The Weekly Auroville 29 July 2019 [005]

HOUSE OF MOTHER’S AGENDA

Yes, Mother. We need another one for the 29th, too.
February 29th, what’s that?
It’s the fourth anniversary of the supramental descent, in ’56.
Oh! It was the 29th….
The 29th, in 1956… sixteen years ago.
(Mother smiles and remains absorbed awhile)
Could we say:
“It is only when the supramental manifests in the physical mind that its presence can be permanent.
Do you think it will do?”
Yes, Mother!
We should say “in the body-mind.”
Well, we could add “and body-mind”: in the physical mind and body-mind…?
Yes, but then it seems as if there were two of them - there aren't two.
So simply “body-mind.”
Is it enough, then?
Yes, Mother, we have both messages now.
So they’re expecting me to go out on the balcony. I am going out on the balcony only for the 21st….. What have you heard? What are people expecting?
They’re expecting to see as much of you as possible!
(Laughter) I don’t know. The 29th is just one week later…. It’s a big strain - not a strain, but a difficulty.
What if everyone passed in front of you, would that be more difficult?
Oh… two flights of stairs to climb! It used to be possible down in the garden, but two flights of stairs….
But people can move along more easily now, they’ve built new stairways. It’s really up to you: wouldn’t it be more tiring to sit there while so many people file past?
Yes, I think it would be too much.
Yes, Mother, it would be too long for you.
And it isn’t very practical here: they would have to leave through the same door they come in. There should be another exit, then people could make a circle.
But will you give a meditation on the 29th?
All right, I don’t mind. Let’s have a meditation at 10 a.m., then.
You wouldn’t want to go out on the balcony a second time by any chance? (Laughter)
That would be a bit too much.
The body is no longer quite on this side, you see, and not yet on the other, so it lives in a kind of precarious balance, and the slightest thing upsets it - I can’t swallow anymore or even breathe anymore….. The feeling of a life which is about to depend on different conditions than the usual ones. But those other conditions aren’t there yet, nor is the body familiar with them, and so the transition from one state to the other is a perpetual source of problems. When I am very quiet - very quiet - everything is fine, but if there’s the slightest effort, everything goes awry.
(Mother gasps for breath) You see how it is. (silence)
I think… I have the feeling that if all goes well, in a few years I’ll be able to do many things… but not yet. If all goes well, at one hundred - I feel at one hundred years I will be strong. The body itself has a conviction that if it lasts till one hundred, then at one hundred it will have a new strength and a new life. But… these are just the difficult years.
The years of transition… (Mother puts her head in her hands).
(brief silence)
It’s interesting. When I am quiet, I hear a kind of great chant - almost a collective chant, I could say: OM Namo Bhagavateh …. As if all of Nature went (rising gesture): OM Namo Bhagavateh… (Mother goes into contemplation)

MOTHER’S AGENDA, 9 February 1972 - MOTHER

You must have a great deal of sincerity, a little courage and perseverance and then a sort of mental curiosity, you understand, curious, seeking to know, interested, wanting to learn. To love to learn: that, one must have in one’s nature.

The Mother - Words Of The Mother, vol.5, p.200
NOTICE - LAST ISSUE:

THIS IS THE LAST INTERIM ISSUE of the WEEKLY AUROVILLE

Regrettably, those 6 weeks of Interim (following over 2 years of process) did not bring a fast-enough progression on the current deadlock situation.

As of the 29th of July, we will therefore dedicate the required full time and energy to settle constructively the situation, and finally get what is needed for such a community service to function properly:

- Clear and complete implementation of the last year BCC/FAMC decision to close the previous mechanical printing system
- Decision under which Status to register this Auroville essential service (at present: none)
- Nomination of Managers/Executives/Trustees (at present: none)
- Agreement on Minimum number of Staff required to insure proper continuous service - and for which task
- Allocation of these positions until at least minimum number of staff is reached, and adequate training given
- Allocation of according number of maintenances and budget
- Formulation of an adequate publishing policy (insuring in particular the legal safety of the Editors in their work)
- Community-approved standards of report contents and clarification on how to apply them before publication.

Active community participation for any of the above is welcome,

In Service,

Isabelle and Sabine

COMMUNITY NEWS

AUROVILLE’S AUGUST 15th MEDITATION IMPORTANT INFORMATION

Dear Aurovilians, Guests, Friends and Visitors,

The meditation at the Amphitheatre of the Matrimandir on 15th August is an opportunity for individuals to experience inner silence in a unique collective setting.

To maintain the special atmosphere, everyone is requested to maintain complete silence and to leave their cell phones, cameras, tablets etc. at home or in their vehicle. Those in possession of such items will be required to deposit them at the ‘Custody Facility’ near the designated parking area outside the Park of Unity.

However, Matrimandir Management will not be responsible for loss of or damage to items deposited at the “Custody Facility”.

Please be aware that Cellphones, Cameras, Tablets etc. will not be allowed in the Amphitheatre.

Through your participation, you can help make the bonfires precious moments of inner experience.

Thank you for your understanding and cooperation

Matrimandir Team and Amphitheatre Support Group

Volunteers needed for 15th August bonfire

As we are experimenting with a different arrangement for the August bonfire, many volunteers will be needed to assist in ensuring that the bonfire is an uplifting experience for all involved.

If you would like to help, please contact Selvam (selvamm@auroville.org.in or 9943911149).

A preparatory meeting for all volunteers will be held at 5 pm on 14th August in the Amphitheatre.

Amphitheatre Support Group
WORKING GROUPS REPORTS

Water Group Report and Reflections:
April-June 2019

Day-to-day work
The Water Group continued its work of processing borewell applications, providing information to individuals, communities, or L’Avenir on water-related concerns and assessing situations of wells in distress. This has included an investigation on the currently defunct Luminosity rainwater collection tank, and exploring the potential of it as a community asset. It also involved exploring the water situation in the Cultural Zone and how best to utilize the water resources there.

Roles and responsibilities
During the summer months we clarified our roles and responsibilities, which can be found [here](aurovillewater.in/about/). They fall into three main categories: drafting an evolving Auroville Water Management Strategy, serving as an advisory group and think tank for L’Avenir on water-related topics, and communicating on topics of water awareness and policy issues for Aurovilians and others.

Water Management Strategy
The Water Group was formed by L’Avenir in 2015 with the mandate to create a Water Management Strategy (WMS) for the township. After a lot of hard work, this document evolved to version 7 in March 2018 and then work largely ceased. Why? This is due mainly to the lack of data available that could translate goals for water management into practical strategies. For example, how can we aim to reduce how much water we are extracting from the ground if we don’t even know how much we are extracting right now? The first step would be to have flow meters installed and begin to record those numbers. Only then can we create a strategy that will help us reduce our extraction. In order to move forward with an intelligent water management strategy for Auroville, we have to base our vision on well-informed data, not assumptions. That data is coming, but slowly.

As per our roles and responsibilities, the WMS is always present, and we continue to experiment with ways to strengthen it. Our latest work is in-depth examinations on particular topics (current topic: metering, next topic: agriculture), inviting community members in to discuss, and then publishing our findings in a report that can then be added to the WMS.

Welcome to three new members
We welcomed three new members to the Water Group: Satprem, Eric Chacra and Evgenia. We are grateful that they are offering their energy and expertise in this work.

Water Group
(Tom, Tency, Satprem, Ing-Marie, Giulio, Evgenia, Eric Chacra, Aditi)
watergroup@aurovilleville.org.in • www.aurovilleville.in

ANNOUNCEMENTS

Important update about L’avenir d’Auroville’s Application Cell
We are happy to inform all residents and working groups that we have formed an Application Cell to process, review and give recommendations to the on all applications: projects, sites and buildings.

L’avenir d’Auroville then makes informed decisions on approvals and NOC’s, on the basis of these recommendations.

Scope of work of the Application Cell:
• Receive and process all applications for all 4 stages of the project; Project Approval, Site NOC, Preliminary design Approval, Building NOC and Demolition NOC
• Liaise with other working groups, residents and special interest groups for collecting information, inputs and feedback.
• Evaluate all applications and make recommendations to L’avenir d’Auroville for final approval.

Currently, the team is composed of a Coordinator, Secretary and 5 members from the community. They are working with a focus to streamline the process and shorten the timelines for the same.

Detailed information about the different stages of applications and approvals that are needed is available online on L’avenir d’Auroville’s group page on Auronet. The application forms have been updated and are also available online [here](aurovilletownship.org.in).

Please contact the application cell for all applications related matters:
By email: application-avenir@aurovill.org.in
In person: Only on Monday and Friday, 3pm to 5pm. (drop-ins on other days to be avoided)

We look forward to serving the community more effectively with the support of this team.

Thank you,
L’avenir d’Auroville Team
Anita, Jef, Sreevatsa, Tejaswini

FROM THE ENTRY SERVICE - WAV # 005
Dated: 29-07-2019

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

NEWCOMERS ANNOUNCED:
• Manikandan Nagappan (Indian) Staying in Simplicity and Working at Unity Transport Service (UTS)
• Marc BAUCHET (French) Staying in Maitreya 2 and Working at Vérité
• Rashmesh SUBBURAYAN (Indian) Staying in Sangamam Community and Working at Spirulina Farm
• Monica CARELLA (Known as Lakshmi) (Italian) Staying in Grace and Working at Botanical Garden
• Mohamed Ismail JALEEL (Indian) Staying in Auroville Road Service staff quarters and Working at Auroville Road Service
• Giovanni GOGOGLIONE (Italian) Staying in Kalpana and Working at Buddha Garden & Auroville Consulting

CHILD OF NEWCOMER:
• Mahendra MUDD (USA) Born on 17/02/2007 (Child of Krista MUDD announced on 22/7/2019)
• Lithika MANIKANDAN (Indian) Born on 23/09/2013 (Child of Manikandan NAGAPPAN)
• Thanshika MANIKANDAN (Indian) Born on 14/05/2015 (Child of Manikandan NAGAPPAN)

NEWCOMERS CONFIRMED:
• Dorian NADAUD (French)
• Malgorzata KADZIELSK (known as Ocean Bekker) (Dutch)
• Raju SHANMUGAM (known as Sivaraju) (Indian)

AUROVILIANS ANNOUNCED:
• Saswati PATTNAIK (Indian) Staying in Invocation (Sadhaka) and Working at Nandanam kindergarten
• Manikandan ANNASAMY (Indian) Staying in Buddha Garden and Working at Buddha Garden
• Ravikrishna PAPPULA (Indian) Staying in Udavi Staff Quarters and Working at Udavi School & Botanical Garden

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF. The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST. This is the last step of the Newcomer process where the status of Newcomer Resident is switched to Aurovillian Resident.

ENTRY SERVICE OPEN TO PUBLIC TIMINGS
Monday, Wednesday, Friday 09:30AM-12:30PM
* Newcomer kits will be given and received only on Tuesdays & Thursdays between 2:30 pm and 4:00 pm

Yours, --The Entry Service--
**FROM THE HOUSING SERVICE**

Houses available for transfer:

1. Laura House - Quiet Community: Plinth Area of 64.2 sq. m. Single standing House. Ground floor and First floor. Load bearing with keet roofing on the bamboo structure. (Suitable for single or couple) **Last date to apply 2 August 2019**

For more information e-mail to housing-transfer@auroville. Write Separate e-mail for each house/apartment mentioning the house/apartment name in the subject line. If you do not get any reply within 5 days of your e-mail, then you are requested to contact Sundar K at housing service - (0413) 2622658

**Visiting hours related to house transfer: FRIDAY:** Morning 9.30 am to 12.30 pm. Afternoon 2.30 to 4 pm only.

The Housing Service

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**FASHION SHOW**

at FREE STORE

On Saturday 14 September at 4 pm

Everyone, boy, girl, man, woman, etc. is invited to participate to the FASHION SHOW

During August, come every Thursday from 2 to 4 pm to collect fashion-items of your choice.

Let’s have fun and be the winner

Auroville Free Store

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**Free Play of Painting Facilitator Training**

For Aurovillans and Newcomers:

Do you like children, play, and colors? Do you believe that play is the most natural process of learning? Do you trust this spontaneous ability of play in any person at any age? Do you feel the need to help people develop themselves and grow towards their authentic selves? Are you interested in new ways of education and creativity? Come and join the training to become a part of this joyful activity. Be part of a dedicated team in Auroville. For more details, please visit Auronet or contact Sandrine at sandrine@auroville.org.in. Training is every Saturday for 11 sessions starting the 10th of August. Limited number of places available, register early to book your place.

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**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 9.30 am to 6 pm.
  **How:** call landline (best) 0413-262-2611 or 9487650951 (driver).
- **Cycle Kiosk at Solar Kitchen area**
  We repair and maintain all types of bicycles, as a community service.
  Bike parts to full servicing at minimal costs. Free air!
  **Where:** Opposite PTDC/Foodlink/Solar Kitchen in Prosperity Area.
  **When:** Monday to Saturday: 9 am to 4.30 pm.
  **How:** drop in. Contact Phone Chris O. 8940115240.
- **Cycles and children car seats rentals**
  **Where:** Vehicle Service, Town Hall.
  **When:** Monday - Saturday from 9 am to 12.30 and 2.30 to 5 pm.
  **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 4132622277.
- **Integrated Transport Services (ITS)**
  Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. **NEW! Evening Electric Shuttle Service & Shuttle Service to Chennai.**
  **Where:** opposite Solar Kitchen.
  **When:** Monday-Saturday from 9am-5pm.
  **How:** Phone: 8098776644 | 9442566256 | 9840983080. its@auroville.org.in, http://its.auroville.org.in/.
- **Visitors’ Center - Bicycle Rental**
  **Daily/Weekly/Monthly rates.**
  **Where:** Available from the Kiosk, Near Dosai Corner/Dreamer’s.
  **When:** 9.30am - 5pm.
  **How:** Contact: 0413-262-3034.

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**GREEN MATTERS**

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**MOBILITY IN AUROVILLE**

**FOR YOUR INFORMATION**

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Auroville Free Store

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**Why the EMF Awareness group?**

It’s true. The EMF topic is getting annoying for many, as it touches upon our liking and sense of freedom. And often it turns into a heated debate. Here in Auroville we are striving to become conscious of every aspect of our lives. To name a few: conservation and mindful use of natural resources, to go organic and waste-friendly. Here i

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**GREEN MATTERS**

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**GREEN MATTERS**

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Here in Auroville we are striving to become conscious of every aspect of our lives. To name a few: conservation and mindful use of natural resources, to go organic and waste-friendly. Here i
You could borrow from the AV Library, thanks to a good-willed donor, the book of Nicolas Pineault “The non-tinfoil guide to EMFs”. It’s packed with research, references and awakening information, is freshly written and keeps you engaged. There is another very good book in the AV library (in German) called “Stress durch Strom und Strahlung” from Wolfgang Maes, which is considered the bible for building biology consultants concerning EMF.

Sources of EMF can be found everywhere, they can be from your close neighbours, UPS, Wi-Fi router, computer, DECT cordless phone, from a fridge behind the wall next to your bed, from the fan in your room or even from the electrical wiring in the walls. If you would like to check your environment and get advice on how to reduce them, you could consider a professional house assessment - feel free to call René 9487421696.

We too like and use technology, but we believe people have the right to know and have the choice to stay safer. While the heated debates go on with keeping the public in doubt and uncertainty, it would be wiser simply to follow the precautionary principle, based not on anxiety nor emotion, but on ethics, consideration and common sense.

Our meetings happen on every 3rd Monday of each month at the AV Language Lab at 4pm. Welcome.
The AV EMF Awareness group

Water Saving Tip of the Week!!
Select the proper pot size for cooking. Large pots may require more cooking water than necessary.

With love from the Water Group, helping Auroville become a water-sensitive city.
watergroup@auroville.org.in

Water Words: Your Questions Answered

Your Question: Which kind of water meter (for individual household consumption) has the best reviews currently? And who is able to supply them?

Water Group Response: We recommend the brand Aquamet, which is available in Pondy. You can contact Pour Tous Water or Water Group Response: is able to supply them?

Your Question: Where and when does the course on EMFs take place?

Water Group Response: The course language will be English and German. A basic medical background is a pre-condition, being familiar with a therapeutic approach very welcomed. The course is given free of cost for Aurovilians, Newcomers and Volunteers.

Ingo founded and taught for 10y at a School of Homeopathy in Hamburg, Germany. Sigrid is teaching since 15 years the Sankaran method to homeopathic practitioners and doctors in Germany.

Please contact us if you are interested to join! ☺

- First Aid Kits with 32 remedies are available, description in English, French, German and Tamil are available again. On Monday 20 August 9.15am an Introduction to homeopathic First Aid will be given in French.
- PC Shock, PC Allergy, PC Diabetes, PC High Blood pressure etc. are available in our remedy box, along with Harmony and Samata. Just come and take anytime. Benefits are well established - no side effects.

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

Aditi Patel, fully qualified classical homeopath from Baroda, with 6 years of experience including working alongside an allopath onwards. Dr. Aditi works on appointment 1.30 - 4.30 pm every afternoon, and for acute prescriptions just call. Malar has trained in homeopathy and provides homoeopathic consultations in Tamil, homeopathic First Aid, providing follow up remedies etc.!

Malar can visit your women’s group, Service Unit etc. and present the Homeopathic First Aid and PC remedies. She is managing the office, the First Aid Kits and PC remedies. Consultations are generally held in:

- English, French, German or Tamil

Malar: malar@auroville.org.in, 9580512007

The Weekly Auroville 29 July 2019 [005] 6
Santé - Auroville Institute for Integral Health

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

Summer Clinic Working Hours: 8:45 - 12:30 and 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.
email: sante@auroville.org.in - Website: www.sante.auroville.org.in

Santé Therapists’ Schedule - August 2019

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Times</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Igor</td>
<td>Monday, Wednesday, Friday</td>
<td>Mornings</td>
<td>Works alternate Saturday</td>
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<td></td>
<td></td>
<td>Thursday</td>
<td>Afternoons</td>
<td>mornings</td>
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<tr>
<td>General Practitioner</td>
<td>Dr. Brian</td>
<td>Thursday, Thursday</td>
<td>Mornings</td>
<td>Works alternate Saturday</td>
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<td></td>
<td>Monday, Wednesday, Friday</td>
<td>Afternoons</td>
<td>mornings</td>
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<tr>
<td>Nursing Care</td>
<td>Archana, Ezhil &amp; Thilagam</td>
<td>Monday to Saturday</td>
<td>Mornings</td>
<td>Open TUESDAY mornings only</td>
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<td>Mon, Wed, Thurs, Fri, Sat</td>
<td>Afternoons</td>
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<tr>
<td>Acupuncture</td>
<td>Andres</td>
<td>Monday, Wednesday, Friday</td>
<td>Afternoons</td>
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<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Monday, Wednesday, Friday</td>
<td>Afternoons</td>
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<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Monday, Wednesday</td>
<td>Afternoons</td>
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<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Mornings</td>
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<tr>
<td>Hypnotherapy and NLP</td>
<td>Dan (Denis)</td>
<td>Monday, Wednesday, Friday</td>
<td>Mornings</td>
<td>Group teaching course</td>
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<td></td>
<td></td>
<td>Wednesday, Thursday</td>
<td>Afternoons</td>
<td>from 15/07/19 till 02/09/19 (Monday)</td>
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<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>TOS till 01/10/19</td>
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<tr>
<td>Medical Massage</td>
<td>Galina</td>
<td>Tuesday, Wednesday, Friday</td>
<td>Mornings</td>
<td>TOS till 23/08/19</td>
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<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Monday, Wednesday, Thursday</td>
<td>Morning</td>
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<td>Physiotherapy</td>
<td>Osnat</td>
<td>Monday, Friday</td>
<td>Morning</td>
<td>Group teaching course</td>
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<td>Thursday</td>
<td>Afternoon</td>
<td>from 15/07/19 till 02/09/19 (Monday)</td>
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<tr>
<td>Therapeutic Shiatsu</td>
<td>Natacha</td>
<td>For an appointment, please call Natacha directly - (+91) 89402 21071</td>
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<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>TOS till 12/09/19</td>
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<tr>
<td>Childbirth Preparation</td>
<td>Krishna Magesh</td>
<td>Wednesday</td>
<td>Afternoon</td>
<td>4pm - 6pm</td>
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<tr>
<td>New Moms Group</td>
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<td>Saturday</td>
<td>Morning</td>
<td>10am - 11.30am</td>
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<tr>
<td>Midwife clinic</td>
<td>Krishna</td>
<td>Tuesday</td>
<td>Morning</td>
<td>Midwife clinic</td>
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⚧ TOS = Temporarily Out of Station

For emergencies, contact Auroville Ambulance: Tel: 9442224680 (24x7)
Government Ambulance: Tel: 108 (24x7)
Support for a young Aurovilian:

Dear Community,

My name is Madhu Jayamurthy. I have worked in Mohanam, AVAG and YouthLink in the field of Media Communication and Tamil Culture, BHU theatre performance, for the last 10 years. I have been accepted to study for 2 years in Hochschule Darmstadt University of Applied Sciences in Darmstadt, Germany for a Master on Leadership in the Creative Industries starting 1st October 2019.

I am applying for a visa and the Embassy requires a deposit of 10236€ on my bank account. I am asking for support to cover this amount that I will be able to return at the end of my study. I would be very grateful for any support.

I would be very happy to meet in person and explain my intentions and aspirations to study in Germany.

My contact: +91 9751033507 madhujayamurthy@auroville.org.in
My FS account: #106123, thank you, Madhu

EATING OUT

Roma's Kitchen fully booked Aug. 1st dinner

Fully booked for dinner on Thursday the 1st August for a private event. The inconvenience if any is regretted. Roma

TLC’s “Dewdrop Inn” tea shop is open again

Welcome to TLC’s tea shop!

Do drop in for delicious bakes produced in our wood-fired oven by the children of The Learning Community, along with a cup of tea, juice and a smile.

We are open every morning from 9am-1pm as well as Friday afternoons until 3.15pm.

Looking forward to sharing the joy with care and gratitude, The Learning Community

WORK OPPORTUNITIES

HR Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in:

Artisan cum manager
You are a creative and artistic personality and at the same time a good organizer, a manager and a multi-tasker. While you are organizing a smooth work-flow and talking to clients and suppliers, you also make sure that the products are up to standard. Full-time, maintenance provided.

Project Coordination
You have good computer skills (MS Word, Excel), write and speak fluent English and are available 4 mornings a week or more. You are good at managing several projects at the same time. You have good social skills and are comfortable communicating with individuals and groups. Part or full-time.

And other positions (please inquire about details):
- Stitching Oversight and Quality Control
- Content Creator
- Administrative Work (part-time)
- Maintenance and Repair Management
- System Administrator
- Project Management
- Administrative Assistance
- Business Developer & Strategic Marketing Design
- Visual Communication, Graphic Design & Management
- Digital Marketing
- Administration
- Office Administration
- Coordination
- Livelihood training
- Program Coordinator
- Team Coordination
- Environment Enthusiast

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else: hr_hub@auroville.org.in. (If you are searching for work: fill in this form). HR Initiative

VOICES & NOTES

The Ugly Duckling

“A student studies a microbe in microscope. The microbe does the same from the other end.”

(A joke of biologists)

The first tourists arrived in Auroville in 1968. They saw the urn and asked: “Where is the city?” The city was in potential. His Holiness, the Dalai Lama visited Auroville first in 1973, and for the second time in 1993. He told in 1993: “Twenty years ago, the problem was to find shadow in Auroville, now it isn’t.”

Over time, the city transformed from semi-desert landscape to the green oasis we know.

Aurovilians and Nature are in the mutual love, they create the new world in collaboration. Now the city is a green paradise, with great biodiversity.

A duckling became the beautiful swan.

At times, the environment got extremely tough to Auroville. For example, on 26th of December 2004 at 8:30 am, a tsunami (4m high waves) damaged the city’s communities on the beach. And on 30th of December 2011, the cyclone Thane brought strong rain and wind, 135 kmph. Thousands of trees were uprooted in Auroville. But after these disasters, the city revived like the legendary bird Phoenix.

Aurovilians are eco-friendly. The city has a Nature Camp for children, near Kodakalan, about 1700 m above sea level. At the camp, I often heard the song, after the English poet William Wordsworth (born on the 7th of April 1770): “I like the mountains, I like the rolling hills, I like the flowers, I like the daffodils.” The Nature around the camp likes Auroville’s children.

The situation in the global ecosystem is very bad now. But Auroville shows a positive example for the world. Boris (Samasti)

Heimweh (homesickness)

On every and each first day of the eighth month, the country from where I discovered the existence of Auroville some 53 years ago, my country of origin, celebrates by a bonfire in every settlement its independence won by “guerilla warfare” seven centuries ago: Switzerland.

This sentence is not cestelia religious, national art propaganda. But to express from time to time “matriotic” pride feels good if it’s done on purpose: birthday. Isn’t it? Chauvin was a patriot.

Having been for centuries the spheres of the continents (a Papal Guard, wearing a uniform designed by Michelangelo, must even today be a Swiss citizen) the mercenaries had finally to pay a heavy price under the French revolution: the poor group of the king’s royal guards, being in the way of r-evolution were all massacred by the ferocious populace.

Remains from that past the not-so-military Swiss army knife, ingenious and precise, dangerous only for the clumsy fingers of its owner. The army-owned and deadly Uzi for which every male (up to now) has to make place in a cupboard, in case… To be short, this celebration should also remind us Swiss-Aurovilians, that we are born “Pavilion-minded” people.

In regular national exhibitions, held at large intervals (about every 20 years), we show - always with gusto, originality, and technical prowess- who we are to our confederates. So much so that it feels almost like a humiliation that we let the Pavilion of Tibetan culture stand almost alone since decades in the international zone. Tomorrow…?

My choice for today’s pavilion idea are 5 Swiss nationals of international repute, one can meditate upon: Bernini, great Renaissance architect. Rousseau, environmentalist from Geneva. Carl Gustav Jung, Albert Einstein (Swiss government clerk in Bern, then professor in Zurich), And Dr Bircher, stakeholder in “Quaker Oats” private Ltd-USA whose well-known motto was “My muesli” every day keeps the Dr Bircher at bay” Because appetit and joyous Bonfire.

Satirical text by Amar

The Weekly Auroville 29 July 2019 [005]

8
July Poem

Early morning
The woods were keeping
That unique silence
The one after the storm and rain,
The humid fresh air,
The woods and earth perfumes ...

Suddenly the leaves
start raining on me
A strident bough breaks
the virginal quiet space.

Anandi
-Realization-

THANK YOU

From Eco Service - The new bailer is here!

Dear Aurovilians,
The Eco Service would like to thank dearly everyone who has contributed towards the bailer fundraiser.
We reached our goal and the bailer has arrived today at the Eco Service.
We personally feel grateful and very happy to have kicked this fundraising project as it turned out a great success.
We will soon start to bail the 3.5 years of non-recyclable waste we have collected and stocked. A new chapter has been opened.
We hope to be able to send the multilayer waste to a company in Bangalore soon.
Thank you to everyone once again and special thanks for the generous donation.
smiles with gratitude,
Kali and Palani - Eco Service

Big thanks to ITS

Thanks a lot to ITS for taking care of our needs in a very Aurovillian way, and without making any pollution. I have needed them twice so far, they waited for me and brought me back home... and more. Thanks to Vijay, to the drivers, Palani and Raja. And, of course to Chandresh, who can start seeing a result of many years, and a lot of effort put on a special transport in Auroville.
Anandi (Realization)

ACCOMMODATIONS

This Section is on hold at present.
We will meet soon with Housing Service, Entry Board and SAVI to find the best coordinated way to handle the accommodation publishing requests.
in the meantime, feel free to use Auronet for your postings.
Warmly, the editors

AVAILABLE

Auroville Library of Things (ALoT), an initiative by earthHaus, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. aloe@auroliv.org.in

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

Sand and Kadappa:
1) dry (protected from rain) M Sand 1/3 of a unit less than a month old. 2) Kadappa slabs polished on both sides 63/49/2.5 cm. Good for shelves or any other use.
Contact Srimal 9626915199.


Cycles: Because we are moving, 2 nice ‘Raleigh’ Bicycles, 7 months old. One lady city bike Cinderella swan blue and one mountain bike hybrid 700 black. Please contact Celine by whatsapp 0041763494952 or Johann 8056695835

Laptop/notebook: Asus R202CA 4 years young, battery last 1.5 hours. 12.1 touchscreen, 500 GB hard drive 4 HB Ram.
Call Ullil: 9443619852


Bicycle: brand Firefox, I got it from Aurovelo one year ago. It has 6 years and is in a good condition. I never had any problems with it the whole time. For more information, contact Anna-Lena +91 9159970619 or anna821999@gmail.com

DJ mixing table: Almost brand new (still under warranty) Native instruments Traktor Kontrol Z1 DJ mixing interface with 2 channels, cross fader and equalisers. If interested please contact me: kevin@auroliv.org.in. Thanks, Kevin.

House Items: Dear friends, I am looking for a study table, chair, and an almirah. Please get in touch. Thank-you. Siddharth, sidjainn@gmail.com, +91-8531828586

LOOKING FOR...

Keyboard/piano: Dear friends, Sitara and Mira started piano classes with wonderful Jo. And for that they need to practice. Would you have one to lend for a few months (we will of course take extra good care) until we bring the one we have from Europe in December. Or do you have one to pass on for a contribution? Please let us know! Merci <3, Aurore/Transformation roro@auroliv.org.in

Cycle: We are looking for a cycle we can borrow for 4-6 weeks, for our 13-year-old daughter. Just while we wait for our shipping to arrive. If it is in need of some small repairs, we could fix it up. Please contact Amy and Chris on 9159198534 if you can help us with this.

TAXI SHARING

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

August 1: Need to pick up 1 person at Chennai Airport at 7:15am: Taxi going empty from Auroville to Airport, also available. Contact Sabine: lasabine@auroliv.org.in

THIS WEEK IN AV

There are 2 useful online calendars of events in Auroville:
- New Online Auroville Events Calendar - (no need to log in for guests!) The schedule of events for the week and more can be accessed by all, including Guests and Visitors, at https://events.auroliv.org.in/
- Auroville Art Service: artservice.auroliv.org/calendar/

AT THE MATRIMANDIR

Small Tasks for Matrimandir

Dear Aurovilians and Newcomers,
We invite you to help us with small tasks that are needed to be done at the Matrimandir.
You can spend an hour every day, or even just once a week, which would help with the maintenance and upkeep of Matrimandir. They need to be done in the mornings between 7.30 and 12 noon.
We hope to be able to send the multilayer waste to a company in August soon with Housing Service, Entry Board and SAVI to find the best coordinated way to handle the accommodation publishing requests.

1. Sweeping the pathways from the bamboo gate to the Matrimandir.
2. Cleaning leaves silently under The Banyan tree, the editors
3. Clearing leaves under the Matrimandir.
4. And other little tasks as and when necessary...

If you are interested, please send an email to matrimandir@auroliv.org.in or pass by the Matrimandir office between 9 am and 12 noon.
Looking forward to your participation
The Matrimandir Team
A M P H I T H E A T E R - M A T R I M A N D I R

Every THURSDAY - 6 to 6.30 pm
(weather permitting)

Meditation with Savitri
read by Mother to Sunil's music

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 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

INVI TATIONS

A Youth Human Library Event for International Youth Day!
on Friday 9th of August 4-8 pm
at Humanscapes

After the two successful «Human Library» events we conducted in Auroville, we are planning our next event, focusing on the YOUTH of any status in Auroville... to celebrate the «International Youth Day 2019». This event is a special invitation for older generations to come hear the voices of the youth!

We are grateful to all the Human books as well as the readers for manifesting this positive framework of conversations that can challenge stereotypes and prejudices through dialogue. Auroville is an excellent library of diverse stories!

This special edition of Human Library will take place at Humanscapes Hall (YouthLink) on Friday 9th of August. If you are between ~16-35 y/o and curious about being a human book for the coming event, we would be very happy to help you prepare the story you would like to share! All topics are welcome here. To know more, you can contact Hélène at helene.dnj@gmail.com or youthlink@auroville.org.in, or you can pass by Humanscapes (Fridays between 3-6pm) to ask more about the Human Library event.

We are also looking for sponsors and are open to collaborations as our event roughly costs around Rs. 2500 (FS #251048). Any additional donations for t-shirt printing would also be welcome. Thanking you for your participation, encouragement and support!
The Human Library Team'

TALKS/PRESENTATIONS

You are warmly invited to
a presentation on
Urban Furniture and Place making
by the 3H Summer School participants
on Saturday, August 3rd, 2019,
11 AM - 12 PM
at the Auroville Consulting conference room in Kalpana

Auroville Green Practices, an initiative of Auroville Consulting, is conducting a three-week summer school for students of architecture, interior design and other related fields. The theme for this program is "Urban Furniture and Place Making". The participants will conceptualize, design and construct a "field of play" at the Town Hall, which will be a dedicated and safe play area for children. The location has been provided by ACUR and the design has inputs from a few Aurovilian architects. The presentation on the 3rd is for the community and will cover the design process, the construction work and the learning of the students. Everyone is invited to be a part of the presentation which will be followed by a questions and answer session.
For more information please contact info@agpworkshops.com

Sri Aurobindo Centre for Studies... India and the World

Bharat Nivas
We are happy to host an occasion to meet

Dr Debashish Banerji
of California Institute of Integral Studies (CIIS), San Francisco.
Saturday August 3rd, 3 p.m.
Modernism and Postmodernism in Art: Trajectories and Futures

This talk by Debashish Banerji will explore the revolutions in thought and practice that have led to what we consider art in our times. Not aiming to be a compendium of styles, it will ask questions about the social and cultural forces behind these shifts and how we are to interpret them moving into the future.

Debashish Banerji is the Haridas Chaudhuri Professor of Indian Philosophy and Culture and Doshi Professor of Asian Art at the California Institute of Integral Studies. He is also the program chair in the East-West Psychology department.
EXHIBITIONS

Willing Servitors
A Photographic Exhibition
by Paulette

Saturday August 3rd until Saturday August 17th 2019
Open daily 8 am - 12:30 pm and 2 - 6:30 pm.
Closed on Sundays

But, to live in Auroville, one must be a willing servitor of the divine consciousness - The Mother

Pitanga Cultural Centre, Samasti,
(0413) 262 2403/2622994 - pitanga@auroville.org.in

Japanese Woodblock Prints
Exhibition of original Japanese Woodblock Prints
At Aurelec
July 22 - August 25th - open from 8 am to 5 pm

Pavilion of Tibetan Culture presents
VARIED OPEN SPACES
SPACES VARIED OPEN
OPEN SPACES VARIED

Exhibition
15th August to 7th September 2019
Inauguration Thursday, 15th August
5pm-6.45pm

Painters from CREEVA.
Audrey Wallace-Taylor
A. Sathya
Lakshay Dharan
Annik Lanton
Supriya Pava

Japanese Woodblock Prints
Exhibition of original Japanese Woodblock Prints
At Aurelec
July 22 - August 25th - open from 8 am to 5 pm

‘He arrived at the knowledge that Matter is Brahman’
Taittiriya Upanishad

The present era of the world is a stage of immense transformations. [...] No nation or community can any longer remain psychologically cloistered and apart in the unity of the modern world. It may even be said that the future of humanity depends most upon the answer that will be given to the modern riddle of the Sphinx by the East and especially by India, the hoary guardian of the Asiatic idea and its profound spiritual secrets.

Sri Aurobindo

Exhibitions – JULY 2019
Monday-Saturday
9am-5pm

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 24 languages

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

Bharat Nivas presents
At Kalakendra Art Gallery
“The Dawn of Auroville”
Ongoing Photo Exhibition on the early days of Auroville with rare historical images and texts by The Mother.
Opening hours: 9 to 4:30 pm. Sundays closed.

The Weekly Auroville 29 July 2019 [005] 11
SOMATICS TEACHES US TO RECOGNIZE AND RELEASE HABITUAL PATTERNS OF CLOSING Ourselves FROM THE REALITY THAT IS VAST, LUMINOUS EXPANSE. WE LEARN TO EMBRACE AND LET GO OF EACH EXPERIENCE AS IT ARISES OPEN TO ALL - NO PREVIOUS EXPERIENCE OF YOGA OR SWIMMING SKILLS REQUIRED. PLEASE ARRIVE 10 MINUTES EARLY TO REGISTER AT THE RECEPTION AND CHANGE!

**SCHEDULES of AV Activity Centers**

**WOGA - Yoga in Water with Maggie**
- Mondays: 5, 12, 19 & 26 August
- Timings: 4.30 - 5.30 pm
- Experience new possibilities of stretching (asanas), breath awareness and relaxation in water. Practicing in warm water has unique benefits - takes the weight off the joints, relieves muscular tension, and calms the nervous system; facilitating increased flexibility, mobility, strength, balance, relaxation and well-being. Open to all - no previous experience of yoga or swimming skills required. Please arrive 10 minutes early to register at the reception and change!

**Somatic Movement Workshop with Maggie**
- Saturday 17 - Sunday 18 August
- Timings: 9.30 am - 5.00 pm
- 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 recognise and release holding patterns, resulting from pain, injury, stress or habituated posture, and enhances any kind of exercise such as yoga, dance, sport or just moving through life. You will also learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches commonly attributed to stress, injury and ageing. Open to all - no previous experience required.

**CLASSES & WORKSHOPS IN AUGUST**

**WOGA**
- Yoga in Water with Maggie

**Somatic Movement Workshop**
- with Maggie
- Saturdays 31 August - Sunday 1 September
- Timings: 9.30 am - 12.30 pm
- Open Heart-Space Meditation is a simple practice of becoming aware of the reality as it is without judgment, interpretation or reaction, and settling into its vast, luminous expanse. We learn to embrace and let go of each experience as it arises and subsides. Eventually, the mind falls silent and sinks into the open heart-space, a doorway to oneness, where the inner and outer worlds meet and merge. We use practices from insight meditation and various spiritual traditions to help dissolve habitual patterns of closing ourselves from the reality that is ever-present in each moment. The key pointers during this workshop will be dropping our identities and opening to an embrace of awareness, oneness and love.

**Quiet Healing Center**
- For appointments and registration, please contact the reception at 2622329, 9488084966
- www.quiethealingcenter.info / quiet@auroville.org.in

**Regular Activities**

**Sundays 10.30–12 noon: Savitri Study Circle**
**Mondays 3-4pm: Inner Discovery, led by Dr. Jai Singh**
**Mondays 4.45-6pm: Meditations with Hymns of the Rig Veda, led by Nishtha**

**Tuesdays 9am-12 noon: Introduction to Integral Yoga:**
- workshop, led by Ashesh Joshi
**Tuesdays 3-4pm: Evolution of Man (in the light of Sri Aurobindo’s Yoga), led by Dr. Jai Singh**
**Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère:**
- listening to recordings with Gangalakshmi
**Tuesdays 5.45-7.15pm: OM Choir**
**Wednesdays 5-6pm: Mudra-chi, led by Anandi**
**Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan**
**Thursdays 4-5pm: The English of Savitri, led by Shraddhavan**
**Fridays 3-4pm: Reading of Commentaries on the Dhammapada by The Mother, led by Dr. Jai Singh**
**Fridays 5-7pm: The Synthesis of Yoga, led by Sraddhalu**
**Saturdays 5-6.30pm: Satsang, led by Ashesh Joshi**

**MOTHER AND SRI AUROBINDO’S STUDIES**

**SAVITRI BHAVAN August 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**
- Aug.5: *Life of Sri Aurobindo*, Duration: 32min.
- Aug. 12: *Sri Aurobindo and His Dreams for the Future of Mankind*, Duration: 38min.
- Aug.19: *Nirod-Da: An Inspiration – Honouring the memory of Nirodharan*, Duration: 36min.

**Talk by Dr. Alok Pandey**
- (Concluding Session of his Darshan Study Camp)
- “The End of Death”
- on Friday August 23, 5.30-6.30pm

**Full Moon Gathering**
- Thursday, August 15 7.15-8.15pm in front of Sri Aurobindo’s Statue

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

Info & registration contact@auroville-jiva.com ph.: 9626006961
Website www.auroville-jiva.com / Workshops, classes and retreats in Auroville with international faculty.

We offer workshops, classes, therapy sessions and retreats. Our Therapists are Aurovilians practising with therapy sharing their journey in integral yoga in their healing modality for health, wellness and transformation.

Therapists: Andres Lokutta, Sami Latzke, Sigrid Lindemann, Mirrabelle Borg Lindemann

Ongoing Classes: “Natural horsemanship” and “Qi Gong”

Therapies: Acupuncture, Homeopathy, integral regression therapy, Samalin energy work, Horse assisted therapy, hypnotherapy

♦ Explore Your Mind

2.5-day workshop in hypnotherapy
Friday 2, Saturday 3 & Sunday 4 August

2nd Aug: 4 - 7 pm, 3 & 4 Aug: 9am-5.30 pm
at Sharnga Guesthouse Yogahall
With Sigrid Lindemann

“The answers you seek never come when the mind is busy, they only come when is still”

What is hypnosis?
How do right and left brain function practically?
How do conscious and subconscious interact?
Explore the depths of your mind and relax! Meditate with ease!
Expand your therapeutic toolbox! Apply Self-hypnosis!

Workshop combining experiential learning and “Theory of the Mind”. Certified course from EKAA www.ekaa.co.in

Info meeting July 31st: 5 - 9.30 pm.
at Sharnaga Guesthouse Terrace

Sigrid Lindemann: Trainer in transpersonal regression therapy, trauma therapy, Sensation Method homeopathy, living in Auroville more than 20 years, teaching internationally.

All info and registration: www.auroville-jiva.com, contact@auroville-jiva.com, Whatsapp 9626006961

CREEVA

Center for Research Education
Experience Visual Arts
Art Experience with CREEVA
in Creativity Art Studio

Regular CREEVA Activities for August

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Aparajita</th>
<th>Sound painting exploring music, mantras and colours</th>
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<tbody>
<tr>
<td></td>
<td>8860811953</td>
<td>5 - 7 pm</td>
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<tr>
<td>Friday</td>
<td>Sathya</td>
<td>Watercolour Landscapes</td>
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<td>9486145072</td>
<td>5 - 7 pm</td>
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<tr>
<td>Saturday</td>
<td>R. Ravi</td>
<td>Outdoor Pen Drawing</td>
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<td>9486145072</td>
<td>2 - 4 pm</td>
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<tr>
<td>Saturday</td>
<td>Lakshay</td>
<td>Drawing from the Model</td>
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<td>9810052574</td>
<td>9 - 11 am</td>
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<tr>
<td>Sunday</td>
<td>Supriya</td>
<td>Recycled Art workshop for children and adults</td>
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<td>9997982953</td>
<td>3 - 5 pm</td>
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</tbody>
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All classes & workshops will be in Creativity art studio.
Art materials will be provided for all our activities.
For volunteers & guests fixed contribution.
Please confirm with the artists one day before.
Age limits 11 years old onwards can attend the classes.
Be on time.

♦ Watercolour workshop By A.Sathya

Thursday 22 and Friday 23 August - 9.30am to 12.30pm.
Exploring watercolor through landscape indoor & outdoor.
Contact - 9486145072, sathya@auroville.org.in

♦ Exploring Colour workshop.

Friday 30 and Saturday 31 August
9.30am to 12.30pm and 2 to 5pm.
By Audrey

We will work with body's basic responses to what we see.
Contribution required for guests and volunteers.
Contact - 9786411419, audrey@auroville.org.in

♦ OPEN STUDIO

Monday to Friday 9.30 am - 12.30pm and 2.30 - 4.30pm
come explore and experience from your own expressions at any form of art.
Contact: Aparajita 8860811953

Call for Volunteers

Project: Abstract Public Sculpture made of Recycled Plastic.
Requirement: Dedicated volunteers (two) wanted, prior welding experience required, to assist in sculptural welding and to contribute positively to the overall welding operation.
Great opportunity to practice artistic welding work in Auroville.
Duration: 2 weeks, 3 - 4 times a week. Starting: July 28, 2019
If you feel this opportunity is for you, contact us at sathya@auroville.org.in and cc supriyapava@gmail.com +919597982953

Terra soul

At Windara Farm

♦ 7-days Thai yoga massage course

The Art of Touch
PRINCIPALS, FOUNDATIONS & DYNAMICS
In August 2019 with Itzhak, Kumar, Mar
05-11 August Level 1
16-20 August Level 2
24-28 August Level 3

Thai Yoga Massage is a transformative experience. A deep revolution on the way we move, interact. Communicate and specially... the way we touch. The main ingredients of this 7-days program will be Meditation, Qi gong/Hatha Yoga, Bhakti Yoga and of course lots of Thai Yoga Massage.

Meditation Yoga and Qi Gong from 6:30 to 8.00 am (Optional) Thai yoga Massage from 9.00 am to 5.00 pm
For Registration and Information
Sivacoumar: 9486365103, sivacoumar@auroville.org.in
**Pavilion of Tibetan Culture, International Zone**

- **Gurdjieff movements**
  - **Friday 9th and Saturday 10th August**
  - **From 9.00 am to 12.30 pm**
  - With Yoffi

  Gurdjieff movements, also known as “sacred dances”, are a powerful tool for inner and outer awareness. The practice is an opportunity for self-observation, letting go of automatism and habits of the body, emotions and mind.

  By moving differently than we usually do, we experience new qualities of energy and meet ourselves in new ways.

  The movements/dances were collected and developed by Gurdjieff during his extensive travels in the near and far east and in his institute for "the harmonious development of man".

  To register and information: sweet.yoffi@gmail.com or bodkhang97@gmail.com

- **Vedic chanting**
  - Regular classes in (in the tradition of Sri Krishnamacharya) will be offered by Sangeetha Sriram at the Pavilion of Tibetan Culture, International Zone from August onward. Separate sessions will be offered for those with some experience in chanting or knowledge of Sanskrit, and for those who are absolute beginners with no experience in any form of Indian chanting or knowledge of Sanskrit.

  You are invited to pay from your heart. Days of the week and timing to be confirmed soon.

  If interested, please fill up the form in this link with your details or email me at sriram.sangeetha@gmail.com, https://bit.ly/2y14bTF

- **Juggling Your Life Without Dropping Your Balls**
  - **Intro to the Art and Science of Medical Clowning**
  - A new career option in India
  - **Aug. 3rd, Saturday 9.00 AM-5.00 PM**
  - **Aug. 4th, Sunday 9.00 AM-5.00 PM**

  Facilitated by Aurovillian Medical Clown Practitioners: Fij, Hamish and Lourdes

  An introductory experiential funshop integrating the Art and Science of Healing through understanding how to recreate positive habits, rewire unhealthy thought processes, understanding neuro-plasticity (how your brain translates thoughts, emotions, actions etc. into habits) - all through fun, with laughter and getting back in touch with your child-like inquisitiveness and suspension of judgement.

  We will share real life case studies and the practical applications of MeDiClowning in healthcare, education and corporate environments.

  Objectives:
  - change your internal dialogue
  - learn to look within for healing of old/past wounds
  - learn to appreciate the positive things about yourself that you ignore or do not acknowledge
  - love yourself and share that love with others for deep transformation
  - learn a bit of magic and have a lot of fun!

  Contribution and registration required
  to register follow this link: https://docs.google.com/forms/d/e/1FAIpQLSe7azl__.3EWvQyv-godFwNg7Im-DF5-Rf4Kc40BPyulkNA/viewform?usp=sf_link

  A funshop presented by MeDiClown Academy (a registered activity of the Auroville Foundation)
  For more info: 80987 96955, info@mediclownacademy.org
  www.medi clownacademy.org

**New Creation Dance studio**

- **NEW! Contemporary dance class**
  - Thursdays from 6-7.30pm

  Surya Performance Lab proposes contemporary dance classes directed by Gopal Dalami, a professional contemporary dancer and actor, currently performing in the show VAST with Thierry Moucason and directed by Philippe Pelen Baldini.

  Contemporary dance: body awareness, experience of space, rhythm, improvisation, expression through movements and choreography. Open to all levels.

**Youth Center**

- **What’s on?**

  **The AUM FESTIVAL 2019 is coming up!**

  Hello community, as we had planned this year we are gonna organize the second edition of AUM festival (experimental music festival), on Saturday 7th September at the Youth Center.

  We would like to bring the community together, to participate and celebrate.

  So we would need you to share your creativity and experience with us at our regular meetings every Thursday from 4 PM onwards at the Youth Center.

  We are searching volunteers for:
  - .security
  - .decoration team
  - .set up
  - .clean up
  - .account
  - people who are interested to perform and experiment with music can contact Margherita 8870234273, Puja 7043731366.

  If you are interested, and for further information contact us: youthcenter@auroville.org.in, 9585623658/Luc or 7043731366/Puja

  **August program at YC**

  The youth center is back on track!!!

  Hello AV fellow, as we know our lovely friends have been waiting for the new start of the best pizza in town, YC pizza night.

  We are happy to announce that the 10th of August we are going to have our first pizza night, we are waiting for you to join us, bring all kids!

  Night Conscious Learning(NCL) will start the 8th of August. The first four classes will be related to farming. How our pioneers started their farms and what are their challenges.

  Hope to see you in the sharing community. <3
**REGISTRATION REQUIRED**
for ALL Non-Residents
staying in Auroville:

- **FOREIGNERS AND INDIANS:**
  Guests, Volunteers,
  Visiting Friends & Family

**FOREIGNERS:**
This is a reminder to everyone regarding the FRRO's legal requirement that all foreigners staying in Auroville need to be registered within 24 hours of their arrival. Please note this includes Auroville volunteers, as well as family and friends staying in private homes.

In addition, registration must be done with original documents (passports, visas); photocopies are **NOT acceptable**. It is the responsibility of the person taking the registration to verify the validity of the document (please note the expiration date).

**INDIANS:**
The Auroville Foundation also requires **ALL Indian guests and volunteers to be registered**, and to provide proof of identity. Please note this includes Auroville volunteers, as well as family and friends staying in private homes.

**FOR ALL:** Finally, please note that a **new registration must be done each time someone moves to a new location** in Auroville.

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

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

**INTENSIVES IN VÉRITÉ:** (Registration required)

- **TOUCH FOR HEALTH KINESIOLOGY (LEVEL 1)**
  - with RICARDO
  a 2-day course:
  Friday & Saturday, 2 & 3 August - from 9 am to 4.45 pm
  Touch for Health Level 1 is for both laypeople and health professionals. Learn the art of muscle testing and the basic procedure to balance the body’s muscles and meridians.
  Touch for Health helps to:
  - Increase your energy level
  - Reduce stress and pain
  - Improve mental clarity
  - Enhance immune system function
  - The basic balancing system includes:
    - How to test and correct 14 muscles/meridians (including the spinal reflexes, neurolymphatic reflexes, neurovascular points, and meridians)
    - How to assess nutritional support for the muscles
    - How to effectively reduce emotional stress and pain by touch

- **SOMATICS - AN INTRODUCTION FOR EVERY BODY!**
  - with MAGGIE
  Friday, 9 August - from 9.30 am to 12.30 pm
  Somatics is a system of slow mindful movements (mind-body training) in the tradition of Thomas Hanna. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging.

- **TOUCH FOR HEALTH KINESIOLOGY (LEVEL 2)**
  - with RICARDO (2-day course)
  Friday & Saturday, 9 & 10 August - from 9 am to 4.45 pm
  Touch for Health Level 2 builds on the skills taught in Level 1. Learn 14 additional muscle tests and corrections especially helpful for back pain, strengthening core muscles, and assessing the legs and neck.
  The new techniques and concepts presented in Touch For Health Level 2 are:
  - Circuit Locating, which helps identify the body’s preference for balancing technique
  - Alarm Points for over-energy detection
  - The Meridian Wheel and Time of Day Balance
  - Five Elements theory
  - Three self-balancing techniques
  - Additional pain control skills and short cuts to improve efficiency

- **FATE OR CHOICE? (FAMILY) CONSTELLATIONS**
  - with YUVAL
  Saturday, 10 August - from 9 am to 4.45 pm
  Fate or Choice?
  An episode in an unremembered tale
  Its beginning lost, it’s motive and plot concealed
  A once living story has prepared and made
  Our present fate, child of past energies
  -Sri Aurobindo, Savitri
  In our lives Hidden Dynamics can cause results we never intended. Unconsciously these Dynamics create our Fate. To become aware of them, can bring back Choice. Applying (family) constellation techniques we can, in an intuitive way, find the insights and energy to choose consciously for the changes we want.

- **MIND YOUR MOVEMENT**
  - with AISHWARYA & SHEIDA
  Saturday, 17 August - from 9.30 am to 12.30 pm
  ‘The physical body is a playground to explore the extents of the mind’
  This 3-hour long session will breakdown the origins of movement in the musculoskeletal system, taking a short journey through the effects of patterns and habits of the past and present.
  An introduction to the capabilities of movement of the body, followed by creating relationships between those planes forces the practitioner to introspect their limitations and abilities individually. A deeper look at the Anatomy of the movements in Yoga postures will reiterate the need to establish a safe and healthy practice, be it in a group class or a self-led practice.
  This workshop will be conducted in a dynamic movement-based setting, the explorative and curious mind is what we aim to awaken.

- **ANATOMY OF THE PELVIS - THEORY AND APPLICATION**
  - with OSNAT (4 half days)
  Wednesday to Saturday, 28 to 31 August - 9 am to 12.30 pm
  This introductory intensive will focus on the bio-mechanic aspects of the pelvis, and include both theory and practice

  It is open to all (no previous knowledge of anatomy is required), but is specifically designed for those who have some background in the field, and would like to refresh, expand and apply their knowledge. The applied anatomy component will be especially useful to students and practitioners of various therapies and body work modalities (yoga, massage, ATB, etc.)

The Weekly Auroville 29 July 2019 [005] 15
### 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><strong>Mondays</strong></td>
<td>Yoga Asana</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Ashtanga Yoga (Mysore) - until 19 Aug</td>
<td>9.30 to 11 am</td>
<td>Marc</td>
</tr>
<tr>
<td></td>
<td>Restorative Yoga Postures (advanced students)</td>
<td>3 to 4.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga &amp; Breathwork (no class 26 Aug)</td>
<td>5 to 6.15 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td><strong>Tuesdays</strong></td>
<td>Yoga Asana (advanced students)</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Ashtanga Yoga (Mysore) - until 20 Aug</td>
<td>9.30 to 11 am</td>
<td>Marc</td>
</tr>
<tr>
<td></td>
<td>Restorative Yoga Postures - (no class 27 Aug)</td>
<td>3 to 4.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Yoga Nidra (Yogic Relaxation)</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms Dance – until 20 Aug</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td></td>
<td>AcroYoga (all levels) - until 20 Aug</td>
<td>5 to 6.30 pm</td>
<td>Marc</td>
</tr>
<tr>
<td><strong>Wednesdays</strong></td>
<td>Yoga - Balance and Strength</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Ashtanga Yoga (Mysore) - until 21 Aug</td>
<td>9.30 to 11 am</td>
<td>Marc</td>
</tr>
<tr>
<td></td>
<td>Yoga Nidra (Deep Healing Relaxation)</td>
<td>4 to 4.45 pm</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga (no class 21 &amp; 28 Aug)</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td><strong>Thursdays</strong></td>
<td>Yoga Asana</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Ashtanga Yoga (Mysore) - until 22 Aug</td>
<td>9.30 to 11 am</td>
<td>Marc</td>
</tr>
<tr>
<td></td>
<td>Yoga Asana</td>
<td>3 to 4.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Chakra Guided Dance</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td></td>
<td>AcroYoga (all levels) - until 15 Aug</td>
<td>5 to 6.30 pm</td>
<td>Marc</td>
</tr>
<tr>
<td><strong>Fridays</strong></td>
<td>Yoga Asana (advanced students)</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Yoga Asana</td>
<td>3 to 4.15 pm</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms Dance – until 16 Aug</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td></td>
<td>Healing and Chakra Meditation</td>
<td>5 to 6.00 pm</td>
<td>Tania</td>
</tr>
<tr>
<td><strong>Saturdays</strong></td>
<td>Happy Joints with Yoga Asana</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Healing and Chakra Meditation</td>
<td>5 to 6.00 pm</td>
<td>Tania</td>
</tr>
</tbody>
</table>

### Course/Intensive (registration required)

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri &amp; Sat, 2 &amp; 3 Aug</td>
<td>Touch For Health Kinesiology (Level 1) - 2 day course</td>
<td>9 am to 4.45 pm</td>
<td>Ricardo</td>
</tr>
<tr>
<td>Fri, 9 Aug</td>
<td>Somatics - an Introduction for Every Body!</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Fri &amp; Sat, 9 &amp; 10 Aug</td>
<td>Touch For Health Kinesiology (Level 2) - 2 day course</td>
<td>9 am to 4.45 pm</td>
<td>Ricardo</td>
</tr>
<tr>
<td>Sat, 10 Aug</td>
<td>Fate or Choice - (Family Constellations)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
<tr>
<td>Sat, 17 Aug</td>
<td>Mind your Movement</td>
<td>9.30 am to 12.30 pm</td>
<td>Aishwarya &amp; Sheida</td>
</tr>
<tr>
<td>Wed 28 to Sat 31 Aug</td>
<td>Anatomy of the Pelvis - Theory and Application (4 half days)</td>
<td>9 am to 12.30 pm</td>
<td>Osnat</td>
</tr>
</tbody>
</table>

### Therapies

<table>
<thead>
<tr>
<th>For appointment: Phone 0413-2622045 - Mobile 7094104329 - <a href="mailto:treatments@verite.in">treatments@verite.in</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa</td>
</tr>
<tr>
<td>Etiomedicine</td>
</tr>
<tr>
<td>Marc</td>
</tr>
<tr>
<td>Marcia</td>
</tr>
<tr>
<td>Marcia Equilibrium Healing Massage</td>
</tr>
<tr>
<td>Santiago</td>
</tr>
<tr>
<td>Tania</td>
</tr>
<tr>
<td>Santiago</td>
</tr>
</tbody>
</table>
PITANGA
Programme for August 2019

Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994 - pitanga@auroville.org.in.

Yoga Iyengar

<table>
<thead>
<tr>
<th>Asanas for women</th>
<th>Level 2 (from 19th)</th>
<th>Monday</th>
<th>07.30 - 09.00am</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for beginner</td>
<td>Level 1 (from 19th)</td>
<td>Monday</td>
<td>5.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>Level 2-3(from 20th)</td>
<td>Tuesday</td>
<td>07.30 - 09.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for women</td>
<td>Drop in (from 21st)</td>
<td>Wednesday</td>
<td>07.30 - 09.00am</td>
<td>Nadia</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Level 2-3(from 21st)</td>
<td>Wednesday</td>
<td>5.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 1 (from 22nd)</td>
<td>Thursday</td>
<td>07.30 - 09.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 2 (from 22nd)</td>
<td>Thursday</td>
<td>5.00 - 7.00pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Immunity &amp; Hormonal Balancing</td>
<td>Level 2-3(from 24th)</td>
<td>Saturday</td>
<td>07.30 - 09.15am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in (from 24th)</td>
<td>Saturday</td>
<td>09.30 - 11.00am</td>
<td>Tatiana</td>
</tr>
</tbody>
</table>

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

Yoga - Mixed Style

<table>
<thead>
<tr>
<th>Yoga Therapy</th>
<th>drop in - all levels</th>
<th>Monday, Wednesday, Friday</th>
<th>8.30 - 10.00am</th>
<th>Gala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas (*)</td>
<td>for teenagers</td>
<td>Monday, Wednesday</td>
<td>4.00 - 5.00pm</td>
<td>Lisbeth/Marcela</td>
</tr>
<tr>
<td>Feminine Dance for pregnancy</td>
<td>Drop in for women</td>
<td>Wednesday</td>
<td>4.00 - 5.30pm</td>
<td>Priscilla</td>
</tr>
</tbody>
</table>

Other Exercises

<table>
<thead>
<tr>
<th>Falun Dafa (Qi-Gong)</th>
<th>drop in - all levels</th>
<th>Tuesday</th>
<th>5.30 - 7.00pm</th>
<th>Tania</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-Gong/Self Shiatsu</td>
<td>Drop in in French</td>
<td>Wednesday</td>
<td>5.30 - 7.00pm</td>
<td>Patricia</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>drop in for women</td>
<td>Thursday</td>
<td>4.30 - 5.30pm</td>
<td>Suriyagandhi</td>
</tr>
<tr>
<td>Understanding Martial Arts</td>
<td>Registration Required</td>
<td>Thursday</td>
<td>7.15 - 8.45pm</td>
<td>Hong Gye</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Regular Practitioners</td>
<td>Friday</td>
<td>06.45 - 08.00am</td>
<td>Francois/Namrita</td>
</tr>
<tr>
<td>Understanding Martial Arts</td>
<td>Registration Required</td>
<td>Friday</td>
<td>7.15 - 8.45pm</td>
<td>Hong Gye</td>
</tr>
</tbody>
</table>

Dance

<table>
<thead>
<tr>
<th>Odissi Dance (*)</th>
<th>Regular Practitioners</th>
<th>Tuesday</th>
<th>4.00 - 5.15pm</th>
<th>Rekha</th>
</tr>
</thead>
</table>

Health Care at Pitanga

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

<table>
<thead>
<tr>
<th>Thai yoga Massage</th>
<th>with Juan and Kumar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurvedic Massage</td>
<td>With Kumar</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>with Heidi</td>
</tr>
</tbody>
</table>

Note: (*) Denotes classes for those willing to commit for a minimum of 6 months

Exhibitions

Willing Servitors
A Photographic Exhibition by Paulette

Saturday August 3rd until Saturday August 17th 2019
Open daily 8 am - 12:30 pm and 2 - 6:30 pm.
Closed on Sundays
**August 2019 Activities & Therapies**

Phone: 9487272393 / Email: joycommunity@auroville.org.in

www.joy.auroville.org - www.facebook.com/joyauroville

We are located in Center Field, in front of Center Guest House.

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### SESSIONS (starting August 5th, drop-in)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:30 - 7:45 am</td>
<td>Qi Gong</td>
<td>Lhamo</td>
</tr>
<tr>
<td></td>
<td>6:30 - 7:45 am</td>
<td>Tai Chi</td>
<td>Lhamo</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4 - 5:15 pm</td>
<td>Hatha Yoga</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>5:30 - 7 pm</td>
<td>Awareness Through the Body</td>
<td>Stefania</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:30 - 7:45 am</td>
<td>Qi Gong</td>
<td>Lhamo</td>
</tr>
<tr>
<td></td>
<td>8:15 - 9:30 am</td>
<td>Hatha Yoga</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>4:45 - 5:45 pm</td>
<td>Yoga Nidra</td>
<td>Stefania</td>
</tr>
<tr>
<td></td>
<td>6 - 7.30 pm</td>
<td>Bhakti Mantra Chanting</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:30 - 7:45 am</td>
<td>Tai Chi</td>
<td>Lhamo</td>
</tr>
<tr>
<td></td>
<td>4 - 5:30 pm</td>
<td>Laughing Yoga &amp; BreathWork</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Friday</td>
<td>6:30 - 7:45 am</td>
<td>Shaolin Martial Art</td>
<td>Lhamo</td>
</tr>
<tr>
<td></td>
<td>8:15 - 9:30 am</td>
<td>Hatha Yoga</td>
<td>Bala</td>
</tr>
<tr>
<td></td>
<td>4:00 - 5:30 pm</td>
<td>Guided Singing Meditation</td>
<td>Nikhil</td>
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<tr>
<td></td>
<td>6.30 - 7.30 pm</td>
<td>Traditional Sanskrit Mantra</td>
<td>Sonia</td>
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</table>

### SOCIAL & FOOD ACTIVITIES (advanced registration only)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>12:45 - 1:45 pm</td>
<td>Organic Italian Lunch</td>
<td>Giovanni</td>
</tr>
<tr>
<td>Thursday</td>
<td>8.30 am - 12 pm</td>
<td>Karma Yoga &amp; Farmers Breakfast</td>
<td>Joy team</td>
</tr>
<tr>
<td>Friday</td>
<td>10 am - 1.30 pm</td>
<td>South Indian Cooking</td>
<td>Ruba</td>
</tr>
<tr>
<td>Saturday</td>
<td>10 am - 1.30 pm</td>
<td>Local Temples &amp; Culture Tour</td>
<td>Ruba</td>
</tr>
</tbody>
</table>

### SATURDAY INTENSIVES (advanced registration only)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 10th</td>
<td>3 - 7 pm</td>
<td>Happy Hips - Opening &amp; Mobility</td>
<td>Bala</td>
</tr>
<tr>
<td>August 17th</td>
<td>3 pm - 7 pm</td>
<td>BreathWork and Mantra Chanting</td>
<td>Nikhil</td>
</tr>
<tr>
<td>August 24th</td>
<td>8:30 am - 12:30 pm</td>
<td>ATB Exploration &amp; Sound Immersion</td>
<td>Stefy &amp; Santi</td>
</tr>
<tr>
<td>August 30th-31st</td>
<td>8 am - 5.30 pm</td>
<td>Experience Auroville</td>
<td>Joy team</td>
</tr>
</tbody>
</table>

### THERAPIES (by appointment only)

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bach Flowers Remedies &amp; Psychosynthesis Counselling</td>
<td>Stefania (9486363442)</td>
</tr>
<tr>
<td>Gua Sha (Chinese detoxifying scrab), Facial Acupuncture, Facial Massage, Baby Massage &amp; Hypnosis</td>
<td>Lhamo (9565524237)</td>
</tr>
<tr>
<td>Himalayan Sound Massage &amp; Thai Foot Reflexology</td>
<td>Santiago (8754958120)</td>
</tr>
<tr>
<td>Reiki</td>
<td>Marcia (7598260379)</td>
</tr>
<tr>
<td>Head &amp; Shoulders Massage</td>
<td>Bala (9892699804)</td>
</tr>
</tbody>
</table>
**Activities & Therapies details**

**Phone:** 9487727393  
**Email:** joycommunity@auroville.org.in  
**www.joy.auroville.org - www.facebook.com/joyauroville**

We are located in Center Field, in front of Center Guest House.

- **Chinese Therapies with Lhamo**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Lhamo (9565524237) or write to joycommunity@auroville.org.in.

- **Facial Acupuncture and Massage**
  
  The theory and techniques of this facial massage come from facial acupuncture. Through massaging the face, neck, head and using acupressure, the whole body is treated and supported. Very useful for relaxation, improving sleeping quality, balancing the organs and of course for beauty. Both facial acupuncture and massage are very soothing and gentle, one can quickly enter into a space of deep relaxation and calm consciousness.

- **Gua Sha (detoxifying scrub)**
  
  This is one of China’s oldest treatments. The practitioner uses a Tool like a flat piece of jade to scrape the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

- **Infant and small children massage (0 to 6 years old)**
  
  A very interesting way of looking at small children’s health and wellbeing. It is a way to cure infants’ daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. The first mention of children massage dates back to 1000 BC. Nowadays, it is very popular in China. It works through very soft massage using different acupuncture points than adults. It is an empowering tool for parents to deal with their kids daily ailments.

- **Hypnotherapy with Lhamo**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Lhamo (9565524237) or write to joycommunity@auroville.org.in.

  In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

- **Counselling Therapies with Stefania**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Stefania (9486363442) or write to joycommunity@auroville.org.in.

  **Psychosynthesis Counselling:** The essence of psychosynthesis perspective is that each of us has a purpose in life, and has challenges and obstacles to meet in order to fulfill that purpose. This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. The main focus is on developing consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life. Stefania has a large academic and professional background in counselling, she also includes in the sessions elements of general western psychology, Indian and integral Psychology and techniques from Awareness through the body and Life Coaching.

- **Back Flowers Remedies**
  
  These remedies are made out of watered-down extracts from the flowers of wild plants, containing its healing energy. They work not only with adults, as they are especially effective with children and even pets. Edward Bach, a medical doctor and homeopath, created them in the early 1900s. It’s a safe and natural method of healing that gently restore the balance between mind and body by casting out negative emotions such as fear, worry, hatred and confusion which interfere with the equilibrium of the being as a whole.

- **Head & Shoulders Marma Massage with Bala**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Bala (9892698004) or write to joycommunity@auroville.org.in.

Marma points means “vital points that hold life force energy”. In Marma point massage the practitioner uses fingers and hands to press (isometric / constant pressure) the specific point in head, face, neck and shoulders. This massage is based on the principles of Ayurvedic and various martial art traditions. Marma massage can help: 1. In detoxifying the mind, body, emotions and spirit. 2. Relieve deep-seated tension, anxiety, emotions and psychological blocks. 3. Improve circulation and energy flow. 4. Connect the mind and physical aspects of the body & encourage self-healing. 5. Improve body and self-image and encourage a sense of acceptance of your body.

- **Reiki with Marcia**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Marcia (7598260379) or write to joycommunity@auroville.org.in.

  Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. Many have reported miraculous results.

- **Thai Foot Reflexology with Santiago**
  
  For more information or to make an appointment (book at least one day in advance), please contact directly Santiago (8754958120) or write to joycommunity@auroville.org.in.

  **Thai Foot Reflexology:** A Thai foot massage applies pressure to particular areas of the soles of the feet. Hands, fingers, thumbs, knuckles and a rounded wooden. Special sticks are used to stimulate certain areas of the feet releasing blocked energy within the body’s many Sens lines (Thai-based meridians). This massage technique detoxifies and purifies the body, relieves stress and tension, boosts the immune system, decreases fatigue, improves good health and mental serenity, and restores balance.

**OTHER EVENTS**

- **Salsa for kids**
  
  **With Stephanie**

  **Every Wednesday at 5 pm.**

  Stephanie will teach a salsa class for kids (age 11 - 16). This class is ONLY for regular dancers who confirm their attendance for a minimum of 3 months. Please contact steph@auroville.org.in if your child is interested.

- **Creative Writing Playground**
  
  **Monday 5, Tuesday 6, and Wednesday 7 August 2019 from 5 to 7 pm**

  Do you want to write a story but you don’t know how to start? Do you feel you have “something to write” inside yourself but you do not know how to put it on the page? Do you wish to learn to write creatively for the sheer fun of it? Then participate in the Creative Writing Playground.

  You will play with some techniques to learn how to discover your naturally potential creative writing skills and just for the sheer fun of it! At the same time, you will learn how to free yourself from whatever hinders the flow of your inborn creativity.

  No experience is required, indeed! What you really need is just a pen and a notebook. Let’s have creative fun together! For more info (where, who, how much) write to: avmycreativewriting@gmail.com. A Creative Satsang’s idea.

  PS: This workshop is not meant to be a professional writing course but a place where all can explore the creative potential lurking inside without the pressure of “being perfect quickly”.

  All the contributions and donations will go the Satsang Project, my activity under Avart Service which is serving Auroville implementing its cultural and artistic life through theatre, work on the voice, creative writing and chanting. If you want to know more about Satsang Project: http://satsangproject.auroville.org

Submitted by Francesca
New Batch for Beginners!

Venue: SAIIE R (meeting room, first floor)
- register with Chitra chitrab@aurorville.org.in
- Beginners: Every Tuesday & Friday,
  4:30pm - 5:30pm - 06.08.2019 (Tuesday) onwards

Intermediate:
Every Thursday, 4.30pm - 5.30pm - 08.08.2019 onwards
- Reading and writing class;
  (Prerequisite: you can already read and write
  the Tamil alphabet)
Every Monday, 4.30pm - 5.30pm - 05.08.2019 onwards
Thank you!
Auro-Traductions, Town Hall.

Superadobe Construction - Earthbag dome workshops
2 options:
Friday 9 to Sunday 11 August
or Friday 16th to Sunday 18th Aug
Come join us and learn to build a natural house made from earth
- with an underground alternative building earthbag technique
- the most ecological way to build down-to-earth, affordable domes with the strongest structures you can find.
Areas covered in the workshop:
- Basic and advanced superadobe techniques
- Principles of the arch and the dome
- Soil identification
- Design and construction
- Plastering, waterproofing, doors and windows

Instructor:
Newcomer Xavier, alumni from Cal Earth has run projects with Green School Bali and Gandhi worldwide.

Contact Xavier via whatsapp - +62 821.45.90.16.27,
email: 
tsatsahouse@posteo.net,
www.tsatsa-house.com

Location:
Anitya Community,
Auroville.

Workshop held in coordination with Joy of Impermanence,
Youthlink and Tsatsa House

*About this Workshop* This workshop aims to empower you to start growing your own food and to gain an insight into knowing where our food comes from. As a participant you will also discover:
- Harvesting and making a salad, along with a tribal boost juicer
- Experience making an efficient circle garden to grow a variety of crops, using techniques such as intercropping, mulching, raised beds and rotations.
- Learn about having your own nursery. Identify the differences between seedlings, cuttings and seeds while learning about optimal soil composition. Take a potted plant/seeds home with you too!
- Understand the principles behind water recycling, and how to make your own soap!
- Learn about how to cook local food and different ways to prepare your meals.
- Learn and implement permaculture design.
- Understand ways of sharing your produce and knowledge through CSA, education and tourism.
- Celebrate the evenings with a bonfire, and music by Krishna!

For detailed schedule of the workshop & registration:
Email - krishnamckenzie@gmail.com. Contribution required.
Acro Yoga: with Marc - Tuesday & Thursday from 5 to 6.30 pm at Véritable, (until 20 Aug). AcroYoga is with another human, ranging from deep relaxation and recovery massage, to partner acrobatics and challenging fun. Space spotting & teamwork are essential to the practice! AcroYoga is a playground to work on communication, strength, flexibility, and inner exploration in partnership. Contact Véritable 0413-2622045 or (email program@verite.de).

Acupressure Therapeutic massage for Healing or Well-being: Christine has a background as nurse and has long experience in healing physical illness (emotional blockage; phone/whatsapp +91 -9489805493 or email christine@auroville-holistic.com/www.auroville-holistic.com.

African Pavilion's Regular Events: Every Thursday enjoy the drumming circle together with African drum from 6 pm till 9 pm. We drum together - no musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / • Uniting team building

- Active meditation / Empowerment through rhythm. On Saturdays from 4:30pm until 6pm: Focused Dance Improvisation with Tahir. Location: African Pavilion, near Visitor Centre. Contact: 9047047711 9384460764. africa@auroville.org.in. Fixed Contribution is requested for building the Pavilion, thanks! We also have just re-opened our Africa Safari Camping site and accommodation and hostel 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@auroville.org.in or call +91 9384406764/9047047711. See our FB here! Wednesdays: salsa class at the African pavilion - for beginners 7:30pm and intermediate 6:30pm. A contribution for guests & volunteers goes to African Pavilion. Contact: stephi@auroville.org.in.

Art Cart Summer Timings: Come create and connect in an open and welcoming art space! The Art Cart is a colorful mobile hub for community art, and an outreach effort by Sankalpa which also offers expressive arts therapy sessions in and around Auroville since 2009 (more info at sankalaipajourneys.com). Summer timings at the Art Cart (Birenda & Murray) are Fridays & Saturdays from 10 to 12, parked at the Visitor's Center stage next to the cafeteria. See you soon, Aishwarya & Krupa for Sankalpa: Art Journeys

Ashtanga Yoga (Mysore) with Marc - Monday to Thursday from 9.30 to 11 am at Véritable. (until 22 Aug). Ashtanga: Mysore style is the traditional teaching style from Ashtanga's main shala in Mysore, where each practitioner goes at their own rhythm with what they know of the series, in a silent meditative yet athletic if they so wish. The teacher adds poses as students progress, adjusts & advises them according to their level, like private classes in parallel. Contact Véritable 0413-2622045 (or email program@verite.de).

“Auroville Aikido” at AV Budokan (Debashakti near Dana): Whether you want to practice or watch a class before starting! New timing for Children classes: 6:30pm and intermediate 6:40pm. Monday, Wednesday & Friday: Juniors & Intermediates 4:30 to 5:30 pm with Cristo and Surya. Adults: Beginners: Wednesday 6.00 to 7.30 pm. with Murugan & Surya - All levels: Saturday 6.30 to 7.30 am with Murugan, Surya & John - Advanced: Tuesday & Thursday & Saturday 7.30 am with Murugan & John. Women/girls: (outreach centers & others welcome) on Sunday 8.30 to 9.30 am with Surya. Note: Aikido classes are usually gender mixed yet this feminine class was open on special request; feedback is +++ Practice clothes & other info: to start, beginners may wear long loose pants & t-shirt with sleeves (no tight fitting please) then a white “keikogi” will be required (we have some). Health Fund or private insurance necessary. Reasonable contribution required for the Dojo. To be on time, please be at the Dojo/Budokan 10-15 min. before class starts. For more info, please contact Surya: 0413-2623381 or 9655485487 - email budokan@auroville.org.in

- Surya, N. Murugan and Cristo for “Auroville Aikido”.

Aikido with Sep: Practice of Aikido at the Auroville Budokan under the guidence of Sep Overlaet, 6th Dan Tokyo Aikikai. Hours of practice: Mondays from 6:30pm to 8pm, Tuesdays and Thursdays from 7pm. to 8pm. Minimum age is 15. For further information contact Sep: overlaet@gmail.com / 8489755035.

Alcoholics Anonymous: meeting (open) every Saturday 6pm, Centras Guesthouse (Merriam Hill Centre). Contact: Ingrid 9448349376 or Shankar 9442010573.

AQUAGYM class with Eliza: every Thursday 4 to 5 pm at La Piscine. Bring your swimscap! Warmly, Eliza at elisa@auroville.org.in.

Ashtanga Yoga - Mysore Style with Christine Pauchard at Taramangaling - 5 min after botanical garden. Check the directions on our website at the page “YOGA” - Or enter in Your GPS “Skandavan”. The gate of Taramangaling is the third gate on the left after Skandavan gate which will be on your right side - On Monday/Wednesday/Friday/Saturday At 7:00 AM - /Led class starts Saturday at 7am. Pre-Registration by mail must be done in advance: by phone/WhatsApp +919489805493 or mail christine@auroville-holistic.com/www.auroville-holistic.com.

Astrology, Vedic: PAUSED UNTIL SEPTEMBER. Readings in traditional Vedic Astrology to get more clarity on any issue or area of life. Each session lasts for an hour, so plan accordingly. Weekly study group (for beginners in Vedic Astrology) meets in Auroville Conference Room on Thursdays (from 5 to 6/6.30 pm). See http://www.allthingsvedic.in/ for other details. WhatsApp Vikram on 9843494288 or email vikram@auroville.org.in.

Auroville Discovery Visits: Dear Auroville guests and visitors, a possibility for you to explore and discover Auroville on a deeper level, the practical life, activities, projects, architecture, education, 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 ) or email veroniquejobard@auroville.org.in.

Bach Flower Sessions: with Rosalba. PAUSED until further notice Rosalba, 978770844 email rosalba@auroville.org.in.

Birenda Massage with Sheida at Véritable - A traditional, Indian, full-body massage using oils that gives specific attention to the joints and muscles in your body to improve range of motion, helps muscles recover from soreness, relieve tension, and improve circulation. For appointments please contact: 0413-2622606 or 7094104329 or email treatments@verite.de.

Board Game Evening: will restart MID-AUGUST, because Le Zéphyr is closed for holidays. We gather every Friday evening at 7 pm at Le Zéphyr (above the cafeteria in visitors centre) to play all kinds of board/card games. Bring your own, if you have some!

Brahmanaspati Kshetram: Our Mother and Sri Aurobindo Centre is hosting regular activities: Every Thursday 6:00pm - Meditation. Please note that all other events will recommence from August 2019.

For directions kindly consult Google maps at this link: here. Contact: kshetram2014@auroville.org.in.

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

Capeoira (Group Ginga Saroba): Classes open to all levels, led by Prof. Samukas do Eloge. Contact: samuka da Índia - phone/whatsapp: 2622045 or email saroba.com

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

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

- OPEN RODA (Capeoira Circle) >> First Friday of each month 5.30PM - Visitor Center - Open to all!!!

Contact: info@ginga-saroba.com | www.ginga-saroba.com | 9488328435

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 to 8 am and from 3:30 to 5:30 pm. The location of the hut is: Sadhana Forest, Google Maps link: HERE / FB post / www.sadhanaforest.org.

Chakra Guided Dance: with Vera on Thursdays from 5 - 6.30 pm, at Véritable. You will be guided on a journey in which you will learn to use your beautiful voice with bija mantras and visualizations, and dance through all the chakras. Strengthen the connection between your body, mind, soul and energy/spirit body, while cleansing, opening and balancing the chakras in the process. Contact: 0413-2622045 or 7094104329.

Dance style fitness (with Eloide) at New Creation dance studio Tuesdays & Fridays 5-6pm

Darkali Fitness Track: We invite you every evening from 4.30 p.m. to 6.40 p.m., and every morning on request: just share with
**Foot Reflexology** with Sheida at Vérité. Foot Reflexology is a safe, noninvasive, 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, NEW TIMINGS: Saturdays, 4-5 pm.

**Fridays TLC Open Space** - All Kids are welcome!
- Potluck from 12:30 to 13:30, With Johnny’s Dozza
- 13:30 to 14:00 Playing around
- 14:00 to 15:30 Workshops (Clay, Mandala, Basics of Art, Music, Low-Tech LAB)

**Green Papaya Collective ‘Greening Project’**: Do you have any fruits and edible greens in your garden that you have no time or means to cook? The Green Papaya Collective can come and do it for you, sharing the harvest 50/50. Contact us through Emma: emma@growingwithwild.com or WhatsApp +4670318534. Thank you!

**Hatha Yoga (Beginners & Intermediate)** with Dr.Carola - 7339607097
Monday, Wednesday, Friday from 6.30 am to 8 am at Arka Library. Tuesday & Thursday from 5 pm to 6:30 pm (Appointment only) at Arka Library.

**Happy Joints with Yoga Asana with Sheido** - Saturday 7 to 8.15 am at Vérité. This class is open to all, but is especially designed for those who have joint problems and think they can’t practice yoga, and those with a sedentary lifestyle who are losing range of motion in their joints. In these sessions we will explore yoga asanas that have proven beneficial for joint issues (including back, neck and knee pain, carpal tunnel syndrome, osteoporosis, arthritis, etc.). These asanas help strengthen the muscles that support the joints, relieving stress and strain on the joint. They also improve psychological symptoms through promoting stress reduction, pain relief and relaxation. Contact Vérité 0413-2622045 (or email programming@verite.in).

**Hatha Vinyasa Yoga with Andres at Vérité** - Monday and Wednesday from 5 to 6.15 pm (no class 21 & 28 Aug). This practice guides the student to a tension-free state of radiant health achieved through the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dhavana), activation of the energetic centers (Chakras), and Relaxation techniques. As a result, the flow of Prana (Vital Life Force) is unblocked. Throughout the Nadis (energy meridians), Balance is restored in the physical, mental, emotional, intuitive, and psychic being. Through constant practice contentment (santosh), ecuanimity (samatha), conscious health, connection, and well-being will be established in daily life”. Contact Vérité 0413-2622045 (or email programming@verite.in).

**Hatha Yoga & Breathwork** with Nikhil - Monday from 5 to 6.15 pm at Vérité. (no class 26 Aug) This class is open to all, but is especially designed for those who have joint problems and think they can’t practice yoga, and those with a sedentary lifestyle who are losing range of motion in their joints. In these sessions we will explore yoga asanas that have proven beneficial for joint issues (including back, neck and knee pain, carpal tunnel syndrome, osteoporosis, arthritis, etc.). These asanas help strengthen the muscles that support the joints, relieving stress and strain on the joint. They also improve psychological symptoms through promoting stress reduction, pain relief and relaxation. Contact Vérité 0413-2622045 (or email programming@verite.in).

**Healing and Chakra Meditation** with Tania at Vérité - Friday and Saturday from 5 to 6 pm. A guided journey through the chakras which promotes opening, clearing, and purification throughout the body, and leaves us with a sense of loving self-care, balance, and relaxation. Contact Vérité 0413-2622045 (or email programming@verite.in).

**Hip-hop Dance Classes** by Vijay at Kullapalayam Creative Centre: every Saturday - 3pm to 4pm. For more information: tel: 9843419920 (Selvera) of KCC / 9786167917 (Sundar, K. Aspiration)

**HOLISTIC regular sessions**: See more details and the up-coming intensives: www.auroville-holistic.com. For the following please contact: Emma@verite.at or WhatsApp 9489805493.

- **1) Health coaching & Personal Development (NLP/ CBT)**: Health coaching, also referred to as wellness coaching, is a process that facilitates healthy, sustainable behaviour change by challenging a person to listen to their inner wisdom, identify their values, and transform their goals into action. To enhance your relationship (bad-breaking relationship, no relationship….) Include 4 to 5 sessions.
- **2) Healing Program**: A customize program to heal Depression, General Anxiety Disorder, Sleeping disorder, Bipolarity Disorder...
- **3) Chakra Healing**: Discover how to balance the energy flowing through the chakras inside your body with Pr landscpe guided meditation and meditation
- **4) Mindful Techniques**
  - **AMI**: Analysis of Multiple intelligence through fingers print: A scientific way to discover your hidden talent and potential.
  - **Sound healing with scientific meditation sessions & “SSDP Super Sensory Development Program” to develop our 5 senses,**
- **5) Workshop**: De-Stress Your Mind and Relax Your Body: 17th August / 31st August and 1st September - Start on Saturday at 4 PM and end Sunday at 12.00 noon
  **registration**: Holistic health care studio - Kullapalayam- Auroville Main Road. **Venue**: Holistic Hall at Taramangalam - 5 Min after Botanical garden **Contact**: Christine P., mob & WhatsApp: +919489805493, or via email contact@auroulistauroville.org.com / www.martuvam.org

**Japanese Tea Ceremony**: available on request - Please contact ihaswrayam@aurouville.org.in or at 0413 2622192.

**Kalarippayattu Classes** in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 90400920 9585153355.
- **Kalar Class for Beginners:** Morning classes 6.30 - 7.30 Monday, Wednesday, Friday.
- **Kalar Class for Advanced people:** Morning classes 6.30 - 7.30 Tuesday, Thursday, Saturday.

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

**Kuilai Creative Centre (KCC)**: Weekly Activities have started again:
- **Evening Tuition (Monday to Friday)** - 6pm to 8pm
- **Silambam (every Sunday)** - 10am to 12pm
- **Hip-hop (every Saturday)** - 3pm to 4pm
- **Bharatha Maattiyam (every Saturday)** - 4pm to 5pm
- **Library (Monday to Friday)** - 9am to 12.30pm and 2 pm to 4:30pm

For more info contact 984395290 or 9385767513 or mail us through: kualicreativecentre@aurouville.org.in.

**Leela, the Game of the Self Knowledge** (a 2000 years old game!): Come and play the Game of your Life! Sundays, 9:30 am to 12.30 (above 15 years old), in SVEDE, at the Butterfly Barn. English, Spanish, French, Italian, German, Dutch and Russian versions all available. Contribution kindly asked. Please call before to confirm your coming. Contact: Veronique J. 9488512678. For more info visit www.leelathegame.blogspot.in.

**Life coaching, Neuro coaching**: PAUSED UNTIL SEPTEMBER - 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 behavioral changes. Contact Vikram on 9439448288 or at vikram@aurouville.org.in.

**Liloloka - Creative Play for ages +4**: closed for SUMMER BREAK. Whatsapp Anna 9943528729.

**Mandala Practice**: PAUSED until further notice - Rosalba, 9787702844 or rosalba@aurouville.org.in. See more on Facebook: www.facebook.com/rosalba.aurouville.org.in.

**Martuvam Healing Forest Activity**: Herbal walk & Talk / Herbal food cooking class / quying with Herbs / helping in preparation Herbal remedies. Website: www.martuvam.org. For dates and timings please contact: Poonam or Malar at 9345454232, martuvam@aurouville.org.in.

**Meditation for Peace and Healing**: Paused during the month of August as Unity Pavilion is closed for building works.

**Mudra-Chi Session**: A body Prayer in a Tai-Chi Form, based on Mother’s Mudras. Wednesdays - 5 to 6pm - at Savitri Bhavan. Everybody welcome. Facilitator: Anandi - anandi7@aurouville.org.in.


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

**Open Free Expression Dance Space**: “Rise & Shine” with Priscilla for “Just be” (under Arts Service)- Fridays 7:30-9:00am, Saturdays 5-6:30pm, at Cripa Hall, Kalabhami. Exploring new ways to express with the body, being in the moment with emotions and the Physical, developing deep self-awareness, dropping judgments. A joyful journey with different types of music. Contribution towards the space is required. Towards the facilitator- donation base. For details and joining the dancing group, please contact 9499698785, pashudhi@hinet.in. Love & Peace to all.

**Oracle Card Reading**: With Carmen. In this reading we will find your own unique way to progress. You will get clear answers and practical tips to move forward. By appointment at: 9751673869, carmen.palnick@gmail.com Love Carmen.

**Paintings and Drawings Exhibition and Fund Raising**: in Roof Studio - Vikas every Saturday from 4pm to 6pm. Come and see drawings and paintings done with various mediums such as oil, charcoal, soft pastel and watercolor. Some pieces are from the exhibition: “Ivana’s Art from Auroville”. You can get an art piece on donation basis to raise funds for a home and studio for the artist. The special account is 256190. Please do not hesitate to contact Ivana if you have any inquiries - ivana@aurouville.org.in, 709 44 41549.

**Pilates (with Savitri) at New Creation Dance studio**: Monday 5-6pm (Intermediate) / Tuesday 7.30-8.30am (Intermediate)

**Saturday 7.30-8.30am (basic). Contact: savitri@aurouville.org.in.**

**Pottery Class**: Hands on clay. Open class for all levels. Discover your connection with clay. Create with your hands. Long & short term classes, handwork and wheelwork, at Bhu Ceramics (Under Arts Service). Contact: nau sheen@aurouville.co.in. Whatsapp: 9478833736

**Psycho-spiritual work, tarot and other sessions**: To bring more clarity and freedom on life issues where there was confusion and entanglement in our lives, to allow new steps in life. Tarot, reprogramming, reality checking, herbs and homeopathy, understanding, dropping judgments, a joyful exercise, to become free of blocks and fears. Contact: Sheida 9442788016 or programming@verite.in

**Reiki Healing**: with Tania at Vérté. Reiki works by channeling energy; the practitioner typically places their hands in a series of positions slightly above the body, offering positive energy where it is most needed. For appointments please contact (+91) 413 2622606 or email programming@verite.in

**Reiki Healing with Chakra Balancing**: with Tania at Vérté. A healing technique based on the idea that an unseen life force energy flows through us. This is a hands-on treatment with comfortable clothes. For appointments please contact (+91)413 2622606 or email programming@verite.in


**Restorative Yoga Postures with Sheida** on Monday (advanced level) & Tuesday (open to all) from 3 to 4.15 pm at Vérté. Restorative Yoga classes are relaxing and slow paced. Pranayam or Malar at 9345454232, martuvam@aurouville.org.in.

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

**Salsa at African Pavilion**: led by Stephanie - Every Wednesday. Salsa beginners class, from 6 - 7pm. Intermediate class from 6:30-7:30 pm. Open to all. A contribution (for guests & volunteers) goes to African Pavilion. Contact: steph@aurouville.org.in.

**Satsang**: a sharing for spiritual upliftment; Savitri Bhavan, by Aashish Saturdays 5:30 pm. savitribhavan@aurouville.org.in

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**The Weekly Auroville 29 July 2019 [005]**

23
Saturday Vegan Potluck at Sadhana Forest! Let’s share Vegan food and celebrate compassion to all living beings. Bring your favorite Vegan dish to the Tea Hut at Sadhana Forest. Every Saturday evening at 6pm.

Directions: https://maps.app.goo.gl/VyFbK1Y48nMQRv16

Savitri in the morning: Tuesday mornings from 6:45 a.m. to 7:40 a.m. at Rama and Uma’s place in Courage, Native English speaker(s) attend and offer help with comprehension. All are welcomed. We are presently following Savitri’s journey to find her soul. We have extra copies of Savitri. Ground floor fully accessible. If you need further information, contact pat@auroville.org.in, or ramanaranaya@auroville.org.in.

Savitri Group Readings: at Savitri Bhavan. led by Buviana: Sundays 10:00-12 noon.
- Savitri Study Circle: Tuesdays 5-6pm. Let us learn Savitri together in Tamil.
- OM ChöR/OM Singing: Every Tuesday at Savitri Bhavan, 5:45/6:00pm
- The English of Savitri led by Shradhavann: Thursdays 4-5pm.
- Full Moon Gathering: 7.15-8.15pm in front of Sri Aurobindo’s statue with Reading of Savitri organized by Murugan. Listening to Mother’s voice, reading Savitri and viewing the Full Moon charges the atmosphere and embraces all with a beautiful presence.

Solitude Farm & Organic Kitchen Weekly Activities:
Contact: solitudepermaculture@gmail.com
- Tuesdays: Cooking Workshop (9.30am - 12:30am): Discover how to use seasonal vegetables and fruits to make your healthy food plate. Come and learn hands on with us as we immerse in Banana flower, banana stem, Papaya, Mango, Tapioca, Chikoo, Sweet Potato, Chicken Spinach and many more to explore Solitude’s Café menu. contribution required. Lunch and refreshment included.
- Wednesdays: Permaculture Workshop (9:30am - 12:30am): A closer look at Solitude Farm through exploration of local food. This workshop will give you a clear insight on how to re-connect with Mother Nature through the principles of natural farming and permaculture. contribution required. Lunch and refreshment included.
- Fridays: Soap Making Workshop (9:30am - 12:30am): Learn to make your own soap from easily available natural ingredients around you. A small step towards a big issue of saving the depleting water table and recycling water. Understanding the essence of making your own soap from easily available natural ingredients around you.

Somatic Experiences with Maggie - Wednesdays 5-6pm in Vérité Hall. Somatics is a system of slow mindful movements (in the tradition of Thomas Hanna). Each week we will explore a different theme with the aim to unwind habitual holding patterns in the body, including: flexibility, stamina, coordination and wellness; resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. Open to all. Maggie is a professionally trained Clinical Somatic Educator and offers workshops, classes and clinical sessions in highly effective technique. For further info call Maggie: 94886 23465 or Vérité on 0413-2622045 (or email programming@verite.in).

Sound Massage and Bath with Tibetan Singing Bowls and Solar Gong
With Antarjyoti. 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…. Info and Booking with Antarjyoti (0413)2623767 or by mail: contact@aurowilie-holistic.com

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring healing sessions through the magic of the sounds from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being…The aim is to put you in a state of relaxation which enables you to see or feel yourself deeply according to your own awareness. In addition to the sound journey, you will be guided through your body to explore its dimensions which has an action and a benefit on the levels: Physical, Energetic 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 sciatica pain (“Ishias” in German). Free of charge - Donation welcome.
To book your appointment, please call Ishla at: (0413) 2622192 or ishashwayam@auroville.org.in.

T’ai Chi Hall @ Sharnga: Monday 7.30-8.30 & Tuesday 8.30-9.30 /Chi, Monday 8.30-9.30 & Thursday 7.30-8.30 /24-form, Tuesday & Thursday 8.30-8.10-form, Wednesday & Saturday 7.30-8.30 /127-form, tachi@auroville.org.in.

Tao of Tea: With Isha. This unique ceremony allows you to experience a spiritual journey. Explore and discover Yourself with a cup of tea. Only organic tea will be used. (no-coffee tea available on request). All are welcomed. Free of charge. Donation postures
- Available every day, venue: Swayam. Advance booking required. Approx. 1 hour per each session. Book at: 0413-2622192 / ishashwayam@auroville.org.in.
- Also available every Thursday afternoon at Unity Pavilion-Hall of Peace: 2 to 3pm and 3.30 to 4.30pm. Advance Booking is required: call with the Unity Pavilion, 0413-2623576 or unitypavilion@auroville.org.in.

Thai Foot Reflexology: with Santiago (by Appointment Only) at Vérité Thai foot reflexology techniques apply pressure around 40 points of the sole, dorsal, medial and lateral parts of the feet. These reflecting points are stimulated using fingers and knuckles to stimulate the corresponding internal body organs, circulatory and lymphatic systems. This practice helps to detoxify and purify the body, relieve stress and tension, boost the immune system, decrease fatigue, improve good health and mental serenity, and restore balance. For more info: (+91)413 2622 606 or email programming@verite.in.

Thai Yoga Massage with Andres at Vérité. Traditional Thai Yoga Massage is an Ancient technique used to unblock energy stagnation and awaken our inner healer. This is achieved through both pressure on the energy lines (Nadis) and movements of the body and joints based in Yoga Asanas. It embraces people of all backgrounds who feel drawn to it as a transformative practice. Most important, the practice is not just about some exercises; it’s about giving from the heart with compassion. For appointments please contact Vérité 0413-2622045 (or email programming@verite.in).

Tibetan Dinner: Whatsapp 8489067323. Take care and see you all soon. Best wishes, Kalsang and Namgyal.

Traditional Hatha Yoga: with Christine Pauchard at Taramangalay - 5 min after botanical garden. Check the directions on our website at the page “Yoga”. Mondays/Wednesdays from 4:00 to 5.30pm. Pre-Registration by mail must be done in advance: by phone/whatsapp +91-9488905493 or mail christine@aurowilie-holistic.com / www.aurowilie-holistic.com.

Transformation Game® with Carmen: Just as life is filled with this rich variety of experience, so is the Transformation Game®, a fun and complex board game which offers a playful yet substantial way of understanding and transforming key issues in your life. By appointment. 975 162 3888 Love, Carmen.

Transformational Yoga: at ARKA, with Lakshmi. Thursdays - Saturdays from 5pm - 6.30pm. Transformational Yoga inspired by the teaching of Sri Aurobindo's Integral Yoga. It goes far beyond physical practice; it is an integral approach to physical health, emotional balance, mental and spiritual clarity. In Transformational yoga we learn and practice Hatha Yoga asanas, Pranayama breathing, mantras chanting and meditation techniques as tools to make the difference in your everyday life. This variety of yogic systems aims to awaken all five aspects of the being's nature and chakras in order to experience a continuous state of physical health and stamina, emotional balance, higher mental guidance, unconditional love, faith and spiritual bliss. Enjoy your inner discovery! All welcome! Lakshmi 8489764602.

Tula Massage (Tula Yoga Treatment) with Marc (until 24 Aug) at Vérité. 80 minutes of deep, rhythmic, full body oil massage done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. For appointment please contact Vérité 0413-2622045 (or email programming@verite.in).

Tula Massage (Tula Yoga Treatment) with Marc (until 24 Aug) at Vérité. 80 minutes of deep, rhythmic, full body oil massage done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension. This can be followed by 30 minutes of supported Yoga postures done on the floor, to realign fascial layers and unblock tension.
Iyengar Yoga Body: with Olesya at Arka (first floor hall). Iyengar Yoga is a form of Hatha Yoga. It makes wonders with your Body, Breath and Mind through your observation and awareness in different postures, conditions. 

**Mornings:** Every Monday, Wednesday, Friday and Saturday from 6.00 am to 8.00 am. 
**Afternoon:** Every Monday and Tuesday - 5.00 pm to 6.30 pm. Drop-in classes. All are welcome! Contribution is required. For more information: whatsapp +919159052743 or olesya@auroville.org.in.

**Yoga Asana** with Sheida - Tuesday & Friday (advanced level) 7 to 8.15, Monday & Thursday (open to all) 7 to 8.15 am, Thursday & Friday (open to all) at 3 to 4.15 pm at Vérité. These sessions focus on alignment to develop sensitivity, and practice with greater stability. Proper alignment is essential to reduce strain and prevent injury. Each session will feature awareness of posture, alignment, and stretching and strengthening both sides of the body equally. It also includes instruction on the use of props, which help students at all levels to practice with greater stability, effectiveness, and ease. These classes also give basic understanding of anatomy and alignment, with each session focusing on a specific musculoskeletal group. We then engage these muscles and bones through a variety of asanas (standing poses, twists, hip openers, forward and back bends). The use of props helps students at all levels to develop sensitivity, and practice with greater stability, effectiveness, and ease. Understanding basic anatomy, alignment, and use of props allows practitioners to receive the full benefits of each asana without overextending themselves. Please note these sessions are offered on 2 levels; Level 1 is suitable for those who have never practiced yoga before or have recently started, and Level 2 is for experienced students who have more than 1 or 2 years of experience.

Contact Vérité 0413-2622045 (or email programming@verite.in).

**Yoga - Balance & Strength** with Aishwarya - Wednesday from 7 to 8.15 am at Vérité. A 75-minute beginner level practice, in which the focus is primarily on creating stability in the joints, strength in the muscles and ease in the breath. The goal is to train the mind to center the body throughout the practice. Why should I practice this? 1) Balance training is a simple but effective practice, open to all ages, to improve overall strength. 2) Good core strength, Preventing back pain, supporting joints, etc. 3) It is an excellent place to begin your fitness journey. 4) It is low-impact. 5) Beginner-advanced level variations will be given (depending on the practitioner). 5) It will calm the mind, making it steady and still, a combination that is ideal for meditation. How will I practice this? 1) Using the principles of Classical Hatha yoga. 2) Sequencing includes balancing - Asana - Postures, Pranayama- Breathing Techniques, OM Chanting, Meditation.

Contact Vérité 0413-2622045 (or email programming@verite.in).

**Yoga Nidra (Deep Healing Relaxation)** with Andres - Wednesday from 4 to 4.45 pm at Vérité. A guided relaxation, done lying on the floor, that helps to restore energy and fully charge the body. Yoga Nidra can offer the benefit of an extra two hours of sleep; it can also have a positive effect on the nervous system, clarity of mind, stress relief, and development of self-awareness.

Contact Vérité 0413-2622045 (or email programming@verite.in).

**Yoga Nidra (Yogic Relaxation)** with Nikhil - Tuesday from 3 to 4.30 pm at Vérité. A simple but profound guided meditation technique for Deep Relaxation. We scan the entire body mentally giving suggestions to relax the muscles and Let Go naturally any hold up emotion. Makes one feel replenished and refreshed later as if hitting that ‘Restart Button’ within!! Contact Vérité 0413-2622045 (or email programming@verite.in).

**Youth Center activities:** 
1. Pizza Night begins only on 10th August because of renovation.
2. NCL/ Night Conscious Learning also begins on 8th August.
3. **AUROVILLE UNDERGROUND MUSIC FESTIVAL** will be held in September. Hence, meetings are being held every Thursday 4 pm onwards, whoever wishes to volunteer and help are most welcome.
4. NCL would also be providing food with basic contributions for all present at NCL.
5. **TREE HOUSE renovation**: whoever wants to participate/ volunteer are most welcome.
6. **Preparation for planting in August**, contact Deep Sarkar living in Youth Center. 9848740930.

*For more information you can always pass by!*

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**Volleyball at Dehashakti:** Mondays and Wednesdays 5.15-6.30 pm. We are looking for more people to join our fun volleyball matches at Dehashakti sports ground. **Just come by, Tanja.**

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**Films**

**AT SAVITRI BHAVAN**

**Monday, July 29, 2019 at 6:30pm. Duration: 52min.**


At each pace of the journey marvelous
A new degree of wonder and of bliss,
A new rung formed in Being’s mighty stair,
A great wide step trembling with jealouled fire
As if a burning spirit quivered there
Upholding with his flame the immortal hope, ...

(Savitri, p.277)

Film by Manohar of Huta’s paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music.

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**CINEMA PARADISO**

Multimedia Center (MMC) Auditorium

**Film program 29 July to 4 August**

**Indian - Monday 29 July, 8:00 pm:**

**Manmarziyaan (Husband Material)**

India, 2018, Dir. Anurag Kashyap w/ Taapsee Pannu, Abhishek Bachchan, Vicky Kaushal, and others, Drama-Romantic, 156mins, Hindi w/English subtitles, Rated:NR (PG-13)

The title of the film literally means the heart's wish. This is the story about the free-spirited woman Rumi. She is madly in love with Vicky - a young, rather immature, part-time DJ who too loves Rumi. They cannot have enough of each other. But when the family wants to Rumi to get married, Vicky gets cold feet. Reluctantly Rumi agrees to marry Robbie, a quiet, matured person who her family chooses. She enters the marriage unwillingly but as she warms up to the relation Vicky re-enters her life. This time there is no escape, she really has to make a choice. A well-acted good film!

**Italian - Tuesday 30 July, 8:00 pm:**

**HABEMUS PAPAM (We Have a Pope)**

Italy, 2011, Dir. Nanni Moretti, w/ Michel Piccoli, Nanni Moretti, Comedy-Drama, 102 mins, Italian w/ English subtitles, Rated: NR

At the Vatican, following the demise of the Pope, the conseclave to elect his successor settles on Cardinal Melville. But the faithful gathered in St Peter’s Square wait in vain for the new Pope to step out on the balcony. What is going on? Behind the thick walls of the Vatican panic has set in. After uttering a terrible howl of fear, the Cardinal refuses the office. The officials do everything to try to reason with Melville, involving a psychoanalyst, appointed by the Vatican… Do we really have a Pope?

**Interesting - Wednesday 31 July, 8:00 pm:**

**THE QUANTUM ACTIVIST: Amit Goswami**

France, 2009, Dir. Renee Slade & Ri Stewart w/ Amit Goswami, 78mins, Documentary, English w/English subtitles, Rated: NR

*How can we focus on matter of ecology, environment or anything without focusing on the conscience??* In this award winning film, be prepared to get a glimpse of the revolution going on in science; a genuine paradigm shift. While mainstream science remains materialist, several scientists are supporting /developing a paradigm based on the primacy of consciousness. Dr. Amit Goswami a pioneer of this new perspective shares with us his vision of the unlimited potential of consciousness. Witty and profoundly insightful it brings a vision of the universe where Goswami dares to ask, *What are you doing to participate in the creation of the reality we all share? We had screened this film a couple of times in 2012, time we revisit. A must see!*

**Favorites - Thursday 1 August, 8:00 pm:**

**Una Mujer Fantástica (A Fantastic Woman)**

Spain, 2017, Writer-Dir.Sebastían Leilo w/ Daniela Vega, Francisco Reyes, Luis Gnecco, and others, Drama, 104mins, Spanish w/English subtitles, Rated: R

Somewhere in Santiago at a nightclub, Orlando, a well-known chef, is quite smitten by a spirited woman Rumi. She is madly in love with Vicky - a young, rather immature, part-time DJ who too loves Rumi. They cannot have enough of each other. But when the family wants to Rumi to get married, Vicky gets cold feet. Reluctantly Rumi agrees to marry Robbie, a quiet, matured person who her family chooses. She enters the marriage unwillingly but as she warms up to the relation Vicky re-enters her life. This time there is no escape, she really has to make a choice. A well-acted good film!
that, from now on, everything is brought into question: her involvement in Orlando's death, their unconventional relationship; and her right to mourn her beloved deceased. In the end, what was Marina's crime; a deed so hideous that would rob a fantastic woman of her respect, her dignity, and ultimately, her identity? We are re-screening this amazing Academy Award winning film. A must see!

International - Saturday 3 August, 8:00 pm:

• BURN YOUR MAPS
USA, 2016, Writer-Dir. Jordan Roberts w/ Vera Farmiga, Virginia Madson, Jacob Tremblay, and others, Adventure, 102 mins, English w/ English subtitles, Rated: PG-13

A family in emotional turmoil is taken by surprise in this quirky adventure where an eccentric 8-year-old American boy, Wes, has an existential epiphany - He believes that he is in fact a Mongolian goat herder.

Children's Film - Sunday 4 August, 4:30pm

• THE BOY WHO HARNESS THE WIND
Malawi, 2019, Dir. Chiwetel Ejiofor w/ Chiwetel Ejiofor, Maxwell Simba, Felix Lemburo and others, Drama, 113 mins, English w/ English subtitles, Rated: PG

A boy in Malawi helps his village by building a wind turbine after reading about them in a library book.

Joe Wright FILM FESTIVAL @Ciné-Club Sunday 4 August, 8pm

• HANNA
UK-USA, 2011, Dir. Joe Wright w/ Saoirse Ronan, Cate Blanchett, Eric Bana and Drama-Action, 111 mins, English w/ English subtitles, Rated: PG

Hanna is a teenage girl. Uniquely, she has the strength, stamina, and the skills of a soldier; from being raised by her father, an ex-CIA man, in the wilds of Finland. Living a life unlike any other teenager, her upbringing and training have been one and the same, all geared to making her the perfect assassin. The turning point in her adolescence is a sharp one; sent into the world by her father on a mission, Hanna journeys stealthily across Europe while eluding agents dispatched after her by a ruthless intelligence operative with secrets of her own. As she nears her ultimate target, Hanna faces startling revelations about her existence and unexpected questions about her humanity.

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 Finmmcauditorium@auroville.org.in

FRIDAY 2ND AUGUST: 8:00 PM

“CAVE OF FORGOTTEN DREAMS”

Director: WERNER HERZOG, France/Germany, 2010
Synopsis: In 1994, a group of scientists discovered a cave in Southern France, perfectly preserved for over 20,000 years and containing the earliest known human paintings. Knowing the cultural significance that the Chauvet Cave holds, the French government immediately cut-off all access to it, save a few archaeologists and paleontologists. But documentary filmmaker, Werner Herzog, has been given exclusive access, and now we get to go inside examining beautiful artwork created by our ancient ancestors around 32,000 years ago. He asks questions to various historians and scientists about what these humans would have been like and tries to build a bridge from the past to the present... The film was originally shot for 3D screening (an exception for Herzog) and in this format, it is really stunning. We unfortunately present it without the 3D effects... Still stunning you will see! Original English version, duration: 1h.29'

⇒⇒⇒ GO PAPERLESS!

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- or click directly on this link.

Or read it online!
www.auroville.org/contents/4186

THE ECO FILM CLUB

Sadhana Forest: August 2nd, 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 :)**

The FRENCH PAVILION presents:

Le Peuple Migrateur
(Winged Migration)
Directed by Jacques Perrin
Saturday 9 August 2019 at 5pm
Town Hall - Cinema Paradiso
In French only, duration: 100 min
Every year, in early fall and spring, millions of birds around the world fly to distant destinations. Jacques Perrin followed and filmed for three years these paradoxical journeys which, synonymous with survival, are sometimes changed into cruel adventure, or even a nightmare. Geese, cranes, storks, pelicans, swans, condors, woodpeckers follow one after the other, in grandiose scenery - the Grand Canyon, the Monument Valley, the Senegalese coast, the South Pole - which hide as much oasis as deadly traps...

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

→ Auroville Safety and Security Team: 9443090107 (Email: security@auroville.org.in)
→ Ambulance: Auroville: 9442224680 - Pims: 0413-2656271
→ Farewell: mobile number: 8903836246. reachable 24/7
→ Emergency Service of India: 108

The Weekly Auroville, Media Centre, Town Hall. email: newsandnotes@auroville.org.in