A conquering truth of upright men, for whom death is both a falsehood and a defeat. A truth of a divine joy upon the earth. Certainly, their truth was premature for the hordes of Europe, who still needed to hear about heaven before earth, but now the time may have come at last to unveil the Mysteries - whether they be Vedic, Orphic, Alchemical, or Catharist - and to recover the whole truth of the two poles within a third position, which is neither that of the materialists nor that of the spiritualists. The ascent of man into heaven is not the key, but rather his ascent here into the spirit and the descent also of the spirit into his normal humanity and the transformation of this earthly nature. For that and not some past mortem salvation is the real new birth for which humanity waits as the crowning movement of its long, obscure and painful course.\(^{397}\)

Sri Aurobindo brings us a message of hope. Ultimately, our present reign of gnomes is the sign of a new emergence. Our darkness and declines always signal the advent of a greater light, which had to descend to break the prevailing limits. There are only two ways of breaking the limits: through an excess of light or an excess of darkness, but while one draws our darkness up into the light and dissolves it, the other precipitates the light into our darkness and transmutes it. One way liberates a few individuals, while the other liberates the whole earth. Ten thousand years ago, a few giants among men had wrestled out the Secret of the world, but this was the privilege of a few initiates, while now we must all become initiates. Ten thousand years ago reigned the Golden Age, while today everything seems to have been swallowed up in darkness. In truth, though, night has not descended upon the world, as the preachers of doom would have us believe; it is only that the light has been buried in the world. The Secret had to be forgotten, humanity had to descend the dark curve of the age of reason and religions, so that all could recover the Secret and the Light everywhere, beneath all the darkness, all the misery, and the pettiness, instead of in a high brazier in some Vedic or Persian sanctuary. We are at the beginning of Time. Evolution does not follow an increasingly sublime and vanishing trajectory, but a spiral: It is not a tortuous path leading you back, relatively battered, to the starting-point; on the contrary, it seeks to bring to the whole creation the joy of being, the beauty of being, the greatness of being, and the perpetual development, perpetually progressive, of this joy, this beauty, and this greatness. Then everything makes sense. An eternal spiral that does not end in an ultimate point - for the Ultimate is everywhere in the world, in every being, everybody, every atom - but a gradual ascent reaching higher and higher in order to descend lower and lower, to embrace ever more, and to reveal ever more. We are at the beginning of the “Vast,” which will become even vaster. The pioneers of evolution have already recognized other levels within the Supermind, opening up new trajectories in an eternal Becoming. Each conquered height brings about a new change, a complete reversal of consciousness, a new heaven, a new earth - for the physical world itself will soon mutate before our incredulous eyes. This is surely not the first change in history; how many were there before us? How many more with us, if only we consent to become conscious? Successive reversals of consciousness, which will bring an always renewed richness of creation, will take place from one stage to the next. Each time, the Magus in us turns his kaleidoscope, and everything becomes astonishing - vaster, truer, and more beautiful. We just have to open our eyes, for the joy of the world is at our door, if only we wish it.

\[\text{Earth's pains were the ransom of its imprisoned delight ...} \]
\[\text{For joy and not for sorrow earth was made.}^{398}\]

Such is the Secret. It is here, everywhere, within the very heart of the world. The “well of honey beneath the rock,” the “childlike laughter of the Infinite” that we are, the luminous Future that pushes back our past. Evolution is far from being over. It is not an absurd merry-go-round, not a fall, nor a vanity fair. It is ...

... the adventure of consciousness and joy\(^{399}\).

**SRI AUROBINDO or THE ADVENTURE OF CONSCIOUSNESS - SATPREM**


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The Ponder Corner

All should be done quietly from within - working, speaking, reading, writing as part of the real consciousness - not with the dispersed and unquiet movement of the ordinary consciousness.

Sri Aurobindo

Letters on Yoga, p.692
ART FOR LAND
- EXHIBITION & FUNDRAISER FOR AUROVILLE’S HARMONIOUS DEVELOPMENT
till the 15th March 2019
Monday - Saturday: 10 AM to 4 PM
& on Sundays 3rd & 10th March: 3 - 6 PM

A PRECIOUS BIRTHDAY GIFT FOR AUROVILLE!

2 new plots of Master Plan land joined Auroville on February 21st

We are very happy to announce that 2 new plots of Master Plan land in the Greenbelt have been purchased and officially registered on February 21st.

These plots were financed by solidarity donations contributed to “Acres for Auroville”, the “Land General” fund of LFAU, and “GreenAcres”.

Donations to the “Art for Land” action are part of the funding provided by A4A.

We sincerely thank all the donors whose generosity make every new acre for the City of Dawn possible.

These 2 new additions to Auroville’s base show once again that our SOLIDARITY WORKS!

ART FOR LAND FUNDRAISING EVENT OF THE WEEK – AT THE UNITY PAVILION
“The Generosity Fair & Afternoon Tea Party”
- starting at 3 PM on SUNDAY 10th of March

This week, the themes of generosity and collective commitment are center-stage with this week’s special event, the Generosity Fair & Afternoon Tea
- accompanied by several musical performances
- tea time with super great cakes is at 4:30 PM!

These are the last 2 weeks of our most beautiful exhibition yet, so don’t miss the opportunity to make your visit to the Unity Pavilion! The artwork collection is also viewable at the online gallery at www.artforland.in and the site’s “How it Works” page gives complete information on reserving a work and on making a donation. Your donation will go exclusively for the purchase of missing plots within Auroville’s Master Plan area via the Acres for Auroville campaign. Please remember that your generosity is a donation, and not a payment! We wish you great pleasure from your donated artwork gift!

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

Art for Land - Unity Pavilion - AV Art Service - Acres for Auroville - Green Acres - LFAU - Auroville’s Land Board

www.artforland.in
unitypavilion@auroville.org.in - Tel. 0413-2623576
https://land.auroville.org/
lfau@auroville.org.in - Tel. 0413-2622657
• Sudden and sad demise of Mr. Rajendren (Member of Parliament, Villupuram district)

We regret to inform the sudden and sad demise of Mr. Rajendren (Member of Parliament, Villupuram district), on 23rd February 2019. Mr. Rajendren had been very helpful on the highway matters and cordially received our Highway task force members at his office in Delhi, brought our concern to the parliament. He had come to Auroville few times and last visited Auroville in November at the WC office.

He had a deep feeling for Auroville and a man of goodwill.

Our deepest condolences and sympathy goes to his family and friends! May he rest in peace!

On The Working Committee

• International Zone Coordination Team (IZCT) report 1 - 2019.02.26

The International Zone’s mission is to hold the spirit of the International Zone of Auroville as expressed by the Mother and simultaneously coordinate its physical development, activities and events.

The IZCT (International Zone Coordination Team) is an open platform for coordinating the development of the International Zone. Its aim is to assist L’avenir d’Auroville (aka Town Development Council), the Land Board, and other concerned groups within the area with the unfolding organization of the IZ.

The IZCT provides a space for collaboration between Pavilion representatives, IZ residents & units, individuals committed to the further development of the IZ, and AVI representatives, and welcomes any person with goodwill who is sincerely interested in helping with the development of the IZ.

The IZCT meets every Monday from 3 to 5 pm. For its daily organization, the IZCT has a secretary office at International Space (Bharat Nivas) which offers 2 half days per week for welcoming visitors.

IZCT MILESTONES IN 2018
• January: Establishment of monthly open sharing meetings
• February: Yearly presentation to the community
• November: Presentation of L’avenir d’Auroville consultant work during 2 sessions
• December: Move from Unity Pavilion to the India Hall (now International Space), Bharat Nivas

VISIONS FOR 2019
• Reflection on the purpose of the IZ and our commitment to its practical realization
• Creation of a Unit, in order to: fit into the financial GST regulations while properly channeling the funds coming from abroad (AVI and/or fundraising)
• Give the yearly presentation to the community (this took place 28/01/2019)
• Continue collaborating with L’avenir d’Auroville to unfold the International Zone DDP
• Organize regular 2-hour tours within the IZ, jointly with all the other places and/or organizations within the IZ (Pavilions, Visitors Centre, Savitri Bhavan, Unity Pavilion, Language Lab), specially dedicated to visitors showing interest in the International Zone
• Help with the Pavilions’ & Clusters’ projects and events

Please come and participate! Also read the following article: https://auroville.org.in/article/73160.

ANNOUNCEMENTS

Cashew Harvest Lease 2019:

The harvest season is approaching and the Land Board invites all interested to bid for the lease of the cashew topes, to come to the Town Hall on Friday 15th March 2019

P.S.: If you need information on the plot numbers to be leased, please pass by Town Hall parking where a notice board has been put displaying the same.

Warm Regards,
For Land Board: Banumathi, Helena, Padmanabhan, Yuval
1st Floor, Town Hall, Ph: 0413 2623699

NEW PARTICIPANTS for the SELECTION PROCESS: WE NEED YOUR FEEDBACK!

Dear community members,

An extension of the nomination period for the Main Working Groups’ Selection Process (Auroville Council, FAMC, L’avenir d’Auroville, Working Committee) was announced a week ago by the RAS and the Auroville Council, in cooperation with the Study Group. This extension was based on concerns expressed by members of the community about the “low participation” in the upcoming selection process, a petition asking for extension, and the following survey and General Meeting that were organized to take a pulse of the community.

Before taking action, the RAS, Study Group and Auroville Council had carefully checked with the present PWG guidelines, and there is nothing that prohibits such an extension.

Profiles of additional participants and candidates:

This extended nomination period is now over and we are happy to announce that 26 new residents signed up and chose to participate in the Selection Process. Amongst these 26 people, 3 are registering as candidates. But we would like to remind you that according to the PWG guidelines, participants can become candidates at any moment of time during the Selection Process itself, would they feel inspired to step forward.

You can find the list and full profiles of these new participants at the following link: http://www.ras-auroville.org/main-working-groups-additional-participants/

As this is a question raised several times, we would also like to remind you that Auroville Council, FAMC, L’avenir d’Auroville and FAMC members will be present in the room and take part in the decision-making process, following last years’ common practice.

Offer feedback via the online form:

Being able to give and receive feedback with care and consciousness is an essential tool for the health and growth of our community. Sharing feedback is an offering made with the intention to enable progress and truth. In the context of the Selection Process, feedback can become a powerful occasion to develop a unique attitude of service and integrity for Auroville’s organization.

The feedback form has been designed with the intention to help the feedback giver to embrace different perspectives by answering online a set of three questions.

To submit your feedback, please either:
• Follow the above link to the profiles of additional participants, click on « Offer Feedback » under each candidate/participant profile picture, and fill the 3 online fundraising

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

The feedback collection period will end on:
THURSDAY, 7th of MARCH

We are happy to answer your questions, if any! Please feel free to contact us at raservice@auroville.org.in.
With Love, The Residents’ Assembly Service.
Registration of ALL Guests Within 24 Hours - Don’t Reply, But Please Comply!

The FRRO recently sent a mass mail around, stressing the legal requirement that all foreign guests in Auroville are registered within 24 hours of their arrival. Please note this includes family and friends staying in private homes. If you received this mail, there is no need to reply to the FRRO. But please DO comply with this important regulation. At the demand of the Auroville Foundation, ALL Indian guests also need to be registered, so our request is FOR ALL GUESTS STAYING IN AUROVILLE.

The Guest Registration Service operates during working hours at Visitors Centre, Town Hall, and Aspiration, and the Visitors Centre office operates also on SUNDAYS.

-Guest Facilities Coordination Group

From the Housing Service

Houses available for transfer

1. Single standing House - Prayatna Community: Plinth Area of 58.11 sq. m. single-storied residential building, load bearing structure and terracotta roofing with verandah, kitchen, two bedrooms, two attached toilet and bathroom.

2. Dorle & John’s single standing House - Madhuca Community: Plinth Area of 109.995 sq.m. Single standing two-Storied Residential building build with combination of RCC structure & burnt brick walls plastered from inside and outside. Includes Living hall, office room, Kitchen, Toilet and a Portico. (available after 1 year)

For more information e-mail to housing-transfer@auroville.org.in

Youth Housing

If you are Aurovilian, 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 Humanescapes) 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 Sunshimp: Immediately available
   One office of 20 M2(First Floor) is available for transfer (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. 4 units are available. Fully equipped apartments with cupboards, equipped kitchen, bath room, fridge, hob, light, fan, solar back up system. Covered terrace for each apartment. information and site visit contact: satyakam@auroville.org.in

Information on grants allotted for Aurovilians by Housing Board:

Housing Board informs that there is no more grant available for housing extension. Financial assistance is available only for repairs.

FOR YOUR INFORMATION

Questions Jaya Has Received About “COLLECTIVE COMMITMENT FOR THE LAND”

(as published last week in the News&Notes)

Jaya saying: “I have received a lot of interest for my idea about “collective commitment” and a lot of questions too! So I’m happy to share my responses to clarify the idea.”

1. What is the inspiration for this idea? It came as an inspiration from combined sources, amongst it reading the Life Divine and working with the 12 qualities. And I go back more and more to Mother’s own words and Her messages. So, when She said in 1956 that a New World is Born, that means for me today that we are now 63 years into that reality, a New Paradigm of Unity and Abundance which we need to be in resonance with to serve Her at our best. And She said that the Auroville lands are to be bought and can be bought and that the money is needed. And She asks if we can help. This is where my commitment comes from.

2. Haven’t you written about this before? I have spoken about it over the last years. Seeing the development of speculators becoming more and more invasive within the masterplan and Greenbelt, I simply cannot stand it any more. The way of living has changed, with more people in flats, and the direct individual connection and awareness of land has become more distant. Earlier more individuals Aurovilians got involved in buying pieces of land, but this has changed and I feel that we now we need a collective commitment for the City and Greenbelt as a whole.

3. Is this a tax or something obligatory? For me, a tax means a imposed obligation with either a percentage of income or a fixed amount - and Mother clearly said NO TAXES in Auroville. Here what I’m proposing is a collective commitment for individual participation in securing the land. It can be voluntary or by a community agreement. An act of solidarity which, yes, I would love everybody to be part of. Every account in Financial Service could and should trickle in something on a regular basis towards the land. But much, that is fully with the individual or the Unit, it’s nobody else’s business.

4. What is the spirit behind it? Generosity, Commitment, Love.

5. How did you calculate the suggested donation amounts? I wanted to show how easy it is and that each Aurovilian together can make a difference, a big difference. I took low numbers to show a basic impact. People kept telling me: “There is no point in giving small amounts, only big donors make a difference, the small donations have no reality in this context.” Then I read in Mathematics about “Hilbert’s Infinite Hotel” and looking at what we have done in Auroville with our actually very little money and surely none to spare, I feel that yes miracles are in our hands and we should trust and keep on doing them.

6. Why do you mention the Supernal? Because that is the reality we have to live in resonance with it, it is our very raison d’être why we are here, have been called and drawn here. And yes, I am the first to admit that our understanding of it may be small, but I also see that it’s working is very visible and we are here to serve it, in whatever way we can.

7. How will this help “build the city not any city”? It is the consciousness which builds the difference. And Mother was told this, and confirmed it - that we, the Aurovilians, can, and very hopefully, will Collaborate.

8. How does this relate to other ongoing fundraising actions for the land? It is a part of the whole effort to secure the Land for Auroville. We need the work done by our three main fund raisers, Aryadeep, Mandakini and Sigrid. The solidarity amounts big and small - coming from Auroville’s loyal friends and well-wishers as well as the AVI’s, which all are pillars in this work and we are completely grateful to them. But we also need a way for everyone to contribute in a way which is meaningful, willing they as individuals can see that even with small contributions they are part of making a difference. A sea is made of droplets, streams, and mighty flows all together. For me it always starts with myself, am I walking my talk? Can I go out and ask others to join the flow? Standing in my integrity I can stretch out my hand and say – We are doing this - your help makes a difference and is needed too.

The Digital Archive is open

Since Auroville’s conception in 1968, thousands of videos and photographs have been recorded that show the manifestation of the physical Auroville, the workings and achievements of Auroville units, interviews with Aurovilians and many other vignettes of Auroville life. But how many of these videos can be readily accessed? Over the past 50 years, technologies and formats for video storage have changed considerably: U-matic tapes, VHS, cassettes, floppy, CD, DVDs, hard drives, solid-state disks, etc.

Our initial research revealed that several videos were in danger of being lost. In the humid weather of Auroville, fungus easily forms on tapes and can permanently destroy the recorded information. In fact, many videos from the 1970s to 1990s have already been lost. Our vision is to make searchable catalogues of all Auroville archival material - videos, photographs, documents, etc. and make them available in modern digital formats on a highly reliable system.

As the first step towards this goal, we sought to purchase the required computing equipment within the scope of this project.

Outline of work done

Using the project funds, we installed the following in our office space within the Auroville Archives building:

1. 48 TB RAID system

Redundancy is essential for any digital archival material. RAID (Redundant Array of Independent Disks) is a data storage virtualization technology that provides redundancy, data security and error protection.
2. One computer for video-editing
   This computer is future-ready as it is powerful enough to edit videos in 4K resolution.
3. One computer for software and storage
   The RAID system was purchased off-the-shelf, and the computers were custom-made.

We have contracted Mira Computers, an Auroville unit, to provide installation and maintenance support. And we are working with a firm in Delhi that has equipment to convert older video formats (e.g., U-matic tapes and cassettes) into modern digital formats. The conversion of more recent formats such as DVDs is being handled in-house.

We set up the new equipment in our office space in March 2018, soon after the Archives building was inaugurated on 28 February. Since then we have been busy making the first video catalogue to collect and organize up to 300 archival videos about Auroville. This work involves checking videos, inspecting metadata such as copyright, and adding keywords for tagging and searching. We have made it a point to document everything we do so that the next generation of Aurovilians can continue to maintain and update our vast archives.

Outcomes
Auroville, according to our Charter, is a site of material and spiritual researches. And for research we need reliable, accessible archives. We foresee a number of outcomes once the video catalogues are ready on the RAID system:
1. A computer may be installed at the entrance of the Archives building so that Auroville residents and visiting researchers can search and watch videos. They can also request us for copies of the videos. There will be different levels of permissions to protect confidential material.
2. We will be attending to requests from people who study Auroville from elsewhere and from Auroville International Centres abroad, helping them obtain the right videos for their research or communication needs.
3. Auroville Outreach Media and the many film-makers in Auroville (28 as of the date of this report) will be able to submit their videos and films to us for permanent storage on the RAID system.
4. Visiting journalists and film-makers will be invited to look through the archives first to avoid duplication of what might already exist. We will connect them with film-makers in Auroville for any new material they want to shoot.

Introducing the Software:
https://help.daminion.net/introduction/
- Daminion is a multi-user, digital photo/digital video and document management program created to meet the needs of media professionals tasked with archiving, accessing and editing large numbers of graphic, video, audio and text files - as fast as possible.
- It also provides step-by-step guidance to carrying out specific tasks and offers online help
- Daminion Standalone (it is one package) is designed to be used by single workstations (e.g. film-makers, photographers and other users) and is free of charge.

We like to introduce this Standalone to everybody who needs a SQL database. If you are interested please send us an email at avda@auroville.org.in and we are happy to share our knowledge with you.

Daminion Server, on the other hand, is designed to ensure safe and collaborative access to digital asset libraries from multiple (we have 5 users) computers across local networks and through VPN.

Elaine Phillips, a trained archivist, chose this Software some time ago for Outreach media and we decided to get the professional version with the server. We created catalogs as a trial for each category - Video, Photos, Magazines. We collected so far 297 videos about Auroville, done by Aurovilians and by other film-makers.

The RAID system can be used to store other digital archival material - not just videos - and we work together and will be supporting the staff at Archives in using this system later on.

Project timeline
We expect to be using all of the equipment fully by 21.02. 2019. Our opening hours are Monday-Friday from 9.30-12.00 noon: 2.30-4.30 pm, or by appointment through avda@auroville.org.in.

Auroville Today: February Issue 355 is out
Read in this Issue:
- The town planning charrette
- Water is the key: interview with the charrette organizers and some participants
- The demand for housing has not diminished
- Introducing new Governing Board member Dr. K. Parameswaran
- Matrimandir’s Garden of the Unexpected: evaluating an innovative approach
- The tyranny of the familiar: understanding the Mother
- Passing: Gérard Maréchal
- Celebrating the Pongal harvest festival in Kulapalayam village, in photographs

For subscribing: https://www.auroville.org/avtoday/subscribe
Auroville Today is available for purchasing in most AV outlets.

Second phase dog sterilization, in and around Auroville:
The Help Animals Project completed the 4-month pilot project for neutering dogs and cats within Auroville successfully. We would now like to go a step further and reach out to more people within Auroville as well as the surrounding areas. Please contact us if you need help with neutering your cats/dogs or even in your area. We would also appreciate if this information is shared with the staff and workers of your communities and units and encourage them to contact us so that we can reach out to more animals. Right now, we are collecting applications for sterilizations of Indi dogs and cats. The second phase will start end March 2019 for a few months, as long as there are funds to do it.

There will be a minimal contribution asked towards the costs of medicines and petrol. For dogs/ cats of Auroville employees, the contribution is Rs 300. (From Aurovilians, we will ask a contribution of Rs 1000 for Indi dogs). Interested Aurovilians, and employees of Auroville, please contact:
Megha Mehta, helppanimals@auroville.org.in/Phone: 9008141605
We need following information: Name, Village, and precise address if there is, Name of Workplace in Auroville, Phone number, E-mail (if available).

NOTE: This is a scheme for which we have special rates for dogs from the village, the dogs/cats of our workers. This is subsidized by fundraiser money and hopefully the PCG grant request will kick in. We ask for a token amount of Rs 300 per animal. If an Aurovillian wants a dog operated, the contribution will be Rs 1000, (for material, medicine & petrol expenses, the actual cost is higher when veterinary work is not subsidized).

You may use the form below and bring it filled to the Townhall Reception where it can be dropped into a designed box for the purpose:

Registration for dog/ cat Sterilization

Name:……………………………………………………………………………………………………………………………
Village (precise address if there is):…………………………………………………………………………………….
Name of workplace in Auroville:…………………………………………………………………………………………
Phone number:……………………………………………………………………………………………………………………
Email, if available:……………………………………………………………………………………………………………….
Please tick appropriate:
- Male dog
- Female dog
- Male cat
- Female cat
Date of registration:…………………………………………………………………………………………………………
Signature:…………………………………………………………………………………………………………………………

Please bring filled in slip to Townhall and deposit it in the box at the Reception Desk. You may also scan or make a photo and send it via email to helppanimals@auroville.org.in.

Registration for dog/ cat sterilization

| Signature: …………………………………………………………………………………………………………………………… |
| Name: …………………………………………………………………………………………………………………………… |
| Village (precise address if there is): ……………………………………………………………………………………… |
| Name of workplace in Auroville: …………………………………………………………………………………………… |
| Phone number: ……………………………………………………………………………………………………………………… |
**MOBILITY IN AUROVILLE**

**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).

- **Cyclo 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!
  - When: Monday to Saturday: 9am to 1pm, 2:30 to 5pm.
  - How: Contact Phone Chris O.: 8940115240.

- **Cycles and children: car seats rentals**
  - Where: Pólice, 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.
  - When: Monday-Thursday 9am-5pm.
  - How: Phone: 8098776644 | 9442566256 | 9840983080. its@auroville.org.in, http://its.auroville.org.in/.

- **Visitors’ Centre - Bicycle Rental**
  - Daily/Weekly/Monthly rates.
  - Where: Available from the Kiosk, Near Dosai Corner/Dreamer’s.
  - When: 9.30am - 5pm.
  - 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**

**Sunday Walk Farms & Forests**

**Sunday 10th of March**

9-11 am - Aurochard with Christian & team members.

**Description:** Auro Orchard is Auroville’s oldest farm and with 45 acres its second-largest. Most of Auroville’s eggs come from its free-ranging poultry. The farm grows a large variety of seasonal crops, vegetables and fruits, and has vast orchards (mostly mango and cashew). Focusing on regenerative farming practices (and organic since 2012), Auro Orchard is in a process of dynamic evolution; its relatively small team is joined by long- and short-term volunteers from Auroville and beyond, including students and practitioners of organic farming.

**Directions:** From Solar Kitchen (ca. 15 minutes by cycle), follow the road towards Certitude, pass the sportsground and at the Certitude corner turn right onto the tarred Auroville main road to Edyanchavadi. Follow this road through the village and continue on in direction Tindivanam highway; ca 2 km from the village. You will pass Hope to your left, Adishakti, Kalarigram, Dayakara and Auro Annam to your right. A little further on the left you see the Auro Orchard signboard and gate (300m before the highway, just before the transformer). Follow the main path straight to the large banyan tree. Bring drinking water and sun protection. (No prior booking required.)

**Assistance:** 97877-97814

**Talkin’Trash**

**Toothpaste waste**

Daily, worldwide, everyone’s brushing their teeth. In our area (Asia-Pacific), the estimate is 8.1 billion tubes for 2017. Market predictions are for much more as dental problems increase from junk food habits and the desire for white teeth. Consider all those plastic tubes and the boxes they come in. Consider what you have to pay for toothpaste. Consider that toothpaste itself contains toxins. Labels like “naturally safe and environmentally-friendly” are lies. Kids sometimes eat toothpaste or swallow instead of spit. A tube of fluoride toothpaste will kill a child. We hope no field testing was done to verify this.

**Reject, reduce, reuse, recycle and Upcycle. Cycle logical perfection . . .**

Google the ingredients in your toothpaste and you will be horrified. Even the fluoride-free ones usually contain surfactants (like sodium lauryl sulfate), artificial colors, preservatives, and sweeteners; not to mention some additional poisons like triclosan and propylene glycol. A real solution and saving tip for the “Colgate Con” or the general toothpaste marketing scam is **REJECT**.
You could go back to the local traditional solution of using a neem twig or just rubbing your teeth with salt. However, you may prefer the tooth powder solution that stops both the waste pollution (the packaging) and your body pollution (the paste). Tooth powders are available right here in Probiotic House and from ayurvedic shops that are non-toxic, easy and simple to use. You won’t get your habitual taste of toxic foam, only the hygiene, and a nice taste of some clove or cardamom. After just a few days, you will wish you had done this sooner.

**Waste-Free Auroville!!**

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**Be part of MatriGardens Ideas:**

Hello people! We invite you to bring offerings and expressions for the Gardens of Light, Life, Power & Wealth in Matrimandir.

We are gearing up to do an ideas festival at the Matrimandir for the Gardens on 23-24th March, around the unity garden. We invite you to bring creative ideas in the form of offerings and expressions to explore the consciousness of the names given to these gardens.

If your offering is in the form of poetry, a performance, music or anything else that requires setup and preparation, or if you would like to facilitate a creative art or design process for others, please write to us at 12gardens@auroville.org.in. The ideas festival will be followed by an Open Call for Designs for the above Gardens. This festival may be documented so that it can serve as an inspiration for designers. We look forward to your participation!

Matrimandir Gardens, 2019, Event Organisers.

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**Human Library Event**

We would like to hold a Human Library Event in Auroville in the next couple of months. We are looking for human books, volunteers & sponsors. The Human Library is designed to build a positive framework for conversations that can challenge stereotypes and prejudices through dialogue. The Human Library is a worldwide movement for inclusion and the understanding of our diversity. One can be a human book if one has a story to share which can challenge a stereotype or prejudices in our society. Find out more at humanlibrary.org and at Youthlink (Humscapes) Mon-Fri from 9 am - 12 pm for more details or contact Sumit at +917875197074 or Michael at michaelsdm@auroville.org.in or Malcolm at sumtinels@gmail.com.

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**Small Stories**

At Auroville radio, we are interested in the small stories, the ones that people don’t talk about. Maybe it seems like nothing or a simple idea, but it might have made a difference for someone. Maybe you changed something that had been bugging you for ages? Come and tell us about yourself, your parents, neighbor, school teacher, whoever! We’d love to hear it! Contact us by email Claire.soustiel@gmail.com or just pop up at the radio in the town hall.

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**HUMAN LIBRARY**

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**Language Lab looking for Tamil speakers and Tamil learners**

Dear students of Tamil, we are writing to you since you have been or are a student of Tamil at the Language Lab. We need your help & participation in our research to try and find out the Tomatis settings for Tamil.

We have made some progress and now need to try out what we have found, to see if it helps Tamil learners with the flow of the language. It would be great if you can come and try it out. It involves reading (even the phonetic script is fine if you can’t read the Tamil script) & talking a little bit, trying out the sentences - at first without, and then with the Tomatis headphones. It will only take a maximum of 30 minutes.

Please let us know if you would like to be part of this & when you are available to come? Also, if you have Tamil friends who would like to participate in the research, by reading a Tamil text out loud, please put them in touch with us. **Thank you so much! Nandri!**

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**SAVITRI event in Rome (Italy)**

On Saturday 9 March (6pm) in Rome, at the Associazione OROINCENTRI, Via Alberico II, 37, an afternoon dedicated to Sri Aurobindo’s SAVITRI with a theatrical interpretation of *The Debate of Love and Death* (by the actors Roberta Chelini and Gabriele Palumbo) and a presentation by Paola De Paolis, Aurovilian.

Information and bookings at oroincentri@hotmail.it

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**Aqua Dyn - fundraising**

For over 25 years, Aqua Dyn is providing equipment for pure and bio-dynamized drinking water. AVAG is a leading on-field NGO bringing together all sections of society - irrespective of class, caste, race, gender and nationality - for a sustainable future for all. Both have joined forces to solve the safe and drinking water issue in the village of Rayapudupakkam with the help of villagers.

At this junction, we need your help. Only 10% of our budget is missing. We ask you to please donate to us. All gifts are welcome at the account number “251868”. Your donations will be dedicated to the installation of a large-volume Aqua Dyn fountain providing pure and healthy drinking water to the 500 families of the Rayapudupakkam village and its surroundings in the Auroville bio-region.

**AQUA DYN for the People:**

- Better health for children and families
- Reduction of medical expenses
- Raising awareness on water issue
- Social link through water

For more information, do reach us at:

(0413) 2622201, 8489762394 / aquadyn.av@gmail.com / www.aquadynauvrole.com
“La nAVette” Funding Call!!

Have the joy to be founders and actors of this project of 

“La nAVette” - AUROVILLE NEW ELECTRIC SHUTTLE

the first real PUBLIC TRANSPORTATION system in Auroville - ecological, regular and safe.

LESS TRAFFIC  MORE ACCESSIBILITY
LESS POLLUTION  MORE ACCESSIBILITY
LESS NOISE  MORE ACCESSIBILITY
LESS DUST  MORE ACCESSIBILITY
LESS ACCIDENTS  MORE INTERCOMMUNITY EXCHANGES
LESS LONELINESS  MORE SMILES
LESS STRESS  MORE SMILES

Be part of this new world. Don’t miss La nAVette. Please find below more detailed information. Each amount of your donation makes the difference. Thanks!

• 2 Mahindra Electric ESupro Van:
  Rs.11,00,495 x 2 = Rs. 22,00,990 (€ 26,970 / $ 30,760)
• Service all day (between 8:30 am and 7:00 pm or 9:30 pm) every 30 min. deserving all communities along the Crown Road in both ways (see map below)
  • Service accessible to all (with a portable ramp for people with reduced mobility)
  • Buses charging point: Rs. 70,000 (€ 860 / $ 980)
  • Total amount (2 buses + charging point):
  Rs.  22,70,990 (€ 27,830 / $ 31,740)

Please send your donations to Unity Fund following the below details.

FOR DONATIONS INSIDE AUROVILLE
Financial Service account: 252687 La Navette

FOR TRANSFERS FROM ABROAD
Bank Name: STATE BANK OF INDIA, AUROVILLE TOWNSHIP
Branch Code: 03160
Swift Code: SBININBB474
Account: AUROVILLE UNITY FUND
Account Number: 10237876508
Purpose: AUROVILLE UNITY FUND

FOR TRANSFERS WITHIN INDIA
Bank Name: STATE BANK OF INDIA, AUROVILLE TOWNSHIP
Ifs Code: SBIN0003160
Account Name: AUROVILLE UNITY FUND
Account Number: 10237876031
Purpose: AUROVILLE UNITY FUND

Kindly send us an email to avbus@auroville.org in after your donation to “La nAVette” via Auroville Unity Fund.

Auroville Accessible Public Bus Team
Santé – Auroville Institute for Integral Health

☺ email: sante@auroville.org.in -
Website: www.sante.auroville.org.in ☻

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

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

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

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

SANTÉ THERAPISTS’ SCHEDULE - MARCH 2019

<table>
<thead>
<tr>
<th>Service</th>
<th>Thera</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Practitioner</td>
<td>Brian</td>
<td>Mon, Wed, Fri, Sat. Thursday</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Igor</td>
<td>Tuesday, Thursday Mon, Wed, Fri</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Archana / Ezhil Thilagam</td>
<td>Mon - Sat Mon, Wed - Sat</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Andres</td>
<td>Monday, Wednesday, Friday</td>
<td>Afternoon</td>
</tr>
<tr>
<td>Ayurveda Medicine</td>
<td>Bee</td>
<td>Wednesday, Friday Thursday</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Monday, Wednesday</td>
<td>Afternoon</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Monday, Wednesday Wednesday, Thursday</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Medical Shiatsu and Meridian Psychotherapy</td>
<td>Linda Grace</td>
<td>Tuesday, Wednesday, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Medical Massage</td>
<td>Galina</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Monday, Wednesday, Thursday</td>
<td>Morning</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
<td>Monday, Friday Thursday</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>Mon, Tues, Thurs, Fri Mon, Thurs, Fri</td>
<td>Morning Afternoon</td>
</tr>
<tr>
<td>Yoga for pregnant women</td>
<td>Krishna</td>
<td>Monday Friday (pregnancy care)</td>
<td>Afternoon Monday from 4-6 PM Friday from 3-5 PM</td>
</tr>
<tr>
<td>Childbirth Preparation</td>
<td></td>
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<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>Tues, Wed (gynaecology) Friday (pregnancy care)</td>
<td>Morning Afternoon</td>
</tr>
</tbody>
</table>

*TOS = Temporarily Out of Station

Santé Schedule is Now Online on our Website at this link.
**Health**

**MATTRAM Online Website**
Centre for Psychological Development and Support, [link].

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**Work Opportunities**

**Communication strategist and content manager:** The fundraising team is looking for collaborators. 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 a Newcomer to create strategies and content to increase public awareness and promote “Funding Auroville”, thereby developing a favorable public image. With that in mind, the Communication strategist and content manager will craft media releases and develop social media programs to shape public perception of the organization and to increase awareness of its work and goals. If you feel that you are qualified for the job and are interested by the opportunity to join the fundraising team, contact us at info@funding.auroville.org.

**Nature Camp seeking motivated and creative adults:** We have good news - Nature Camp is happening this summer! But it’s going to be a little different this year. Due to the new Tamil Nadu Trekking Regulations, we won’t be going on long walks in the forest. Instead, we will be engaged a variety of fun activities at the camp itself, such as games, yoga, arts and crafts, sketching, sports and more. Right now, we are seeking motivated adults who have the skills and interest to lead groups of children in these or similar activities. If this sounds like you, and if you’re available in May or June this summer, please get in touch with us: naturecamp@auroville.org.in. Thank you, Nature Camp Team.

**Part-time secretary:** Auroville Dental Centre (Protection) is looking for a part-time secretary to carry out the daily administrative tasks as well as the communication on international level to introduce/promote/spread a global concept on dentistry - as an example for India and the world.

- Should be familiar with MS office and also software for photos and video editing.
- Should have a good command over English.
- Should be willing to work in a team.
- Maintenance provided.

If you are the person and willing to join the team, please contact the reception at (0413) 2622265 / 2622007 or through email at aurodentalcentre@auroville.org.in and fix an appointment. Thanking you, Administration team.

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**Sports**

**Darkali Fitness Track welcomes you!**

Darkali Fitness Track welcomes you every day from 4.30 p.m. to 6.30 p.m. If you would like to come in the mornings please contact us at dft@auroville.org.in

The track’s purpose is to provide to families, school groups and sadhaks that feel a little rusty, a peaceful, secure and green (many shades of it) environment punctuated with structures and boards that offer guidance to simple yet rejuvenating exercises.

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Other than for its intended purpose the track’s 1.2 km path can also be used for meditative strolls, happy saunters, headphone jogging, introspective walk, union with the Divine and even, if that’s your thing, reverse walking.

Please remember to come 30 minutes before closing time.
Way to the gate in Google Maps: [goo.gl/dpdTgf](http://goo.gl/dpdTgf)

Darkali Team

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**AUROVILLE RADIO / TV**

**Greetings Auroville...**

Dear Community, AurovilleRadioTV is still evolving and changing its technical background and editorial strategy. AurovilleRadioTV is your media: do you have a subject you would like to investigate or an idea for a regular new radio show? Are you a professional video maker who would love to join our video team? Are you organizing a cultural event in Auroville that you would like to be covered by us? Create and collaborate with AurovilleRadioTV.

Call at [0413 262331](tel:0413 262331) or email [radio@auroville.org.in](mailto:radio@auroville.org.in) or simply pop by at the studio at the Town Hall ground floor! You can listen to all of the programs and more on [www.aurovilleradio.org](http://www.aurovilleradio.org). Check out our [Facebook](https://www.facebook.com) and [Tweeter](https://twitter.com) pages.

These are the latest programs published by AurovilleRadio this week:

- **Voices of the New Creation: The youth of Auroville talks** ([Audio & video](https://www.aurovilleradio.org/voices-of-the-new-creation-the-youth-of-auroville-talks))
- **Feldenkrais Method radio programme – Session 3** ([Audio](https://www.aurovilleradio.org/feldenkrais-method-radio-programme-session-3))
- **Yoga Nidra radio programme – Session 4** ([Audio](https://www.aurovilleradio.org/yoga-nidra-radio-programme-session-4))
- **Synthesis of Yoga, Chapter 24, The Supramental Sense, page 862** ([Audio](https://www.aurovilleradio.org/synthesis-of-yoga-chapter-24-the-supramental-sense-page-862))

All the recordings are ready to be copied on your memory stick at the AurovilleRadioTV.

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**Notes**

**LANDS FOR AUROVILLE**

Among the priorities of Auroville, the acquisition of the remaining land necessary to manifest materially the City the Earth needs is, undoubtedly, the number one. As it’s of the knowledge of everyone, Auroville is being circled (and invaded) by people, developers and others, alien to her purpose and destination.

I’ve read with joy what the group that works actively to raise funds for Auroville’s lands is proposing in a very simple and direct way: each Aurovilian, through his/her Financial Service account, can contribute monthly an amount which he/she will decide. I myself am doing this since many years now and want to continue and stimulate others to do the same.

I had even “crazy” thoughts about how to address this urgent need to get the missing lands, like: if instead of buying a car (and increase our already severe problem of dust pollution) one could have the “crazy” idea to give this money for the land: wouldn’t it be a beautiful thing? What else could we do to save some money for the land? I’m sure that are many options if we only want to find...

I support wholeheartedly the idea of a regular contribution each Aurovilian can give for land acquisition: the simple proposal of contributing regularly with some amount that was suggested in the last issue of News and Notes by a concerned group of Aurovilians, quoting Mother’s words: “The lands for Auroville are to be bought and can be bought. The money is needed. Will you help?” Jivatman.

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News&Notes 4 March 2019 [788]
Heavens’ History

“The creation is never over. It had a beginning but it has no ending. Creation is always busy making new scenes, new things and new Worlds” Immanuel Kant, “A General Natural History of the Heavens”.

In 1369 BC pharaoh Akhenaten created a new city – Akhetaton. But he wasn’t happy because there was a strong opposition. At night, he would look at the Milky Way but not feel the usual joy he used to feel from it. One slave promised: I will return joy for the pharaoh. On 1st April the slave organized a jolly procession with musicians, jugglers etc. And the pharaoh again received joy if he saw the Milky Way. But what about us? Do we receive happiness to see the stars?

W.H. Davies (1871-1940) wrote: “What is this life if, full of care, We have no time to stand and stare. (...) No time to see (...) Streams full of stars, likes skies at night.”

In 1968 Aurovilians hadn’t electricity and only few trees were in the place – the ideal time for the starwatching. What is the meaning of the “Milky Way”? That is our galaxy, with about 100 billion stars in it.

One time Aurelec had a telescope and Russian Igor liked to use it on a roof of a building. I asked a girl from Japan: “Do you want to see stars through a telescope?” She answered: yes. We took our cycles and reached Aurelec. But once there, I understood that the girl preferred to use her own eyes to enjoy the stars in the sky, rather than through the telescope. The girl was a student of Tokyo University and her native place was near Osaka. She liked to admire the stars in her native place but in Tokyo there is a lot of lights in the night time and the buildings are too high.

The astrotourism is now very popular - like Zoroastrianism in the ancient Persia. For example, millions of astrotourists will travel for the South American eclipse in July 2019. Aurora Borealis (Northern Lights) and Aurora Australis are also attractive for the astrotourists. In Auroville we have own Aurora (Kavitha’s mother), her aura is brighter than Aurora Borealis together with Aurora Australis. Don’t forget about stars! Reach for the stars! “Per aspera ad astra” (In Latin - which means: “through hardships to the stars”). From the polluted Earth, we can fly together with birds and planets (wandering stars).

Boris

ACCOMMODATIONS

Needed 1: Hi, my name is Paloma, I am a long-term SAVI volunteer. I am a woman of 55 years old, neat and calm. From the beginning of March, in your absence and in exchange for its use, I propose to take care of your home any size (garden and pets). My email: pgarcia@laposte.net, mobile: 958572657 or WhatsApp: +33 06 79 64 72 50. Sincerely, Paloma.

Needed 2: Dear all, my name is Sheida. I am a volunteer and a yoga teacher & therapist, I am looking for a long-term house sitting in Auroville. I can take good care of your place, my contact number is: 9155971595.

Needed 3: My 12-year old daughter and I are looking for a housesitting opportunity, ideally for long term and with 2 bedrooms. Since we’ve been here, we had to move a lot, and so it would be great to stay somewhere for a longer period and to feel more settled. Please contact Marie-Pierre at mapie02@hotmail.com or by sending a message to 9145629840.

Thank you!

Needed 4: looking for long term house-sitting and stewardship from April or May, 2019. We are family of three people looking for accommodation, preferably house. We are finishing our Newcomers’ process in May, and so we would like to find a place as soon as possible starting from now. So, if you know any house available, please contact us at pedro.santos.guedes@gmail.com or on mobile at 8754604810, and we will be very happy to help and take care of your place. All the best and expect to hear from you soon, Pedro.

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@aurolive.org.in.

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

Various Items: Hero E- bike kitchen items, oven, child cycle, etc. Available. Please call 769318959. Allison


WhatsApp: +41765873215.

Bike: Honda Splendor, if you are interested, please write to volvfilieres@gmx.de or call 7094812897. Hartmut.

LOOKING FOR...

Lego: Hi, this is Alessandra (Newcomer), mother of two kids. I am looking for second hand Lego. Please let me know if you have any at a reasonable contribution. Alessandra: 8098362620, alessandra.silver.in@gmail.com. Thanks in advance.

Milk Kefir: Hello! I am searching for Milk Kefir grains or culture. if someone has some starter to share, it will be very generous. nausheen@aurolive.org.in or 9487833736, Nausheen.

Travel buddy: looking for a person to come with me to RAJASTHAN. The dates will be MARCH 24 to APRIL 9. If you are interested, you can email Christiane at Chrisberthet@hotmail.fr for more information. Namaste.

LOST & FOUND

Lost: On Tuesday February 26th, I lost, at Well Café, my small blue lighter which was in black metal casing with Marlboro engraved on the side of it. If you have found it, please return it to Manolo 9488483316 as it has sentimental value to me.

TAXI SHARING

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

4th March: taxi would leave Auroville at/around 2 a.m. on 4th March (Monday) to drop one person at airport. Sharing is possible both ways. Return from airport is possible any time after 5 a.m. Contact: Lalit, lalit@aurolive.org.in, 9443790172.

8th March: a four seater will leave to Chennai on 8th (Friday), time yet to finalize but likely after 9 am. there is place for one person. The vehicle will return from airport by 5.45 or 6 am. on 9th Saturday and comes empty to Auroville, available for sharing. Please contact Varadharajan 9442934306 or 0413-2623082.

10th March: taxi would pick up one person on 10th March, Sunday at 8:30 p.m. from Chennai airport. Sharing possible both ways. Auroville to Chennai travel timings may have some flexibility so as to reach airport before 8:30 p.m. Contact: Lalit, lalit@aurolive.org.in, 9443790172.

16th March: looking for 1, 2 or maximum 3 people to share a taxi from Auroville to Chennai airport. Departure from Auroville anytime between 8 p.m. and 9 p.m. Please contact via WhatsApp: +3247945407 or on Indian mobile: +917289907792, Thanks, Sunny.

17th March: Airport Taxi Sharing, leaving on March 17 for the airport around 7 p.m. Call Paulette 2622282, or mail paulette@aurolive.org.in

19th of March: leaving AV at 08:30 in the morning. Sharing to/from the airport. Theresa: theresa.grantham@gmail.com, ph. no.: 9442270639.
build YOUR Europe. Show to the world what you are capable of, where you came from, and where you want to go to. Yes, you can, believe me!
Are you up to the task? Or do you rather sit under a tree and eat peanuts? I am talking about diamonds! The diamonds of your upbringing, the diamonds of your heritage, the diamonds of your brilliant future.
We offer to you the ‘European Lands’ in the International Zone of Auroville, the city, believe it or not, the earth needs. Here is your chance, once in a lifetime!

Join us on Saturday, the 9 March, from 2.30 to 4.30 p.m. for a time of new insights. No outdated palaces planned, we promise. Just up-to-date visions. Keep it 100!

Thank you to spread this call to your friends.
Denis, ph. 9500277460, denis@auroville.org.on
Marco, ph. 9443262654, marcoavc@auroville.org.on
Raphael, ph. 9362199798, raphael@auroville.org.on
Vani, ph. 9488818072, vani@auroville.org.on
... and some more

Open Mike for projects
let’s move into the future!
Sigrid, with support of RAS is organising an opportunity to “present your new project”
on 9 March, Saturday at Unity Pavilion.
Timing: 10 - 1pm, or even 4pm, depending on the number of projects announced.
Each project would be presented in 15- 20min, preferably with a Powerpoint presentation or Video clip. Each presenter can bring one A 2 poster to display his project throughout the event. We will put together a few projects in sequence, then have breaks to discuss informally in between. Of course one person can present 2 or 3 projects.
All are welcome to enjoy seeing our next steps unfold and big or small dreams touch reality.
Contact us now, before March 5th, to have your project listed, at sigrid@auroville.org.in.

Repair with ALOT
(Auroville Library of Things):
Friends of the circular economy, come by on Thursday, the 7th of March between 9 - 11 am.
to ALOT (next to Solar Kitchen & ITS)
where we will help you repair / recommend repairs for any of the following things:
• Computer Software
• Computer Hardware
• Mechanical Repairs (broken items that do not require electrical repairs) such as vessels, pots, pans etc.
• Wooden objects
We will also be doing simple repairs for torn clothes, and embroidery for your favorite clothes that have got stained (but this will be on order, as it takes time). Payment through voluntary contribution. We will also be accepting things for ALOT which we feel are in a repairable condition! Call Anando on 9871245566 if you have any questions. Warmly, team ALOT

From the European House (International zone) to the young adult population of Auroville
(preferably of European origin, but certainly not exclusively!)
Dear Brothers and Sisters,
We, from the European House, are all a little bit old, we have to confess. That’s why we need your blood! Fresh and red, full of oxygen, full of inspiration, full of drive. Wonder what I am talkin’ about? I’ll tell you. We need a mad enough mover, with a dynamic enough team, to pull it off. Oh yes, of course, pulling off what? Building Castles, Fortresses, City Walls, Theaters, Libraries, Carcers, and Casernes. As every famous European City ever had. At least in the past.
No, kiddin’! We are rather thinking of fashion, food, poetry slams, music, cinema jaune, cascades of liquid contemporary culture, buildings upside down, vertical gardens, gravity-free travel, and, naturally, an outpost on Mars. Am I exaggerating? Of course not! But it can all be up to you! Mother wanted the future manifested, not the past repeated. So, show to the world what you envision for Europe in the 21st/22nd century to come.
We invite you to a presentation by Marco to give you an idea of how building nowadays can be defined. No bricks and mortar in the first place but your creativity, your enthusiasm, your blood, your sweat and your laughter. Get real, dirty your hands and
EXHIBITIONS

ART FOR LAND 2019
Fundraising ART EXHIBITION
at THE UNITY PAVILION

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

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

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

The Unity Pavilion has offered its beautiful spaces for this showcase of inspiration and for the parallel fundraising events.

All the artists have made the donation of their original works with the goal of raising funds for the City of Dawn’s missing lands within the Master Plan area. In an action of flowing generosity, you can choose an artwork and thereby make your contribution for land purchase. Many works are available as cards and prints.

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

Meditations on Savitri
The entire series of 472 paintings created by the Mother with Huta
In the picture gallery

Sri Aurobindo - A Life-Sketch in Photographs
in the upstairs corridor

Glimpses of the Mother: photographs and texts
In the square hall
Everyone is welcome.

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 on 28 January on the occasion of the 2019 International Zone General Meeting. The exhibition is on-going. A heartfelt “Thank You” to all who supported and made it happen. “To help and translate Mother’s Powers and quotes into other languages, please email: anandizhang@auroville.org.in

Amharic & Danish sessions @Mother’s symbol exhibition
Dear community and friends, in February, we had English, French, Tamil and Sanskrit sessions to honor these Auroville languages. Now, we continue our exploration into the beauty and wisdom of world languages represented in Auroville.

○ Amharic with Elene
Wednesday, 6 March, 7:30-8:30 a.m.
How would the Mother’s message resonate in the sound of the Amharic language of Abyssinia? Explore its intricacies, references and viewpoints. How do we progress in Amharic?

○ Danish with Max
Wednesday, 13 March, 9:30-10:30 a.m.
The birth of Denmark - a path to Auroville - a tale

**EXHIBITION DATE EXTENDED till 9th March**
Auroville Timelines
an in-situ video art installation

A tribute to the soiled hands and feet
Curated by Richa and Rrivu

At Kalakendra
10am to 7:30pm
all days till 9th March

News&Notes 4 March 2019 [788] 14
ANNUAL REPORT
A photo exhibition by Lisbeth

Saturday 2nd until 16th March 2019
open daily 8 am-12 and 2 pm-6pm, closed on Sunday.

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

PLENTIFUL
Painting - Collage Eva Citadines

from 27th February to 16th March
10 am to 12 pm and 3 to 5 pm
Monday to Saturday
Centre d’Art Gallery at Citadines

AT THE MATRIMANDIR
***Please note the change of timings from 7 March***

AMPITHEATRE - MATRIMANDIR
Meditation with Savitri
read by Mother to Sunil’s music
Every THURSDAY - 6 to 6.30 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 5.45 pm
Please be seated by 5.55 pm, no late entry. Thank you.
Amphitheatre Team.

TALKS and PRESENTATIONS

ElemenTerre - the Science Secrets of Earthen Architecture
Thursday 7th March 2019 at 10:30 am,
at the Earth Institute courtyard, CSR.
A one-hour demonstration for all audiences, given at the
Auroville Earth Institute.
Through intriguing science experiments, we’ll discover the
hidden physics behind this ecological construction material, used widely
across vernacular cultures. Showcasing the role of soil, air and water, this
demonstration is based on a scientific hands-on approach, and shows the key
principles of building with earth. This demonstration aims at offering an introduction to the physical
properties of the local material earth, principles of building technologies and a sensibility to sustainable construction.
For more information:
Contact : elementerre@earth-auroville.com
or call 9621245951, 0413 - 262 3330 / 262 3064.

The events leading to March 10, 1959
On the occasion of the 60th Anniversary
of the Tibetan Uprising
and the Dalai Lama’s flight to India
Pavilion of Tibetan Culture
invites you to

The events leading to March 10, 1959
A talk by Claude Arpi
Sunday March 10 at 5 pm
at Pavilion of Tibetan Culture
All are welcome

Let’s talk about Water!
“Fresh Perspectives on Water Governance”.
Monday 4 March, 4pm
at MMC (Multimedia Center/Cinema Paradiso), Town Hall
Join us in an exploration of the potentials, challenges and
opportunities of water governance and its transformation from a
social-ecological systems perspective in Auroville. Talk given by:
Aditi. Raised in Auroville, Aditi is currently pursuing a PhD in water
governance in the Auroville context at the Institute for Sustainable
Futures in Sydney. She has been member of the Water Group since
2017.
Each Monday in the month of March, a member of the Water
Group will dive into one aspect of water in an interactive and
engaging presentation. Please see the schedule below and join us!
All talks are free of cost, but if you would like to support the on-
going work of the Water Group, our FS# is 252000. Thank you!
Water Group www.aurovillewater.in
CULTURAL EVENTS

Sound Bath with the Russian Singing Bells
With Vera at Cripa, Kalabhumi
Mondays 4th and 11th March, 3.30- 4.30 pm
All are welcome to experience deep interiorization, tranquility and self-healing with the sounds of this unique instrument.

MOTHER AND SRI AUROBINDO’S STUDIES

S A V I T R I   B H A V A N - March 2019

Exhibitions
Meditations on Savitri
The entire series of 472 paintings, in the picture gallery
Sri Aurobindo: A life sketch in photographs
In the upper corridor
Glimpses of the MOTHER: photographs and texts
In the square hall

Films - Mondays 6:30pm

Full Moon Gathering
Wednesday, March 20 7.15-8.15pm
in front of Sri Aurobindo’s statue
Everyone is welcome

Regular Activities
Sundays 10.30–12 noon: Savitri Study Circle
Mondays, Tuesdays 3-4pm: Psychic Awakening led by Dr. Jai Singh.

Mondays 4.45-6.15pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nistha.

Tuesdays 9am-12: An Introduction to Integral Yoga Workshop led by Ashesh Joshi.

Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi.

Tuesdays 4.45-5.45pm: Mudra-Chi led by Anandi

Tuesdays 5-6pm: Let us learn Savitri Together (in Tamil) led by Buvana

Tuesdays 5.45-7.15pm: OM Choir

Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan

Thursdays 4-5pm: The English of Savitri, led by Shraddhavan

Fridays 3-4pm: Exploring the Bhagavad Gita, led by Dr. Jai Singh

Saturdays 5-6.30pm: Satsang led by Ashesh Joshi

➢ Exhibitions, Main Building and Office are open
Monday to Saturday, 9am-5pm
➢ Reference Library Monday to Friday, 9am-5pm
➢ Digital Library can be accessed on request, Monday-Saturday, 9am-4pm

Inner-Work-Workshop
Introduction to the Integral Yoga of Sri Aurobindo and the Mother 5 March (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 Synthesis of Yoga’
➢ Overview with multimedia presentation
➢ Questions and Answers
➢ Practice in Daily Life
➢ Complimentary Concentration Exercises
➢ Creative Arts, Interactive Games
➢ Life of Sri Aurobindo and the Mother
➢ Introduction to the Reference Books

These workshops are conducted every Tuesday, each week with a different focus. Study, play and creativity go hand in hand with various inner exercises. Led by Ashesh Joshi (contact: 9489147202, 0413 2622922). No registration required (except for groups). Fees: Voluntary Contribution. All are welcome. For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-auroville.com.

AND YET IT IS THE HOUR BEFORE DAWN
French Theater: in French only
Saturday, 9 March 2019 at 7 p.m.
Bharat Nivas Auditorium, Auroville
In French only
Interpretation and staging
Jean-Paul Sermendiras and Olivier Yhtier

The poem is a stopping point. He stops the language on itself; it forbids his squandering in the vast commerce that is the world. Against the obscenity of ‘seeing everything’, and ‘saying everything’, and ‘probing’ and ‘commenting everything’, the poem is the guardian of the decency of saying.”
Alain Badiou

Rimbaud, Baudelaire, Satprem and Sri Aurobindo, four poets, four attempts to reach an enlightened consciousness. “And yet it’s the hour before dawn”, tries with these texts as different as deep, to take us to what we may be richer in us, our poetry.

AND YET IT IS THE HOUR BEFORE DAWN

Bharat Nivas
Saturday, 9th March 2019, 11 am – 1 pm

The English of Savitri, led by Shraddhavan
Study Circle
led by Ashesh Joshi

S V I T R I   B H A V A N
March 20 7.15-8.15pm
in front of Sri Aurobindo’s statue
Everyone is welcome
**SCHEDULES**

**MARCH 2019**

**ALL ARE WELCOME**

- kshetram2014@auroville.org.in

**Weekly schedule:**
- Every Monday 5:30pm to 6:30pm: Interaction on the words of The Mother and Sri Aurobindo on Auroville, by way of question and answer session in Tamil and English led by Dhanalakshmi.
- Every Monday 6:35pm to 7:35pm: Savitri reading
- Every Thursday 6:00pm: Meditation

**Schedule:**
- 03rd Sunday at 5.30pm:
  - Reading The Supreme & Savitri in Tamil & English led by Buvana Sundari.
- 17th Sunday at 5.30pm:
  - Reading from The Mother’s Questions & Answers - Vol-7 in English led by Rama Narayana.
- 20th Wednesday at 6pm:
  - Reciting Sri Aurobindo’s Gayatri Mantra for 30min. (Full Moon)
- 29th Friday at 6pm:
  - The Mother & Sri Aurobindo first meet and Brahmanaspati Kshetram 5th Birthday (Meditation)

**SCHEDULES**

**CREATIVITY HALL OF LIGHT**

**March Program**

You can just come to the regular classes, no need for an appointment.

For workshops, please contact the person who is doing it.

Aurovilians and Newcomers free regular classes. Guest fixed contribution and reduced for Volunteers.

<table>
<thead>
<tr>
<th>Regular Classes</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td>7:30 to 8:45am Hatha Yoga</td>
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<tr>
<td>5 to 6:30pm Transformational Yoga</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>8-10 am Hormonal Yoga</td>
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<tr>
<td>1:30-3pm Nada &amp; Vocal Yoga</td>
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<tr>
<td>4:15 to 5:45pm Chi work</td>
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<tr>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>5:00-6:30 Spontaneous Singing</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td>7:30 to 8:45am Hatha Yoga</td>
</tr>
<tr>
<td>5 to 6:30pm Vinyasa flow Yoga</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
</tr>
<tr>
<td>5:30 to 6:50pm Hatha Flow Yoga</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td>3 to 5pm Authentic Relating</td>
</tr>
<tr>
<td>Every other Saturday starting 2 March.</td>
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<table>
<thead>
<tr>
<th>Workshops</th>
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<tbody>
<tr>
<td><strong>Thursday &amp; Friday 7th/8th</strong></td>
</tr>
<tr>
<td>Vocal &amp; Nada Yoga</td>
</tr>
<tr>
<td>9am-5pm with Ramsini 9487544184 <a href="mailto:hamsinir@yahoo.fr">hamsinir@yahoo.fr</a></td>
</tr>
<tr>
<td><strong>Saturday 9th</strong></td>
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<tr>
<td>Family constellation</td>
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<tr>
<td>9am-6pm Contact Mohgan: 9751110486 / <a href="mailto:moghan@auroville.org.in">moghan@auroville.org.in</a></td>
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<tr>
<td><strong>Thursday 21st</strong></td>
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<tr>
<td>NVC (Non Violent Communication)</td>
</tr>
<tr>
<td>9am-5pm with Ramsini 9487544184 <a href="mailto:hamsinir@yahoo.fr">hamsinir@yahoo.fr</a></td>
</tr>
</tbody>
</table>

**AUROMODE YOGA SPACE**

**Program March 2019**

Check the schedule on:

www.auromodeyogaspace.com

For appointments: phone +91 413-2622224

contact@auromodeyogaspace.com

Guests/volunteers: contributions requested (reductions)

Aurovilians/newcomers: donations welcome.

**Program March 2019**

**YOGA CLASSES**

- Drop in Hatha and Vinyasa yoga classes for all levels and ages from Monday to Saturday (at 7am, 9am & 5.30 pm) and Sunday mornings at 10am.
- Private (individual & group) yoga or pranayama sessions are available on demand in English, French, Spanish, Polish, Tamil... Contact us for more information.

**INTENSIVES**

For appointments: phone +91 413-2622224

contact@auromodeyogaspace.com

**Thurs, March 14th - Energy meridians in asana practice**
- 4 - 7 PM - With Andres Acosta

Sun, March 17th - Awareness of the subtle-physical body using yoga Nidra (group practice)
- 2 - 4 PM - With Egle

Fri, March 22nd - Acroyoga
- 3 - 6.30 PM - With Shakti Shilpa

Sun, March 24th - Yoga of Tamil Siddhas and Vitting Powerful Temples around Auroville
- 10 AM - 7 PM - With Bala

Fri, March 29th - Introduction to traditional thai yoga massage
- 3 - 7 PM - With Bebe

**THERAPIES & MASSAGES**

Andres Acosta: Thai yoga massage.

Bebe Merino: Thai yoga massage

Andres Lokuta: Acupuncture & traditional Chinese medicine / Chiropractice & energy line adjustment

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

Lila: Foot reflexology & holistic consultation

Laure: Private yoga sessions & yoga therapy (individual or group)

In EN, FR or NL

- Isaac: Reiki, Ayurvededi massage, Shiatsu & Foot reflexology

Santiago: Reiki and Thai foot reflexology

Anabel: Deep tissue oil massage

**INTENSIVES FOR COMING WEEK**

- Hip Mobility and Hip stretching Intensive
  - Wed, March 6th - Hip Mobility and Hip stretching Intensive
  - 3 - 7 PM - With Bala

Sat, March 9th - Introduction to transformational yoga
- 9.30 AM to 12.30 PM With Elise

Sat, March 9th - Freedom from fear
- 2 - 5 PM - With Dr. Sehdev Kumar

Sun, March 10th - Sacred vibration: the power of sound
- 2 - 3.30 PM - With Jean Luc

Sun, March 10th - Yogic techniques for relaxation
- 4 - 7 PM - With Laure

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Santiago: Reiki and Thai foot reflexology

Anabel: Deep tissue oil massage

**INTENSIVES FOR COMING WEEK**

- Hip Mobility and Hip stretching Intensive
  - Wed, March 6th - Hip Mobility and Hip stretching Intensive
  - 3 - 7 PM with Bala

4 hour theory and practice. We will explore the possibilities of stretching this biggest muscle group in our body. Bala teaches yoga in Auromode. He will include the principles of Kalaripayatu and yoga principles in this intensive.

- Introduction to transformational yoga
  - Saturday, March 9th from 9.30 to 12.30 with Elise

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 this intensive, you will learn and practice Transformational Yoga asanas, mantra chanting, pranayama (breathing) and meditation techniques as tools to make a difference in your everyday life. This variety of Yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work...
towards physical health and stamina, emotional balance, higher mental consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome!

- Freedom from fear
  Sat, March 9th 2 - 5 PM. With Dr. Sehdev Kumar; Professor Emeritus, Canada. Internationally renowned Author, Poet, Mediator.
  Fear has an apocalyptic power; it can sap all energy, and make everything inert and lifeless.
  In each one of us, in the very ground of our being, seeds of fear lie imbedded in million different ways. How can one live with full intensity and with all ebbs and tides without knowing what fears freeze the mighty river of one’s life?
  This 3-hour, Hands-on, Introductory Intensive on ‘Freedom from Fear’ is based on psychological insights from Buddhism, Integral Yoga and Psychotherapy.

- Sacred vibration: the power of sound
  Sun, March 10th - 2 - 3.30 PM with Jean Luc
  What is vibration?
  What happens when you listen to different sounds?
  What is this useful for?

- Yogic techniques for relaxation
  Sun, March 10th - 4 - 7 PM with Laure
  Asanas (postures), pranayama (breathing techniques), mindfulness and meditation, yoga nida: Let’s discover together stress releasing techniques through yoga. Learn with Laure how to use your body and your breath to calm down your stress. We will discover how to relax the body and the mind.

### YOUTH CENTER

**Activities for the upcoming week:**

- Youth Center welcomes Mael and Rakhal to give us a presentation and discussion about “Understanding the Working Groups and our Organisation”, on Tuesday 5th March, at Night School from 06:30 – 08:00 pm.
- Pujasree would give a presentation on “Art and its History”, on Thursday 7th March, in Youth Center from 06:30 – 08:00 pm.
- On 10th March Low Waste Genes would give “Organic Soap Making Workshop”, at Youth Center during the Sunday Farmer’s Market from 09:30 am – 12:00 pm.

We would also like to thank Fertile Community for organizing the Endangered Handicrafts Mela at Youth Center from 22nd to 28th Feb.

### March Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9 am - 12 pm</td>
<td>Gardening/Tree House Roof Repairing</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:30 - 8 pm</td>
<td>Infinity Farm Work Night School</td>
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<tr>
<td></td>
<td></td>
<td>Mael and Rakhal on 5th March: “Understanding the Working Groups and our Organisation”</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 am - 12 pm</td>
<td>Gardening/ Tree House Roof Repairing</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:30 - 8 pm</td>
<td>Infinity Farm Work Night School</td>
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<tr>
<td></td>
<td></td>
<td>Pujasree on 7th March: “Art and its History”</td>
</tr>
<tr>
<td>Friday</td>
<td>9 am - 12 pm</td>
<td>Gardening</td>
</tr>
<tr>
<td>Saturday</td>
<td>7 - 9 pm</td>
<td>Preparation for Pizza Night</td>
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<td></td>
<td></td>
<td>Pizza Night</td>
</tr>
<tr>
<td>Sunday</td>
<td>9 am - 12 pm</td>
<td>Farmer’s Market (Organic Soap Making Workshop by Low Waste Genes on 10th March)</td>
</tr>
</tbody>
</table>

### AUROVILLE LANGUAGE LAB

**International Zone, beyond the Unity Pavilion.**

Open from Monday - Friday 9am 12 pm and 2- 6pm, Saturday 9am to 12pm.

**Phone:** 2623661, 2000013, 2000014, 6380042388

**info@aurovillelanguagelab.org**

### 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 starts her intensive French Beginner’s course on 4th of March to 29th March. The classes are from Mon to Thu from 02:00 PM to 03:30 PM.

**Intermediate classes** starting from 25th February. The classes are on Mon and Thu from 01:00 PM to 02:00 PM. It is possible to join, but you will need to set a time to meet Anabel before joining the class.

Susana continues her Spanish Intermediate group as well on Wednesday from 4:30pm and Saturdays from 11:00 am - 12.30 pm. Please contact Susana since this a long-standing group.

A new batch of Saravanan’s 10 Day Intensive Tamil Beginner’s class is going to start. The classes are held on Monday from 11:30 AM to 12:30 PM and on Thursday from 02:15 PM to 03:15 PM. If you would like to join the class, please let us know.

The existing Tamil beginners will have 10 days Intensive Intermediate classes starting from 25th February on Mondays from 10:15AM to 11:15am and on Thursdays from 01:15pm to 02:15pm. Monday from 11:30 AM to 12:30 PM and on Thursday from 02:15 PM to 03:15 PM.

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.

### ALL SCHEDULE OF CLASSES as of 04.03.19

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>LEVEL</th>
<th>DAY/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Intermediate</td>
<td>Mon and Wed 5 - 6 pm</td>
</tr>
<tr>
<td></td>
<td>Beginners</td>
<td>Tue and Thu 5 - 6 pm</td>
</tr>
<tr>
<td>English</td>
<td>Beginner &amp; Intermediate</td>
<td>Tue and Wed 10:30 am - 12 pm</td>
</tr>
<tr>
<td>French</td>
<td>Beginners (Intensive)</td>
<td>Mon to Thu 2 - 3:30 pm (starts from 4th Mar to 29th)</td>
</tr>
<tr>
<td>Tamil</td>
<td>Beginners</td>
<td>Monday 11:30 am - 12:30 pm</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>Thursday 2:15 - 3:15 pm</td>
</tr>
<tr>
<td>Spanish</td>
<td>Intermediate</td>
<td>Wednesday 4 - 5 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturday 11:30 am - 12:30 pm</td>
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</tbody>
</table>

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 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 problems related to communication and expression. It is wonderful for various kinds of learning disorders. It helps with language delays and developmental delays as well. It can also help with tinnitus and certain kinds of hearing loss. And of course, it helps to learn languages faster. It is based on a lifetime of research by Dr. Alfred Tomatis and his wife Mrs. Lena Tomatis, into the connections between the ears, the brain and our nervous system. For more information, please check out the Tomatis page on our website, which also has a link to a 45-minute film in French with English sub-titles. You are also welcome to come to the Lab and watch the film. It has been a long-standing dream to be able to offer this program for groups for language learning and therapeutic purposes. It helps with depression and lack of confidence. And of course, it helps to learn languages faster. It is based on a lifetime of research by Dr. Alfred Tomatis and his wife Mrs. Lena Tomatis, into the connections between the ears, the brain and our nervous system. For more information, please check out the Tomatis page on our website, which also has a link to a 45-minute film in French with English sub-titles. You are also welcome to come to the Lab and watch the film. It has been a long-standing dream to be able to offer this program for groups for language learning and therapeutic purposes. It helps with depression and lack of confidence. And of course, it helps to learn languages faster. It is based on a lifetime of research by Dr. Alfred Tomatis and his wife Mrs. Lena Tomatis, into the connections between the ears, the brain and our nervous system. For more information, please check out the Tomatis page on our website, which also has a link to a 45-minute film in French with English sub-titles. You are also welcome to come to the Lab and watch the film. It has been a long-standing dream to be able to offer this program for groups for language learning and therapeutic purposes. It helps with depression and lack of confidence. And of course, it helps to learn languages faster. It is based on a lifetime of research by Dr. Alfred Tomatis and his wife Mrs. Lena Tomatis, into the connections between the ears, the brain and our nervous system. For more information, please check out the Tomatis page on our website, which also has a link to a 45-minute film in French with English sub-titles. You are also welcome to come to the Lab and watch the film. It has been a long-standing dream to be able to offer this program for groups for language learning and therapeutic purposes. It helps with depression and lack of confidence. And of course, it helps to learn languages faster. It is based on a lifetime of research by Dr. Alfred Tomatis and his wife Mrs. Lena Tomatis, into the connections between the ears, the brain and our nervous system. For more information, please check out the Tomatis page on our website, which also has a link to a 45-minute film in French with English sub-titles. You are also welcome to come to the Lab and watch the film. It has been a long-standing dream to be able to offer this program for groups for language learning and therapeutic purposes. It helps with depression and lack of confidence. And of course, it helps to learn languages faster.

**Centre D’art in Citadines**
**Schedule for March 2019**

<table>
<thead>
<tr>
<th>27 February to 16 March</th>
<th>“PLENITFUL” Painting/Collage exhibition by Eva</th>
<th>Monday to Saturday 10am to 12pm and 3 to 5pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1st Friday</td>
<td>Auroville photo circle meeting</td>
<td>5 to 7pm</td>
</tr>
<tr>
<td>March 8th Friday</td>
<td>Photography documentary film screening</td>
<td>5 to 7pm</td>
</tr>
<tr>
<td>March 13th Wednesday</td>
<td>Western classical music evening by Eric Chacra</td>
<td>5 to 7pm</td>
</tr>
<tr>
<td>March 23rd Saturday</td>
<td>Exhibition opening of “AUROVILLE ART CAMP”</td>
<td>5 to 8pm</td>
</tr>
<tr>
<td>March 24th to March 30th</td>
<td>Group Exhibition “AUROVILLE ART CAMP”</td>
<td>Monday to Saturday 10am to 12pm / 2 to 5pm</td>
</tr>
<tr>
<td>March 29th Saturday</td>
<td>Documentary film on painting on GAUGIN &amp; CEZANNE</td>
<td>5 to 6.30pm</td>
</tr>
</tbody>
</table>

**SUBMISSIONS:** Centre D’art is pleased to accept submissions of cohesive art projects, and we carefully go over all submitted portfolios. However, we hope you understand that due to a high number of applications, we cannot unfortunately reply in person to each submission. If you are interested in your work for exhibition, we will be sure to contact you via the details provided with your submission. Submissions may be made to centredart@auroville.org.in. If making a submission, please note the following guidelines:

- **The subject line of any submission email must begin with the subject ‘Exhibition Submission’.**
- **All images should be sent as jpeg files, at screen resolution, not more than twenty-five images.**
- **Attach a short artist statement for the project being submitted, that will help us understand your work better.**
- **Provide contact details - email address.**

Connect with us: centredart@auroville.org.in

Sign up for our latest posts and updates.

---

**ISAI AMBALAM GUESTHOUSE**

**MARCH SCHEDULE**

<table>
<thead>
<tr>
<th>7:00 AM</th>
<th>5.30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Sivananda Yoga for all with Gabriele</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Sivananda Yoga for beginners with Gabriele</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Yoga with Tibetan Bowls with Satyayuga and Gabriele</td>
</tr>
<tr>
<td>Thursday</td>
<td>Sivananda Yoga for beginners with Gabriele</td>
</tr>
<tr>
<td>Friday</td>
<td>Sivananda Yoga for all with Gabriele</td>
</tr>
</tbody>
</table>

- **Sivananda Yoga with Tibetan Bowls with Satyayuga and Gabriele.** Meditative Hatha Yoga session with Tibetan bowls allows your body to relax and find a deep energetic resource. The class takes place on our roof top yoga space. Please drop in.

**CREEVA**

**Center for Research Education Experience Visual Arts**

**Art Experience with CREEVA**

**in the Kalakendra Studio located**

in Bharat Nivas

Information 9784641149 or audrey@auroville.org.in

**MARCH SCHEDULE**

Behind the Scenes CANCELLED

**Exploring Landscapes in and outdoors In Watercolor**

By Sathyia 9486145072

Mar. 12-13 (Tues.-Wed.) 9a.m.-12p.m.

**Understanding Color**

by Audrey 9784641149

Mar. 27-28 (Wed.-Thurs.) 9:30 a.m.-12:30 p.m. & 2-5p.m.

We will explore your colors and Itten’s Color Theory.

**Open Studio in Kalakendra’s Studio**

Mon. Wed. Fri. 2-4:30pm

All materials provided, contribution requested.

**Weekly Evening Art Sessions in different locations:**

**Mondays:** Gino 9047097812.

**Watercolor through meditation and geometry, 5-7 p.m.**

**Tuesdays:** Sivananda Yoga with Tibetan Bowls

Unlearning Through Folk-Art, 5-7p.m.

**Wednesdays:** Helgard 9486534326.

Playing with Color, 5-7p.m.

**Thursdays:** Lokshay 9810052574.

Drawing from the model, 5-7 p.m.

**Fridays:** Sathyia 9486145072.

**Watercolor Landscapes, 5-7 p.m.**

**Sundays:** Annick 9585944167.

Using natural pigments going back to primitive Art, 3-5 p.m.
## Schedules

### Yoga Iyengar

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for women</td>
<td>Level 2</td>
<td>Mon</td>
<td>07.30 - 09.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for beginner</td>
<td>Level 1</td>
<td>Mon</td>
<td>05.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>Level 2-3</td>
<td>Tues</td>
<td>07.30 - 09.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Tues</td>
<td>11.00am - 12.00pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Tues</td>
<td>04.30 - 06.00pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Wed</td>
<td>06.45 - 08.00am</td>
<td>Oleyya</td>
</tr>
<tr>
<td>Asanas for women</td>
<td>Drop in - all levels</td>
<td>Wed</td>
<td>07.30 - 09.00am</td>
<td>Nadia</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in</td>
<td>Wed</td>
<td>11.00am - 12.30pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Level 2-3</td>
<td>Wed</td>
<td>05.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 1</td>
<td>Thurs</td>
<td>07.30 - 09.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - restorative</td>
<td>Drop in</td>
<td>Thurs</td>
<td>03.30 - 4.45pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 2</td>
<td>Thurs</td>
<td>05.00 - 7.00pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Fri</td>
<td>07.30 - 08.45pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Immunity &amp; Hormonal Balancing</td>
<td>Level 2-3</td>
<td>Sat</td>
<td>07.30 - 09.15am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Sat</td>
<td>09.30 - 11.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in</td>
<td>Sat</td>
<td>04.30 - 06.00pm</td>
<td>Angela</td>
</tr>
</tbody>
</table>

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

### Yoga - Mixed Style

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Therapy</td>
<td>drop in - all levels</td>
<td>Mon, Wed, Fri</td>
<td>08.30 - 10.00am</td>
</tr>
<tr>
<td>Asanas (*)</td>
<td>for teenagers</td>
<td>Mon, Wed</td>
<td>04.00 - 5.00pm</td>
</tr>
<tr>
<td>Yoga - body, breath, mind</td>
<td>drop in - all levels</td>
<td>Mon (from 11th)</td>
<td>05.00 - 6.00pm</td>
</tr>
<tr>
<td>Vinyasa flow</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>09.00 - 10.30am</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>05.30 - 7.00pm</td>
</tr>
<tr>
<td>Yoga - Restorative</td>
<td>drop in - all levels</td>
<td>Wed (from 13th)</td>
<td>02.00 - 3.00pm</td>
</tr>
<tr>
<td>Feminine Dance for pregnancy</td>
<td>drop in - for women</td>
<td>Wed</td>
<td>04.00 - 5.30pm</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>05.00 - 6.30pm</td>
</tr>
<tr>
<td>Asanas</td>
<td>For children 7-9 yrs.</td>
<td>Sat</td>
<td>10.00 - 11.00am</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - level 1</td>
<td>Sat</td>
<td>05.00 - 6.30pm</td>
</tr>
</tbody>
</table>

### Other Exercises

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falun Dafa (Qi-Gong)</td>
<td>05.30 - 7.00pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>04.30 - 5.30pm</td>
<td>Suriya Gandhi</td>
</tr>
<tr>
<td>Understanding Martial Arts</td>
<td>07.15 - 8.45pm</td>
<td>Hong Gye</td>
</tr>
<tr>
<td>Pranayama</td>
<td>06.45 - 08.00am</td>
<td>Francois/Namrita</td>
</tr>
<tr>
<td>Understanding Martial Arts</td>
<td>07.15 - 8.45pm</td>
<td>Hong Gye</td>
</tr>
<tr>
<td>Discover energy body</td>
<td>11.00am - 12.00pm</td>
<td>Gala</td>
</tr>
<tr>
<td>Odissi Dance (*)</td>
<td>04.00 - 5.15pm</td>
<td>Rekha</td>
</tr>
</tbody>
</table>

### Dance

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

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

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**Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994 - pitanga@auroville.org.in.**
QUIET HEALING CENTER
For appointments and registration, please contact the reception at 2622329, 9488084966, quiet@auroville.org.in

EVENTS MARCH 2019
For more info about these events, please visit our website at www.quiethealingcenter.info

<table>
<thead>
<tr>
<th>March Dates</th>
<th>Name</th>
<th>Facilitator</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 – 03</td>
<td>Watsu &amp; Pregnancy</td>
<td>Xavier</td>
<td>8.45 am - 6.30 pm</td>
</tr>
<tr>
<td>04 – 10</td>
<td>Watsu 2</td>
<td>Xavier</td>
<td>8.45 am - 6.30 pm</td>
</tr>
<tr>
<td>12 – 17</td>
<td>Watsu Basic &amp; Liquid Flow Basic (for beginners) - mornings only</td>
<td>Dariya &amp; Daniel</td>
<td>8.00 am - 12.30 pm</td>
</tr>
<tr>
<td>12 – 18</td>
<td>Shiatsu for Watsu</td>
<td>Petra</td>
<td>8.45 am - 6.30 pm</td>
</tr>
<tr>
<td>19 – 20</td>
<td>Woga (Yoga in Water) 1 &amp; 2 (no previous experience required and also no need to know how to swim!)</td>
<td>Dariya</td>
<td>9.00 am - 6.00 pm</td>
</tr>
<tr>
<td>21 – 26</td>
<td>ITC Woga (Yoga in Water)</td>
<td>Gianni</td>
<td>8.30 am - 6.00 pm</td>
</tr>
<tr>
<td>25 – 30</td>
<td>Ayurvedic Massage Course (no previous experience required)</td>
<td>Dr. Sankar</td>
<td>9.00 am - 4.00 pm</td>
</tr>
</tbody>
</table>

ARKA WELLNESS CENTER & MULTIPURPOSE HALL — MARCH – 2019
(tel 262-3799, arka@auroville.org.in.)

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Logic, Soft Massage, Deep Tissue Massage.</td>
<td>Pepe - by appointment-9943410987</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Cranio sacral, Lomi Lomi Kahuna massage, Bare foot body massage and Thai yoga massage</td>
<td>Silvana- by appointment -9047654157</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Yogic Healing and Therapeutic Massage.</td>
<td>Basu - by appointment -9443997568 or 9843679004</td>
<td>Monday to Friday 8 to 9:30 am &amp; 6:00 to 7:30 pm; Saturday &amp; Sunday anytime</td>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage.</td>
<td>Meha- by appointment- 9443635114</td>
<td>Monday to Friday 9:00 am to 5:00 pm.</td>
</tr>
<tr>
<td>Acupuncture.</td>
<td>Dr. Mohammed Sahel 9994208068 by Appointment - 9994208068</td>
<td>Tuesday, Friday And Saturday.</td>
</tr>
<tr>
<td>Deep Core Intensive Massage</td>
<td>Sumit- by appointment -7839062619</td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Ayurvedic Massage and Birenda Massage.</td>
<td>Ion Condel- by appointment -8903205842</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Holistic Healing and Therapy.</td>
<td>Dr. Marlene Deng - by appointment 8220232869, <a href="mailto:innerspirithealing@icloud.com">innerspirithealing@icloud.com</a></td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Naturopathy, Diet Nutritional Counseling, Hydrotherapy, Physotherapy, Massage &amp; Aroma Therapy And Acupressure.</td>
<td>Dr.Carola Bnys- by appointment 8903363572 or 7339607097</td>
<td>Monday, Wednesday and Friday 1:30 to 5:30pm.</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Innervoice Dialogue.</td>
<td>Antarjothi - By appointment- 0413-2623767 or Email <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></td>
<td>Also in French.</td>
</tr>
</tbody>
</table>

REGULAR CLASSES

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates</td>
<td>Teresa- 7867998952</td>
<td>Tues, Thurs 7:30 - 8:30am. Wed and Fri 5:30 - 6:30pm.</td>
</tr>
<tr>
<td>Acro Yoga</td>
<td>Damien - 9047722740</td>
<td>Saturday- beginners Class 8:15 to 9:45am.</td>
</tr>
<tr>
<td>Hatha Yoga (Beginners and Intermediate)</td>
<td>Dr.Carola - 8903363572 , 7339607097</td>
<td>Mon, Wed and Fri 6:30 - 8am Tues and Thurs 5 - 6:30pm. (Appointment Only)</td>
</tr>
<tr>
<td>Transformational yoga</td>
<td>Lakshmi - 8489764602</td>
<td>Thursday and Saturday at 5:00 pm to 6:30 pm</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Lakshmi - 8489764602</td>
<td>Friday 4:00 pm to 5:15 pm</td>
</tr>
</tbody>
</table>
**JOY COMMUNITY GH - MARCH SCHEDULE**

Joy Community is located in Center Field, after Nandanam School, next to Center Guest House

For info and reservations, please contact us at:
9487272393 / Email: joycommunity@auroville.org.in
www.joyauroville.org - www.facebook.com/joyauroville

### SESSIONS

<table>
<thead>
<tr>
<th>SESSIONS</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Monday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (regular Students only)</td>
<td>Monday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (regular Students only)</td>
<td>Tuesday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Tuesday (not on 19 March)</td>
<td>4 to 5:15 pm</td>
</tr>
<tr>
<td>Mindfulness Meditation with Jaz</td>
<td>Tuesday</td>
<td>6 to 7:30 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Wednesday (not on 13 March)</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (all levels)</td>
<td>Wednesday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Thursday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Mantra Chanting with Nikhil</td>
<td>Thursday</td>
<td>4:30 to 6 pm</td>
</tr>
<tr>
<td>Yoga with Bala</td>
<td>Friday (not on 15 March)</td>
<td>8 to 9:15 am</td>
</tr>
<tr>
<td>Mantra Chanting with Nikhil</td>
<td>Friday</td>
<td>5:30 to 7 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (all levels)</td>
<td>Saturday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>ATB (Awareness through the Body) with Stefania</td>
<td>Saturday (not on 2 March)</td>
<td>9 to10:30 am</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil</td>
<td>Saturday</td>
<td>5 to 6:30 pm</td>
</tr>
</tbody>
</table>

### THERAPIES (on Appointment only)

<table>
<thead>
<tr>
<th>THERAPIES</th>
<th>with Sara (9443617308) or with Simona (9489511648)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td></td>
</tr>
<tr>
<td>Reiki</td>
<td>with Marcia (7598260379)</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>with Lhamo (9565524237)</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>with Stefania (948 6363 442)</td>
</tr>
<tr>
<td>Tarot &amp; Shamanic Card Reading</td>
<td>with Valentina (9791719387)</td>
</tr>
<tr>
<td>Thai Foot Reflexology</td>
<td>with Santiago (87549 58120)</td>
</tr>
</tbody>
</table>

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**Vérité Programs March 2019**

Phone: +91 413 2622045/2622606, Mobile: 7094104329
Email: programming@verite.in – Website: www.verite.in

### Residential Retreat (registration required)

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>In-House</th>
<th>Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri to Mon, 22 to 25 Mar</td>
<td><strong>Gimme a Break! - A restorative yoga weekend (3 nights)</strong></td>
<td>Residential retreat at Verite</td>
<td>Vérité Programs</td>
</tr>
</tbody>
</table>

### Therapies

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

<table>
<thead>
<tr>
<th>Therapist</th>
<th>Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andres</td>
<td>Thai Yoga Massage</td>
</tr>
<tr>
<td>Elise</td>
<td>Integrative Massage</td>
</tr>
<tr>
<td>Lisa</td>
<td>Etiomedicine</td>
</tr>
<tr>
<td>Marcia</td>
<td>Equilibrium Healing Massage</td>
</tr>
<tr>
<td>Nur</td>
<td>Functional Integration - Feldenkrais Method</td>
</tr>
<tr>
<td>Sheida</td>
<td>Yoga Asana Therapy for Musculoskeletal Conditions (starting 15 March)</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki</td>
</tr>
</tbody>
</table>
### Vérité - Yoga & Re-creation Sessions (Drop-in)

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Traditional Hatha Yoga for Beginners</td>
<td>7 to 8.15 am</td>
<td>Kaveri</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method (starts 11 Mar)</td>
<td>11 am to 12 noon</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Mantra Chanting</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method</td>
<td>3.30 to 4.30 pm</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Dance Offering</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga (starts 11 Mar)</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Traditional Hatha Yoga for Beginners (no class 26 Mar)</td>
<td>7 to 8.15 am</td>
<td>Kaveri</td>
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<tr>
<td></td>
<td>Toddlers and Parent Partners Yoga (no class 26 Mar)</td>
<td>9.30 to 10.30 am</td>
<td>Elise</td>
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<tr>
<td></td>
<td>Transformational Yoga (no class 26 Mar)</td>
<td>11 am to 12.30 pm</td>
<td>Elise</td>
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<tr>
<td></td>
<td>Laughing Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
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<td></td>
<td>Yoga for All</td>
<td>3.30 to 4.45 pm</td>
<td>Kaveri</td>
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<td></td>
<td>Yoga Anatomy &amp; Alignment in Asana</td>
<td>5 to 6.15 pm</td>
<td>Sheida</td>
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<td></td>
<td>Deep Sound Bath</td>
<td>5 to 6.30 pm</td>
<td>Anand, Balu &amp; Vera</td>
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<tr>
<td>Tuesdays</td>
<td>Yoga Asana Alignment for All</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
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<td></td>
<td>Feldenkrais Method</td>
<td>11 am to 12 noon</td>
<td>Nur</td>
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<td></td>
<td>Dance Mantra Meditation</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
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<td></td>
<td>Feldenkrais Method</td>
<td>3.30 to 4.30 pm</td>
<td>Nur</td>
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<td></td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
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<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Asana, Pranayama, Mudra &amp; Bandha</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
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<tr>
<td></td>
<td>Transformational Yoga (no class 21 Mar)</td>
<td>11 am to 12.30 pm</td>
<td>Elise</td>
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<td></td>
<td>Open Heart Space Meditation</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
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<td></td>
<td>Restorative Yoga Postures</td>
<td>5 to 6.15 pm</td>
<td>Sheida</td>
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<td></td>
<td>Chakra Guided Dance</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
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<tr>
<td>Thursdays</td>
<td>Yin Yoga</td>
<td>7 to 8.15 am</td>
<td>Anne-Sophie</td>
</tr>
<tr>
<td></td>
<td>Dance: Rhythms of Movement</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
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<tr>
<td></td>
<td>Hatha Yoga (1 &amp; 8 Mar only)</td>
<td>5 to 6.30 pm</td>
<td>Bijou</td>
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<tr>
<td>Fridays</td>
<td>Yoga Nidra</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
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<tr>
<td></td>
<td>Hatha Vinyasa Flow</td>
<td>5 to 6.30 pm</td>
<td>Aishwarya</td>
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<tr>
<td></td>
<td>Inner Dance and Meditation</td>
<td>5 to 6.30 pm</td>
<td>Yoffi</td>
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</tbody>
</table>

### Vérité - Intensives (registration required)

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 2 Mar</td>
<td>Yoga for Conditioning the Back</td>
<td>9.30 am to 12.30 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Mon, 4 Mar</td>
<td>Somatics – An Introduction for Every Body!</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Thu, 7 Mar</td>
<td>Ovarian Breathing Feminine Alchemy &amp; Yoga for Women</td>
<td>9.30 am to 12.30 pm</td>
<td>Nadia</td>
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<tr>
<td>Thu, 7 Mar</td>
<td>Yoga for Conditioning the Back</td>
<td>2 to 4.45 pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Fri, 8 Mar</td>
<td>Feldenkrais: Evolution in 3 Hours</td>
<td>9.30 am to 12.30 pm</td>
<td>Nur</td>
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<tr>
<td>Sat, 9 Mar</td>
<td>Laughing Yoga &amp; Breath-work Meditation</td>
<td>9.30 am to 12.30 pm</td>
<td>Nikhil</td>
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<tr>
<td>Sat, 9 Mar</td>
<td>Yoga Nidra + Mindfulness &amp; Incorporating Breath-work in Yoga</td>
<td>2 to 4.45 pm</td>
<td>Bijou</td>
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<tr>
<td>Mon &amp; Tue, 11 &amp; 12 Mar</td>
<td>Somatic Movement</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
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<tr>
<td>Wed, 13 Mar</td>
<td>Transformational Yoga</td>
<td>9.30 am to 12.30 pm</td>
<td>Elise</td>
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<tr>
<td>Thu &amp; Fri, 14 &amp; 15 Mar</td>
<td>Gurdjieff Movements</td>
<td>9.30 am to 12.30 pm</td>
<td>Yoffi</td>
</tr>
<tr>
<td>Fri, Sat &amp; Sun, 15, 16 &amp; 17 Mar</td>
<td>Pranayama: Breath of Life – Part 1</td>
<td>9 am to 4.30 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td>Sat, 16 Mar</td>
<td>Asanas: Relation with Emotions and Organs</td>
<td>9.30 am to 12.30 pm</td>
<td>Andres</td>
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<tr>
<td>Tue, 19 Mar</td>
<td>Yoga and Relaxation Practices</td>
<td>9.30 am to 12.30 pm</td>
<td>Laure</td>
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<tr>
<td>Thu, 21 Mar</td>
<td>Ovarian Breathing Feminine Alchemy &amp; Yoga for Women</td>
<td>9.30 am to 12.30 pm</td>
<td>Nadia</td>
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<tr>
<td>Sat, 30 Mar</td>
<td>5 Rhythms Dance &amp; Movement Meditation - Creative Explorations</td>
<td>10 am to 4.30 pm</td>
<td>Irena</td>
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</tbody>
</table>
At Vérité

♦ Ovarian breathing feminine alchemy & yoga FOR WOMEN – with NADIA
Thursday, 7 March - from 9.30 am to 12.30 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.

♦ Yoga for conditioning the back - with Bijou
Thursday, 7 March - from 2 to 4.45 pm

One of the most common physical issues in people is a weak back, which is often due to unhealthy lifestyle choices and/or a lack of proper exercise. In this intensive, you will be guided through a series of yoga asanas which will strengthen the back. These simple postures can help prevent and remediate the typical spinal issues that we are most vulnerable to.

♦ Feldenkrais: evolution in 3 hours - with Nur
Friday & Saturday, 8 & 9 March - from 9.30 am to 12.30 pm

The Feldenkrais Method® uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. In this intensive, we revisit our evolution in 3 hours. Hour 1. Primitive locomotion: we lie on the back and learn to swim. Hour 2. Reptiles: we lie on the stomach and learn how to crawl. Hour 3. Human beings: We look at our feet, experience standing and walking and decide on what it means to walk on two legs.

♦ Laughing yoga and breathwork - with Nikhil
Saturday, 9 March - from 9.30 am to 12.30 pm

Stress and shallow breathing can be the root cause of many diseases. The opposite is deep breathing & belly laughing, which bring in more oxygen, make blood alkaline and increase body immunity. They also provide a sustainable source of “natural highs”. In a group setting, using childlike playfulness, laughing becomes fun and contagious!

♦ Yoga nidra, mindfulness & breath-work in yoga
- with Bijou - Saturday, 9 March - from 2 to 4.45 pm

Starting with a yoga nidra (guided relaxation) session, we then learn how to incorporate breathing techniques in the most ideal way to ensure a relaxing and rejuvenating yoga practice.

♦ Somatic movement (2X half day) - with Maggie
Monday & Tuesday, 11 & 12 March - from 9.30 am to 12.30 pm

Neuro-muscular Re-education (mind-body training) in the tradition of Thomas Hanna. Somatics is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves.

Somatics teaches us to recognize and release holding patterns, resulting from pain, injury, stress or habituated posture. This work enhances any kind or exercise such as yoga, dance, sports or just moving through life. You will learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches and pains commonly attributed to stress, injury and aging.

♦ Transformational yoga - with Elise
Wednesday, 13 March - from 9.30 am to 12.30 pm

Inspired by the Integral Yoga of Sri Aurobindo and the Mother, Transformational Yoga goes far beyond physical exercise: it is an integral approach to physical health, emotional balance, mental and spiritual clarity. The integration of the emotional, mental and spiritual bodies enables connection with the higher self. In this intensive, you will learn and practice Transformational Yoga asanas, mantra chanting, pranayama (breathing) and meditation techniques as tools to make a difference in your everyday life. This variety of Yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher mental consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome!

BIO: Elise Jones is a British-qualified Primary & Early Years Teacher and a RYT 500 certified Yoga teacher. Elise believes that Yoga should be accessible to all ages, and wants to give children the opportunity to start on their own Yogic path as early as possible!

MONTHLY SCHEDULES of AV CENTERS

REMINDER: The monthly schedules and activities of the Auroville Centers can be found on the following websites:
- Joy Activities: www.joyaurville.org/
- Holistic: www.auroville-holistic.com/
- Pitanga: www.auroville.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.auroville.org/contents/2886
- Quiet: http://quiethealingcenter.info/
- Lilaloka: www.lilaloka.org

OTHER EVENTS

♦ Raw dessert session
Sunday, 3rd & 10th March, 2-4 p.m. @ La Ferme Community

Let’s enjoy ORIGAMI

Let's enjoy ORIGAMI

Bharat Nivas in collaboration with Japanese Pavillion invites you for long term Volunteers but we do have some space for guests who wish to join the full program. For more information please, write to study@aurville.org.in.

Let’s enjoy ORIGAMI

Bharat Nivas in collaboration with Japanese Pavillion invites you to participate in ‘Let’s enjoy ORIGAMI’

On Friday, 8th March, 2:30 - 3:30 p.m.

At Bharat Nivas office under Auditorium - after you enter Auditorium building from outside, please proceed to the steps down on your right side. Then on your right is the office we use.

3rd of March is celebrated in Japan as Hinamatsuri (Doll’s festival) to pray for the health and happiness of young girls, while 5th of May (Kodomo-no-hi) is a celebration for young boys as well as children in general. Let’s make these special dolls (Ohina-special dolls) (Ohina-special dolls) as well as children in general. Let’s make these special dolls (Ohina-special dolls) and also Samurai-helmet if time permits. Bookings not needed, all are welcome! Contact Tomoko or Emiko at letsenjoyorigami@gmail.com.

Thanking you, Tomoko
REGULAR EVENTS

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

Guest-houses are requested to put this section up on their notice boards for their guests.
Kindly inform us of any changes/cancellation of your event, or if you want your regular event to be added to the listing.

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

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

AcroYoga for Beginners: every Saturday 8:15 to 9:45 am at Arka. Partner flow: asana with a partner. Inversions: basic flying with partner. Damien 90 47 72 27 40.

The Actor Training: Every Thursday 8.30-10.30 am in CRIPA. Francesca welcomes all 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 or Well-being: Christine has a background as nurse and has long experience in healing physical illness with this massage; phone/whatsapp +91-949805493 or mail christine@aurolive-holistic.com /www.aurolive-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 will be made based on traditional diagnosis through observation of the pulse, tongue, face reading and body movements. By appointment only. More info and contact info: www.auromodeyogaspace.com.

African Pavilion’s Regular Events: Every Thursday enjoy the drumming circle together with African dinner from 6 pm till 9 pm. We drum together - no musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / • Unifying team building • Active meditation / • Empowerment through rhythm. On Saturdays from 4:30pm until 6pm: Focused Dance Improvisation with Tahiri. Location: African Pavilion, near Visitor Centre. Contact: 9047074711.

Africa@aurolive.org.in. Fixed Contribution is requested for building the Pavilion, thanks! We also have just re-opened our Africa Safari Camping site accommodation for Guests and Volunteers. Bathrooms and breakfast provided. We are OPEN and we have tents waiting for you! For more info and to reserve a tent, email us at africa@aurolive.org.in or call +91 9384460764/9047074711. See our FB here!

Auroville Aikido at Auroville Budukan (Dehashakti) with Murugan and Surya: New class for Beginners & All levels on Wednesday evening 6.30 to 7.30 pm; Mixed levels on Saturday morning 6.30 to 7.30 am; Advanced (morning classes) on Tuesday & Thursday 6.00 to 7.15 am; Women & young girls (from 15) Sunday morning 8.30 to 9.45 am with Surya. For all classes please be at the Dojo/Budukan 10-15 min. before class starts. Welcome to watch a class before you join. Beginners may wear long loose pants & T-shirt with sleeves for the start (no tight fitting please) then a white “keikogi” will be required -we have some. For all activities at the AV Budukan: Health Fund or private insurance necessary - Reasonable contribution for the Dojo is required. For Children classes and more info, please write to budokan@aurolive.org.in or contact Surya: 0413-2623-813 or 9655-485487; Murugan: 9952-812843.

Aikido with Sep: Practice of Aikido at the Auroville Budukan under the guidance of 6th Dan Tokyo Akikika. Hours of practice: Mondays from 6:30pm to 8pm, Tuesdays and Thursdays from 7pm. to 8:30pm. Minimum age is 15. For further information, please contact: overlaet@gmail.com / 8497550305.

Alcoholics Anonymous: meeting (open) every Thursday 5pm, Centre Guesthouse (Merriam Hill Centre). Contact: Ingrid 9443843976 or Shankar 9442010573.

Asanas, Pranayama, Mudra & Banda: with Aishwarya Verity in Thursday from 7 to 8.15 am. Healing the mental and physical body is attainable using the restorative combination of Asana (posture), pranayama (breathing techniques), mudra (gestures mimicking the psyche), Bandha (energy locks). These techniques purify the body, mind and energy systems in preparation for a deep meditative practice. Contact: 0413 - 2622 045 or 7094104329.

Asthanga Yoga - Mysore Style: with Christine Pauchard. “Change of venue”: Taramangala – 5 min after botanical garden. Check the directions on our website on the page “TOGA” or enter in Your GPS “Skandavan”. The gate of Taramangala is the third gate on the left after Skandavan gate which will be on your right side - From Monday to Saturday - 1st Batch 6.45 am / 2nd batch 7.15 am / Led class on Saturday at 7am. Pre-Registration by mail must be done in advance: by - phone/whatsapp +91-949805493 or mail christine@aurolive-holistic.com /www.aurolive-holistic.com.

Athestanga Yoga classes by Muthukumari: Wednesday afternoon -5 to 6 pm, at Progress Hall, Bharat Nivas. Contact: muthukumari@aurolive.org.in, 8940348617.

Astrology, Vedica: Readings in traditional Vedic Astrology to address any issue or area of life where you need more clarity. A single session lasts 60 to 75 minutes, so please plan accordingly. Study group meets on Thursdays every week in Auromodele. See http://www.alihtingvedic.in for details. Contact Vikram on 9843948288 or at vkram@aurolive.org.in.

Aurolive Botanical Gardens Guided Tours: Come and enjoy a guided tour in gardens and forest spread over 50 acres, we will take you to: the Orchid 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, priority will be given to online reservations : www.aurolive-botanical-gardens.org/guided-tours. This is a walking tour, please bring a hat and water.

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

Awareness Through the Body (ATB): with Stefania on Saturday at 9 to 10:30 am at JOY GH Hall. Based on the Integral Yoga of Sri Aurobindo and the Mother, Awareness Through the Body is a comprehensivecurriculum 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@aurolive.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@aurolive.org.in.

Ayurvedic Massage (oil): (60 or 90 min) at Auromode Yoga Space, with Isac: 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@aurolive.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 Sitaras 9751798408 or email: taras@auroville.org.in.

Bead Play Shop: Dear guests, Rio is offering bead play shop for children between 8 -13 of age from Monday to Saturday. The timings are 10 to 12 noon and 2.30 to 4.30. The children can play with beads and create their own patterns and / or follow set patterns. For more details, contact the (Auroville Unit) Rio - 9047240618 or rioda@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, kotonoma, 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 Satyayog, tel: 8489764602, email: jilin@auroville.org.in.

Bharatnatyam Dance: with Deepa at Sawchu (Bharat Nivas) every Saturday 9 to 10 am. t_deeepa14@yahoo.co.in, 7598221586.

Bharatnatyam Dance: with Caveri at Sawchu (Bharat Nivas) every Tuesday and Thursday. 4 to 6pm, Saturday 10 to 12am. sureshcaveri@gmail.com, 7598368514.

Brahmanaspati Kshetram: Our Mother and Sri Aurobindo Centre is hosting regular activities: Every Monday at 5:30 pm: The Mother and Sri Aurobindo on Auroville led by Dhanaalakshmi, 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 Bhuvan Sundari in Tamil and English (for directions kindly consult Google maps at this link: here).

Biodynamic Craniosacral Therapy with Mila at Vérité. Biodynamic Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body. For appointments please contact: 0413-2622 606 or 7094064329. 

Biofeedback (with Bicom machine) with Afsooneh 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. Bioresonance therapy can be used for both diagnosis and treatment. For appointments, please contact Quiet’s reception at 9488084966 . www.quiethealingcenter.info / quiet@auroville.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.

Body, Creative Consciousness: Every Monday from 10am - 12pm Cripa, Kalabhumì Exploration in theater creativity, being in the moment on stage, trauma out co- creativity, 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 or no experience in 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.

Breath of life: Pranayama Fridays, 4pm to 5.15pm @ Arka Mulchall with Lakshmi. Pranayama is the conscious awareness of the breath, the life force that helps you to improve concentration & perception, helps you energize, revitalise and detoxify body-mind-soul. With Pranayama breathing techniques, you will discover the potential of your breath. Individual session also available. All are welcome! Please come in empty stomach. For more information please contact Lakshmi - 8489764602.

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

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

ADULT CLASSES >> Monday: 5.15 PM - SAWCHU (Bharat Nivas) | Tuesday & Thursday: 6.30 PM - Deepanam School | Saturday: 4.30 PM - Dehashakti Gymnasium. Frondal classes every first Thursday of the month.

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

GRAND 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 nadopasana@auroville.org.in.

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

Chai Hut at Sadhana Forest: Shiva Vegan Chai Hut now offers Vegan Herbal Chai as a gift from Sadhana Forest to the local community, Auroville residents, and guests. Children are welcome! Weekdays from 6 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.

Chakras: with Vera on Thursdays from 5 - 6.30 pm, at tel: 6997966083. Join Vera for these sessions that will enhance your knowledge of sound healing & chakra awareness. You will be guided on a vocal journey in which you will learn to utilize your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are the creators & observers of our own lives, and we can change the reality around us by changing the reality within us, we will learn simple, effective ways of using the voice for: - Healing oneself & others on a cellular level - Reconnecting with the inner being - Awakening, cleansing & aligning the chakras - Creating one’s own personal mantra. Contact: 0413 - 6222 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@auroville.org.in or 76390 17692. http://activitygartenaurovile.esy.es

Chinese cupping & Moxibustion: Fire cupping (火罐) and Moxibustion (艾灸) are both traditional therapies based on the ancient meridian theory. They are effective in stasis/toxin elimination from deep tissues while at the same time stimulating your energy flow and boosting your immune system. By appointment: Chun - 8089- 00708/ chun@auroville.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 offers a manual manipulation of NVC, NVC is a learnable process for creating emotional freedom, self-acceptance, inner peace, and fulfilling relationships. It involves expressing ourselves honestly, listening with empathy, and developing a more compassionate inner relationship. Register: Hamsini: 9487544184.

INDIAN DELIGHT Cooking class: at Joy Guest House: A cooking class where we will cook delicious food. Together we will discover authentic Indian flavors. Prior registration Required. Every Friday from 5.30 to 6.30 p.m., with Rupavathy: For info and reservations, please contact us at 9487272393 / Email: joycommunity@auroville.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 this is your first time. All you need to bring with you is a pen, a notebook and the fun of expressing yourself. Let’s just show up on the page and let that “something” move through us! Donations required for guests; reduced for volunteers. If you want to know more about Francesca and the Creative Writing sessions she is giving in AV, please check her videos on her new YOUTUBE’s channel “My creative Satsang”.
Dance Contact improv jam with Kartick at New Creation dance studio. Thursdays from 6 to 8pm.

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 shelves 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 we 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 Aurosavitthri at Progress Hall, (Bharat Nivas) every Wednesday and Thursday - 3 to 5pm. aurosavitthri@gmail.com, 8300492836.

Dance - Hip Hop and Contemporary: with Vijay at Sawchhu (Bharat Nivas) Tuesday 6 to 7pm, Saturday and Sunday 6:30 to 7:30pm. sarasu@auroville.org.in, 9655831272.

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

Dance Mantra Meditation: with Nikhil, Wednesdays from 3 to 4.30pm at Vérité. Dance liberates us from our thinking minds as we fully inhabit our bodies. The switch is so important. You will also learn about our non-profit programmes which directly benefit women and girls in India. Contact number: 9487179058.

Dance Contact improv jam with Vera at Vérité on Fridays from 6.30 to 8pm. Contact: (+91) 413 2622427, 9486534326 (no connection at home) helgard@auroville.org.in.

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

Deep Transformational Coaching with Joerg: Do you feel stuck? What is stopping you from living the life that really fulfils you? I am passionate about inner discovery and learning, and so I help people integrate all parts of themselves so that they can truly find their deepest dreams for the future. I support people to become aware of where they want to be in the future and to take the right steps to get there. Contact: Joerg@aurouville.org.in - mobile/WhatsApp: 9442396065.

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

Deep Transformational Coaching with Joerg: Do you feel stuck? What is stopping you from living the life that really fulfils you? I am passionate about inner discovery and learning, and so I help people integrate all parts of themselves so that they can truly find their deepest dreams for the future. I support people to become aware of where they want to be in the future and to take the right steps to get there. Contact: Joerg@aurouville.org.in - mobile/WhatsApp: 9442396065.

Dance: Rhythms of Movement: with Nivas) Tuesdays 6 to 7.30pm, Saturdays and Sundays 6:30 to 7.30pm. Contact: (+91) 413 2622458, matrigold@auroville.org.in.

Dance Contact improv jam with Vera at Vérité on Fridays 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 creative movement. Dance alone, dance with others, show up as you are. Contact: 0413 - 2622 045 or 7094104329 or email programming@verite.in.

Dance Offering: with Dariya at Vérité on Mondays from 5 to 7 pm. Listening - allowing - unfolding - celebrating - offering. Everyone can dance regardless age, sex, size, flexibility…! Offering a space to explore our own unique movement, improvisation and contact with others… Together we create the freedom and possibility to simply be in the stillness of the moment and allowing each person to be spontaneously moved by an inner pull; the music or perhaps inspired by a movement of another body. Dancing a wave, discovering on our own and as a group. Moving towards an empowered, radiating stillness. Objectives of this sessions include: letting the inner child play, providing space for being rather than doing, inviting awareness into the present moment, the only moment, developing nonverbal, bodily communication, expanding our inner and outer boundaries, building trust, freeing the busy mind by freeing the body, expressing the sleeping creativity, celebrating this wonderful human experience.

Contact: 0413 - 2622 045 or 7094104329.

Dance: Rhythms of Movement: with Vera at Vérité on Fridays from 5 to 6.30 pm. Let’s dance in the never-ending cycle of time, to the sacred rhythms of the Universe. Express your unique movements, and dance to gain insight and energy from the creative Source. We’ll let go of self-consciousness and restraint, release tension, and just enjoy the feeling of moving our body. We will write a new story about yourself, and experience more trust in the process of life by invoking a state of bliss. Contact: 0413 - 2622 045 or 7094104329 or email programming@verite.in.

Darkali Fitness Track: welcomes you every day from 4.30 to 6.30 p.m. If you would like to come in the mornings please contact us at dft@aurouville.org.in. Please remember to come 30 minutes before closing time. Please note, in case of rain, the Fitness Track will be closed until the path is dry. To be aware when the Fitness Track reopens after the rain please visit Auronet group » Darkali Fitness Track«. Way to the gate in Google Maps: g.co/g/dppTdf.

Daycare Centre: open Monday to Friday from 8:30 to 12.30. Created especially for children of guests, volunteers and newcomers, the Daycare offers a beautiful space for children (aged 2 to 8 years) to enjoy their stay in Auroville with various indoor and outdoor games and activities (incl. swimming pool). For more information and bookings visit: auroville daycare.com
Feldenkrais Method: 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 infants, we experiment with different movement possibilities and learn about patterns of holding, discovering how to move in a skilful 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, Kalabhum, on Tuesdays at 4pm. An ancient sacred art for communication, healing, transformation and to facilitate birthing. We create an opportunity to reconnect joyfully to our body, reawaken the flow of feminine energy, move to the living pulse of life and have fun in the presence of other women. Wear comfortable dance clothes. gaalit@auroumode.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 naharemete@gmail.com

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

Fitness Training: personal coaching for individuals and/or small groups (max 5 persons). I have 30 years of experience and I can tailor a programme to meet your needs over the short, medium or longer term. French and English speaking. For more info: please call Satyayuga, tel: 7639761930, email: jimalor@yahoo.fr.

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

The Food Lab: Horizon. (In front of Vée-dame). Mon, Tues, Thurs. 4.00 to 6.00pm. Call Lorenzo before coming at 9443362274. All relevant information about the after effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic Immunopharmacology is available.

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

Foot Reflexology with Sheida at Vérité. Foot Reflexology is a safe, non-invasive, relaxing treatment, based on the concept that all internal body structures and organs are “mapped” in miniature, in specific points on the feet. A blockage or imbalance in the body may be indicated by a feeling of tenderness or “crystals” (waste deposits made up of excess calcium and uric acid) in the corresponding reflex point. Using manual pressure, the reflexologist works on sensitive areas to release the blockages and break down the deposits so they can be eliminated, helping the body to heal itself and to maintain a balanced state of health. For appointments please contact: 0413-2622 606 or 7094104329 or email treatments@verite.in

French classes at Savitri Bhavan, House of Mother’s Agenda: French classes at House of Mother’s Agenda, every Monday and Friday from 5 pm to 6 pm.

Functional Integrations (FI) Feldenkrais Method: with Nur at Vérité. Dr. Feldenkrais developed FI, where through guidance with gentle touch, the “student” and “teacher” explore existing patterns of organizing the body. Then new possibilities are suggested, to facilitate a more efficient, comfortable and pleasant way of moving. For appointments please contact: 0413-2622 606 or 7094104329 or email treatments@verite.in

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

Hairdresser/Hair stylist: by Ladina. I offer haircutting, hairstyling, highlights at my home salon Monday through Saturday for the ladies. Private home service also available. For appointments please contact 9787337465.
Hatha yoga classes with Tatiana: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahayoga108@gmail.com, +919565687898.

Hatha Yoga for all levels: on Tuesday and Thursday at 7 30 to 8 45 am at Creativity Hall of Light. Contact Nausheen: 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 isaiambalam@auroville.org.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 breaking relationship, no relationship...) Include 4 to 5 sessions: 3 energy with love and awareness across India, Vietnam and Europe). Anand Kumar. He combines his deep experience with yoga, meditation, and science. (Anand Kumar is offering retreats in breaking relationship, no relationship...)

Hypnotherapists and Transpersonal Regression Therapy for the Stars. shiv.godi007@gmail.com. Certified EKAA. Contact: 9488905493.

Holistic Rebalancing Massage: with Elise at Vérité. It is a synthesis of deep tissue massage, joint release, energy work, reflexology, breath work, body awareness and meditation. Using five kinds of touch: earth, water, wind, fire and balance the five elements in our system (water, fire, air, earth and space), it tunes and rebalances all five layers of the body. The combination of scientific techniques with meditative presence and loving energy creates a powerful healing and balancing tool for body-mind-energy. For appointments please contact: +91 948905493, or email treatments@verite.in.

Hindu & English Class: Learn to speak, read and write Hindi at New Creation every Saturday at 4pm. Contact Shiv: 9110810224 to Reach for the Stars. shiv.godi007@gmail.com.

Himalayan Singing bowls: with Asha at Progress Hall (Bharat Nivas) every Thursday/Saturday 5 to 6 pm and Sunday 10 to 11 am. 9751677716, aashavari@gmail.com.

Health coaching, also referred to as wellness coaching, is a process that facilitates healthy, sustainable behaviour change, by helping 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 acupuncture massage

Laughing Yoga is a set of joyful exercises to induce/enhance laughter... A customize program - 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.

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:

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 helping 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 acupuncture massage

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

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm – 6.30pm in DOUCEUR community. A fixed financial contribution is expected. (09841623644, selveraj@yoga.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:

Laughing Yoga: with Nishiki at Vérité on Tuesdays from 3 to 4.30pm. It’s a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, om chanting & singing spontaneously to return to the moment/now. Thereafter we make transition to laughter and it has a contagious effect starting waves of natural laughter sometimes goes on for hours or till your belly hurts!! Depending on the day and energy we may do laughing exercises (aka laughter yoga) to induce/enhance laughter... Generally, we end the session with yoga Nidra or yogic sleep to completely relax the body, mind and emotions. Contact: +91 9488905493.

Laughing Meditation with Nishiki at Vérité on Tuesdays from 3 to 4.30pm. It’s a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, om chanting & singing spontaneously to return to the moment/now. Thereafter we make transition to laughter and it has a contagious effect starting waves of natural laughter sometimes goes on for hours or till your belly hurts!! Depending on the day and energy we may do laughing exercises (aka laughter yoga) to induce/enhance laughter... Generally, we end the session with yoga Nidra or yogic sleep to completely relax the body, mind and emotions. Contact: +91 9488905493.

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Life coaching, Neuro coaching: For those who wish to make meaningful and lasting changes in their lives. Gain clarity, set specific, measurable, achievable and realistic goals, overcome negative thought patterns and make classical changes. Contact Vikram on 9843948288 or at vikram@auroville.org.in.

Lilaloka – Creative Play for ages 4+: Mondays, Wednesdays and Thursdays from 2 to 4 pm; Tuesdays from 9.30 am to 12 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 9943528779.

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.auromodyoga.space.com.

Mandala Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala’s practice at Baraka Community (Green Belt). Since many beings have come from all over the world are connected with special shapes; the Mandalas are part of them. Carl Jung, long time ago, discovered that the practice of drawing mandalas, in spontaneous way, it produces effects and a benefit on our own Life, harmonizing and rebalancing whatever is in need.

- **Mindful-Techniques:**
  - Mindfulness is the art of living happily in the present moment, the moment we draw inside it, using 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 centre, your reconnection with yourself.
  - Material all included in the requested contribution. Please contact me for all details: 9787702844 or rosalba@auroville.org.in. See more on Facebook: www.facebook.com/rosalba.auroville.

Mantra Chanting: with Nikhil at Vérité on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaya, maa kaali chants and repeat same in a group aimed to quiet the mind & help improve focus and concentration. Contact: 0413-2622 045 or 7094104229.

Mantra Chanting: with Nikhil at Joy Guest House on Thursday 4:30 to 6 pm and Friday 5:30 to 7 pm: A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy. This practice is aimed to quiet the mind, help improve focus, concentration and balance emotions. It is said to be the easiest and surest way to meditation in the bhakti yoga tradition of classical Indian yoga, best suited for emotional people using feelings as a tool/guide for finding greater alignment/balance within.

Mattram, Centre for Psychological Development and Support: Counselling and Therapy daily (except Sunday), from 12:00 to 12:30 pm at 0413-2623551 or mattram@auroville.org.in. Mattram is situated in Mitra youth hostel behind Town Hall. See more on www.mattramav.wordpress.com.

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

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

Mindfulness Meditation: with Johanna and Jaz on Tuesday 6 to 7.30pm @Joy GH Hall. Mindfulness is the art of living happily in the present moment, embracing everything that life has to offer to us. Every Tuesday we practice together various mindfulness exercises that help us stay calm and peaceful in everyday life. These exercises 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@auroville.org.in.


1) - AMI: Analysis of Multiple intelligence through fingers print: A Scientific way to discover your hidden talent and potential. Technology to know one’s Inborn Potential & Talent. That will help you to know your resources and abilities, and to develop them. 

- **Benefits of AMI:**
  - Identify your hidden natural talent - 2/Enhance the learning ability - 3/Helps to identify the level of brain quotients-4/Confidence for better life - 5/Better family relationship.

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

- **New** Transformational yoga: with Lakshmi on Thursdays and Saturdays, 5pm - 6.30pm @ Arka Multihall. 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, stabilize your emotions, focus your mind, and increase your spiritual well-being. Individual session also available. All levels are welcome. Contact: 8489764602


Odissi Dance Classes: If anyone (who is staying in Auroville long-term) is interested in dedicatedly learning Odissi dance as a beginner
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**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! (Visit us exercised. Pranayama for all, advanced practices for trained. We request you to come to 5 to 10 minutes earlier to get prepared and to avoid disturb an ongoing session.

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

**Two Passed until further notice**—Prenatal Yoga Workshop: With Mimi at Progress Hall (Bharat Nivas) every Tuesday and Saturday 4 to 5pm.

**Psycho-spiritual work, tarot and other sessions:** To bring more clarity and freedom on life issues where there was confusion and entanglement in order to allow new steps in life. Tarot, deconditioning self-inquiry,” inner personalities” discovery, guided meditation and other tools…by Antarjyoti in English or French, these sessions are an activity of ARKA WELLNESS CENTER, tel. info/booking (land): 0413-262 37 67 or email: antarcalli@yahoo.fr.

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

**Qi-Gong:** with Lhamo at Joy Guest House on Monday and Thursday from 7 to 8 am. Qi-gong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space. When you practice and learn a qigong exercise movement, there are both external movements and internal movements. All levels are welcome!

**Qi Gong:** practice with Andres Lokuta (start 10 March), free class in Sawchu, Bharat Nivas: 7–8 am every Monday, Thursday and Saturday.

**Readers group IN ITALIAN - Mother’s Agenda:** For all Italian speakers, visitors or residents of Auroville. LET’S KNOW Auroville THROUGH THE MOTHER! L’altro modo di conoscere Auroville attraverso il “lavoro” di Mère leggendo insieme alcuni passi scelti. Mercoledì h 17 in Creativity (alla Library di fronte alla cucina) con Sawchu, Bharat Nivas: 7-8 am every Monday, Thursday and Saturday.

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**Paintings and Drawings Exhibition and Fund Raising:** in Rooft 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@auroville.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 - 262 34 50 or send an e-mail to: kalsang@aurowlive.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.

**Recital Carnatic Music:** every Tuesday from 5 to 6 pm at Utility (Bruno’s house). Come and listen to the ragas played with the veena and accompanied by the mridangam. Please leave your vehicle at the community entry and arrive 5 minutes before the recital.

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

On Appointment. For more info: 7598260379.

**Reiki:** with Betty. Traditional Mikao Usui method. Healing sessions and certified workshops. All levels on appointment. Contact by SMS or WhatsApp for details or appointment on (+91)8908074351 or email betty.aurowlive.org.in.

**Reiki:** with Tania at Vérité. Reiki is a healing technique for stress reduction and relaxation that also promotes healing. Reiki is energy healing based on the idea that an unseen life force energy flows through us. This is a hands-on treatment with comfortable clothes. On Appointment. For more info: (+91)413-2622606 or email programming@verite.in.

**Reiki:** with Isaac at Auromode Yoga Space. Reishi is a hands on healing technique based on the unseen "life force energy flows through us. It treats the whole person: body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. On appointment only. Contact: 413 262 22 24. More info: www.auromodeyogaspace.com.
Reiki with Gabrielle at Isai Ambalam Guesthouse: Reiki is a hands-on healing technique based on prana, the life force energy flowing through us. It is beneficial for body, mind and spirit and peace and relaxation. On appointment, contact 9487503617 or isaiambalam@auromir.org.in.

Restorative Circles (RC): workshops, practice groups, calling a live Circle; and other questions. Contact: Laura: 9442788016, restorative@auromir.org.in, www.restorativeauromir.org, www.facebook.com/restorativeauromir

Restorative Yoga Postures: with Sheila on Thursdays from 5 - 6.15 pm, at Vérité. Restorative Yoga classes are relaxing and slow paced. Props are often used to allow the body to be in the most comfortable, supported position possible. Gentle music and guided meditation enhance the calming effects. Contact: 0413 - 2622 045 or 7094104329.

Rise and Shine Dance – Start Your Day Dancing. Every Friday 7:30 - 9am and Saturday 8:15 - 9:45am at Cripa hall, Kalabhami also during the summer. Open for all. Offering also individual sessions of feminine dance. For details contact: pashuthi@gmail.com.

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

Salsa at African Pavilion: Salsa beginners class led by Stephanie, Every Wednesday from 6 - 7pm. Intermediate class from 7:730 pm. Open to all. Contact: steph@auromir.org.in.

Salsa & Latin Dance with Mani at New Creation dance studio: Salsa from Tuesdays from 6-7pm - Bachata: Tuesdays from 7pm to 9pm

Kizomba: Saturdays from 6.30 to 7.30pm beginners, 7.30 to 8.30pm intermediate.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5 6.30 pm.

Savitri in the morning: You are invited to read Savitri with us on Tuesday mornings from 6:45 a.m. to 7:45 a.m. at Rama and Uma’s place in Courage. We are following Savitri’s journey to find her soul and bring a new dawn for the earth. The pronunciation, vocabulary, rhythm and discussion can help to build English. The maritonic poetry of Savitri is inspiring. The story of Savitri’s yoga is helpful for our life and work. We have extra books. Ground floor fully accessible. If you need further information, contact pat@auromir.org.in, or ramanarayana@auromir.org.in.

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

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


Sketchers Group at ARTOMIC: An invitation to stop, observe, draw, enjoy landscape. ARTOMIC is starting a playful friendly group linked by the passion of urban and nature sketching. Join us once a week. ARTOMIC is a sharing for spiritual upliftment; Savitri Bhavan, Tuesdays 5.45 -7.15pm; Wednesdays 5.00-6.15pm; Thursdays 5-6pm; Fridays from 10am to 12pm.

Location: AV Natural spots - will vary. Any simple technique is perfect: pencils, different pens, ballpoint pens, markers, and don’t forget your sketchbook. Small light chair, stool or mat can also be very useful to bring. We can coach you in order to use your natural skills and find your own expression. Only sincere interest is required, and good vibes! Please contact ARTOMIC (Clara): +917639065609. We will keep connected by WhatsApp.

Skyworks: Tree Climbing Workshops: RECREATIONAL: You want the experience without learning all the knots? The ropes are already positioned in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions & appointments call Satyaangi 8300752545.

Solitude Farm activities: 1) Friday 11:30am (free for everyone): Farm Tour ‘Introduction to Permaculture with Krishna’. 2) Wednesday 9:30am (contribution required, max 10 people): Mini Permaculture Workshop – healing local food - experience of well-being’. This workshop will give you a clear insight on how to re-connect with Mother Nature through the principles of natural farming and permaculture. Includes harvesting and the secrets of our salads (mini-cooking workshop), with lunch and refreshments at 12:30 pm. To sign up write to: solitudepermaculture@gmail.com or contact: Solitude Farm.

3) Day Residential Workshop (Mar 1-3, Mar 8-10). For more information, visit www.auromirpermaculture.in/workshop.

Somatic Explorations: with Maggi – every Wednesday from 5-6pm in Vérité Hall. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. Open to all, For more info: (+91)413-2622 045 or email programming@verite.in.

Sound Bath: Every Wednesday 5.30-6.30 pm in Unity Pavilion. Aurelio and team will create and share an experiential space of deep relaxation through a basic tuning process and exposure to the soothing waves and vibration of pure acoustic instruments. Gongs, bells, chimes, strings and diverse new and archaic sound sources will invite the listener into a sound journey into inner landscapes and symbiotic contemplation towards a unity experience. svaramsoundhealing@gmail.com.

Sound Massage and Bath With Tibetan Singing Bowls and Solar Gong: Lying on a mat with bowls of different pitches, sound energy flows right through your cells forming a beautiful OM harmonic cocoon of peace, melting away tightness and discomfort while tuning you up to its healthy grounding vibrations. The powerful mystic gong and bronze bowls take us deep inside into our true home. This activity is under HOLISTIC Auroville unit. If you are looking for guests: Antarjyoti, tel: (0413)26223767. Mail: antarcallis@yahoo.fr

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring healing sessions through the magic of the sounds from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being...The aim is to put you in a state of relaxation which enables you to see or feel yourself deeply according to your own awareness. In connection 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 sciatic pain (“Ischias” in German). To book your appointment, please call Isha: at (0413) 2622197, or ishawayam@auromir.org.in.

South Indian Classical Dance (Bhratnatyam): Bhratnatyam 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.Caver: 7938368514.

Spontaneous singing restarts: Come and enjoy the pleasure of singing and discovering your own voice without any goals nor prerequisite. Be surprised by what happens when your voice encounters another voice

Let us create together an intangible and magical music. Every Wednesday, 5:00 to 6:30; Max. 12 people, min. 4 people. Creativity - Hall of light, Antoine 8940740529 /antoine@auromir.org.in. This is a recreational activity!

Stop smoking - NOT WHY BUT HOW: Free for Aurovilians and Newcomers. Just a homeopathic remedy made with your personal meridian points, which balances the qi and eases the body and mind. For appointment email 948.762.9648 or janaka.om@auroville.org.in.

Sunday Walks - Farms and Forests: The Auromir Green Center announces the 9th edition of the Sundays Walks Farms & Forests 2019. A series of 14 walks led by the stewards of Auromir’s Farms and Forests between Pongal (first walk will be on 20th January) and Earth Day (22 April). The walks details are announced weekly in the News & Notes and Auronet 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...
Yoga, which keep you from living a very joyful life in the present. Fusion of deep guided relaxation, visualization, pranic presence within by quietening the thought process and contacting healing power and natural intelligence of the body. Experiencing the unity of physical, emotional, mental and spiritual bodies, which enable us to have direct connection with our higher self. In Transformational Yoga, we learn and practice asanas, mantra chanting, pranayama (breathing) and meditation techniques as tools to make a difference in your everyday life. This variety of Yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome! Contact: 0413 - 2622 045 or 7094104329.

Transformation Yoga: (no class 26 Feb) with Elise at Verite on Tuesdays & Thursdays 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 practice asanas, mantra chanting, pranayama breathing and meditation techniques as tools to make a difference in your everyday life. This variety of Yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome! Contact: 0413 - 2622 045 or 7094104329.

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 connection 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, mantra chanting, Pranayama breathing and meditation 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 consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome! Contact: 0413 - 2622 045 or 7094104329.
them. Contact avultimate@auroville.org.in with 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 Matrimandir; 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 Matrimandir and explain about the unique Gold-in-Glass technology, which was developed in Auroville for the Matrimandir. She will also talk about Friday's 8.30 am to 12.30 pm which put us on the human body. You can get a glimpse 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 after.

**PAUSED** Vocal & Nada Yoga Class: Mondays 1:30-3:30pm. Pre-register required. Unique combination of Italian Master of the Voice & Ancient Indian Wisdom of Sound. Develop your energy and physical parts of the body through 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 scales inside energizing center to deepen auditory and kinesthetic 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 andcontentment. At Creativity. Hamsini 9487544184, hamsinsinfry@yahoo.fr.

**Vocal Yoga Class with Caroline:** Every Thursday 5:15pm till 6:45pm at Pavilion of Tibetan Culture - International Zone. A class to explore your voice through yoga - with your voice being from energetic 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 VocalYoga teacher and performer from France who studied several vocal approaches as Nada Yoga. Bel Canto lyric 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 Depashakti: Mondays 5-6.30pm. We are looking for more people to join our fun volleyball matches at the Depashakti 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 9942473266 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. The women of our birth are committed to this journey. 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 the bigger version of ourselves for the benefits of all! Together we can heal and transform into a feminine essence. We take a stand for a new way of being a woman to other women reflects the relationship we have to our own life. Laure:

Rekha & Laure
In Sve-dame, Butterfly Barn at 7pm.

Yoga Asana Alignment for All: with Sheida at Vérité. This ancient Indian science links music to spiritual growth through vibrational sound. Use musical scales inside energizing center to deepen auditory and kinesthetic 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.

Yoga Asana Therapy for Musculoskeletal Conditions: with Sheida 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 606 or 7094104329 or email: treatments@verite.in.

Yoga Body: with Olesya at Sharna Guest House. Asanas and Pranamasana in yoga’s 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 5 to 6.30 pm every Monday, Wednesday and Saturday. Drop in classes at Sharna 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 +919159052743, olesya@auroville.org.in.

Yoga for All: (no class 26 Feb) with Kaveri on Tuesdays from 3.30 to 4.45 pm @ Vérité. An easy, gentle blend of pranayama (breath), asanas (postures) and relaxation to lift body, mind and spirit. This class is suitable for all, as it is based on yoga’s universal principles that help guide us to union with ourselves. Contact: 0413 - 2622 045 or 7094104329.

Yoga Nadopasana: Every Friday afternoon in Utility Community, music/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@auroville.org.in.

Yoga Classes: with Bala at Joy Guest House. Wednesday and Friday from 9.15 am and 4 to 5 pm. Contact: 7094104329.

YOGA Workshop: every WE until 31 March: You can attend the two mornings program or one morning program. Young YOGI is a Powerful tool to teach you Yoga and Meditation: Improved concentration/Quickened response/ AbhyaSmatas. High confidence/ More focus/ Increased strength (physical & mental) Contact: Holistic-Christine: Mob & Whatsapp: +91-9489805493 / christine@auroville-holistic.com / www.auroville-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 back again! We invite all our friends and families to join us at Pizza 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 and ask 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, share experiences, offer advice and where to go to buy day to day life. Laure: +91303941041/Whatsapp: +33695651135

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.
FILMS

AT SAVITRI BHAVAN
Monday, March 4, 2019 at 6:30 pm. Duration: 70min.
THE MATRIMANDIR: HONOURING PIERO CICIONESI, Part 2
Piero shares detailed and interesting insights into the various tasks and steps involved in the construction of the Matrimandir and especially the Inner Chamber, illustrated with images of the corresponding events.

When the Mother left her body on November 17, 1973 the first slab and the basics of the four pillars were finished. With more determination, Aurovilians went on and worked on the construction of the ribs and pillars, the final ring on top, the slab and the 24-hour concreting of the floor of the Inner Chamber. The concreting at night was done with the help of Ashramites. For the Inner Chamber, the white marble for the floor and walls was eventually found in the Alps and the pipes used for the 12 columns were made in Italy.

Then, in 1977, problems started because the chairman of the Sri Aurobindo Society, which bought the lands for Auroville, started claiming ownership of Auroville and also wanted to claim money from incoming donations to pay back loans to the bank. When the situation escalated in 1979 and Piero was badly beaten up, the Aurovilians decided to build the Matrimandir by themselves. In spite of all the difficulties and technical challenges, the work never stopped. Special tasks were to find a company to create a big flawless clear crystal, which had to be slowly cooled down for months, and to get Sri Aurobindo’s symbol made in pure gold. These tasks were done in Germany. Meanwhile Piero worked on the heliostat to capture a constant ray of the sun according to the Mother’s instructions and to get special lenses for this purpose. For many years, Piero was also dealing with the triangulation of the outer structure. When Roger Anger returned in 1988, he was happy to see the triangulation: a very light and elegant structure to support the outer skin.

Finally, in 1992, the Crystal was placed on Sri Aurobindo’s symbol and the Inner Chamber was opened. This was the moment when Piero felt that his engagement with the Matrimandir was fulfilled: he had been fully engaged for many years with many varied tasks, ranging from mathematics to optics and engineering beside his architectural work.

CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film program 04 to 10 March 2019

Indian - Monday 4 March, 8:00 pm:
• LOVE AND SHUKLA
India, 2017, Dir. Jatla Siddhartha w/ Saharah Kumar Shukla, Taneea Rajawat, Hima Singh, and others, Drama, 107mins, Hindi w/ English subtitles, Rated: NR (PG)
Shukla, an auto driver from an orthodox Brahmin family, has never intimately known a woman other than the celluloid starlets he watches every day on the 4-inch display of his mobile phone. When his mother arranges his sudden marriage, Shukla and his new wife face the experience of so many couples in Mumbai: a new marriage, no experience in a relationship and a joint family love nest that offers no space for intimacy, much less a conversation. Their only respite is a line of oldsuitcases set up by his father to separate them from the family, a cell phone and a city of 18 million eyes. It is one of the recent crops of interesting independent film portraying the reality!

Italian - Tuesday 5 March, 8:00 pm:
• THE PLACE
Italy, 2017, Dir. Paolo Genovese w/ Valerio Mastrandrea, Marco Giallini, Alba Rhrwacher, and others, Drama-Mystery, 105 mins, Italian w/ English subtitles, Rated: NR
A mysterious man sits every day at the same table of the same restaurant, accepting to grant his visitors’ biggest wishes and assigning them peculiar tasks to accomplish in return. What will they be ready to do to get what they want?

Interesting - Wednesday 6 March, 8:00 pm:
• F FOR FAKE
France-Iran 1973, Dir. Orson Welles, Documentary, 89 mins, English, Rated: PG
A free-form documentary about fakery focuses on the notorious art forger Elmyr de Hory and Elmyr's biographer, Clifford Irving, who also wrote the celebrated but fraudulent Howard Hughes autobiography. Touching upon the reclusive Hughes and Welles’ own career (which started with a faked resume and a phony Martian invasion), Welles plays a few tricks of his own on the audience.

Favorite - Thursday 7 March, 8:00 pm:
• EIGHTH GRADE
USA, 2018, Dir. Bo Burnham w/ Elsie Fisher, Josh Hamilton, Emily Robinson and others, Comedy-Drama, 93 mins, English w/ English subtitles, Rated: R
Thirteen-year-old Kayla endures the tidal wave of contemporary suburban adolescence as she makes her way through the last week of middle school - the end of her thus far disastrous eighth grade year before she begins high school.

International - Saturday 9 March, 8:00 pm:
• BOHEMIAN RHAPSODY
The film traces the meteoric rise of Queen through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie Mercury, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

Children’s Film - Sunday 10 March, 4:30pm
• THE BEAR
France, 1988, Dir: Jean-Jacques Annaud w/ Tchéky Karyo, Bart the Bear, Youk the Bear and others, Drama, 96mins, English with English subtitles, Rated: PG
An orphan bear cub hooks up with an adult male as they try to dodge human hunters.

MELVILLE FILM FESTIVAL@CINE CLUB
Jean- Pierre Melville has been rightly hailed as the father of the French gangster film. Certainly, his moody thriller offerings are the films for which he is best known, on a par if not better than anything which Hollywood has given us. Yet the world of the anonymous gun-toting hoodlum occupies only a part of his oeuvre. There is far more to Melville’s crepuscular world than first meet the eye.

Ciné-Club Sunday 10 March, 8pm
• LE SILENCE DE LA MER (The Silence of the Sea)
France,1949, Dir. Jean-Pierre Melville w/Howard Vernon, Nicole Stephanne, Jean-Marie Robain and others, War-Romance, 87mins, French w/ English subtitles, Rated: NR
The film based on the novel of the same name written by Jean Bruller which was published secretly in Nazi-occupied France. The film plays like a video-book of the novel as most of the story is told either through narration or monologues. The film’s such patience-testing style is quickly suggested by its opening scene which plays as if it literally drops the viewer inside the novel.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Please 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

The FRENCH PAVILION presents
« Encounters with Mother »
Documentary in the presence of the director Fred Cebron
Wednesday 06th March2019 at 5pm
Town Hall - Cinéma Paradiso
In French & english, 80 mm

Through a documentary film, discover the portraits of 9 people who met Mother: Frederick, André H, Tapas, Gerard M, Shiama, Janaka, Peter, Andre T & Alain Gills will share their feelings and their emotions during this unique moment.
FRIDAY, 8th MARCH - 8:00 pm

“Still Walking” - Aruitemo Aruitemo

Synopsis: The Yokoyama families come together every year to commemorate the death of the eldest son, Junpei, who drowned accidentally 15 years ago while saving the life of another boy. His father Kyohei, a retired doctor, and mother Toshiko are joined by their surviving son Ryota, who has recently married a widow with a young son, and their daughter Chinami, her husband and their children. The film is a portrait of the family over roughly 24 hours as they commemorate the death of the eldest son. They experience nostalgia, humour, sadness and tension as memories are shared.

The film was widely praised by critics and won the Golden Astor for nostalgia, humour, sadness and tension as memories are shared.

Director: Hirokazu Kore-eda – Japan, 2008

With: Hiroshi Abe, Yui Natsukawa, You, Kazuya Takahashi

Best Film at the 2008 Mar del Plata International Film Festival.

Original Japanese version with English Subtitles - Duration: 1h55’

THE ECO FILM CLUB

Sadhana Forest, March 8th, 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 :)

Animals Building Skills

50 mins / English / 2015 / Produced by Phil Coles

Everyone needs a place to live, but some aren’t happy with the great outdoors, they look for some home comforts - they use extraordinary specialist building skills to construct the perfect home. Homes have many uses. They can provide a bolthole to escape predators, a safe nursery in which to raise young, a food store and a shelter from bad weather.

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

THE FRENCH PAVILION presents

Auroville, on the path to Utopia

Auroville Emergency Contact Numbers - Save them in your phone now!

- Auroville Safety and Security Team: 9443090107
  (Email: security@auroville.org.in)
- Ambulance: Auroville: 944224680 - Pims: 0413-2656271
- Farewell: mobile number: 8903836246. reachable 24/7

FRONT COVER: Flower dressing of the Matrimandir Amphitheater for Auroville’s 51st birthday: this year, Auroville symbol in a water drop - honoring the 50th Water Ceremony and including more water samples offered for the Golden Jubilee. (Photo Jeanluc B)