



Programme for May 2019

Monday	Yoga Therapy	drop in - all levels (from 6th)	08.30 - 10.00	Gala
Tuesday	Hatha Flow Yoga	drop in - all levels	17.30 - 19.00	Soyoun
	Falun Dafa (Qi-Gong)	drop in - all levels	17.30 - 19.00	Tania
Wednesday	Yoga Therapy	drop in - all levels (from 8th)	08.30 - 10.00	Gala
Thursday	Aviva hormonal exercise	drop in - for women	16.30 - 17.30	Suriya Gandhi
	Understanding Martial Arts	Registration Required	19.15 - 20.45	Hong Gye
Friday	Understanding Martial Arts	Registration Required	19.15 - 20.45	Hong Gye
	Yoga Therapy	drop in - all levels (from 3rd)	08.30 - 10.00	Gala
Saturday	Hatha Flow Yoga	drop in - level 1	17.00 - 18.30	Soyoun

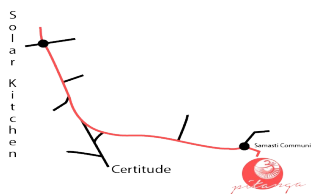
PLEASE NOTE: 1) If you are coming to an Iyengar class for the first time, please come to a drop in class first
2) Individual Yoga sessions available by appointment from reception, 3) Contributions are accepted by Aurocard only which will be available at all registered Auroville guest houses and at our financial centre at Town Hall.

Wellness Treatments

Awakening the intelligence of the body
Life Coaching
Journey to the memory of the body
Readings in Vedic Astrology
Acupuncture

(By Appointments)

with Vani
with Vani
with Vani
with Vikram
with Heidi



Pitanga is a service for the residents & guests of Auroville, those who are not registered in Auroville cannot unfortunately participate in activities. Please keep Aurocard at hand when signing up for activity.

Pitanga Cultural Centre, Samasti, Auroville. Tel: 0413- 2622403/2622994, email: pitanga@auroville.org.in

Interested in a Pitanga activity?

Our reception team will welcome you and provide any assistance you need. Open Mon – Sat 8am-6pm

Teachers and therapists voluntarily provide their professional services to Pitanga. Thank you for your contribution which is used to maintain Pitanga and the gardens around.

- For classes: Please sign up with the receptionist fifteen minutes before the class starts. A contribution from guests is requested (Rs. 270/class). This can be made either before every lesson, or through a 10 class card which offers one extra class. Donations are accepted by AUROCARD
- For therapies: Please book therapies with the reception either personally or by phone. We are unable to process cash at Pitanga. Donations are accepted by AUROCARD
- For all Please take care of yourself and your belongings, Pitanga team aspires to give you the best service possible to us but we cannot be held responsible for accidents or losses.

The activities begin on time.

Latecomers are not admitted.

Description of some Yoga activities:

- Āsanās, Iyengar Yoga** Āsanās based on the School of B.K.S. Iyengar are yoga exercises done with a lot of precision, using alignment principles, props and therapeutic applications. As per schedule classes by Tatiana or Angela for beginners and practitioners of various levels.
- Vinyasa flow** Vinyasa flow: A strong class linking breath with movement designed to build heat and strength. Restorative flow: A soft practice using gentle vinyasa flow, yin and restorative postures designed to release stagnant energy and calm the body and mind. May include pranayama, meditation and music, offered by Bebe.
- Hatha flow** Hatha Flow class is based on alignment and flow. It remains authentic to ancient yoga tradition while tackling modern challenges. For ascending our awareness of body and mind and spirit effectively, We are taking a specific subject and different peak pose on each class. Through the action experience your presence deeply.
- Yoga Therapy** Classes offered by Gala are focusing on selected exercises of breathing, like the "Six Healing Sounds" from the Taoist Pranayama, Chi Self Massage exercises and other health enhancing exercises from the Asian healing background. A recurring exercise studied is the Five Tibetan Ritual Movement which is a yogic system of simple yet highly energizing exercises.
- Yoga (body, beath,mind) Yoga (restorative)** Yoga (body, breath, mind): A holistic practice including āsana, prānāyāma & mindfulness to promote health & balance (svastha) in the body, breath & mind. Yoga (restorative): A gentle meditative practice linking breath with movement to calm the mind, release stress from the body & promote wellbeing. Classes are inspired by the teachings of AG Mohan & Indra Mohan, direct disciples of Sri T. Krishnamacharya.
- Aviva hormonal exercise** Aviva method is a physical exercise system developed to stimulate the related glands for optimal oestrogen and progesterone secretion giving good results with slack pelvic floor, PCOS, irregular menstruation cycle and menstrual problems, fertility, broids, ovarian cysts, broids, ovariancysts, menopausal syndrome and blocked ovarian tubes. The method was developed by Aviva Gabriella Steiner, a Hungarian origin Israeli ballet dancer and PE teacher.
- Falun Dafa (Qi-Gong)** Falun Dafa (Qi-Gong) belongs to the Buddha School. It is a spiritual practice for mind and body comprising of 5 sets of simple exercises and meditation. The benefits include deep relaxation and concentration of mind, unblocking of energy channels thereby improving health of body.

Pitanga – Cultural Centre
Monday – Saturday 08.00 – 12.00 & 14.00 -18.00 h.

Contact: (0413) 262 2403,/ 262 2994 – Email: pitanga@auroville.org.in

PLEASE NOTE: we are unable to process cash all donations are by Aurocard.
Volunteer and youth contribution partial waived for classes and workshops
Note: volunteers should carry a SAVI volunteer card and youth (under 25) should carry age identification