these practices for many years and enjoys sharing with and learning from others. Gary: 7867098623 and 9751783912.

LOST & FOUND

Cat (lost): Our cat has disappeared from Harmony Community, near Dehashakti. He is a ginger colored male with green eyes and is quite large sized and has a very sweet nature. He is really missed by our family, please if you think you have seen him roaming around in Auroville do let us know, thank you, Alexandra. Contact number: 8300132409.

TAXI SHARING

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

18 February: A taxi will be leaving empty to Chennai on early morning of Monday the 18th of February. Kindly contact Varadharaajan for further details: 0413-2623082 or 9442934306; varadharaajan1936@gmail.com. Thanks.

TRAVEL

Latest News from Inside India - Travel Shop

We are open from 09am to 1pm and from 1:30pm to 5pm. We are located in Auroshilpam.

Latest offers from International Airlines: Jet Airways & Air France have special offers to Europe, British Airways has promotional offers to Europe & USA, Oman Air has special offers to Europe, Emirates has offers to selected destinations in Europe if one fly’s with little baggage, Ethihad Airways has special offers to Europe & USA.

Kindly note - Whose buying fight ticket on the internet: Most Airline are charging additional to the date change fee a service charge of around USD 30. Some of them will issue these changes only on a higher price level, even when there is availability of seats on a lower price level. We can arrange ship cruise holidays packages. If you have any queries please let us know, we will revert back to you.

Please check with us in advance regarding flight schedules & baggage policies of airlines.

- International Flight Tickets/International Hotel booking: 0413-2622078, travelshop@aurowire.org.in.
- Domestic Flight Tickets /Trains/Bus/Travel Insurance: 0413-2623030, domestic@inside-india.com.
- Tours and Domestic Hotel booking: 0413-2622047, insideindia@aurowire.org.in.

There are 2 useful online calendars of events in Auroville:

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

AT THE MATRIMANDIR

AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri

read by Mother to Sunil’s music

Every Thursday - 5.30 to 6 pm [weather permitting]

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

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

Dear Guests, please carry your Guest Card with you.

No photos there. Access only for the Amphitheatre from 5.15 pm Please be seated by 5.25 pm, no late entry. Thank you. Amphitheatre Team.

AMPHITHEATRE - MATRIMANDIR

on Sunday 17 February

6.30 to 7.30 pm [weather permitting…]

We will sing Mother’s mantra “Om Namo Bhagavaté” with Joy and Weidong (guitar) to guide the chanting

Everyone is welcome to join chanting or just be… Please take your torch light for the steps. No photos please. Dear Guests, please carry your Auracard and note that the gardens will be open only for this moment at the amphitheatre. Amphitheatre Team.
INVITATIONS

**World Café Series:**
Wednesday 13th February
from 7.00 to 9.30 PM
This film series will take us on a journey through many years of Auroville’s unfolding. We will begin by watching a film about the first years of Auroville (about 40 minutes). After a little tea and biscuit break Ulli (Roper) will introduce the basic principles of World Café format, ends with sharing our insights, conclusions and inspirations.

*All are welcome…*

EXHIBITIONS

**Japanese Woodblock Prints**

_Aurelec Cafeteria & Art Gallery_

28th January to 28th February
Open from 8 am to 5 pm

Woodblock printing in Japan (mokuhanga) is a technique best known for its use in the ukiyo-e artistic genre of single sheets, but it was also used for printing books in the same period. Woodblock printing had been used in China for centuries to print books, long before the advent of movable type, but was widely adopted in Japan during the Edo period (1603-1868). Although similar to woodcut in Western printmaking in some regards, the mokuhanga technique differs in that it uses water-based inks—as opposed to western woodcut, which often uses oil-based inks. The Japanese water-based inks provide a wide range of vivid colors, glazes, and transparency.

**Vibrations**

_A Photographic Exhibition by Paulette_

Saturday February 9th until Saturday February 23rd 2019
Open daily 8 am - 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*

“**There is nothing small in God’s eyes. Let there be nothing small in thine.”**

_SRI AUROBINDO_

**Vibrations, photographic exhibition at Pitanga,**
People from all over the world gathered to build, materially, the soul of Auroville, and a barren plateau came alive. Those youth lived with nothing, content with the quest and the joyous sharing of the goal, one in conscious aspiration. Matrimandir is a centre of radiating energy. This energy, tangible, visible all around, speaks to the soul of the Eternal, the Infinite, abiding in countless forms and myriads of existences. God, the Self, is each and all and has no name, all are the One.

Every flower, every leaf, every brim of grass, every pebble sings the glory of creation. The Divine alone is real, all else is illusion. As in the Upanishads, “Where one sees nothing but the One, hears nothing but the One, knows nothing but the One - there is the infinite.” **Paulette.**

**Mother’s Symbol Exhibition**

_with translations of Her Powers (or virtues, qualities…) in 22 languages_

_International Space, Bharat Nivas (Indian Space next to Sri Aurobindo Auditorium)_

This exhibition started at 3:00pm 28 January at, on the occasion of 2019 International Zone General Meeting. The exhibition is on-going.

*To translate Mother’s Powers and quotes into other languages, please email: anandizhang@auroville.org.in*

_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._
Bharatnivas Invites you to experience Art Works exhibited by Former Students of Sri Aurobindo International Center of Education (SAICE – Pondicherry).

Kalakendra Art Gallery Space, Bharatnivas
Opening Hours: 9 to 7:30 pm (open on Sundays).
For more info: bharatnivas@auroville.org.in

Auroville Timelines
An in-situ video art installations project presents
A tribute to the soiled hands and feet
At Kalakendra, Bharat Nivas, Auroville
4th February to 4th March 2019
10am to 7:30 pm
Curated by Richa and Rrivu

Moving images from the archives project from old televisions in an immersive dark room. The recorded memories become meditative taking us beyond the action apparent on screen, deeper into the recesses of consciousness with which the actions were committed. It is an attempt to remember those times, the momentum and the labour of love that went into making Auroville what it is today. A projection of Auroville’s continuous journey, towards becoming.

Richa Hushing and Rrivu Laha are documentary filmmakers, newcomers in Auroville. They were instantly drawn to the wealth of recorded memories from the formative years and took upon themselves the task of drawing out the stunning visuals records for all to see and experience Auroville as it was, in the making. Special Thanks to the installation team: Dhriti, Mridul, Bharat, Leo, Allen, Emmanuel, Krishna, Raj, Isabelle, Alok, Tapas and Michael.
To connect, contribute, support and/or host write to timelines@auroville.org.in

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 Gosh’
Artist from Sri Aurobindo Ashram
Every day except Sundays from 1-15th Feb.
in the Square Hall
Everyone is welcome.

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Centre d’Art Atelier, Citadines invites you

to the painting exhibition:

‘WHITE NIGHT’
Painting exhibition
by V5 painters.

On view till 16 February, Daily 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

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.

TALKS AND PRESENTATIONS

Water - the source of life
Sharing by
GillesBoulicot
Monday 11th of February
at 5 pm

- an Art For Land Fundraiser Event -
Gilles works in the field of sustainable water resource
management since 25 years and is involved intensely in the
work on Auroville and its bioregion as well as in many areas of
India and countries abroad. The huge challenge that explosive
urbanization brings focuses his passion and aspiration on the
question: how can we bring back the sense of sacredness of
water in modern urban context so that life for future
generations can be secured?

Present:
an Art For Land Fundraiser Event

Living a Healthy Life Style
by Dr. Geeta
This sharing is an attempt to convey the healthy lifestyle
described in Ayurveda to increase the longevity of life
integrating yoga in line with the teachings of Sri Aurobindo and
the Mother.

Dr. Geeta, a follower of Mother and Sri Aurobindo practicing Yoga,
Ayurveda and Naturopathy for the past 40 years. She contributes towards a happy and healthy life.

Unity Pavilion
Tuesday 12th Feb at 5.00 PM

Present:
an Art For Land Fundraiser Event: The Future Garden
Sharing by Joss of Pitchandikulam
Friday 15th February at 5 pm
At Unity Pavilion

Joss came to Auroville in 1970 to participate in the early
pioneering work of the newborn community.
In 1973 he established Pitchandikulam dedicated to restoring the
eroded 60 acres of Auroville Green Belt land to its former green
cover. He developed the Medicinal Plant Conservation Park at
Pitchandikulam, which serves as a base for work with the village
communities and traditional healers living around the Kaluveli
wetland, north of Auroville.

SNACKS & EVENING TEA
In solidarity with the land
A delicious way to learn about AUROVILLE’S LAND

With Sigrid at Unity Pavilion – at 6:30 PM Monday
February 11th and Friday February 15th
Suggested donation:
200 Rs minimum or more ... for the land.
Snacks offered by Visitors Centre & Tanto

Monday 11th of February
at 5 pm
Demystifying the Indian Deities

Learning to decode the symbolic language, to read the secret messages of deities.

An interactive event by Aparajita Barai
5 pm to 7 pm, 15th Feb, 2019
Inside India, ground floor, Auroshilpam
(behind Auromode Guest-house)

Registration & Contribution
Aurovillians & Newcomers: No contribution required,
Guests of Auroville: Please register at 0413-2622047 from 9 am to 12 pm and 2 pm to 4:15 pm.
Please book in advance.
This is a recreational activity

“Integral Paradigm of Knowledge”

Dear Friends, IPK activities (of UHU) cordially invites you to join our annual seminar on the Integral Paradigm of Knowledge on

February 15-16, in Unity Pavilion from 9am - 5pm.
This year the theme is Integral Management in the light of Sri Aurobindo and The Mother.

Among other things we shall explore what IPK means to all of us, and how we can implement it in our work and study. For this reason, we will discuss the projects that have been worked on this last year, and our plans for next year.

Program day one:
9:30 - 10:15: Introduction of IPK (Integral Paradigm of Knowledge) by Vladimir.
10:15 - 11am: Development a management course based on the IPK by Joel.
Tea break.
11:15 - 12pm: The development of an idea for design by Sowmya.
Lunch break.
1 – 2.30pm: An exploration of Scandinavian HR Management by Siv.
2:50 – 4pm Workshop. We will explore an idea of cooperation in action through exercises.

Day two:
9:30 - 11am: Exploration of IPK in the light of integral management and ideals of Auroville and Integral Yoga Psychology by Vladimir.
Tea break.
11:20- 12:30: TLC management of a school in the spirit of an integral view.
Lunch break.
1:30 - 2:30pm: Learning as development of individual in a learning work-environment by Siv.
2:50 - 4pm: Workshop. We will by the faculty of seeing explore the expression of right attitude, knowledge and skills in the work-environment

Please all join so we can introduce ourselves and our activities to the whole of Auroville. Hope to see you all!
We will have workshops where we will explore IPK’s concept and its influence on our life. All are welcome.

Contributions are appreciated - resident or any other appropriate seminar visa is required. If you have any questions about visa requirements, please contact Joel at jojox16@gmail.com - 8072725598.
IPK Activities Group, Warmly, Siv, Vladimir, Joel.

CULTURAL EVENTS

Sound Bath with the Russian Singing Bells at Cripa, Kalabhumi
Mondays 11th and 18th February, 3.30 - 4.30 pm

All are welcome to experience deep interiorization, tranquility and self-healing evoked by harmonious resonating sounds of this unique instrument.

Hibiscus Art village project and Well Studio Cafe presents

“Shine on” Unleash your inner sparkle
Saturday 16 February 2019
7:30 Special dinner
8:30 Vēę & Friends - Warm deep voice accompanied by acoustic instruments
9:00 Nadaprem on bansuri, Rashmi Bhatt on table - Hindustani classical and fusion music
10:00 DJ Anup Mech - Funky groovy set
AV, NC, Volunteers donations based entry. Guests entry fee

“A vast Unknown is round us and within; all things are wrapped in the dynamic One: A subtle link of union joins all life. Thus all creation is a single chain: We are not left alone in a closed scheme.” Savitri, Sri Aurobindo

Due to performers’ health reasons, our show VAST has been postponed to
15, 16&17th February
8 pm
Sri Aurobindo Auditorium, Indian Pavilion Bharat Nivas

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. Performers: Gopal Dalami, Thierry Moucazambo, Director, choreographer: Philippe Pelen Baldini.
After the great success of their preview, avant première, in Kolkata, for Journey of Auroville festival, SURYA PERFORMANCE LAB, Philippe Pelen, Thierry Moucazambo, Gopal Dalami and Barbara Paschinger, under Auroville art service, in partnership with Svaram and SAIER, are happy to invite you for their new creation VAST.

Feedbacks from Kolkata: “It was one of the most breathtaking experience I ever had. The performers were simply outstanding. What they felt and the emotion they communicated to the audience was priceless.” Devina Basu 31.01.19.

“Extraordinary beauty. Inner, outer, total integration of both. The music powerful is perfect”. Rozen & Kamuya.

“The entire program is creative and innovative one. Heartfelt thanks to the entire team”. Unus Molla.

VAST is a contemporary dance theater show: It is organic, hypnotic, poetic and universal. VAST evokes the journey of a young man from Nepal who was forced into exile in a big Indian city. Beyond oppression and confinement, he tries to find in his body a path to his Himalaya and Vastness.

Philippe Pelen, Thierry Moucazambo, Gopal Dalami, Barbara Paschinger.

www.surya-performance-lab.com


“My burning Heart”

THE JOURNEY OF SATPREM performed by Norman

Wednesday 13th of February 2019 at 7.30PM

Norman Bowler was an internationally known professional actor for 45 years. In Auroville he has worked extensively on many productions, did poetry readings and taught drama and English to school children.

As requested by many people Norman has agreed to repeat last year’s extraordinary 50th anniversary performance.

Pitanga Cultural Centre, Samasti.

(0413) 2622403/2622994 Pitanga@auroville.org.in

SCHEDULES

AT VERITE

Please contact Vérité to register for the following intensives: 0413 2622045, 2622606, 7094104329 or programming@verite.in, treatments@verite.in - www.verite.in

INTENSIVES IN VÉRITÉ: (Registration required)

- THE MOVEMENTS” of GURDJIEFF (1.5 days) - with YOFFI

Thursday, 14 February - from 9.30 am to 4.30 pm

Friday, 15 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 movements are not meant for performance or improving physical capabilities; rather, they form a practice for self-observation that 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”. This intensive will include inner exercises, movements practice and an introduction to Gurdjieff’s teachings.

- OVARIAN BREATHING, FEMININE ALCHEMY & YOGA FOR WOMEN - with NADIA - Friday, Saturday & Sunday, 15, 16 & 17 February - from 9.30 am to 4.30 pm

Our female anatomy (breasts, ovaries, uterus) offers the most energetic potential of the whole mind-body organism. Ovarian breathing helps us connect with this energy, freeing the flow of the body’s fluid systems. This helps not only to prevent and treat disease, but also to live a richer, more ‘fertile’ (meaning ‘creative’) life. Because many of our “blockages” stem from beliefs rooted in our family/cultural conditioning, the process is also oriented to emotional and mental cleansing. The aim is to align mind, emotions and body, allowing us to return to a state of integration and unity with ourselves and our environment.

Please note: Ovarian breathing is not appropriate for women who are pregnant or have certain health issues. Prospective participants are required to complete a medical form which will be provided upon registration.

Nadia Farahani is a certified Ayurveda Therapist (Ayurvedic Point, Milan, Italy & SNA Oushadhasana Thirukkal Moos, Mass Ayurveda, Thrissur, Kerala, India), Womb Yoga teacher, Ovarian Breathing Feminine Alchemy and Madretierra Menstrual Therapy facilitator and Iyengar Yoga teacher (Institut de Yoga Iyengar de Nice, France and RIMYI, Pune, India). She is passionate about women’s health and yoga and is happy to share the techniques and methods she has learned over the last 15 years.

- ENERGY MERIDIANS IN YOGA - WITH ANDRES

Saturday, 16 February - from 9.30 am to 12.30 pm

The wisdom about the body’s energy lines- SEN lines (Thai) or Nadis (Sanskrit) - is one of the most important and fundamental pillars in both Yoga and Thai Yoga Massage. The meridians are energetic pathways, giving life to the body. When the energy doesn’t flow appropriately, discomfort and disease often appear.

In this workshop, you will learn the origins of this ancient knowledge and practical application through Yoga postures (Asanas), to enjoy a life with better energy flow.

- SOMATICS - AN INTRODUCTION FOR EVERY BODY! - with MAGGIE - Monday 18 February - from 9.30 am to 12.30 pm

Somatics is a system of slow mindful movements (mind-body training) in the tradition of Thomas Hanna. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging.

- BREATH-WORK AND YOGA - with BIJOU

Wednesday, 20 February - from 9.30 am to 12.30 pm

Do you find it a challenge to maintain peaceful breathing during yoga practice? If so, there is a need to explore the relationship between breath and flow. In this intensive, you will learn to understand this relationship, so there is no struggle with breath, and your yoga sessions will leave you rejuvenated, with abundant energy to take you through the day.

New class in Vérité:

- Just Dance - with Georgia - Feb 11, 18 & 25 from 5 to 6.30 pm

Just Dance - A time to dance and move freely. Drop the mind, drop into the body, shake off what you no longer need and tune in to your own spontaneous and creative movement. Dance alone, dance with others, show up as you are.

AT ARKA

- Transformational yoga:

Thursdays and Saturdays 5pm - 6.30pm, Arka Multihall from 14th February

Transformational yoga inspired by the teaching of Sri Aurobindo’s Integral Yoga. It combines the basis of Hatha Yoga, Pranayama breathing, and mantras to connect with and open the heart chakra. It gives you the tools you need in order to make a difference in your everyday life. In depth focus of asanas, mantras, breathing and meditation techniques gives you the knowledge you need to purify your body, stabilise your emotions, focus your mind, and increase your spiritual well-being. Individual session also available. All levels are welcome!

- The breath of life:

Fridays 4 to 5.15pm, Arka Multihall - from 15 February

Pranayama is the conscious awareness of the breath, the life force that will help you to improve concentration, perception, energy, revitalise and detoxifies body- mind - soul. With Pranayama breathing techniques you will discover the potential of your breath. Individual session also available. All are welcome! Please come empty stomach.

For more information please contact Lakshmi - 8489764602

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Divine Flowers
Children can participate in various activities to experience and connect with the flowers like-Drawing/painting, matching, paper cutting, pasting, Origami, clay-work, Kolam, puzzles etc. Either on Monday, 25 February or Wednesday the 27th February 2019 in Savitri Bhavan.
(Activities for Children, age group 6-10 years) Please register (free of charge), your child’s participation by 18th Feb 2019
Contact - divinenflowers@auroville.org.in

Inner-Work-Workshop
Introduction to the Integral Yoga of Sri Aurobindo and the Mother
12 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 Inner Being'
- 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.integarylifestyleauroville.com.

AT AUROMODE
YOGA SPACE
Contact us to book. Pre-registration required. More on: www.auromodeyogaspace.com

AT AUROMODE
YOGA SPACE

Acroyoga
With Shakti Shilpa
Friday, Feb 15th from 9am to 5pm
>> Open to anyone, any level and age
In today's changing world where all of us want to feel secure, take charge, control but won’t trust or let ourselves be. AcroYoga comes in as a yoga of trust. It is where you take control by letting go and begin your journey towards the art of giving and receiving. As by definition, Acro Yoga combines the wisdom of Yoga, the dynamics of Acrobatics, and the loving kindness of Thai Massage.
One need to just bring oneself with an open heart to Connect, Trust, Play and Fly in a supportive environment.
No previous experience or partner is needed for this day of practice.

Yoga for the spine
With Andres Acosta
Sunday, Feb 17th from 9.30am - 12.30pm
>> Open to anyone, any level and age
"You are as young as your spine is flexible" is a common knowledge shared in Hatha yoga. Come and learn the basic knowledge of anatomy of the spine, and how specific asanas have specific effects on the spine.

Subtle-physical awareness through Yoga Nidra
(group practice) With Egle
On Sunday, February 17th from 2pm - 4pm
>> Open to anyone, any level and age
Yoga Nidra is an ancient and for human beings at many levels useful technique. It relaxes the body-mind system, improves the quality of sleep and reduces its time. Yoga Nidra is also called "the deepest meditation possible". Regular practice, done at any day or night hour, can be used to deepen the awareness reaching even the delta state (as the newest scientific research has shown). In that deep state one is able to perceive areas of subtler existence, making use of ones subtler and inner senses. It opens an endless and new are of exploration.
About Egle: she is practicing yoga since 20 years, "energy medicine and healing" certificate, presently learning "clinical hypnotherapy".

AT QUIET HEALING CENTER
For appointments and registration, please contact the reception at 2622329, 9488084966
www.quiethealingcenter.info / quiet@auroville.org.in

Watsu Yoga Round with Gianni
Thursday 14 February (6 pm - 9 pm)
The Watsu Yoga Round is a powerful tool for deep relaxation. It focuses on listening to the body and presence; it is a way to come back to our heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of our being.
When immersed in warm water during this class, the body becomes liberated from the effects of gravity, while the flow of movements and stretching, alternated with moments of stillness, invite an increasing sense of well-being; the body becomes free to dance! No previous experience required and also no need to know how to swim!

Watsu Basic & OBA Intro with Petra
Friday 15 -- Sunday 17 February (8.45 am - 6.30 pm)
Watsu & OBA are aquatic bodywork modalities given in a warm water pool. Watsu Basic introduces movements and body mechanics to float someone on the surface; OBA Basic introduces and offers a unique underwater experience (with nose clip).
In this workshop, you will learn and practice basic techniques and qualities of being (grounding, presence, stillness, flow, attention) to hold and move someone in water. You will experience floating other people and being floated, while creating a space for deep relaxation and nurturing body, mind and spirit.
No previous experience required and also no need to know how to swim!

Yantra Shastra - Sacred Geometry Workshop with Swami Omkar
Sunday 17 February (9.30 am – 4 pm)
Yantra is an ancient tool to access cosmic energy and use it in our life. It is a physical device, which helps us to navigate our life along its expected path. A Yantra, based on sacred geometry, can be energized and used as a tool for our life and beyond.
In this workshop, we will create a Yantra for health, wealth, overcoming obstacles, and for spiritual growth. You will draw your own Yantra and energetize it. The workshop will also enable you to guide others to create their own Yantra for a better life. A copper plate, copper needle (to draw your Yantra) and a booklet will be provided.
Swami Omkar, founder of “Pranava Peetam Trust”, has been teaching Vedic science and wisdom in India and abroad. He likes to share his in-depth knowledge and experience with everyone, who is eager to learn this ancient Yantra method to improve their life and realise their dreams.

Special Sunday Programs at Kala Kendra;
Sunday 16 February, Sunday 23rd February and Sunday 3rd March 2019, From 3 to 7 pm.
Talks and Art workshops on the Theme of Art & Human Unity:
These meetings of minds are to mark the 50th Anniversary of Auroville and express Auroville’s gratitude to Ashram Members, Teachers, Students & Friends who had participated in the Founding Ceremony of Auroville.
Theme: HUMAN UNITY - One Heart for One World
Today more than anything we need peace in our hearts and love for our neighbors in order to be truly happy. Inviting one and all to join hands in this creative gesture of human unity, by expressing in any medium on a round shaped
canvas of twelve inches’ diameter, a dream, a prayer, an aspiration for Human Unity. The canvas and basic acrylic colors will be provided, but if you require anything more specifically for your work please bring with you. At the end of the month long exhibition these circles will be stitched together (volunteers are welcome for this) and will be displayed at Bharat Nivas as a symbol of our creative aspiration for World Unity.

Thank you to register beforehand by emailing bharatnivas@aurville.org.in by giving your name, country of origin, mention the Indian State you belong to (for Indians) and giving your creative background in 3 lines. We would like to have at least one person from each Indian state and each country of the world.

Thank you to treat this as our collective invitation and please extend this invite to one and all to participate on the 16th of February at Kala Kendra, Bharat Nivas between 3 and 7.30 p.m. with prior registration.

Wishes, Tapas and Kirti for Bharat Nivas

‡ AT JOY Community Guest House

Center Field, Auroville, 605101, Tamil Nadu, India
Ph: +91 (0)9487227393
https://www.joyauroville.org
https://www.facebook.com/joyauroville

Tai Chi and Qi-Gong Classes in the month of February is cancelled. We’ll let you know when they will restart.

‡ AT CREATIVITY HALL OF LIGHT

Family Constellation workshop with Moghan: Creativity Hall of Light Saturdays (9am to 6pm) on 16 Feb. Contact Moghan: 975110486 / moghan@aurville.org.in.

‡ AUROVILLE LANGUAGE LAB

International Zone, beyond the Unity Pavilion and Pump House.
Open from Monday - Friday 9am 12 pm and 2- 6pm, Saturday 9am to 12pm.
Phone: 2623661, 2000013, 2000014, 6380042388 Email info@aurvillelanguagelab.org http://www.aurovillelanguagelab.org/

ALL SCHEDULE OF CLASSES as of 05.02.19

New students are requested to fill out the form and register BEFORE attending any classes.
We have excellent university-level video and audio study materials and software in our mediatheque, which enable self-study in various languages.

News about classes:
Fiona from the U.K is very happy to start new English classes specially for Native French Speakers for Beginner and Intermediate levels. The classes will be on Tuesday and Wednesday mornings from 10:30am until 12:00pm. Having lived in France, she has a particular ear for the specific issues and difficulties faced by native French speakers when confronted with the English language. The focus will be primarily English conversation but, of course, she’ll tailor the teaching to the needs and preferences of the students. Interested students, please contact the Auroville Language Lab.

Anabel has started her intensive French Beginner’s class on 28th January which will run till 22nd February. The classes are Monday to Friday from 02:00pm to 03:30pm (except on Wednesdays).

French Intermediate classes have also started from 28th Jan. The classes are on Monday and Thursday from 01:00pm to 02:00pm. It is possible to join, but you will need to set a time to meet Anabel before joining the class.

Anabel also starts her Spanish Intermediate class on 28th January. The classes are on Tuesday and Friday from 01:00pm to 02:00pm.

A Spanish intensive beginner course will start from 4th March to 29 March. She will keep the same days and times as the ongoing French Intensive.

Susana continues her Spanish Intermediate group as well on Wednesday from 4-5pm and Saturdays from 11:30am -12:30pm.

Please contact Susana since this a long-standing group.

A new batch of Saravanan’s 10 Day Intensive Tamil Beginner’s class started on 14th January. The classes are held on Mondays from 10:15am to 11:15am and on Thursdays from 01:15pm to 02:15pm.

If you would like to join the next batch, please let us know.

Saravanan also continues his Tamil Intermediate class on Mondays from 11:30am to 12:30pm and on Thursdays from 02:15pm to 03:15pm.

Asha continues with her English Beginner’s class on Tuesdays and Thursdays from 05:00pm to 06:00pm.

She also continues with her English Intermediate class on Mondays and Wednesdays from 05:00pm to 06:00pm.

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<td>English</td>
<td>Beginners</td>
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<td>English</td>
<td>Intermediate</td>
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<td>French</td>
<td>Beginners (Intensive)</td>
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<td>Tamil</td>
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News from Tomatis:
Spaces have opened up for the Tomatis listening training programs for individuals for language learning and therapeutic/well-being purposes.
It is used for children, teenagers and adults - for people of all ages. It is wonderful for improving concentration and memory, reducing stress and anxiety, as well as release of creative potential. It helps with depression and lack of confidence. It also helps with hyperactivity and attention deficit disorder. It can help with all kinds of learning disorders. It helps with language delays and developmental delays as well. It can help with all problems related to communication and expression. It is wonderful for various kinds of hearing loss. And of course, it helps with hearing loss.

It has been a long-standing dream to be able to offer this program for groups language learning. Our full team has worked very hard over the last year to be able to do this. We thought it would happen in December, but again faced a lot of hurdles. We’ve managed to get over all except the last one, and we now plan to start the Group Tomatis Language Training on Auroville’s Birthday Feb 28th this year. So, fingers crossed!
AcroYoga for Beginners: every Saturday 8:15 to 9:45 am at Arka. Partner flow: asana with a partner. Inversion: basic flying with partner. Damien 90 47 72 27 40.

The actor training: Every Thursday 8.30-10.30 am in CRIPA. Francesco welcomes Aurovilians, newcomers, volunteers and friends. The participants should have a minimum of experience in acting. We train our actor’s muscles (relaxation, voice, articulation, improvisation, work on the body, work on imagination etc.). Regular attendance required. A donation is required by CRIPA from volunteers. francesca@auroville.org.in.

Acupressure Therapy for healing and well-being: Christa has a background as nurse and has long experience in healing physical illness with this massage technique. French and English speaking. For more info: please call +91-9489054943 or email christine@auroville-holistic.com/ www.auroville-holistic.com.

Acupuncture sessions: With Andres Lokuta at Pavilion of Tibetan culture. For your appointment call or WhatsApp to 9655474497.

Acupuncture & traditional Chinese medicine diagnosis: with Andres Lokuta - Acupuncture is a very effective therapy for acute and chronic pain, stress, fatigue, digestive, cardiovascular, hormonal imbalance etc. This therapeutic process requires the insertion of very fine needles into special energetic points. The decision to go for this treatment is made based on traditional diagnosis through observations of pulses, tongue, face, reading and body movements. By appointment only.


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

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

Ayurvedic Massage: with Raja at Isai Ambalam Guesthouse: Acupressure and deep tissue Ayurvedic massage for Vata, Pitta and Kapha body types. On appointment, contact 9487503617 or isaiambalam@auroville.org.in.

Ayurvedic Massage (oil): (60 or 90 min) at Auromode Yoga Space, with Isaac. Full body massage with different oils, pressures and rhythms. By appointment only. More info on: www.auromodeyogaspace.com.

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

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

Beach Play Shop: Dear guests, Rico is offering beach play shop for children between 8 -13 of age from Monday to Saturday. The timings are 10 to 12 noon and 2.30 to 4.30. The children can play with beads and create their own patterns and / or follow set patterns. For more details, contact the RN 904724061 or rico@auroville.org.in.

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

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For info and reservations, For info: 0413-2623987 or write to 5.30PM - Visitor Center - Open to all!!!

Biodynamic Craniosacral Therapy with Mila at Vértëti. Biodynamic Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body. For appointments please contact: 0413-2622 606 or 7094104329.

Bioresonance (with Bicom machine) with Afsaneh at Quiet. All body cells emit electromagnetic vibrations. During illness or injury these vibrations become disharmonious. The Bicom machine can read these vibrations and transmit complimentary electromagnetic vibrations to restore harmony in the body. The Bicom machine contains computerized programs to make an energy diagnosis and to determine which therapies are appropriate for specific symptoms, organs and meridians. Bioreonance therapy can be used for both diagnosis and treatment. For appointments, please contact Quiet via: 948084966 www.quiethealingcenter.info / quiet@aurowl.org.in.

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

Bharatanatyam Dance: with Deepa at Sawchhu (Bharat Nivas) every Saturday 9 to 10 am. t_deepa14@yahoo.co.in, 7598221586.

Brahmanaspati Kshetram: Our Mother and Sri Aurobindo Centre is hosting regular activities: Every Monday at 5:30 pm: The Mother and Sri Aurobindo on Aurowl led by Dhanalokshmi, interaction in Tamil & English. Every Thursday at 6:00 pm: meditation - Every first Sunday of the month reading circle from 5:30 pm led by Bhuvana Sundari in Tamil and English (for directions kindly consult Google maps at this link: here).

Biodynamic Craniosacral Therapy with Mila at Vértëti. Biodynamic Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body. For appointments please contact: 0413-2622 606 or 7094104329.

Bioresonance (with Bicom machine) with Afsaneh at Quiet. All body cells emit electromagnetic vibrations. During illness or injury these vibrations become disharmonious. The Bicom machine can read these vibrations and transmit complimentary electromagnetic vibrations to restore harmony in the body. The Bicom machine contains computerized programs to make an energy diagnosis and to determine which therapies are appropriate for specific symptoms, organs and meridians. Bioreonance therapy can be used for both diagnosis and treatment. For appointments, please contact Quiet via: 948084966 www.quiethealingcenter.info / quiet@aurowl.org.in.

Body, Creative Consciousness: Every Monday from 10am - 12pm Cripa, Kalabhumni Exploration in theater creativity, being in the moment on stage, going towards awareness about co-creativity in life. Playing the body in its multiple layers as a creative instrument. For actors who want to reflect upon acting in life. For people with little to no experience of the acting. Each week, the focus will be on a different subject. Facilitated by Carlos, actor, director and teacher, working as a volunteer for The Auroville Theater Group.

Auroville Botanical Gardens Guided Tours: Come and enjoy a guided tour in gardens and forest spread over 50 acres, we will take you to: the Orchard House, the Ornamental Garden, the Cactus Garden, the Fern House, the Maze, the Labyrinth, our ponds, and more… Every Monday, Wednesday, Friday from 9:30 to 11:00 am (January 25th until March 29th 2019). Limited to 12 visitors, participation will be used for both diagnosis and treatment. For appointments, please contact Quiet via: 948084966 www.quiethealingcenter.info / quiet@aurowl.org.in.

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

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

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

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

OPEN RODA (Capoeira Circle) >> First Friday of each month 5.30PM - Visitor Center - Open to all!!! Contact: info@ginga-saroba.com | www.ginga-saroba.com | 9488328435

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

Carnatic Vocal: with Grace at Sawchhu (Bharat Nivas) every Sunday 8:30 to 11:30am. 8940022975.

**NEW** Chai Hut at Sadhana Forest: Shiva Vegan Chai Hut now open! Vegan Herbal Chai as a gift from Sadhana Forest to the local community, Auroville residents, and guests. Children are welcome! Weekdays from 6 to 8 am and from 3:30 to 5:30 pm. The location of the hut is: Sadhana Forest, Google Maps link: HERE / FB post / www.sadhanaforest.org.

Chakra Toning: (no class 21 Feb) with Vera on Thursdays from 5 – 6.30 pm, at Vértëti. Join Vera in these sessions that will enhance your knowledge of sound healing & chakra awareness. You will be guided on a vocal journey in which you will learn to utilize your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are the creators & observers of our own lives, and we can change the reality around us by changing the reality within us, you will learn simple, effective ways of using the voice for: - Healing oneself & others on a cellular level - Reconnecting with the inner being - Awakening, cleansing & aligning the chakras - Creating one’s own personal mantra. Contact: 0413 - 2622 045 or 7094104329.

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

Chinese cupping & Moxibustion: Fire cupping ( 火罐） and Moxibustion (艾灸) at both traditional therapies based on the ancient meridian theory. They are effective in stasis/toxin elimination from deep tissues while at the same time stimulating your energy flow and boosting your immune system. By appointment: Chun - 80899-00708/ chun@aurowl.org.in at Arka Wellness Center.

Chiropractice & energy line adjustments: with Andres Lokuta (45 min) at Auromode Yoga Space. This therapy is based on long years of daily practice of traditional Chinese medicine and chiropractic treatments. This treatment is a manual manipulation of the joints and muscles combined with exercises of Qi Gong (Chinese gymnastic). The objective of the therapy is to regulate tension(s) and relax the body and the mind by putting the body straight with follow up re-education of body movements and smoothing of the breathing. By appointment only.


Collective Meditation at Pavilion of Tibetan Culture: Friday 5.30 to 6.45 pm.

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

INDIAN DELIGHT Cooking class: at Joy Guest House: A cooking class where we will cook delicious food. Together we will discover authentic Indian flavours. Prior registration is required. Every Friday from 11am to 1pm at the Guest House. For info and reservations, please contact us at: 9487272393 / Email: joycommunity@aurowl.org.in.

Focused Dance Improvisation: with Tahir at the African Pavilion on Saturdays from 4:30pm until 6pm. We will explore dance improvisation with a different focus every time. All are welcome.

Creative Writing: with Francesca every Monday from 4.30 to 6pm. The Creative writing experience is back! Never stop to be creative whatever happens in your life! For info: 0413-2623987 or write to avmycreativewriting@gmail.com. Please call me or write to me before if this is your first time. All you need to bring with you is a pen, a notebook and the fun of expressing yourself. Let’s just show up on the page and let that something “move through us”! Donations required for guests; reduced for volunteers. If you want to talk more about the class and the Creative Writing sessions she is giving in AV, please check her videos on her new YOUTUBE's channel “My creative Satsang”.

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

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

Contact John: 852 496 3049.

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

Dance - Hip Hop and Contemporary: with Vijay at Sawchu (Bharat Nivas) Tuesday 6 to 7pm, Saturday and Sunday 6:30 to 7:30pm. sarasu@auroville.org.in, 9655821372.

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

Dance Mantra Meditation: with Nikhil, Wednesdays from 3 to 4.30pm at Vérité. Dance liberates us from our thinking minds as we fully inhabit our body. To achieve this state of mind we begin by chanting mantra OM several times spontaneously from the heart centre. Once the mind is slowed down, we chant the mantra “Hare Rama Hare Krishna” or similar and then express the inner joy in form of natural body movements focusing entirely on the present moment. In the end, we ground the energy using proven guided relaxation technique of auto suggestion called Yoga Nidra or Yogic Sleep - Shiva keeping the world in balance with his cosmic dance. For more info (+91) 413 2622045 or email programming@verite.in.

Just Dance: on Feb 11, 18, 25 with Georgia at Vérité on Mondays from 5 to 6.30 pm. A time to dance and move freely. Drop the mind, drop into the body, shake off what you no longer need and tune in to your own spontaneous and created movement. Dance alone, dance with others, just as you are. Contact: 0413 - 2622 045 or 7094104329 or email programming@verite.in.

**PAUSED UNTIL 4 MARCH** Dance Offering: with Dariyo at Vérité on Mondays from 5 to 7 pm. Listening - allowing - unfolding - celebrating - offering. Everyone can dance regardless age, sex, size, flexibility...! Offering a space to explore our own unique movement, improvisation and contact with others... Together we create the emotions - Increasing focus & attention & more. Decreasing depression & improving one’s ability to regulate - Increasing immune system functions - Rejuvenating the Spirit - cellular level. Sound Bath Meditation is effective in: - Clearing menstruation cycle of time, to the sacred rhythms of the Universe. Expressing your inner through colours: With Helgurd, Wednesdays 5-7pm at CREEVA’s Studio in Creativity. Welcome back to my class for adults! I welcome my experienced student as well as any interested peoples who want to express their inner colours. (no need to have experience with painting!) We work in silence, to find our first colours, I will guide you a bit and let you go, to enjoy this process and new! We process and learn together and share. PLEASE COME IN TIME BECAUSE WE WANT TO BE UNDISTURBED IN SILENCE FOR CONNECTING TO OUR SELF. Please make reservation: 0413-2622427, 9486534326 (no connection at home) helgurd@auroville.org.in.

The Eternity Game- El Juego de la Eternidad: An oracle with 64 cards based on Sri Aurobindo’s Yoga. Individual and groups, in English, Spanish, and French. By appointment. Contact : Anandi: 0413-2622 547 or anandi7@auroville.org.in.

Etromedicine: with Lisa at Vérité. Etromedicine is an energy therapy that helps clear blockages hindering well-being and/or development. The practitioner dialogues with the client & follows their pulse responses to help access feelings linked to past events or conditioning, which then allows dissolution/release of symptoms. On Appointment. For more info: (+91)413 2622 606 or email programming@verite.in.

Facial Acupuncture: with Lhamo at Joy Guesthouse (on Appointment only)9855824237; small needles are used solely on the face of the patient, which is a mirror of the whole body. It uses a very interesting and immediate way to assess the changes in the body.

Family Constellation workshop with Moghan: Creativity Hall of Light Saturdays (9am to 6pm) on these dates: 2019: 16 Feb, 9 March. Contact Moghan: 975110486 / Moghan@auroville.org.in.

Feldenkrais Method (no class 11 & 15 Feb): with Nur at Vérité on Mondays from 3.30 to 4.30 pm, Tuesdays from 10 to 11 am & Fridays from 3 to 4 pm. The Feldenkrais Method cultivates awareness through movement. Inspired by animals and human intuitions, we experiment with different movement possibilities and learn about patterns of holding, discovering how to move in a skillful and efficient way. Dr. Feldenkrais designed the lessons “to turn the impossible into the possible, the difficult into the easy and the easy into the pleasant”. Contact: 0413 - 2622 045 or 7094104329 or email programming@verite.in.

Feminine Dance for all Women in Cripa, Kalabhumi on Tuesdays from 4pm -5.30 pm. An ancient sacred art for communication, healing, transformation and to facilitate birthing. We create an opportunity to reconnect joyfully to our body, reawaken the flow of feminine energy, move to the living pulse of life and have fun in the loving presence of other women. Wear comfortable dance clothes. galit@aurouville.org.in.

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

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

number: 9487179556. Our office in the Saracoon campus, near Ganesh bakery, just before Windara. email info@ecofoemme.org.

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

Enhance your Perception: You can enhance your perception by doing some very easy drawing exercises. Please don't be afraid! Drawing is not a matter of some mysterious magical skill, but a matter of perception. Every person who is able to write has the skill to draw. Our perception is usually limited by what we already have learned. Realizing this mechanism, you might become able to perceive the real play and beyond. We will heighten your vision in energy fields ... Time: every 2nd Thursday from 2 - 4.30 pm. For groups (6 -12) also on appointment, please call us for the next date: Matrigold 0413-2622458, matrigold@auroville.org.in.

Explore Temples Around Auroville: We welcome you to explore temples around Auroville. You will experience the local culture, food and temples. Prior registration Required. Every Saturday from 9 am to 1 pm with Rupavathy. For info and reservations, please contact us at: 9487221399 / Email: joycommunity@auroville.org.in.
Hatha Yoga with Bijou at Vérité on Fridays from 5 to 6.30 pm and Saturdays 7 to 8.15 am. These Hatha Yoga sessions harken back to the roots of the classical form of Yoga, intended for the unity of body and mind. Hatha Yoga is often seen as the yoga of balance and posture, but this specific style is aimed at bringing the body-mind into focused, calm and composed state, further helping in meditation. Contact: 0413-2622 045 or 7094104329.

Morning Hatha Yoga: at Auromode Yoga Space. (accessible to all levels) Monday to Saturday from 7-8.30 am with Laure or Bala. Soft and activating Hatha yoga to wake your body up gently and start a healthy day! More info on: www.auromodeyogaspace.com.

Hatha Flow and Vinyasa Yoga Flow: at Auromode Yoga Space. Monday to Saturday from 9 to 10.30 AM with Laure, Bebe or Salomea. Breathe, move and get more vital. Let your Chi flow for the whole day! (accessible to all levels).


Hatha yoga and Hatha Vinyasa Flow: at Auromode Yoga Space. Monday to Saturday from 5.30-7pm with Bala, Laure or Andres Acosta. Accessible to all levels. Simple Hatha and/or Hatha Vinyasa Flow Yoga will be practiced. Through the postures, breathing (pranayama), meditation, concentration, activation of energetic centres (chakras) and relation techniques. More info on: www.auromodeyogaspace.com.


Hatha yoga - private sessions - individual or group: (90 min) at auromode yoga space with Laure, Bala, Andres Acosta, Salomea or Anabel. Classes in English, French, Hebrew, Tamil, Dutch or Spanish. More info www.auromodeyogaspace.com.

Hatha Yoga classes with Tatiana: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahaya108@gmail.com, +919655668798.

Hatha Yoga for all levels: on Tuesday and Thursday at 7.30 to 8.45 am at Creativity Hall of Light. Contact Naushem: 9487833736.

Hatha yoga private sessions with Gabriele at Isai Ambalam Guesthouse: you will receive personalized instruction based on your body type and life style. The sessions take place on our roof top yoga space under open sky in the canopy of bougainvillea flowers and palm trees. On appointment, contact 9487503617 or isiaiambalam@auvoirle.org.in.

Hatha Yoga Sivananda style with Gabriele at Isai Ambalam Guesthouse every Monday and Friday at 7 am and Tuesday at 5 pm. Suitable for all. Relaxation, pranayama (breath work), suryam askar the sun salutation and the main asanas postures in Sivananda tradition. Discover how yoga can help improve your flexibility, balance, strength and more! The classes take place on our roof top yoga space - drop in.

Hatha Yoga Sivananda style for beginners with Gabriele at Isai Ambalam Guesthouse every Wednesday and Thursday at 7 am. We guide you step by step in the fundamental asana postures to strengthen the body for flexibility and stamina and breathing techniques (pranayama) to enhance concentration. Suitable for everybody! The classes take place on our roof top yoga space - drop in.

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

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

Hatha Yoga with Bijou at Vérité on Fridays from 5 to 6.30 pm and Saturdays 7 to 8.15 am. These Hatha Yoga sessions harken back to the roots of the classical form of Yoga, intended for the unity of body and mind. Hatha Yoga is often seen as the yoga of balance and posture, but this specific style is aimed at bringing the body-mind into focused, calm and composed state, further helping in meditation. Contact: 0413-2622 045 or 7094104329.

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HOLISTIC regular sessions: See more details and the up-coming intensives: www.auroville-holistic.com. For the following sessions, book at christine@auroville-holistic.com or on whatsapp: +91-9489805493.
- 1) Health coaching & Personal Development (Based on NLP): Health coaching, also referred to as wellness coaching, is a process that facilitates healthy, sustainable behaviour change by challenging a person to listen to their inner wisdom, identify their values, and transform their goals into action. To enhance your relationship (bad-breaking relationship, no relationship…). Include 4 to 5 sessions: 3 to 4 sessions with one to one talk sessions & 1 acupressure massage
- 2) Healing Program: From 2 weeks program: NLP sessions; AMI Test & scientific meditation with sound healing… A customize program to heal Depression, General Anxiety Disorder, Sleeping disorder, Bipolarity Disorder - And 3) Chakra Healing.


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

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

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

Inner Dance and Meditation: with Yoffi on Saturdays from 5 to 6.30 pm at Verite. Listening, sensing, connecting, letting go and celebrating the present moment. The session will include active meditation, inner awareness and free flow movement. Come with good spirit and comfortable clothes. Contact: +91 2622 045 or 7094104329.

Japanese Tea Ceremony: available on request - Please contact ishashwayami@auronile.org, in or at 0413-2622192.

KALARIPPAYATTU CLASSES: in the new ASPIRATION KSHETRA KALARI at Aspiration Sport Venture. Contact numbers: 9042009200 / 9585133535.
- Kalar Class for Beginners:
  - Morning classes 6.30 – 7.30 Monday, Wednesday, Friday.
  - Evening classes 5.00 – 6.00 Tuesday, Thursday, Saturday.
- Kalar Class for advanced people:
  - Morning classes 6.30 – 7.30 Tuesday, Thursday, Saturday.

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

Kids dance in New creation: Monday 3-4pm and Wednesday 10.30-11.30am Thank you! Ulrike Urvasi.

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

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. (0)413-2623446, Info@kolamyoga.com.

Kulai Creative Centre - Weekly Activities: Dear community members and friends, we are very delighted to share about our regular classes. Please feel free to contact us to join in any of these classes. They are for everyone from above 10:
- Evening tuition classes from 3rd graders to 9th graders
- Computer classes on hardware and software.
- Yoga, Silambam (Martial Art), English classes, Music classes, Bharatanatyam (Classical dance), Hip-Hop classes,
- Weekly once "Movie time" on Saturdays from 6pm to 8pm.
- Our regular LIBRARY Timings: Monday to Saturday 9 am to 1pm and 1:30pm to 4:30pm.
  For more contacts 9843195290 or 9385767513 or mail us through: kuliacreativcentre@auronile.org.in.

Laughing Meditation with Nikhil at Verite on Tuesdays from 4 to 4.30pm. It's a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, chanting & singing spontaneously to return to the moment now. Thereafter we make transition to laughter and it has a contagious effect starting waves of natural laughter sometimes goes on for hours or till your belly hurts!! Depending on the day and energy we may do laughing exercises (aka laughing yoga) to induce/enhance laughter...

Generally, we end the session with yoga Nidra for completely relax the body, mind and emotions.
Contact: +91-2622 045 or 7094104329.

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

Leela, the Game of the Self Knowledge (a 2000 years old game!): Come and Play the Game of your Life! Sundays, 9:30 am to 12.30 (above 15 years old), in SYEDAME, at the Butterfly Barn. English, Spanish, French, Italian, German and Russian versions all available. Contribution kindly asked. Please call before to confirm your coming, thank you. Contact: VeroniqueJ. 9488512676. For more info visit www.leeleathegame.blogspot.in.

Life coaching, Neuro coaching: For those who are successful but maybe stuck in some area and can’t seem to break out of that rut in order to move to the next level. Gain clarity, set specific, measurable, achievable and realistic goals, overcome negative thought patterns, and make behavioural changes. Contact Vikram on 9843948286 or at vikram@auroville.org.in.

Lilaloka - Creative Play afternoons for ages 4+: Monday, Wednesday and Thursday 3 to 4.30pm; Tuesday 2 to 4 pm. Activities offered are around: Music, Art, Nature, "In the Body" Games. Minimum attendance of 1 month. Registration required: Call or What’s app Anna from 1 to 3 pm from Monday to Friday at 9943528729.

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

Mantra Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala's practice at Baraka Community (Green Belt). Since the beginning of the Human Life, people from all over the world are connected with special shapes; the Mandalas are part of them. Cari Jung, long time ago, discovered that the practice of drawing mandalas, in spontaneous way, it produces effects and a need. - My role on all this is to guide you into the process of drawing, the mandala as a Sacred Circle, our own Universe, where to express our inner being of that moment, the moment we draw inside it, using different techniques, to reach spontaneously your center, your reconnection with yourself. Material all included in the requested contribution. Please contact me for all details: 9787702844 or rosalba@auronile.org.in. See more on facebook: www.facebook.com/rosalba.auroville.

Mantra Chanting: with Nikhil at Verite on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaya, maa kaali chants and repeat same in a group aimed to quiet the mind & help improve focus and concentration. Contact: +91-2622 045 or 7094104329.

Mantra Chanting: with Nikhil at Joy Guest House on Friday 5:30 to 7 pm, A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy. This practice is aimed to quiet the mind, help improve focus, concentration and balance emotions. It is said to be the easiest and surest way to meditation in the bhakti yoga tradition of classical Indian yoga, best suited for emotional people using feelings as a tool/guide for finding greater alignment/balance within.
Music Theory Classes: every Tuesday, 5.30pm, by Kateryna. At CRIPA. Music theory classes for all ages for music lovers and music students. Ear training, music notation writing, sight reading singing, composing etc. Take with you a music writing book and pencils. kagov@gmail.com.

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

NEW COLORS: The NEW COLORS children’s center is in Edayanachavady village, and offers free homework help for students from grades 1-9 from Monday to Friday between 5 to 7 pm (not on rainy days). The MOTHER KinderGarten in NEW COLORS is for ages 2-7, open from Monday to Friday with: morning activity 8:30am to 1pm, afternoon activity from 1pm to 4pm or full day activity 8:30am to 4pm. It is suitable for short or long term for Aurovilians & Newcomers and Guests. For registration and for further details contact Renana 9865444472 /motherkindergarten@gmail.com or newcolors2002@gmail.com.

Montmartre, Centre for Psychological Development and Support: Open Walk-in for just sharing without appointment from 9:00 to 10:00 am (except Sunday) with professional Integral Psychologists: Paúni on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday. Appointments for Consultation, Counselling and Therapy are available (except Sunday), from 12:00 to 12:30 pm at 0413-2623551 or montmartre@auruville.org.in. Montmartre is situated in Mitra youth hostel behind Town Hall. See more on www.montmartre.wordpress.com.

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

Mindfulness meditation: with Johanna and Jaz on Tuesday 6 to 7.30pm @ Joy GH Hall. Mindfulness is the art of living happily in the present moment, embracing everything that life has to offer to us. Every Tuesday we practice together various mindfulness exercises that help us stay centered and peaceful in everyday life. These include sitting, walking and movement meditation and sharing circles. Open to beginners and experienced meditators alike. For info and reservations, please contact us at: 9487272393 / Email: joycommunity@auruville.org.in.


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

2) - Sound Healing: 7 scientific meditation sessions: Sound has been a very vital tool for healing Mind, Body & Soul. With Exclusive Scientific music Based Therapies available in Holistic. We use two approaches – “SSDP Super sensory development program” to develop our 5 senses, fast reading, memory enhancement, productivity, etc. And the “Healing treatment approach”: for depression, anxiety, stress, memory, attention deficit hyperactivity, sleeping disorders, anger management, chronic fatigue.

3) - De-Stress Your Mind and Relax Your Body: Our Welfare workshop and program. Scientific meditation with sound healing. Tuesday/ Thursday/ Saturday. (duration 1.30 h) Pre-registration 2 days in advance.

MMA (Mixed Martial Arts) and Self-Defence for Women: Every Monday and Wednesday 5:30 to 7 pm at Dehasakti Gym. Cut your nails, be punctual and dress in sportswear. I can’t accept more than 13 students, so punctuality is a must. Free for Aurovilians and Newcomers (by the way donation are welcome if you want to roll on a new natam), otherwise contribution is expected. Account number: 25188
Contact Giacomo: 9487340778 / giacomo@auruville.org.in. Check our page on FB: Auroville Mixed Martial Arts. Love. Giacomo.

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

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

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


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

Odissi Dance is with Kanchana at Sawchhu (Bharat Nivas) every Saturday and Sunday from 3 to 6pm. udamkanchana1@gmail.com, 9358388665.

OM Choir: “The voice that chants to the creator Fire, The symbolised OM, the great assenting Word”. Every Tuesday at Savitri Bhavan, 5:45/6:00pm - and at the OM Choir in the Ashram School, opposite the Ashram Entrance, Pondicherry, Fridays at 7:00pm.

Open Heart Space Meditation: with Samrat at Vérité on Thursdays from 4 to 4:30 pm. It is a simple practice of becoming aware of the reality as it is without judgement, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment. Contact: 0413 - 2622 045 or 7094104329.

Oracle Card Reading: With Carmen. By using several oracle cards together (ask your guides, ego cards, trust your vibes and with the mother blessings oracle cards) I will guide you to find your own unique way to progress. You will get clear answers and practical tips to move forward in your situation. By appointment at: 9751673869. Love. Carmen.

Organic Lunch in Joy Community (Center Field): Tuesdays at 12:45: Italian Food (by Simon) - we serve a beautiful mostly organic lunch accompanied with the usual family atmosphere of Joy Community. Ingredients are all fresh (some from our amazing vegetable garden) and depend on the inspiration of the season, garden, and the chef of the day. By reservation only (1 day in advance). For info and reservation call us at 9487272393 or email us at joycommunity@auruville.org.in. 25 % discount for Aurovilians, Newcomers and SAVI registered volunteers. Joy Community team :-).

Paintings and Drawings Exhibition and Fund Raising: in Roof Studio - Vikas every Saturday from 4pm to 6pm. Come and see drawings and paintings done with various mediums such as oil, charcoal, soft pastel and watercolor. Some pieces are from the exhibition: “Ivana’s Art from Auroville”. You can get an art piece on donation basis to raise funds for a home and studio for the artist. The special account is 256190. Please do not hesitate to contact Ivana if you have any inquiries - ivana@auruville.org.in, 709 43 44154.

Pavilion of Tibetan Culture (International Zone): Wednesdays: Tibetan dinners are served from 7pm onwards. We request everyone to register in advance for the dinner by calling 0413-2622401, 8490673732 or send an e-mail to: kalsang@auruville.org.in. All are welcome.
Consultation with the Tibetan Doctor: next visit in January will be on Thursday 24th and Friday 25th half day. For appointment: 0413 2622401, bodkhang97@gmail.com.

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

Pilates: with Teresa in Arka. Come to enjoy a Pilates class if you look to strengthen your core, create long, lean muscles, develop core control or get rid of a regular back pain. Pilates class is focussed on movements with control from the ‘power house’. Tuesdays 7:30am - all levels. Wednesdays 5:30pm - all levels. Thursday 7:30am - all levels. Fridays 5:30pm - for advanced students only. For more information you can write to Teresa: whatsapp (+917867989952 or mail teresa@auroville.org.in.

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

Potluck: “UNITY POTLUCK: - Hello dear family, every Friday evening.

I would like to invite you for a Unity Potluck. The idea is a sharing dinner, meeting new people and different tastes, and so on. Each Friday maximum 10 people are invited to participate according to registration & place. You are welcome, with light and good humour.

Contact and question: Liranore@gmail.com, whatsapp/phone: +918489756124. Thanks and have nice day! Liran.

Pranayama; Breath of Life Energy: Saturday from 7 to 8.15 am. At Pavilion of Tibetan Culture (International Zone). Prana is universal life energy. With awareness and Pranayama practices - relax, detox, rejuvenate the body-mind-energy, enhance perception and inner experiences! Class begins with warm up exercises, Foundation practices for all and advanced practices for trained.

Pranayama Practice: with Laure at Auromode Yoga Space (accessible to all levels) on demand/appointment for individual practice or in groups.

Contact reception for appointment.


Weekly Pranayama: Breath of Life Energy: Saturdays from 7 to 8.15 am. Pavilion of Tibetan Culture, International Zone. Sessions are guided by Ananda Kumar. Prana is universal life energy, with awareness and Pranayama practices. Relax, detox, rejuvenate the body-mind-energy, enhance perception and inner experiences! Class begins with warm up exercises, Foundation practices for all and advanced practices for trained. We request you to come 5 to 10 minutes earlier to get prepared and to avoid disturbing an ongoing session.

Pregnancy, Birth, Conception, Parenting: Offering space and time to share and grow during this special time of life. Knowledge, Trust, Empowering. Proposing Thursday evenings 7.30-8.30am and evenings from 5 -6pm. Prior registration required. Please contact us for more information or different timings. Place: Sanjana behind Arati.

Satsang: with Stefania is a guided tour for those interested in our work and achievements. Sacred building and living.

Sacred Groves – Guided tours: with the Sacred Groves Team. Every Wednesday at 3:30 pm – 4:30 pm. There are guided tours of the Sacred Groves for those interested in our work and achievements. For more information: janaka.om@auroville.org.in

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

Salsa & Latin Dance with Mani at New Creation dance studio: Salsa beginners class led by Mani at New Creation dance studio. Tuesdays from 6 -7pm - all levels. Wednesdays 5:30pm - 6.15 pm, at Vérété. The story of Savitri is helpful for our life and work. Enjoy a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5.6 to 6.30pm.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5.6 to 6.30 pm.
Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring healing sessions through the magic of the sounds from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being. The aim is to put you in a state of relaxation which enables you to see or feel yourself deeply according to your own awareness. In addition to the sound journey, you will be guided through your body to explore new dimensions which has an action and a benefit on the 3 levels: Physical, Energetical and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help releasing scoliotic pain (“fichiat” in German). To book your appointment, please call Isha at: (0413) 2622192 or ishaswayam@auroville.org.in.

South Indian Classical Dance (Bhrahnatyam): Bhrahnatyam Dance classes offered for beginners. Weekly twice. The classes are offered for children and adults. If you are interested, please contact me after 4pm on my mobile. S. Cerver: 7598368514.

Spontaneous Singing: At Hall of Light, Creativity every Wednesday, from 5 till 6.30 pm with Antoine 8940740529 / Antoine@auroville.org.in.

Stop smoking - NOT WHY BUT HOW! Free for Aurovilians and Newcomers. Just a homopathic remedy made with your personal clothes as ingredients - as learned directly from my Italian homeopathic doctor. Make this a present to yourself! I’m offering this as my karma yoga for you. Contact: 948.762.9648 or janaka.om@auroville.org.in.

Sunday Walks - Farms and Forests: The Auroville Green Center announces the 9th edition of the Sundays Walks Farms & Forests 2019. A series of 14 walks led by the stewards of Auroville’s Farms and Forests between Pongal (first walk will be on 20th January) and Easter. Details and reservations available in the News & Auroville Green Center Calendar: route descriptions, info and contact number. Be prepared to come with your own transport (except when announced), bring drinking water and sun protection & hat. Please come on time to not miss the walks! The walks are free. Donations are welcome at the venues or via the Auroville Green Center GFS account: FR_228_auroville@bankint.com.

Tai Chi Hall @ Sharna: Monday & Tuesday 7.30-8.30 / Chi, Monday 8.30-9.30 & Thursday 7.30-8.30 /24-form, Tuesday 8.30-9.30 & Friday 7.30-8.30 /108-form, Wednesday & Saturday 7.30-8.30 /127-form. The next intensive for beginners is from Jan 21 to Feb 9. taichi@auroville.org.in.

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

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

Tango - Beginners Dance Class: Argentine Tango Dancing class for beginners is offered at Humanscape (between Solar kitchen and Santé) every MONDAY 7pm. No partner is necessary. Please bring socks or dance shoes. More info: Jorge@aurovile.org.in.

Tango - "Practica": practice space held for all tango dance levels on Wednesday 7:30-9pm at SAWCHU hall, at the entrance of Bharat Nivas. tango@aurovile.org.in.

Tao of Tea: With Isha: Discover Yourself through the sharing of this particular tea ceremony. It will change your awareness towards tea and life. Only organic tea will be used. (non-caffeine tea available on request) All are welcome.
- every day available, venue: Swayam. Advance booking required. Approx. 1 hour for each session. Book at: 0413-2622192 / ishanwayam@auroville.org.in.
- Also available every Thursday afternoon at Unity Pavilion Hall of Peace: 2 to 3pm and 3:30 to 4:30pm. Advance Booking is required: call with the Unity Pavilion, 0413-2623576 or unitypavilion@auroville.org.in.

Tarot Reading and Medicine Cards: with Valentina (On Appointment only) - 9791719387 at Joy Guest House; The reading of the Medicine Cards of the Spirit Animals used in collaboration with the 22 Major Arcana of the Tarot of Marseille (Camion-Jodorowsky)
is a precious method of psychological and inner investigation. Can be useful for expand our vision about what is flowing or what is blocked deep inside oneself. It can open for us the possibility to understand better the Here and Now and get new reading keys to start a healing process in body, emotions, mind and spirit.

Thai Foot Reflexology: with Santiago (on Appointment Only) at Joy GH - 87549 58120; Following the Thai foot massage tradition, pressure is applied to specific areas of the soles of the feet. In turn, a reflex reaction occurs in another part of the body, which is stimulated. Santı received his training, knowledge and certification at the Thai Yoga Massage School in Bangkok.

Thai Yoga Massage with Tibet Bowls (no oil): at Auromode Yoga Space, (90 min) with Andres Acosta or Bebe Merino. For bookings and more info on: www.auromodeyogaspace.com.

Thai Yoga Massage with Andres at Vérité. Thai Yoga Massage is used for unblocking energy lines (Nadis) and movements of the body based on Yoga postures. For appointments please contact: 0413 - 2622 606 or 7094104329.

Therapies with Vani:
1) Awakening the intelligence of the body; discovering your Self-healing power and natural intelligence of the body. Experiencing the Presence within by quietening the thought process and contacting the body. Fusion of deep guided relaxation, visualisation, panic healing, acupuncture and foot and cranial reflexology.
2) Journey to the memory of the body: journey through the trauma memories, emotional programs and systems in order to deprogramme these past believe systems put in place in the past, which keep you from living a very joyful life in the present. Fusion of Hladina Method, Hypnotherapy, Self-Inquiries.
3) Life Coaching: Using awareness, visualization & imagination techniques. Life Coaching is a very rich period of changes and new projects in order to get in contact with your intuitive self and find the creative & dynamic thread of your life again.
4) Reiki and Reflexology courses possible on request. For appointment “contact” Pitanga: 0413-26222403 or Vani: vani@auroville.org.in.

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

Traditional Hatha Yoga: with Christine Pauchard. “**Change of venue**: Taramangaling - 5 min after botanical garden- Check the directions on our website at the page “YOGA”. Mondays/Wednesdays from 4:45 to 6.15pm. Pre-Registration by mail must be done in advance by phone/whatsapp +91 8988805493 or mail christine@auroville-holistic.com/www.auroville-holistic.com.

Traditional Hatha Yoga for Beginners: with Kaveri on Mondays and Tuesdays from 7 to 8.15 am at Vérité. Designed for those who want to take gentle, fearless steps towards a deeper understanding of hatha yoga. Based in the Sivananda style, these sessions support our experience of both the inner and outer aspects of yoga. Contact: 0413 - 2622 045 or 7094104329.

Transformation Game® with Carmen: Just as life is filled with this rich variety of experience, so is the Transformation Game®, a fun and powerful toolbox that offers a way of understanding and transforming key issues in your life. It can be played at varying levels of intensity, from a light-hearted way of exploring issues to an intense path of self-exploration. Santi received his training, knowledge and certification at the Thai Yoga Massage School in Bangkok.

Transformation Yoga: with Elise at Vérité on Tuesdays & Thursday from 11 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 apply specific asana (postures), 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! Contact: 0413-2622401.

Transformation Yoga: with Elise on Wednesday from 5.30 to 6.45 pm at Pavilion of Tibetan Culture. Transformation Yoga is an integral approach to physical health, Emotional balance, mental and spiritual clarity. It goes far beyond just physical exercise; it’s an integral approach which also integrates the emotional, mental and spiritual bodies, which enable us to have direct contact with our higher self. Transformational Yoga was created and inspired by the integral Yoga of Sri Aurobindo and the Mother. This practice gives you the tools you need in order to make a difference in your everyday life.

In the class we learn and practice asanas, mantras chanting, Pranama breathing and relaxation techniques. 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! Contact: 0413-2622401.

Transpersonal Regression Therapy: Sessions to transform engraved patterns and trauma, and to discover the path of the soul With Sigrid – sigrid@auroville.org.in www.auroville-jiva.com.

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

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

A Visit to MatriGold: every 2nd Thursday at 3 pm and on appointment for groups. Please call 0413-2622458 for the next date, or if you have trouble finding us. Birgitta will tell the amazing founding story of MatriGold and explain about the unique Gold-in-Glass technology, which was developed in Auroville for the Matrimandir. She will also talk about the impact which pure gold has on the human body. You get a chance to go into the jewellery production process and see a beautiful video about it. This visit is also a chance to explore the single pieces hiding in our treasure cupboards, if you come earlier or stay later.

**PAUSED** Vocal & Nada Yoga Class: Mondays: 1:30-3:30pm. Pre-register required. Unique combination of Indian Master of the Voice & Ancient Indian Wisdom of Sound. Develop your energy and physical parts of the body involved in vocal productions. Learn to use these parts through vocal practices and consciously create and strengthen your unique musical instrument. Access inner consciousness through sound with NadaBrahma Yoga: This ancient Indian science links music to spiritual growth through vibrational sound. Use musical sound inside energetically to deepen and develop your awareness and free motional blockages. This technique also helps you to SING IN TUNE. Nada Yoga is a powerful meditative tool to deepen movement between consciousness states, enhance inner peace and contentment. At Creativity. Hamsini 9487544184, hamsinir@yahoo.fr.

Vocal Yoga Class with Caroline: Every Thursday 5:30pm till 6:45pm at Pavilion of Tibetan Culture - International Zone. A class to relate through voice with your inner being from anatomic to psychic level, explore the positive and healing power of conscious sounds via Nada & BiJa Mantra Yoga and give a “body” to your vocal expression through conscious breathing. Facilitated by Caroline, certified VocalYogaVY teacher and performer from France who studied several vocal approaches as Nada Yoga, Bel Canto lyrical vocal technique, Jazz and Holistic Singing. Beginners are always welcome. Individual sessions are also possible. For more information: Caroline 7397716578 or caroline@auroville.org.in.

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

Warm Water Sessions During Pregnancy: in Quiet Healing Center’s warm water pool. Wednesday morning from 9.30 till 10.30 am. An invitation for pregnant women to experience the weightless, relaxing and connecting benefits of movement and floating in warm water. You are invited to come with/or without your partner/birth attendant. When you come for the first time, please contact Friederike 9943247326 or Apple 8903158065 beforehand.

Women Temple: with Dariya, In Sve-dame, Butterfly Barn at 7pm - 9pm (door opens at 6.45 & we start together on time) on the following Wednesdays: 6 & 20 March, 17 April. Women have always...
found ways to gather and celebrate the sacredness of life’s cycles. In our busy lives where this might be needed the most, we almost forgot the power of simple rituals & the power of gathering beyond personal stories or problem solving. Welcome to the circle where we celebrate and support each other’s unique path towards thriving in the bigger version of ourselves for the benefits of all! With embodied practices; meditation, movement, self-inquiry...beauty & wisdom of sisterhood! ‘The relationship we have to other women reflects the relationship we have to our own feminine essence. We take a stand for a new way of being a woman together on this planet. Together we can heal and transform into a relationship of celebration and empowerment’. Chameli Ardagh of Awakening Women Institute.

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

YEP Week: Youth Entertainment Program presents the YEP Week, a program especially designed for guest kids, to enjoy their stay, and discover Auroville. We will take them from place to place, where the kids can visit and participate in various activities. The activities include pony riding, Papier Mâché, quilling, painting... the kids can visit and participate in various activities. The activities include pony riding, Papier Mâché, quilling, painting... information: what's app 0413 - 2622 045 or 7094104329.

Yin Yoga: (no class 22 Feb) with Anne-Sophie – on Fridays from 7 to 8.15 am at Vérité. It blends two styles of yoga into one practice - bringing together the benefits of passively restorative holding yoga poses with more dynamic sequences and standing postures. For more info: (+91) 413-2622 045 or email programming@verite.in.

Yoga Anatomy & Alignment in Asana: with Sheila on Tuesdays from 5 to 6.15 pm at Vérité. These yoga sessions highlight basic anatomy and alignment. Each class focuses on a specific musculoskeletal group, and begins with a brief description of the corresponding anatomy. We then engage these muscles and bones through a variety of asanas (standing poses, twists, hip openers, forward and back bends). The use of props helps students at all levels to develop body awareness, and practice with greater stability, effectiveness and ease. Understanding basic anatomy, alignment, and use of props allows practitioners to receive the full benefits of each asana without overextending themselves. Contact: 0413-2622 045 or 7094104329.

Yoga Asana Therapy for Musculoskeletal Conditions: with Sheila at Vérité. Musculoskeletal issues are the leading cause of physical disabilities and pain, adversely affecting quality of life and even associated with depression. Specific asanas can free the body’s joints, relieving pressure on cartilage, restoring correct alignment to the bones, keeping muscles and ligaments healthy and posture correct. Take good care of your Musculoskeletal System through the help of Yoga, to not only strengthen your muscles but also help you gain a healthy inner being. For appointments please contact: 0413-2622 060 or 7094104329 or email: treatments@verite.in.

Yoga Body: with Olesya at Sharrna Guest House. Asanas and Pranayama in jyengar tradition. The balanced mind and intellect are developed through mobility, strength, stability and alignment of body in asanas. Mornings 6.45 to 8 am every Monday, Tuesday, Friday and Saturday. Evenings 6.30 pm every Monday, Wednesday and Saturday. Drop in classes at Sharrna GH Yoga Hall, left gate, after parking follow the green path and behind the swimming pool you will find Yoga Hall. Contribution for guests is required. For more information: what's app +919195092743, olesya@aurolive.org.in.

Yoga Asana Alignment for All: with Sheila at Vérité on Wednesday from 7 to 8.15 am. In yoga asana practice, alignment refers to the optimal relationship between bones and musculature, to maximize physical efficiency and ease of movement. Proper alignment is essential to reduce strain and prevent injury. These sessions feature awareness of posture, alignment, and the stretching and strengthening both sides of the body equally. It also includes instructions on the use of props, which help students at all levels to practice with greater stability, effectiveness and ease. Contact: 0413 - 2622 045 or 7094104329.

Yoga and Meditation: is a Powerful tool to teach you

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

Yoga Classes: with Bala at Joy Guest House. Wednesday and Friday from 8 to 9:15 am, Yoga for core and movement, based on vinyasa and Ashtanga styles. Tuesday: 4 to 5:15 pm, Hatha yoga based on Sivananda style.

YOUNG YOGI Workshop: every WE until 31st March: You can attend the two mornings program or one morning program. Young YOGI is a Powerful tool to teach you Meditation; improved concentration/ Quicker decision-making/ Relaxation/ Inner peace/ High confidence / More focus/ Increased strength (physical & mental) Contact: Holistic-Christine: Mob & whatsapp: +91-9489805493 / christine@aurolive-holistic.com / www.aurolive-holistic.com.

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

Zero waste sharing circle: at Neem tree cafe every Saturday from 3 to 4 pm. Join Rekha & Laure to talk, share questions about having a zero waste lifestyle. Cutting waste in your day to day life is not always easy. We'll have a free talk on how to get started, sharing experience, tips, recipes to reduce waste in your day to day life.

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

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

MONTHLY SCHEDULES of AV CENTERS

REMEMBER: The monthly schedules and activities of the Auroville Centers can be found on the following websites:
- Joy Activities: www.joyaurolive.org/
- Holistic: www.aurolive-holistic.com/
- Pitanga: www.aurolive.org/contents/3185
- Savitri Bhavan: www.savitribhavan.org
- Language Lab: www.aurovillelanguagelab.org/courses.php
- Auromode Yoga Space: www.auromodeyogaspace.com
- Vérité: www.verite.in/
- Arka Wellness Centre: www.aurolive.org/contents/2886
- Quiet: http://quiethealingcenter.info/
- Laloloka: www.laloloka.org

OTHER EVENTS

- Confluence on Re-imagining Univers-city

HEY I AM MARIE, A LONG-TERM INTERN IN AUROVILLE

Allow me to share my journey with you
- When I came here, it felt like a tourist destination. But after staying here I see Auroville is like a learning society.
- Auroville has more diverse options than any liberal arts college. But here, how do I do a long-term course in my domain of interest?
- Would not it be wonderful if Auroville had many long-term learning programs? Will you Help me?

YES! Come to: Confluence on Re-imagining Univers-ity
On Feb 26 - 27, 2019
Participation by registration. Register at https://confluence.aurolive.org.in
Korean Kimchi Cooking Class
February 15, 22 Friday 3-5 pm
March 6, 20 Wednesday 3-5 pm
At Goyo in Luminosity.
Kimchi is a traditional Korean pickled and fermented dish made of various vegetables with varied seasonings. Kimchi has a reputation of being a healthy food. The magazine Heath named Kimchi in its list of top five “World’s Healthiest Foods” for being rich in vitamins, aiding digestion, and even possibly reducing cancer growth.
You can choose one class and send email goyo@aurville.org.in for reservation. Participants are going to have simple dinner (rice & miso soup) with Kimchi which made in the class and can carry a bottle of Kimchi. Wontja for Taste of Korea.

On Wednesday, 13 February 2019 @ 8pm
Alan Baiss & Joseh Garcia’s
Conscious
Fulfilling our Higher Evolutionary Potential
Canada-USA, 2017, Dir. Alan Baiss & Joseh Garcia, Documentary, 64mins, English, Rated: NR (G)
Inspired by the work of Sri Aurobindo and Mirra Alfassa, the film addresses humanity’s potential to achieve a higher level of consciousness in this time of global crises. It features interviews with renowned thinkers including Stan Grof, Brian Swimme, Aster Patel, and more. The film is enriched by beautiful imagery and music, and discusses cosmology, the evolution of consciousness, and the roles of love and art as vehicles for a deeper human potential. The world is preparing for a big change, will you help?
Alumni of the California Institute of Integral Studies and former psychotherapists, Alan and Joseh now dedicate their projects to the expansion of human consciousness. Alan’s earlier film, Integral Consciousness, became a reference for the history of Integral Yoga in the West. CONSCIOUS has been selected for the Canada Independent Film Festival 2019. A brief Q&A with the directors will follow the screening.

Favorite - Thursday 14 February, 8:00 pm:
• THE WIFE
UK-Sweden-USA, 2018, Dir. Björn Runge w/ Glen Close, Jonathan Pryce, Max Irons, and others, Drama, 99 mins, English-Swedish w/ English subtitles, Rated: R
Against any great man, there’s always a greater woman - and you’re about to meet her. Joan Castleman is highly intelligent, still a striking beauty, and a perfect devoted wife. For 40yrs Joan has sacrificed her own talents and dreams to nurture the ambitions of her charismatic husband, and his skyrocketing literary career - ignoring his infidelities with grace and humour. It is a marriage built upon uneven compromises. But Joan has reached her breaking point. On the eve of Joe's Nobel Prize for Literature, Joan’s coup de grace is to confront the biggest sacrifice of her life and the secret of his career.

International - Saturday 16 February, 8:00 pm:
• FIRST MAN
USA-Japan, 2018, Dir. Damien Chazelle w/ Ryan Gosling, Claire Foy, Jason Clarke, and others, Biography-History, 141 mins, English with English subtitles, Rated: PG 13
A biopic on the life of the legendary American astronaut Neil Armstrong from 1961-1969, on his journey to becoming the first human to walk the moon. Exploring the sacrifices and costs on the Nation and Neil himself, during one of the most dangerous missions in the history of space travel.

Children’s Film - Sunday 17 February, 4:30pm
• JIM KNOPF UND LUKAS DER LOKOMOTIVFUEHRER (Jim Button and Luke the Engine Driver)
Germany, 2018, Dir: Dennis Gansel, w/ Shirley MacLaine, Michael Herbig, Henning Baum and others, Adventure, 105mins, German with English subtitles, Rated: G

RAINER WERNER FASSBINDER Festival @ Ciné-Club
Ciné-Club - Sunday 17 February, 8:00 pm:
• DESPAIR
Germany-France,1978, Dir. Rainer Werner Fassbinder w/ Dirk Bogarde, Andrea Ferreol, Klaus Lowitsch and others, Drama,119mins, English w/English subtitles, Rated: PG
Germany in the early 1930s. Against the backdrop of the Nazis’
rise, Hermann Hermann, a Russian émigré and chocolate magnate, goes slowly mad. It begins with his seating himself in a chair to observe himself making love to his wife, Lydia, a zaftig empty-headed siren who is also sleeping with her cousin. Hermann is soon given to inexpressive outbursts at his workers, other businessmen, and strangers. Then, he meets Felix, an itinerant laborer, whom he delusional believes to be his look-alike. Armed with a new life insurance policy, he hatches an elaborate plot in the belief it will free him of all his worries.

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

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

Thanking You, MMC/CP Group
Account# 105106, mmcauditorium@auroville.org.in

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

FRIDAY 15 FEBRUARY - 7:45 PM - second P A R T
“The Best of Youth” - La meglio gioventù (original title)

Director: Marco Tullio Giordana - Italy, 2003


**We present the second part, and like last Friday we start at 7:45PM, exceptionally!**

Synopsis: 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 a crucial role in the history of Italy: the flood of Florence, the fight 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 15, 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 :)

ESSENTIAL SERVICES

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

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

Auroville Library, Crown Road: opening hours: Mornings: from Monday to Saturday 9am to 4pm - Afternoons: Monday, Wednesday, Tuesday, Friday and Saturday 2pm to 4.30pm - Evenings : Tuesday from 4pm to 6.30pm. Email: avlib@auroville.org.in, phone: 0413-2622894.

Auroville Library of Things (ALoT) is currently housed in a shipping container opposite PTDC. This space is an initiative by earthus and has been designed to facilitate sharing within the community. The current inventory comprises mainly of tools, kitchenware, travelling and hiking gear. Although, eventually, we want to include all kinds of things that can be incorporated into a library system. Please drop in to donate or borrow things at your convenience or reach us at aloit@auroville.org.in.

Bike/Car repair & servicing: ★ Painting ★ Modification ★ General service ★ Bike renting. Please contact Satya: 9443438287. At Abri Workshop (old puncture service) Auroville. We accept Auroville PT account.

AV Pharmacy/Health Center: The Pharmacy is open 8.30am to 5pm daily including Saturdays. The doctor’s consultation is the same with a lunch break from 1pm to 2pm, except Saturday up to 1pm only. Phone no 0413-262123 and 0413-2622018. Email: avhealth@auroville.org.in.

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 seaters). Call David 0413-262-2611. 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).

AV Cycle Kiosk: Monday to Saturday: 9am to 4.30pm, opposite PTDC/Foodlink, in the Prosperity Area. We repair and maintain all types of bicycles, as a community service. Bike parts to full servicing at minimal costs. Free air! Phone Chris C.: 8940115240.

Cycles and children car seats rentals: available at Vehicle Service, Town Hall - Monday to Saturday : 9am to 12.30pm and 2.30pm to 5pm. Contact avvehicle@auroville.org.in or Phone: 0413-2623032, Mobile: 9443074825.

Cycles and children car seats rentals: available at Vehicle Service, Town Hall - Monday to Saturday : 9am to 12.30pm and 2.30pm to 5pm. Contact avvehicle@auroville.org.in or Phone: 0413-2623032, Mobile: 9443074825.

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

Auroville Dental Centre - Protection: Opening hours: Mornings - Monday to Saturday 9am to 1pm & Afternoon - Monday to Friday 2pm to 4pm.

The French Pavilion presents
“Man after Man”
L’Homme après l’Homme
Documentary Film directed by David Montemurri
Saturday 16th February 2019 at 5pm
Town Hall - Cinema Paradiso
Free bus from Solar Kitchen to Sadhana Forest in French subtitled in English, duration: 72 min

“We are not in a moral crisis, we are not in a political, financial, religious crisis. We are in an evolutionary crisis. We are dying as humanity to be born to another thing…”

This is how Satprem responds to David Montemurri who asks him, during this interview, a number of questions concerning the civilization of Egypt that we are currently experiencing and the future of the modern world. If this film, thirty-eight years ago, the questions asked are a little outdated, but the answers of Satprem, presented in this interview, are still very relevant now.

We present "Man after Man" by David Montemurri.

The French Pavilion presents the documentary film of David Montemurri who asks Satprem questions on the evolution of the modern world.

Synopsis
How does our society operate? What questions are we facing today? Is our society dying to be born to another thing? What is the meaning of life? How can we change the world? What do the questions of our youth today look like? What was asked thirty-eight years ago and what was answered?

We present this documentary film at Town Hall, which is organized by the French Pavilion.

Desert Seas
46 mins / English / 2011 / Directed by Simon Nash, Dominic Weston, Mark Wheeler

Along the east and west coasts of Saudi Arabia are two seas that contain a treasure of marine life that few knew existed and even fewer had ever seen. Sir David Attenborough unveils the two stunning underwater realms of Saudi Arabia - the flamboyant Red Sea and the contrasting hot muddy Gulf.

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.

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**General Information**

**Auroville Residence Service (RAS):** Located in the Town Hall, the RAS office is open during public hours on Monday to Friday, from 9:30 am to 12:30 pm and 2:30 pm to 4:30 pm. It offers help to all Aurovilians or their guests to register within 24 hours of their arrival. 

**Guest Registration Service:** ALL GUESTS in Auroville (including Indian nationals and foreigners as well as friends and family members of Aurovilians) are encouraged to register in Auroville. Visitors to Auroville are recommended to do so on Tuesdays between 9 am and 11 am.

**Housing Service:** 
- **Town Hall:** Open Monday to Saturday, 9 am to 12:30 pm and 2 to 5 pm. Phone: 0413-2622675.
- **Near Telephone Service and BSNL Telephone Exchange:** Monday to Saturday, 9 am to 1 pm and 2 to 4 pm. Phone: 0413-2622452.

**Financial Service:** 
- **Town Hall:** Monday to Saturday, 9 am to 12:30 pm and 3 pm to 4:30 pm. Phone: 0413-2622380.

**Free Store:** Monday to Saturday: 9 am to 12:30 pm. Phone: 0413-2622269.

**Electric Cycles Rental:** Kinisi E-Mobility, KIM. Near Telephone Service and BSNL Telephone Exchange. Monday to Saturday: 9 am to 1pm and 2 to 5 pm.

**Financial Service, Town Hall and Aspiration:** Monday to Saturday, 9 am to 12:30 pm and 3 pm to 4:30 pm. Phone: 0413-2622452.

**Entry Service, Town Hall:** 1st floor, Multimedia Center: We are open to the public MON-FRI: Monday, Wednesday, Saturday: 9.30am-12.30pm and AFTERNOONS (by appointment only): Monday to Friday 2.30pm to 4.30pm. B-Forms and Recommendation letters: on appointment only. For more information on joining Auroville: - 91 (0413) 2622707 email: entryservice@auroville.org.in.

**Fuel:** Contact: 8903836246. This phone is reachable 24/7.

**Guest Registration:** 
- **ALL GUESTS** in Auroville (including Indian nationals and foreigners as well as friends and family members of Aurovilians) are encouraged to register in Auroville. Visitors to Auroville are recommended to do so on Tuesdays between 9 am and 11 am.

**Guidelines for Matrimandir:** The services provided by OutreachMedia include: dealing with all media that come to Auroville for filming, writing, photographing - reporters, journalist and writers. For other inquiries, email: outreachmedia@auroville.org.in.

**Guest Registration:** 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 9.30am to 12.30pm and 2 to 5 pm / Town Hall - reception area - Monday to Saturday 9.30am to 12.30pm and 2 to 5 pm / Aspiration - Financial Service office left side - Monday - Saturday 9am to 12.30pm and 2 to 4.30 pm.

**Guest Service above the Solar Kitchen:** 1st floor. Opening times Monday to Saturday: 9.30am to 12.30pm and 2pm to 5pm. Closed on Saturday and Thursday afternoon. augervest@service@auroville.org.in, Phone: 0413-2622675.

**Housing Service, Town Hall:** 
- **Public timings:** Monday to Friday (except Wednesdays): 9.30 am - 12.30 pm. By appointment only: Monday to Friday (except Wednesdays): 2.30 - 4.30 pm. Saturday 10:30 - 12:30 pm for accounting only. Wednesday closed for Housing Board meeting. Phone: 0413-2622658. Email: contacts@housing@auroville.org.in

**Human Resource Team (HRT):** Town Hall: Public Hours: Monday, Tuesday, Thursday: 9 am to 12 pm, Friday 3 pm to 4.30 pm. Phone: 0413-2622312. Email: hrt@auroville.org.in.

**Insurance, Goodness Insurance Service:** For all kinds of insurance information, advice and service. Phone: 9786167917. Email:-goodnessinsurance@service@auroville.org.in.

**Integrative Health, Prayatna:** classical homeopathy, transpersonal regression therapy, Gestalt therapy, psychomotricity for children and adults, trauma remedies, child & women health, hypnotherapy. Email: integrativehealth@service@auroville.org.in, Phone: 0413-2622669 - Monday to Saturday 9 am to 5 pm, preferably on appointment.

**Integrated Transport Services (ITS):** Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. We are available Monday-Saturday from 9am-5pm, opposite Solar Kitchen. Phone: 9897876644 / 9442566256 / 9164909380. Email: its@service@auroville.org.in, http://its.auroville.org.in.

**LFAU - Fundraising for Auroville’s Land:** with its two campaigns - ‘Acres for Auroville’ & ‘GreenAcres’ Ayareep, Mandokini LB, Nadia R., Sigrud, and secretary Jothi. Welcome: 9:00 am to 12:30 pm at Town Hall, 1st floor. Phone: 0413-2622657. Email: lfau@service@auroville.org.in / https://land.auroville.org.in.

**LOE Lab.: Of Evolution, Bharat Nivas:** LOE Library Open Monday to Saturday: 9 am to 12 pm, Monday to Friday: 2.30 pm to 4.30 pm. loechu@service@auroville.org.in.

**Matrimandir:** The Inner Chamber is open for Aurovilians daily: 6 am to 8.40 am, 11.30 am to 12.30 pm (2 pm on Sunday) and 4.30 pm to 8 pm. Please keep the Chamber neat and tidy. Straighten your mat and put back all extra cushions neatly by the door. Please refrain from rearranging the cushions which are laid out for you. The Petals are open only for Aurovilians daily: 4.30 pm to 6 pm. To bring family members and personal friends please book online using this link http://mmboking.auroville.org.in/ or by calling 0413-2622579 from 10 to 11.10 am any day except Tuesday. Be at the office gate of Matrimandir by 8.40 am on the day of the visit. Please remain with your guests throughout the visit. Matrimandir is closed to visitors on Tuesday. Aurovilians wanting to bring their children to the Matrimandir are recommended to do so on Tuesdays between 9 am and 11 am.

**Mattram, Centre for Psychological Development and Support:** Open Walk-In for just sharing without appointment from 9 to 10 am (except on Sunday) with professional Integral Psychologists: Palani on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday Appointments for Consultation, Counselling and Therapy daily (except Sunday), from 12 to 12:30 pm at 0413-2623551 or mattram@service@auroville.org.in. Mattram is situated in Mitra Youth Hostel behind Town Hall.

**Music Library, Town Hall:** Mon, Wed, Fri, Sat from 9 am to 12:30 pm and Tues, Thurs, Sat from 2 pm to 5:30 pm.

**Nandini:** Email nandini@auroville.org.in, Open to the Participants only

**Puncture service, service area:** next to gas bottle service, opposite road service; Monday to Saturday 9 am to 4:30 pm; phone 0413-2622741, cell 9442891235.

**Auroville Residents Service:** Open from Monday to Friday morning from 9:30 am to 12:30 pm. Tuesday, Wednesday and Thursday afternoons (by appointment only) 4:30 pm to 6:30 pm. Phone: 0413-2622191 / email: resservice@auroville.org.in.

**Residents Assembly Service:** new landline number: 0413-2623701 (please note it in your agenda). The RAS office (located 1st floor at Town Hall) is open for public from 10 am to 12pm from Monday till Friday. We are happy to welcome your questions, suggestions or information. We will do our best to help you in whatever way possible. Thank you for your appreciation. Our email: raservice@auroville.org.in. Your RAS team.

**Sante - Auroville Institute for Integral Health, Crown Rd, Near Arka. Working Hours: Monday to Saturday: 8:45 to 12:30 & 2 to 4:30. Closed Tuesday afternoon for staff meetings.**

**Savi:** Services for Volunteers and Hosting Units/Services of Auroville, a link between Auroville Projects and long-term Volunteers (minimum 2 months). We offer welcome information, placements opportunities, support with visa procedure and follow-up throughout the volunteers’ stay. From Monday to Friday from 10 am till 12 pm. at the Unity Pavilion. For more information call 0413-2622121 or go to Savi website: www.auroville-learning.net.

**TreeCare:** Pruning, removing, cabling, bracing and transplanting of trees. Pruning and general maintenance also available. Call: Jonos: 91595843579 / Anadi: 9655477329 or go to treecareindia.com / email: office@treecareindia.com.

**Vehicle Service, Town Hall:** Monday to Saturday: 9 am to 12:30 pm, 2.30 pm to 5 pm. All types of Insurances, Driving license, Purchase of new vehicles, All RTO works, Rental of bicycles and children car seats also available. avhicile@service@auroville.org.in or Phone: 0413-2623300, Mobile: 9440307425.

**Video Library, Town Hall:** Mon, Wed, Fri, Sat from 10 am and 1 pm and Tues, Thurs, Sat from 3 pm to 6 pm.

**YouthLink, Service:** Offering young adults (18-40 yrs) information, education and general support. Priority to Aurovillian, Newcomer, and Bioregional youth. Please make an appointment by email to youthlink@auroville.org.in or whatsapp +91 8778321841.

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