The dot at the center represents Unity, the Supreme; the inner circle represents the creation, the conception of the City; the petals represent the power of expression, realization

Happy 52$^\text{nd}$ Birthday Auroville!
"The New Principle of Centralisation

This first particle living at the frontier of inanimate matter, some four billion years ago, yet without memory except for the one that linked it through its atoms to the first hydrogen cloud: vibrated, quivered and spread to absorb and to grow, as does the nucleus to absorb its electrons, as do the galaxies to carry along other galaxies, and the sun other planets, already in search of its universal totality, as if nothing could be without being everything, as if there were a great total memory deep down: hunger or love. A whirling of being upon itself so as to encompass more and more being and space, and to fill a first unity dissolved in an explosion of joy and love, or of whatever we can put into equations but never into our pockets. An infinitesimal movement which gradually created its own laws through its habits and through the conditions of its milieu, a first memory so as to live and repeat a fruitful or useful habit: a first habitual winding around that was soon to form a trembling and mortal cocoon, from where it would have to emerge to die and to grow still more. That was the first web: a coagulated habit. The same one Mother was to encounter, but infinitely complicated and solidified by human mental habit. In short, at the “end” of evolution, the question was to know whether one can get out of the cocoon without dying and rejoin this universal totality imprinted in our atoms without losing the small individual laboriously formed through billions of years of pain: to be at once the point and the totality. Now, this habitual human coagulation which we call the physical mind was “so intimately linked to the amalgam of the physical body and its present form,” said Mother, “that when I tried to get rid of it, it caused fainting.” You are spread out into the cosmos. A new principle of coagulation or centralisation had therefore to be found, which was no longer the mechanical repetition of human habit: when habit is undone, man is undone. Such is the mortal cocoon of all the species: the web. Mother had clearly seen the problem:

69.17.12 Death is the decentralisation of the consciousness contained in the body’s cells. The cells composing the body are given form by a centralisation of the consciousness which is in them, and as long as that power of concentration is there, the body cannot die. It’s only when the power of concentration disappears that the cells are dispersed. Then the body dies. The very first step toward immortality is therefore to replace the mechanical centralisation by a willed centralisation.

Because the intellectual mental, the emotional, the sensory wills cease to exist — all the old habits have been cast off while crossing through the layers — thus there has to be a cellular will ... but a cellular will no longer based on the mechanism of habit — which is precisely our mortal cocoon. Then what will it be based on?

In the course of the “cellular apprenticeship,” the cells had gradually and painfully learned that a “drop of that” can heal everything; they had learned to call “that,” as the nucleus, perhaps, “learns” to snatch its electron. But a cell is very mechanical, even in its primary will: it needs to repeat and repeat — and it does repeat immemorially all the stupidities of the human species (after many others). Another sort of mechanism had therefore to be found, a non-imprisoning mechanism that does not weave a new mortal cocoon around the cell, yet gives it the required cohesion or centralisation.

Mother found a means. A simple means, so simple that it is within everyone’s grasp — with Mother, it is always very simple. The means is not new, it is even very ancient, but its application is new. In India it is called a mantra. This is the only “mechanical” means Mother ever used.

Every animate or inanimate thing is endowed with a vibration of its own: a stone, fire, a virus, water, radium, anything. It is the vibration of the habitual force constituting that “object,” its particular frequency or wave-length, like the quasar out there at the edge of the universe. It is the network or the vibratory web which encloses the object and gives it a precise form. Vibration implies sound, even if it is inaudible for us. Now there is a very old science of sounds in India, a science of the entire vibratory range from the most material object to the highest state of consciousness (for a state of consciousness also has a vibration, as does anger or joy or the fragrance of a plant or anything: every possible state has its own particular vibration or sound). Thus this science, generally quite misused, can by emitting the particular “sound” be used to reproduce the object: there is a sound of fire, a sound of water, a sound of anger, a sound of supreme beatitude. And the followers of this science usually turn their knowledge to base and lucrative ends — magical ends — which we need not dwell upon. But there also exists other sounds with the power to evoke states of consciousness (poets know this), and if one can sow anger in someone, one can also sow something else. Love too has a sound — perhaps it is even the sound of the universe. That sound, whatever it may be, is what is called a mantra: a vibration that can reproduce a certain state of consciousness (or, at the other end, a certain state of matter, but that may be the same thing). A mantra is generally composed of one or several Sanskrit syllables.

Thus Mother found her mantra. [To be continued]  ~ Satrem, Mind of the Cells, Chapter 8

The Ponder Corner

You must be good for the love of goodness, you must be just for the love of justice, you must be pure for the love of purity and you must be disinterested for the love of disinterestedness; then you are sure to advance on the way. ~The Mother

Words of The Mother, vol.3, p.265
FEBRUARY IS AUROVILLE’S MONTH
Auroville’s 52nd year commences on the 28th, the 21st is The Mother’s birthday and the 29th celebrates the advent of the Supramental Descent. So February is Auroville’s special month! With the two solidarity actions this month - Art for Land and the Auroville Marathon - some people now say we should call February “The Month of the Land”.

Each Darshan, the Acres for Auroville newsletter provides news and info on land solidarity, progress in consolidation, and developments on the new plots. We also salute the work of the builders of Auroville, old and new. Here are our new February articles, all readable on https://land.auroville.org/news/

- THIS SPECIAL MONTH OF FEBRUARY 2020
- BEAUTY FOR A CAUSE: ART FOR LAND 2020
- RUN FOR A CAUSE: AUROVILLE MARATHON 2020
- AUROVILLE PIONEER - Gérard of AURO ORCHARD
- Auroville’s BABY Newcomers (Part 2) - PAULA & the Morning Star MIDWIFE TEAM
- INSPIRATION: “THE SUPRAMENTAL MANIFESTATION ON EARTH” (Chapter 6)

Don’t forget our previous news articles, our videos https://land.auroville.org/art-for-land-video/video-acres-auroville/, https://land.auroville.org/campaigns/art-for-land/ and for the next time, how to be a sponsored Marathon runner https://land.auroville.org/campaigns/auroville-marathon-sponsoredruns/... If you haven’t already seen the great wealth of information and inspiration on our website, now is the time... and it’s also the time to feel immense pride in the extraordinary Auroville adventure!

We salute the generosity of the 13th Marathon Team and Marathon Market participants and the immense work of the Art for Land team! Join us for the Art for Land Closing Ceremony on the 21st at 5 PM and the Meditation in the Hall of Peace around the Peace Table in connection with Moscow & New York! Auroville is land consecrated for the New World, Human Unity, and Peace, and it needs the rest of its designated geography now! You can sign up for our newsletter at flau@auroville.org.in Support the Auroville Vision and Mission by donating for the still-missing plots: https://land.auroville.org/donate/

WORKING GROUP REPORTS
The Working Committee will hold a General Meeting on the topic of Proposed Amendments to the “Auroville Foundation (Admission and Termination of Persons in the Register of Residents) Regulations, 2019” and a draft internal Exit Policy.

Tuesday, 3rd March, 2020, 4:30 PM - 6:30 PM
Bhumika Hall, Bharat Nivas.

Please note, that this GM will be followed by a Residents’ Assembly Decision. Please read on for more details.

Where are we today:
The Exit Policy Task Force has received and studied feedback from the community on the 2 tasks that were given to them: 1) proposed amendments to the Regulations 2) draft internal Exit Review Policy

The Task Force had presented a first draft on 3rd September, 2019, after which feedback from the community was sought. Now the task force is going to be presenting the second draft to the community, with feedback incorporated, on the upcoming GM on 3rd March. These drafts can be found at ……………. (insert link)

Next steps: What remains is for the community to collectively decide on two documents:

1) proposed amendments to the Admission and Termination Regulations, 2019
2) proposed draft internal Exit Review Policy

To complete this process, we will initiate an RAD process to seek approvals by the community on each of the two documents mentioned above.

Brief chronological update: You may recall, since April 2019, the WCom has been updating the community on the topic of the Regulations. The 1st GM was held on 12th April, 2019 - https://auroville.org.in/article/74068

On 6th May, the WCom informed the Governing Board on the topic of these Regulations, the concerns raised by the Residents’ Assembly, in particular about the clause in the Form I of the 2019 Regulations stating that “[…] Ownership of immovable assets in the Green Belt Area of the Auroville Master Plan is only allowed with the written permission of the Auroville Foundation.” The WCom requested the GB to issue directives that the Form I not be used, nor any permission be given by the Auroville Foundation to Aurovilians to own land in the green belt area. Simultaneously, residents started a petition objecting to the same clause in the Form I.

On 3rd June, the WCom announced the constitution of an Exit Policy Task Force along with their scope of work:

* To propose amendments to the Regulations based on the feedback received in the 12th April GM, and
* To propose an Internal Exit Policy for approval of the Residents’ Assembly

2nd GM held on 3rd September 2019
https://auroville.org.in/article/75954

On 8th September, the WCom discussed with and updated the Governing Board, during its 54th meeting, on the topic of the Regulations, in particular the clause in the Form I on ownership of land by Aurovilians in the Green Belt Area, and the concerns raised by residents. We informed the Board of the results of the petition. The Board received this information positively. Soon after, the minutes of the 54th Governing Board meeting confirmed that the GB unanimously agreed to delete the objectionable clause for the Regulations.

We hope to see you all at the upcoming GM where questions can be asked, clarified and discussed.

With regards, The Working Committee.

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With regards,
The Working Committee.
FROM* L’Avenir/TDC:

Dear Auroville Working Groups / Auroville Community,

You all are very well aware of the shortage of Interface Team (IT) members and the critical financial situation of L’Avenir d’Auroville / TDC. We are now reduced to 2 IT members. Due to this reduction, resource members are also not able to continue their support.

We have received indications that some limited funds from GOI grant could be released, which will help us to run the office until the end of this financial year (March 2020). Coverage of our recurring budget for the next financial year however is very uncertain and unclear as to how our financial requirements will be supported by the community.

Though we have managed to put up different technical teams, in view of only a 2 member IT/L’avenir d’Auroville /TDC team, we feel it is not viable for L’avenir d’Auroville /TDC to take important decisions that should ideally be taken by the larger team of IT members. In view of this current situation, we have no choice but to temporarily suspend some of our services as follows --

- Interaction with other working groups where new important decisions are to be taken, i.e. Housing and FAMC. unless for previous agreed upon agendas like Statutory status, densification of RZ1 and RZ2 etc.
- Building applications approval process. We are unable to receive any further new applications. But the application team shall continue to process ongoing applications.
- Close the office for walk-in community interactions (office hours) and help desks support for mapping as well as applications.

We will continue our ongoing planning work along with the technical teams, which has been approved and cleared earlier by TDC such as planning guidelines, development priorities, land use mapping, surface water management studies, regional planning etc.

We will review the situation in the coming months. We are looking forward to your support in putting a selection process in place as soon as possible, so that we can have a complete L’avenir d’Auroville/TDC team with all IT members appointed in order to be fully operational again.

Also, the Standing Order as issued by the GB is not in sync with the Community approved mandate for TDC, and therefore, we appeal to the Working Committee to obtain clarity on this matter in order to expedite the Selection Process.

Sincere regards,
L’avenir d’Auroville/TDC (Saravanan, Sreevatsa)

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Monthly Report of the Auroville Board of Commerce Support Group (ABC SG) for December 2019

A brief overview of the main topics dealt with in the month of December:

Resignations by ABC Support Group members - The following members have resigned from the ABC SG due to a variety of reasons:
- In November: Hendrik, Palani, Stephan, Luise, Prabhu.
- In December: Margarita, Sundar, Lisa.

All-ABC Meeting:

1) We confirmed that the planned All-ABC Meeting will take place on Thursday 12.12.2019 at Bhumika Hall, Bharat Nivas, from 4:30 pm to 6:30 pm.
2) It was decided to send to all ABC members the Support Group’s findings re: the Code of Conduct proposed by the FAMC. This text is available from the ABC Support Group for anyone interested.

New Unit Application Under Auromics Trust - Utsav
Proposed Executives: Mona Doctor - Pingel, Martina Ljungquist, P. Sathyamoorthy.
Proposed Activity: To make the Industrial Zone more welcoming and vibrant through an urban insertion.
Endorsed by ABC SG.

BCC Report - BCC has been enquiring what the commercial sector is doing regarding assessment and monitoring of the Activities managers and related compliances.
The Auroville Board of Commerce ABC, in its mandate has the following: To promote quality standards for activities/units/trusts under the ABC. On this regard, the ABC SG members are organised by sector, to help Units / Activities with compliances. An example: Eateries (old & new), have two members of ABC SG with skills and experiences to do A&M on them. They are Martina and Margarita (water related issues). In garments we have Karuna, and so on.

Trustees of Free Flow Trust - The FAMC has declined endorsing a fifth trustee for Free Flow Trust. The reasons are unclear. The Coordinator was requested to ask them to justify their decision.

OCI Limitations - The Coordinator was requested to obtain from the Working Committee any official information regarding what Aurovilians under the OCI status may or may not be allowed to do.

New Quorum - In view of the reduced membership of the ABC Support Group it was decided to reduce our quorum to 6 members.

All-ABC Meeting - We spoke about the recently held All-ABC meeting. A separate report about that meeting has been drafted by Ananda & Rama and will be circulated. It was decided to reply to the FAMC that we consider the CoC is not valid in view of the fact that it has not been endorsed by the Residents Assembly as per requirement about new policies in the current FAMC mandate. Furthermore, it was decided to organise a petition in coordination with Auroville Board of Services to express our rejection of the CoC. The Coordinator was requested to send the Guidelines for Trusts and Units to the ABC SG and ABS. Finally, the CoC is to be sent to all ABC members.

Joint Petition by ABC SG and ABS about the CoC - The meeting worked on the draft of the petition about the CoC and came up with following:

Petition Concerning the Code of Conduct Document
We reject the current Code of Conduct (CoC) as it gives ultimate control of Auroville Trusts & units to the members of the FAMC without any checks and balances, while actually the final legal and financial responsibility rests with the trustees.

All Trustees Meeting with FAMC
The FAMC has called for an all trustees meeting to discuss their proposal of an advisory body. This puts into question the role of ABC as an advisory body to the FAMC. We proposed that the trustees who are part of the ABC SG attend that meeting and work it out there.
ANNOUNCEMENTS

FROM THE RESIDENTS ASSEMBLY SERVICE:
INTERIM SELECTION PROCESS 2020 - REMINDER OF REGISTRATION

This is a reminder that the registration phase for the Selection Process for the Auroville Campus Initiative (ACI) Entry Board, Funds and Assets Management Committee and Working Committee is ongoing. You can register as a nominee for one of the groups, as a participant in the process or as a facilitator.

The selection will happen at the Unity Pavilion on the Saturday 14th & Sunday 15th of March 2020 (full days, timings to be confirmed).

This invitation follows the emergency Residents’ Assembly Decision dated February 2nd 2020, in which an interim Selection Process has been approved by the community. For more information on the decision and its results, please check the following link: http://bit.ly/25DA0Sx. You can also find the initial ‘Participatory Working Groups’ guidelines http://bit.ly/2uK6AxV, and the agreed amendments http://bit.ly/2SW0wKm

Want to know more or to register? You can find more information about the selection process, including the mandates, job-descriptions and memberships of the above working groups at the following link: http://bit.ly/2uT33nb. You can also check out the short videos that were made in preparation for the previous selection process, in which working group members share the nuts and bolts of their work and some of their challenges with the community: http://bit.ly/2P4t0al

Once you have read the information available at the above links, you can register in the process by clicking here: http://bit.ly/2V2oPiw. Registration for nominees will close on Sunday 1st March whilst registration for participants will close on Thursday 12th of March.

We are also calling for residents who would like to help facilitate the process. If you would be interested in this please send us an email (raservice@auroville.org.in) by Wednesday 26th February.

To follow progress of nominees and participants, please follow this link: http://bit.ly/2vHjm8. If you have any questions or need more information, please feel free to contact the Residents’ Assembly Service at raservice@auroville.org.in.

In community, the RAS (Anandi Z, Sathish A, Tatiana S)

- *******************************************

Swadharma Open House
February 22, Saturday 2 to 5 pm
SAIIER Conference Hall

We are happy to invite you to Swadharma Open House for the 8th batch of Swadharma students presentations. This time we have 14 young people, 11 from India and 3 from Europe, who went through a 5-week long immersive learning journey of finding their true calling. Each student will present their experience for about 7 minutes with 3 minutes for questions and answers. We will be very happy to welcome you all! With gratitude for all the support you gave by interacting & sharing your experience with the students.

ACI team - Divyanshi, Lalit, Manoj, Sheetal, Siddharth, Valentine and Avinash
www.swadharma.auroville.org; swadharma@auroville.org.in

RE • IMAGINING UNIVERS • CITY
Art Installation & Registration as Mentors for Higher Education Courses in Auroville

Feb 26 - 27, 2020 | 9 - 5:30PM | Pour Tous

On the 51st birth anniversary of Auroville, as Auroville Campus Initiative (ACI) we organised a two-day long Confluence on Re-imagining Univers-city. As a follow-up to the Confluence, we launched https://edu.auroville.org on November 24 2019. On the 52nd birthday of Auroville, we are setting up an installation on Re-imaging Univers-city in front of Pour Tous on February 26 and February 27, 2020 (9 - 12:30 & 2 - 5:30pm). Please come join us at the installation to play with threads, and register as mentors for Higher Education Courses in Auroville.

Warmth, Divyanshi, Lalit, Manoj, Avinash, Siddharth, Valentine
ACI Team

- *******************************************

The FAMC will hold a General Meeting
7th March 2020, 4:30 - 6:30 PM
@ Sangamam Hall, Savitri Bhavan
on the future of the Pour Tous Purchasing Service

As announced and explained during an FAMC General Meeting held on 9 November 2019, the FAMC is bringing the future of Pour Tous Purchasing Service (PTPS) in Aspiration to the Residents’ Assembly for a Residents’ Assembly Decision. The FAMC will hold a GM on 7 March to provide background and to answer questions about the two choices it will put before the Residents’ Assembly. The FAMC has further condensed and simplified the options presented previously (9th Nov 19) to the following:

Choice 1: PTPS shall remain a Service and be managed by a Management Board and new Executives.

Choice 2: PTPS shall become a unit and be managed by the Current Executives under the following conditions:

1) It will contribute to City Services 33% of net profit adjusted for inflation for surpluses generated from FY 2007-08 to the present.
2) It will contribute the book value of the current fixed assets.
3) It must change its name and not use either “Pour Tous” or “Service” or “PT” or « For All » in its new name.

For background information, you may see our 9 November 2019 presentation at the following link: https://auroville.org.in/article/76507. We will be uploading our presentation on Auronet, before the GM. We hope to see you there,
Warmly, FAMC

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SAIIER BUS to Pondy on FEBRUARY 29th

For those using the Auroville bus to darshan on February 29th, the Golden Day, the bus will leave from Matrimandir at 3 pm and return from Pondy at 6 pm. Tokens are required. The SAIIER bus is reserved for Aurovilians and newcomers going for darshan.
FROM THE ENTRY SERVICE - ES # 030
Dated: 22-02-2020

Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville, joining Auroville. Prior to Newcomer, Aurovilian and Friend of Auroville status confirmation, for Newcomers, Associates 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 entrieservice@auroville.org.in.

NEWCOMERS ANNOUNCED:
- Chitra PALAKODETI (Indian) staying in Promesse and working at Deepanam School & Savitri Bhavan
- Pablo CUESTA (Spanish) staying in Celebration and working at Wellpaper & AIRE Company
- Sony CHIM (aka Surya) (Cambodian) staying in Kalpana and working at Savitri Hostel & GOYO restaurant
- Veronese ROBIN (Swiss) staying in Fraternity (Franz’s homestay) and working at Upcycling
- Zinab Beygom TAHERI (aka Marjan) (Iranian) staying in La Ferme and working at Aha Kindergarten

CHILD OF NEWCOMER:
- Jothikasri IYYANARAPPAN (Indian) Born on 08/04/2010 (Daughter of Zinab Beygom TAHERI aka Marjan)
- Nadin THY (Cambodian) Born on 28/02/2015 (Son of Sony CHIM aka Surya)
- Sharan DAMANI (Indian) Born on 08/12/2017 (Son of Rishi DAMANI)

NEWCOMERS CONFIRMED:
- Michael LEE (South African)
- Peter LLOYD (British)

AUROVILIANS ANNOUNCED:
- Geetha SHERPALI (Indian) staying in Auromics staff quarter and working at Auromics
- Akilkumar CHELLADURAI (Indian) staying in Aurofarm and working at Aurofarm & Youth Camp (Fraternity)

AUROVILIANS CONFIRMED:
- NIKTHANA Venkatesan/SELVI Barot (Indian)

Sengeni BALAKRISHNAN (aka Parthippan) (Indian)
Sivagami GANESH (Indian)
Valentina KALINICHENKO (Russian)

Errata: Rishi DAMANI (Indian) was announced on 15/02/2020 (Garden) with a different place of stay and presently he is staying in Adhi GH (Botanical)

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

PAVILION OF THE AMERICAS
The First Anniversary of laying the Stone at the America Site - 29-2-16 --- 29-2-2020.
Saturday, 29th FEB at 4:30 PM
@ The Americas Site (opposite the Matrimandir)
Music-incense-flowers-poems... and our traditional Chocolate ‘s America Cake. Come and join us feeling the Krishna Light coming once more in Auroville!

FOR YOUR INFORMATION
As part of improving the electrical infrastructure in the master plan area two additional segments of the HT Ring Main are to be implemented. The first segment starts at the transformer located near the Farewell Center and shall terminate on the existing road after Kalabhumi. The second segment connects the link point in the “Angad’s Forest” area till the end of paved road near Youth Center area.
A posting regarding this is available in Auronet with an attached map. As you can see, the ring remains open as the routing in and around the Youth Center is currently under discussion. Once the ring is closed, system redundancy and reliability will increase. Please note the line does not run inside any residential communities, and mostly runs parallel to the existing road. Thus we do not foresee any disturbances. Kindly mail us if in case of any further queries.
L’avenir d’Auroville (Saravanan, Sreevatsa)
MAC ISSUES?
I have been a Macintosh specialist for more than 30 years and people from Auroville call me when they encounter a problem. Now, after several years in India with this job, I could observe a lot (I mean much more) of hardware failures than when I was in France. I investigated what could be the causes of those hardware problems and there are many. The list below is not exhaustive - there are certainly more subtle issues:

Humidity: When I send a computer for repair, the electronic specialist almost always tells me that the Mac is corroded. Of course, after many years here with our climate, it is obvious that there will be an effect on the electronic components. So, one solution is to get a dry cabinet with humidity controlling - those boxes that photographers own to put their cameras and lenses to prevent fungus. That makes a huge difference! And, on top, the power consumption is very low (lower than 10W)

- Heat: One of the main thing to avoid - related also with dust, see below.
- Dust: Many of us are living in places/areas where there is a lot of dust. That dust can enter in the computer and not only might create bad contacts but also prevent efficient air flow and make the electronic components heated. Ask a specialist to clean regularly inside the computer, get a laptop cooler, avoid as much as possible working with your laptop on a cushion, those kind of things that creates more heat.
- Electrical: Here there are several points. Some electrical installations are old and have not been designed for the devices we are using today, non linear devices especially (generating a signal in the system like a stabiliser, an electronic fan regulator, a computer etc…). Also, as you are all aware of, there are frequent power cuts that create electrical chocs that are not good at all. So, the main thing you can do if you have a valuable computer is to get an online UPS. Also, check with a competent electrician your installation - the earth grounding (very important - a proper one), thickness of the cables, thermal magnetic circuit breakers, etc…
- Awareness: very important ! Divine is all inclusive ! I have seen over the years computers in such bad conditions only because of a lack of awareness...

It is worth to invest some money to avoid spending much more when your nice companion computer gets down...Take care! Eric (Baraka)

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Sri Aurobindo and the Mother assign a highest status to an Art which serves as revealer and teacher of a quest for the All-Beautiful. In this spirit, last year, we organized an Art Camp with artist residency that took place in Auroville.

The Art Camp focused on Indian national artists collaborating with Aurovilian artists and working on a specific theme during one week. Art students were also invited to participate as it is a great platform for exchange and learning.

Art is a profound center of the journey towards the future. The Ambition of this art camp was to try to evoke a New World. By organizing an art camp with artists from all over India, we tried to create a concentrated atmosphere in which we could work on this new world to come through Art and the search of Beauty which is an ideal to be. It was a wonderful week, and the support and feedbacks from the community motivated us to renew this experience.

So, for the last few months, we have been preparing the Auroville Art Camp 2020! The theme for this second edition of the Auroville Art Camp is the “City of Dawn”. The artists selected will work on their own interpretation of the city of Dawn. In September 2019, we published a call for artists which lasted for two months. We received applications from Auroville of course, and from all over India, many of them coming from New Delhi, Maharashtra, West Bengal, Madhya Pradesh, Gujarat, Telangana and Karnataka. The diversity, richness and quality of the bodies of works we received, were stunning! We have also reviewed the many strong and inspired artists statements. Their interpretations of the theme the “City of Dawn” have been, for many of them, so unique, and displaying so much sensitivity. Finally, we selected 10 Indian national artists, 8 Aurovilian artists, and 2 Indian national art students.

As last year, the Art Camp will take place in the Pavilion of Tibetan Culture from March 21st to March 27th during which two days will be open to the public (dates and timings will be communicated by next month). On Sunday 22nd, all the artists will perform a collective art installation on the path going from Visitors Centre to the Matrimandir view point. On March 28th an exhibition of the artworks created during the art camp will happen at Centre d’Art.

Thank you to everyone who is supporting and helping the manifestation of this second edition of the Auroville Art Camp. With gratitude -the Auroville Art Camp team

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Musical Instrument String Recycling/Upcycling.
I am organizing the collection of any and all used strings - guitars, violins, basses, sitars, tanpuras - any instru-ment and any kind of string, be it plastic, metal or other. These can all be upcycled by jewelry makers. There is a string recycling bucket in Kalabhumi studios for collections, but if you do not use Kalabhumi studios and would like to donate your used strings, contact Matthew 7094342407 or m.b.tildesley@gmail.com and I will arrange to collect your donations.

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Telephone Number Change
I've changed from the normal BSNL Broad Band connection to the faster Optic Fibre Connection hence the Landline number is changed. My new number is 2969 884. The old number 2623 584 is not valid nor functioning anymore. -Bunty

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Thank you to everyone who is supporting and helping the manifestation of this second edition of the Auroville Art Camp. With gratitude -the Auroville Art Camp team
Thank You “Spirit of Sports”!

Many thanks to the team, volunteers and participants who co-created the Spirit of Sports event at Dehashakti on Feb 15, 2020. After the event, I heard two children in a conversation which included: “Normally when I lose in any game, I feel bad. But today I didn’t feel bad when I lost. It was so much fun to play today.” Thank you for creating such an environment. It was a joy to see children from different schools play in this spirit.

Deep Gratitude,
- Deven on behalf of many who feel the same.

APPEALS

RAS Needs a Laptop!

Do you have a laptop to give away or sell at an affordable price? We don't mind if the laptop is not working properly, we can repair and use it.

The Residents’ Assembly Service (RAS) is welcoming a new member to join us on trial period. He does not have a computer, but will need one urgently, in order to help with technical support, email communication, Tamil translation and other office work. If you have a laptop to offer or information about one, please write to us at raservice@auroville.org.in.

With Gratitude for your continued support,
Residents’ Assembly Service

Kuilai Creative Centre KCC

Every year we have been organizing a Summer Camp programme for our Kids from Outreach Schools during the summer holidays in May. This year also, we are planning to conduct various activities at our Kuilai Creative Centre premises such as indoor games, outdoor games, creative Art, awareness programmes, clean-up activities, outings, trips, treks around Auroville, etc....

Any types of innovative ideas, activities are welcome. Volunteers who wish to teach and do things with children from 8 to 15 years old, are most welcome to join us. Please contact us on 98431952920 or 8778809172. Any type of support is welcome through kind or cash. Our A/c Number : 102609

Our E-mailed Id : kuilaicreativecentre@auroville.org.in

LOST & FOUND

I lost in Auroville a small red, spiral bound notebook with a lot of information precious for me and also (not together) a small gold bracelet with small diamonds. If you found one of them, could you contact me: 915 98 18 106 or preferably by mail: danielledediesbach@gmail.com.

This is Vasu from Repos. I have a guest from France who lost her Apple MacBook laptop. If anybody found it, please call me @ 978-739-9955. Thank you.

LOOKING FOR

Looking for Web Designers/Developers for developing the Website for CREEVA. Any Volunteer with the necessary expertise and experience, kindly contact us at audrey@auroville.org.in

Dear Auroville Community,

I'm Marjan from Iran, soon to be announced as a newcomer, working at Aha Kindergarten. I'm looking for a housesitting opportunity for my 9 year old daughter and I, until I can find a newcomer house through Housing. We are well integrated in Auroville life now and will take good care of your house and pets if any. My number is 7598700955 and my WhatsApp number is +98 921 6574705 Marjan Taheri

Looking for someone traveling from Australia to Auroville, to bring a small parcel of vitamins. Please contact Lesley: lesleybra@yahoo.com or +91 9488373747

I am looking for a responsible person to make fundraising for Roof Studio, the activity of Auroville Art Service. You should have a time to spend time at public places in Auroville to offer my paintings for donation. I got lots of paintings but no a space, even to keep my paintings!!!

Ivana, mob 7094344154, ivana@auroville.org.in

A few items of a good friend of mine need to be sent to Scotland. This includes a laptop, which is very expensive to send and get there in one piece.

Is there anyone traveling to Europe who's willing to carry some of her stuff (most important the laptop) and eventually send it from there? Cost will of course be covered. For more information you can contact Connie: connie@auroville.org.in, or whatsapp:+31 629839774. Thank you!

I am 40 years old and can ride a scooter, without gear very comfortably. I need someone to teach me how to ride a motorcycle. I do not have one so the person should own one. I can be contacted at 91197 62631 or on this email. Pawan

AVAILABLE

Kefir Culture - My name is Jazz, I am a volunteer in Auroville. I am giving away water kefir culture (scoby) for people who are interested in brewing their own kefir. Could you post a note in the News and Notes? People can contact me on 733 945 9425. Thank you so much.

Parents with children between 5 to 10 years interested in familiarising their children with ancient Indian stories that help build strong foundation in early childhood, can contact me. If you want to have some breathing space to go for a yoga class etc. I can take care of your child Monday to Friday in the afternoon with story telling, crafts, drawing. Children below 5 also possible. It is free. srihanumanraksha@gmail.com

Appliances, etc. 250 liter double-doors Whirlpool fridge, front load LG washing machine, Richard Murphy 50 liter oven, microwave oven and mattresses (king and single) available. Please call 9110810224 if interested

~ Deven on behalf of many who feel the same.

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~ Deven on behalf of many who feel the same.
Organic Extra Virgin Olive Oil and Sun-dried Tomatoes from Sicily (Italy) - As for the past years, I still have an extra amount of organic extra virgin olive oil from Sicily (Italy) and I'm willing to give a part of it. This is a very special organic extra virgin olive oil for real connoisseurs or those who want to try something totally new to their palate. It falls under the consortium “Monti Iblei” DOP (Denomination of Origin Protected), which has won a number of gold medals in a number of worldwide exhibitions. I can also add that the olives coming from my family's organic farm are hand-picked when still fully green, thus producing less oil, but of a different much better quality and taste. For more info (in Italian and English) about the oil and the cooperative overseeing the production, you can visit the website www.antheo.it. I also have some extra sun-dried cherry tomatoes from the area of Pachino (Siciliy), the only place that can claim the IGP (Geographical Indication Protected) brand. They are made by family friends who have a small production and they do everything by hand, no machinery or air-driers that spoil the taste, just 100 % nature working, out a sublime taste. I can give them plain, in extra virgin olive oil (which highly exalt the taste). If you are interested and you are willing to offer an extra premium for the quality, please contact me at giovanni@auroville.org.in. Love, Giovanni :) 

Old cycles - I am giving away 3 old cycles that need a bit of maintenance, but are still in fine condition. If you are interested and you want to give it a look, call me at 8098845200 or pass by Joy Guest House office Mon-Sat, 9 to 12 or 1.30 to 4.30 pm. Love, Ruba :) 

Surya Performance Lab, Auroville, needs a manager 

Surya Performance Lab is an Aurovillian dance theatre company with artists who are fully dedicated to research for new dramaturgy in performing arts. It is based in Auroville in partnership with Ritam and Barbara Paschingher. This professional dance theatre company works under Auroville Art Service and is directed by Philippe Pelen Baldini, and Thierry Moucazambo, assisted by Gopal Dalami. Surya Performance Lab tends to create a bridge between art, science and consciousness. We create shows (VAST, Bhu, Embracing the Planet), we perform in Auroville for the community and our guests, all over India and abroad. We teach contemporary dance and theatre, aerial dance and Bollywood in Auroville as well as in the Pondicherry University (Performing Arts Department), the National School of Drama in Delhi, Auro University in Surat and other places.

We need a manager to assist us with: general management of projects and activities, marketing, fundraising, promotion and communication. The manager will organize the work and can be assisted by experts and volunteers. Flueny in English, skills, and experience in management and communication are required. Tamil and/or Hindi would be appreciated (but not mandatory). It is preferably a full-time job. A maintenance can be provided by Surya Performance Lab. More information on our website: http://www.surya-performance-lab.com/;

Vast promotional video: https://www.instagram.com/p/B8a2o2lhTLn/?utm_source=ig_web_button_share_sheet; https://youtu.be/nlEZL11SY6s 

If you are interested please send your letter of motivation and resume to suryaperformancelab@auroville.org.in

We are looking forward to hearing from you!

Philippe Pelen, Thierry Moucazambo, Gopal Dalami
For the Surya Performance Lab

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 find positions to find the right individuals to step in.

News and Notes - 22nd February 2020
Secretary position: We are a small team of 6 people which is running several programs and supporting others to do the same. Apart from the six members physically present in Auroville, we have several volunteers contributing through work online. It would be good to have your laptop functional. The Unit’s aim is to build higher education, founded in the vision of The Mother and Sri Aurobindo. After one month of training period, we will begin the transfer of half-maintenance of Rs. 8010 for you. This transfer will begin from January 2020 and continue till March 2020.

Office and Communication Manager - We are looking for someone who is dedicated, hard working and passionate for a part-time work (21 hours/week). You are passionate about Auroville as a Univers-city and is willing to work passionately towards realizing this vision. You are able to learn and shoulder responsibility. You have good communication and organisational skills. You are familiar with Google Drive, Google Docs, Canva app, Asana app etc. and you are willing to pro-actively learn. Maintenance provided after one month of probation.

And other positions (please inquire about details):
- System Administrator
- Project Management
- Customer Care / Graphic Design
- Graphic Designer (volunteer)
- Social Media Manager (part time)
- Volunteer for Women Empowerment Project
- Farm Development and Support
- Teacher (Mechanical Engineering)
- Chief Operating Officer
- Sales Shop and Production Assistant
- Volunteer for Film Scanning
- Experienced Gardener
- Educational Facilitator and Program Coordinator with Eco Femme
- Dental Assistant
- Administration and production Supervision

Thank you very much and have a very nice week!
Warmly, HR Initiative; hr_hub@auroville.org.in
If you are searching for work: fill in this form
***************************************************************************

Hi Auroville! AurovilleRadioTv website has still some issue but we are working on it! We remind you the management of Auroville RadioTv has undergone a radical change and this is the right time to propose new ideas and / or to join Auroville Radio management team. The Radio receives a small budget from the city but if you want to further contribute to its development you can donate here or here (Intra Av donation transfer instructions) or pass by our office to meet us. All the recordings are available and ready to be copied on your memory stick at the AurovilleRadioTv premises in Town Hall, opposite the Finance Office. These are the latest programs published by Auroville Radio:

- Art for Land - String Quartet concert
- Mirta Morigi and Auroville’s potters
- Une série hebdomadaire de lectures par Gangalakshmi (en français) - 316
- Rosso Agenda - Natura e Spirito (in taliano) 10
- DISCOVERING INTEGRAL YOGA: A conversation between a Newcomer and and Old-timer (Episodes 4 & 5)
- An Introduction to Zero Waste - Interview with Laure)
- The Legend of the Flute Player - Noel’s novel read by Anandi Jenny’s Boat - Noel’s novel read by Alena
- Art for Land - Jazz trio concert

You can listen to all of the programs and more on www.aurovilleradio.org. For more info call 0413-2623331 or email radio@auroville.org.in

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ARCHITECTS AND PLANNERS HAVE A UNIQUE SOCIETAL MISSION, IN THE LONG JOURNEY TOWARDS THE SUPREME STATE OF BEING THAT ONLY CAN GIVE BIRTH TO THE IDEAL SOCIETY. AWARENESS OF HISTORY OF ART AND ARCHITECTURE ARE ESSENTIAL, TO BRING THE SOUL AND GENIUS OF A CITY AND NATION IN DIALECTICAL EVOLUTION; DISTILLING ITS ESSENCE, FROM THE LOCAL AND TEMPORAL ASCENDING TO THE UNIVERSAL AND ETERNAL, A WIDER SYNTHESIS IS BORN FROM UNENDING THESIS/ANTHESIS. THIS IS THE REAL NATURE OF ARCHITECTURE, AND OF THE FOUNDATION OF THE “AVATAR’S MODEL TOWN”: AUROVILLE.

FROM GRECO-ROMAN TIMES THROUGH THE MIDDLE AGES AND RENAISSANCE, THE MODERN ERA AND THE AGE OF ENLIGHTENMENT, UP TO THE PRESENT DAYS, ART IN ITALY UNFOLDS ALONG WITH THE QUEST OF THE IDEAL CITY AND GOVERNANCE. THIS IS THE UNDERLYING THEME OF THE EXHIBITION AT AUROVILLE’S TOWN HALL FEATURING PORTENTOUS ACHIEVEMENTS THAT ARE THE SOUL AND GENIUS OF MILANO-CITY IN MANIFESTATION. MENTIONING THE ITALIAN RENAISSANCE, THE MOTHER WROTE THAT GREAT ARTISTS, TAKING BIRTH AT SPECIAL AGES, CONVERGE IN PLACES MOST CONDUCTIVE TO THE PROGRESS OF HUMANITY. THIS IS ONCE MORE ENACTED, ATTRACTION TO MILAN NATIONAL AND INTERNATIONAL SUPERSTARS, AS WITH THE COURT OF LUDOVICO SFORZA, THE GREATEST PATRON OF ART DURING THE RENAISSANCE; STARTING WITH LEONARDO DA VINCI PROPOSING HIMSELF TO THE DUCHESS, IN WHICH CITY LEONARDO’S CODEX ATLANTICUS AND HIS MACHINES AND ANATOMIC DRAWINGS LIVE, ALONG WITH THE IMMORTAL LAST SUPPER.

MILAN IS “A LEADING ALPHA GLOBAL CITY, WITH STRENGTHS IN THE FIELD OF THE ART, COMMERCE, DESIGN, EDUCATION, ENTERTAINMENT, FASHION, FINANCE, HEALTHCARE, MEDIA, SERVICES, RESEARCH AND TOURISM. … IN TERMS OF GDP, IT HAS THE SECOND LARGEST ECONOMY AMONG EU CITIES AFTER PARIS, AND IS THE WEALTHIEST AMONG EU NON-CAPITALITIES” (WIKIPEDIA). MY NINTH EXHIBITION ON CONTEMPORARY ARCHITECTURE IS NO LONGER CONFINED TO SPLENDID BUILDINGS WITH NO RELATIONSHIP WITH THE SURROUNDINGS, AS IN THE PASS, WHEN LANDSCAPE ARCHITECTURE HARDLY PLAYED ANY PART. THE FOCUS, NOW, IS ON THE SWEETING REDEVELOPMENT OF SIX MILLIONS OF SQUARE METRES WASTE LAND AND ABANDONED RAIL TRACK, TURNING PORTA NOUVA INTO THE RICHEST CITY DISTRICT OF EUROPE; HOLDING THE TALLEST BUILDING, THE TALLEST HIGH-END RESIDENTIAL TOWER, AND THE TALLEST STEEL TOWER OF ITALY, ALONG WITH THE FIRST BIOLOGICAL TOWER OF ITS KIND - BOERI’S VERTICAL FOREST, NOW REPLICA ALL OVER THE WORLD - AND OTHER ICONIC BUILDINGS (INCLUDING MEDIUM-HEIGHT STYLISH RESIDENCES AND URBAN VILLAS) CONFERRING TO MILAN ITS FUTURISTIC SKYLINE. A PANOPLY OF ‘GREEN’ ARCHITECTURAL MASTERPIECES SURROUNDS A NEW GENRE OF PUBLIC PARK WITHOUT BORDERS AND GATES; HOLDING A LIBRARY OF PLANTS LIFE, IT FEATURES A GEOMETRIC DESIGN OF INTERSECTING PATHS, IRREGULARLY SHAPED FIELDS OF WILDFLOWERS AND GRASSES AND EVEN AN OATH FIELD. ACCESSIBILITY TO PUBLIC TRANSPORT AND SHARED SERVICES (MILANO GETS INTERNATIONAL AWARDS), A NETWORK OF BIKES AND PEDESTRIAN PATHS, CAME ALONG WITH MILANO’S LARGEST PEDESTRIAN AREA FEATURING GREEN COMMUNAL SPACES, SPORTS AND PLAYGROUND FACILITIES, PUBLIC OPEN EVENTS.

THIS HAPPENED IN A FEW YEARS THROUGH ARCHITECTS, ENGINEERS AND PLANNERS EMBRACING RESEARCH AT ITS HIGHEST… AS THE MOTHER EXPECTED WITH AUROVILLE, 60% GREEN, ONLY BICYCLES AND ELECTRIC CARS, TO BE BUILT IN FIVE YEARS VIA THE SYSTEMS ENGINEERING… HER AVANT-GARDE ARCHITECT HAD JUST WON A PRESTIGIOUS INTERNATIONAL AWARD FOR THE TALLEST RESIDENTIAL TOWERS OF EUROPE, LISTED SINCE 2010 UNDER THE FRENCH NATIONAL HERITAGE. ROGER ANGER’S & COLLABORATORS’ FLAMBOYANT ARCHITECTURE, FORERUNNING COMPUTATIONAL DESIGN, IS ECHOED IN THE SOLARIA (THE TALLEST RESIDENCE OF ITALY) AND ITS TWO SISTERS-TOWERS, AND WOULD NATURALLY FIT AMONGST THE MASTERPIECES OF THE PORTA NOUVA DISTRICT. - PEAULE

KARUNAVIRUS!

* Dear friends! I would like to make you aware of a new kind of virus. It is called the Karuna-virus. The Sanskrit word karunā is most often translated as compassion, or self-compassion. If you are infected with this virus, you may begin to feel more compassion for yourself and for other beings in existence (especially those infected with some nasty viruses). How interesting that this virus sounds similar to its evil exiled twin brother that is currently wreaking fear and havoc in the world :) The exact origins of this virus are unknown, but it is certainly not from this planet. It can survive the hostilities of interstellar space and has managed to land and infect several people over the centuries, but may not have been named until now. It was recently transmitted through a dream and a download to at least one eccentric human being, and now aims to take over the planet! Signs and symptoms of this virus include an urge to connect with others and to recognize oneself in others, to feel their ups and downs; a desire to take less and give more: a habit of refraining from judgement regarding another’s situation, and instead wishing for their growth and well-being. Physical signs include - respiratory and mental ease through long, deep, and smooth breathing; a calm clear voice; spontaneous blushing and bursting into laughter or tears; and a feverish urge to make the most out of one’s situation and be useful to oneself and others.

An interesting side effect of the virus is that when it inhabits the body, it makes the other viruses (like coronavirus, the flu, etc.) feel less welcome and can eventually kick them out if it gets strong enough! If not controlled at an early stage, this virus can lead to an impaired ego function, and can even lead to death (of the ego/false self :) !) Populations at risk include those with compromised ego-systems, like infants. The virus is extremely contagious and can be transmitted through: - holding hands/hugging/any form of physical intimacy, - and even through eye-gazing - sharing drinks like herbal tea or fresh organic cold-pressed juice, and through shared organic farm-to-table meals with friends and family - living in close contact with others and sharing resources in an eco-friendly way - traveling, meeting, and inspiring people - serving the poor and less fortunate - through dreams and downloads, and even through reading this post!

The virus does not need any medium like air or water to survive and can replicate spontaneously across vast distances. And yes, the virus can be transmitted from plants and animals to humans, and vice versa. Wearing goggles or masks will not protect you from this virus. In fact, the virus makes you want to take off all masks - physical and subtle ones! Sorry, too late to save yourself! You have now been infected :) Now go spread this virus by sharing in every way possible, and help it replace its infamous twin to eventually take over the world!

- Submitted by G Vig

MILANS FUTURISTIC ARCHITECTURE – AND AUROVILLE

BACKGND INFORMATION TO THE PHOTOGRAPHIC EXHIBITION BY PAULETTE AT THE AUROVILLE TOWN HALL UNTIL MARCH 1ST

THE MOTHER’S BIRTHDAY AT MATRIMANDIR
FRIDAY 21 FEBRUARY 2020

MORNING MEDITATION: 5.45 TO 6.30AM AT THE AMPHITHEATRE
ENTRANCE FROM THE SECOND BANYAN GATE: OPEN FROM 5AM.

ALL ARE REQUESTED TO BE SEATED BY 5.40AM.
ACCESS WILL BE LIMITED TO THE AMPHITHEATRE & UP TO 7AM ONLY.

MATRIMANDIR

“The mother of all is the universe, the Divine through his Shakti is behind all action…”

IN ALL THAT IS DONE IN THE UNIVERSE, DEAR FRIENDS, I WOULD LIKE TO MAKE YOU AWARE OF A NEW KIND OF VIRUS...
Guests are requested to either carry their Aurocard or to personally collect free tokens available at the Visitors Centre (upstairs) on 19 and 20 February from 4 - 6pm.

A recording of the Mother’s voice reading from the book ‘The Mother’ by Sri Aurobindo will be played.

**Evening: 5.30pm - ‘The Callings’**

“Allowed by Heaven and wonderful to man
A sweet fire-rhythm of passion chants to love.
There is a hope in its wild infinite cry;
It rings with callings from forgotten heights…”  

Savitri, Book X, Canto II

An offering: Russian Singing Bells at the Amphitheatre:

Entrance from the Office Gate at 5pm. Guests are requested to carry their Aurocard. Bags, cell phones, cameras etc to be deposited at the office entrance. Matrimandir Team and Amphitheatre Support Group

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“Mahasaraswati is the Mother’s Power of Work and her spirit of perfection and order.”

- Sri Aurobindo

**Auroville’s Birthday 28th February, 2020 at Matrimandir Amphitheatre**

**Meditation with Dawnfire: 5 - 6 am**

Entrance from the Second Banyan Gate only: open from 4 AM. All are requested to be seated by 4.45 am. Late comers will be guided by volunteers to do their meditation in the ‘Latecomers Area’ just outside the Amphitheatre until the end of the meditation.

Access will be limited to the Amphitheatre and up to 7 am only. Guests are requested to either carry their Aurocard or to personally collect free tokens available at the Visitors Centre (upstairs) on 26th and 27th February from 4-6 pm.

**IMPORTANT INFORMATION**

The bonfire meditation at the Amphitheatre of the Matrimandir 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 and other recording devices 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.

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**29.2.2020, The Golden Day**

**Morning Meditation at the Amphitheatre**

5.45 - 6.30 am

Entrance from the Second Banyan Gate: open from 5 am. All are requested to be seated by 5.40 am. Guests are requested to carry their Aurocard

**Evening Program at the Amphitheatre: 5.30 pm ‘World-Soul’**

Readings from Savitri with musical offering by Nadaprem on Bansuri, Viola, Duduk and the keyboard.

Entrance from the Office Gate at 5 pm. Guests are requested to carry their Aurocard.

_Bonne Fete and see you there!_
2. Amount of flowers and availability of space
To make sure that there’s generally enough space for flowers, I measured the Garden’s areas and divided them by number of their flowers: It came out on average 42 sq. meters per flower. Half of that space will be used for paths, benches, sculptures, etc. Therefore, a value of 20 sq. meters per flower can be set up. Of course, some of the flowering plants are trees and need more than 20 sq. meters. However, most of the plants are herbs and need just a few sq.m. or even less. Moreover, some of them prefer to grow in the shade of trees or even on trees! - and so do not require “their own” square meters. The calculation brings optimism regarding the Roger’s remark “a few plants only has to be in the gardens”: in whatever way it is understood and required, the application of the 800+ flowers to the 12 Gardens will not contradict it (unless fields of flowers are planted).

3. Microclimatic and MM context requirements.
Tall plants tend to be placed further from the MM globe for keeping its visibility. The tall plants are trees and shrubs. They create shade and so can be accompanied with shade- or half-shade loving plants. Succulents are usually short and ornamental, so they can be placed closer to the MM globe. These features need to be taken into account, while placing groups of flowers (sub-gardens) on a garden’s area.

Some of the flowers can grow in subtropical or temperate climate only. They can be planted later in the future, after facilities - greenhouses or pits with chilled water - are provided.

GREEN MATTERS
Water Saving Tip of the Week!
If you still have a garden that needs water, consider installing a drip irrigation system in your garden rather than using a hose or sprinkler. Check out Jain Pipes in Pondy to help you with your drip irrigation needs.

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

Sunday 23rd Feb, 9 AM @ Baraka with Achilles

** Walk Farms & Forests **

Description: Baraka is one of the oldest greenbelt forest communities. Stewarded for years by Vijai, but as several ‘Fertile’ forest communities exist the name was changed to Baraka. Its main occupation is the maintenance of the existing forest covering about 50 acres of mixed timber with TDEF (Tropical Dry Evergreen Forest) over a 150 different species are found, still there are lots of work trees, but efforts are ongoing to replace these with more TDEF. There’s also some farming, mainly many different kinds of fruit trees and pineapples. The cultivated area where the 12 Baraka residents live also has horse and pony riding: providing a sports/educational activity for Auroville school children. Baraka is solely running on Solar power and is not connected to the grid.

Route /Directions
~15 min cycle ride from Solar Kitchen. Take a left, pass the Matrimandir main entrance, follow the road to the north, past the Kottakarai turn off, at the next crossroads turn right onto the Greenbelt road. Follow this road, from its paved beginning past the Youth Center, Transition school on your right and TLC on your left, till you see Dana all on your right. Opposite Dana on your left enter the Baraka gate, follow the winding road to the parking. Contact 91594 48069

1st March AuroOrchard Farm, 8.30 – 10.30 am
w/ members of the AuroOrchard Farm team.
Tel. 95857-27142 or 97877-97814

AuroOrchard is Auroville’s oldest farm and with 44 acres it’s second-largest. Most of Auroville’s eggs come from its poultry, mostly converted to free-ranging. The farm grows a large variety of seasonal crops, mostly vegetables, has vast orchards, a small herd of cows, and a few sheep. Food processing is done on a small scale (Jams, pickles etc) for use
in Auroville. AuroOrchard is in a process of dynamic evolution and is helped by a lively team of long- and short-term volunteers.

Directions: From Solar Kitchen drive to Certitude, at the crossing turn right onto the tar road to Edayanachavadi and follow it through the village. Continuing on the same road (in direction Jipmer i.e. Tindivanam highway), ca. 2 km from the village you will pass Hope on your left, followed by Adishakti, Dayakara and AuroAnnam on the right; to the left you will see the AuroOrchard signboard and gate (200 m before reaching the highway!). Enter the gate and park in the designated space, from there walk straight up the path to the banyan tree.

White Tigers Trash Updates

Hello everybody! You probably don’t remember us, but last year we wrote some articles about waste and how we deal with it in Auroville. We went to Eco Service on a field trip on Monday 10th February and it seems it hasn’t gotten any better. Guess who’s responsible for this? Yes, it’s you!

“Do you know why we live in such a lovely world?” Kali said to us. “It’s because our forefathers didn’t live like us. They didn’t litter the whole planet with their waste. They didn’t go around throwing plastic everywhere and consuming more than they actually needed. Every piece of trash you throw makes a difference. Maybe you don’t see it at the moment but in a few hundred years it will still be around after you’re long gone.” So, people get your act together, consume less and only the things you need, not the things you want. For example, you don’t need to buy the latest gadgets if you already have one that works perfectly fine or the “most trendy” clothes when you already have lots. We live in Auroville. Nobody cares if you have a few stains or holes in your clothes! When you get rid of old stuff, first check if any Auroville services like the Free Store or the Library or some of your friends want it. Everybody has to reduce their trash. You don’t even have to recycle or upcycle it; that’s what Eco Service will do for you. All you have to do is put the waste in the right bins! When you chuck your bottles and jars, make sure you empty the contents inside and clean them because otherwise the people at Eco Service will have to do that, and they already have a lot of things to do. You’re just adding things to their list. It literally takes you two minutes to do this, but often at Eco Service these half-empty, dirty containers end up in landfill. People, do something because nobody wants to live in a world full of diseases and trash!

**MOBILITY IN AUROVILLE**

GO GREEN WITH KINISI

If you want to enjoy silent, emission-less and dust-free independent mobility while in Auroville, you can rent very good electric bicycles at KINISI. They have reasonable prices, degressive according to the length of your rental period. Please reserve well in advance to make sure you have one for your entire stay. You can book online at [http://kinisi.in](http://kinisi.in), write to kinisi@aurowille.org.in or call +91 830460679 / +91 830460680 / +91 4132622277. They are located inside the CSR gate, a 10 minute-walk from Town Hall. Open from Monday to Saturday from 9:30 to 12:30 and from 2:00-4:30pm. Thank you for choosing sustainable mobility while in Auroville!

City Transport Shuttle Service

Quick “Pick up and Drop” Shuttle Service within the city area or nearby, free of charge, operating with 2 EV vehicles - quiet electric 7 passenger vans

**Where:** from Visitors Centre Main Gate or on call. **When:** daily 9.30am to 6.00pm. **How:** call landline (best) 0413-262-2611 or 9487650951 (driver).

Bicycle Rental @ Visitors Centre: ; 9.00am - 5.30pm Available from the Kiosk, near Dosa Corner/ Dreamer’s Café. **Daily/Weekly/Monthly rates** ph: 0413-262-3034

Cycle Kiosk at Solar Kitchen area

Several inexpensive and restored cycles available. Repair and maintenance of all types of bicycles.

**Where:** Opposite PTDC/Foodlink/Solar Kitchen. **When:** Monday to Saturday: 9.30am to 4pm. **How:** drop in

To find out how ITS can support your transportation needs in an eco-friendly way, please visit us at our office opposite Solar Kitchen. We are open from 9AM to 5PM. You can also write to us - its@aurowille.org.in or call us on any of these numbers: +91 8098776644 | +91 9442566256 | +91 9840983080.

eRickshaw for Community Transport

ITS has recently acquired an electric rickshaw for community use. If you, your friends or guests need help to move around in Auroville in a quiet and non-polluting vehicle please feel free to get in touch with us. We will add it to our collective mobility fleet currently being used for pickup/ drop services, delivery services and packing and moving services. To know more please visit us at our office opposite Solar Kitchen. We are open from 9AM to 5PM, except Sundays. You can also write to us - its@aurowille.org.in or call us on these numbers +91 8098776644 | +91 9442566256 | 0413 403 6913 - Your ITS Team (Integrated Transport Services)

What we can do for you at ITS

In addition, ITS also offers a range of other sustainable mobility services including:

- Electric scooter rentals: Try out our exciting new electric scooters that promote quiet and sustainable mobility in Auroville
- Scooter purchase services: ITS can help you with access to the best electric scooters in the market for your long term needs.
- Local pick up/drop services: Need a ride to ECR, Kuyilapalayam, Pondy or anywhere in Auroville? ITS has the sustainable solution through our range of electric rickshaws and scooters.
➢ **Shared taxi services**: Shared Transport Service (STS) is now ITS. Share a taxi, save money and the environment.

➢ **Vehicle repairs & maintenance**: Tired of travelling all the way to Pondy to get your electric vehicle fixed? Now bring your e-vehicle to the ITS workshop opposite Solar Kitchen.

➢ **Courier/delivery services**: Need something to be picked up or dropped off? A parcel, groceries, a cheque...? Let ITS do it for you.

➢ **Courier drops from Amazon and other e-tailers**: If you are tired of giving directions to delivery guys, you can get your couriers dropped off at ITS and pick it up from here or we can drop it off at your house.

➢ **Charge your EVs**: We have plenty of charging points so please feel free to charge your electric vehicles at ITS main office (opposite Solar Kitchen), the Town Hall, Ganesh Bakery, the Tibetan Pavilion and Tanto’s near Kullahalayam.

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### TAXI SHARING

**February 29th** - Leaving Auroville 10:30 PM, arriving 1st March around 1.30 am in Chennai airport. Please contact Evelyne: evelyneguinouard@wanadoo.fr

March 1st to Chennai Airport, leaving Auroville at 3:30am, contact Ben on WhatsApp +49 179 1326 375 or klausbecker@brlin.de

March 4th to Chennai Airport, leaving AV 2,45 AM. Contact: Paola – 94864-22138/ 0413-262-2138/ 0413-262-2138/ WhatsApp: +39338349491

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### TRAVEL

**Latest News from the Inside India**

We are located at Kalpana office 2 (Opposite to Library)

Hours: 10 AM - 1PM & 1:30 to 6 PM

Our New Whatsapp insideindiaphone: 8524953783

Latest offers from International Airlines:

- **Emirates** has special offers to Europe
- **Oman Airways** has special offers to Europe
- **British Airways** has special offers to Europe & USA
- **Lufthansa** has special offers to Europe & USA

Insurance: We highly recommend to avail of a Travel Insurance for all foreign travels. **Visa**: We assist to obtain Visa’s for all individuals who require one for their foreign travel. Please check with us in advance regarding flight schedules & baggage policies of airlines.

International Flight Ticket and Hotel bookings - 2622078, travelshop@auroville.org.in

Domestic Flight Tickets / Trains / Bus / Visa / Travel Insurance - 2623030, domestic@inside-india.com

Tours and Domestic Hotel bookings - 2622047, insideindia@auroville.org.in

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### DINING (for a cause 😊)

**Youth Link Open House**

February Friday 21st

2:00 - 5:00 pm

Youth Link parents visit with some Aurovilians who are interested.

February Saturday 22nd

10:00 - 5:00 pm

Lunch fundraiser

Including presentation & talk.

February 27th

10:00 - 5:00 pm

Youth Link parents visit with a group interested.

An insight into the Integral Yoga of Sri Aurobindo and its significance for Auroville. It’s a structured overview that can serve as a basis for further personal studies and explorations.

**Presented by Ela Thole**

Venue: Inside India building, Ground Floor, Auroshilpam (behind Auromode Guest-house)

Register in advance for all at 2622047 from 10:00 & 12:30 or 14:30 & 17:00 or @ insight@auroville.org.in

Aurovilians and Newcomers are welcome; contribution is required from guests.

This program is a recreational activity.

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**TALKS**

**An insight into the Integral Yoga of Sri Aurobindo and Auroville**

27 February, 2020

- Vision and Aims of Auroville
- Evolution of Consciousness
- Aspects of Individual and Collective Practice

An insight into the Integral Yoga of Sri Aurobindo and its significance for Auroville. It’s a structured overview that can serve as a basis for further personal studies and explorations.

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Tours and Domestic Hotel bookings - 2622047, insideindia@auroville.org.in
BURNING MAN: THE TEN PRINCIPLES –
Saturday, February 22nd @ 5pm
Town Hall - Cinema Paradiso
in French with translation in English duration: 1h30min

BURNING MAN has become a well-known planetary art, music, cultural, and socio-political event. What is it? What are the 10 principles? How do you get there? And what happens once you’re in this strangely awesome desert with its high winds and dust storms?

Two photographers, Stephane Lanoux and MARTI, relate their experiences and show some images, videos, and drone footage of this much-talked about event. They also invite a conversation about the role that art and culture have in transforming our social consciousness.

EXHIBITIONS

BORN IN FIRE
Brief Ceramic Exhibition
Monday 24th February
3 to 6 pm only
Savitri Bhavan
(the right wing called ‘Reading Room’)

Anagama Gathering. Artists from India, Russia, Ukraine, Italy, France came together to fire an Anagama kiln. In this short event we would like to share with everyone the sweat and happiness of the collective effort. The magic of fire will reveal itself.

Auroville Botanical Gardens
invites you to come and visit Keiko’s lovely flower aquarelles in our new herbarium.

Divine Flowers

“O Lord, let this pure flower of love blossom in me, so that it may make fragrant all who approach me and its perfume sanctify them.”

The Mother

A Flower Exhibition
Venue - Savitri Bhavan (Squares Hall)
Date - 21st to 20th February (Tuesday Closed)
Time - 9:30 AM to 5:00 PM.
Opening - 1000 AM (with short meditation)
email: divineflowers@auroville.org.in

USO VERA (True Face)
African Mask Exhibition Fundraiser
for African Pavilion
Photos by: Sri, Elisa & Igor; Masks by: CENTOCANI
Now till March 6th, Mon-Fri 10am - 12pm & 2pm - 4pm
INVITATION TO A LONG TERM EXHIBITION

There is much to discover about Auroville still. The city for human unity had deep spiritual, visionary and practical moorings. Created to give humanity a place where the Consciousness could grow, Auroville was planned with a unique model. For foreseeing the crisis that cities today demonstrate it became an integrated plan for urban, environmental and social development for the future. The experiment has made along and firm beginning, setting new paradigms for humanity. The ‘soul’ of the city is in place. It awaits the ‘body’ that will partner its experiment in every way, with people from all over the world, towards an actual human unity that the world urgently needs. We invite you to this space of discovery. The exhibition would not have been possible without the help, generosity and kindness of many who have participated in its realization in different ways and the Unity Pavilion for initiating this exploration. Warmest gratitude to all.

Anandi, Anu, Aryamani, Devasmita, Jacqueline, Uma

The Inaguration of the Exhibition was successfully launched with the honorable presence of Madame Catherine Suard, Consul Général de France, Pondicherry. An impressive gathering of many Aurovilian Friends added a festive mood to the beautiful event: Wax sculptures by Paul Pithinon and works by the Artisans of Auroville Paper.

Attendee comment: “Wow - don’t miss this one! Creative, colorful, diverse, simultaneously subtle and dramatic - stunning designs in a medium uncommon in a true art experience” Come see for yourself!

Upcoming events in Bharat Nivas:
Kalakendra: 4 to 22 March; "Sanskrit SamVignyaanam - The Scientific Heritage of India". (more details will be published next week).

Now through 15th March:

Olaf Van Cleef, born in Paris, died in Pondicherry on November 2018, was a traveller, author and collagist painter. He was known in the Indian subcontinent for his illustrious scenes from the Mahabharata and Ramayana epics. A member of the founding family of Van Cleef & Arpels, he worked for Cartier as a top-level jewellery salesman for 33 years. A Dutch national, Olaf Van Cleef lived in Paris, but opened an Art Gallery in 2012 in Pondicherry. Since 2002, he has essentially created precious compositions with collages of metallic papers of different colours and Swarovski crystals. Following a trip to Bhutan in February 2014, he began to focus his work on Bhutanese Buddhism, and prepared over two years an exhibition for the Royal Academy of Textiles Museum in the capital, Thimphu. The exhibition was inaugurated in 2015 by His Majesty Gyalyum Sangay Choden Wangchuck. The following year, in 2016, he took the further step of financially supporting a children’s art school (VAST: Visual Artists Studio) in the city of Trashiyangtse in Bhutan. Starting in October and lasting to November 2018, Olaf Van Cleef had a retrospective exhibition “Flowers, Birds & Butterflies” at the Srimanta Sankardev Kalakshetra in Guwahati, Assam.
CULTURAL EVENTS

Divine Flowers

Venue: Savitri Bhavan

TALKS

Narad  Friday, 21st  -  11 AM  'Flowers and Their Messages'

Dr. Alok Pandey  Saturday, 22nd  -  9.15 - 10.15 AM.
Topic:  'Be Like a Flower'

Larry Seidlitz  Monday, 24th  -  4.30 P.M.
Topic:  'Growing Flowers and States of Consciousness'

SPECIAL FILMS (4.30 P.M.)
Saturday, Feb 22nd  -  Richard Pearson  The Mother & Flowers - 77 mins.
Sunday, Feb 23rd  -  The Teachings of Flowers - The Life and Work of the Mother of Sri Aurobindo Ashram -121 mins.
Wednesday, Feb 26th  -  Richard Pearson  - Collaboration of Nature - 88 mins

Email:  divineflowers@auroville.org.in

The Mother’s Dragons

Video presentation about the Mother’s collection of dragon embroideries created for 15 August 1947

27th Feb at 4.30 to 5.30 pm
Unity Pavilion, Auroville

Contact: upaviall@auroville.org.in
Ph: 983-2823376

FINALE

a physical theatre performance by
Steina Ohman | Tushar Mathew

Slavic Evening

March 1, 2020 4 pm - 7 pm Unity Pavilion

Please join Maslenitsa - Slavic Celebration of spring coming! In our program: Singing, traditional circle dancing ‘Horovod’, presentation of Brotherhood project and etc. Under the aegis of Brotherhood project
Truth & Lies in Times of Fake News...
Philosophy On Stage by baseCollective
Date: February 29, 14:30–21:00 and March 1, 14:30–21:00
Venue: Adishakti Theatre, Edyanchavady Road, Auroville

baseCollective is a research collective of artists, philosophers, and scientists who accomplished a three-month residency program on arts-based-philosophy / artistic research at Adishakti

Entry Free! Donations are welcome
Address: Edyanchavady Road, Vanur Taluk, Irumbai Panchayat, Villupuram. Landline No: +91 (0) 413 2622287 Mobile Nos: Dhavamani: +91 9578542882
Email: adishaktiprogram@gmail.com

Online Auroville Events of Bharat Nivas: the schedule of events for the week can be accessed by all, including Guests and Visitors, on the Auronet login page: www.events.auroville.org.in

**CLASSES/WORKSHOPS**

**CONTACT DANCE CLASS**
TUESDAYS 5 pm - 7 pm at European House
(located inside and to the right of international house - opposite Pavilion of Tibetan Culture)

We will use this space to explore and play with movement, flooring, spiraling and flying. We will play with the artistry of falling off balance, counterbalance, finding the shelves of the body and learning the mechanics of the body in order to handle someone else’s weight or be lifted. Looking at body design and structure to find effortless, efficient and graceful movement. Wed class we will focus on technique and improving our contact movement vocabulary. Classes are designed for all experience types and fun Contact John: 852 496 3049

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**FEMININE ARCHETYPES IN WOMEN’S BODIES - with NADIA**
Saturday, 22 February - from 9.15 am to 4.30 pm
A one day journey introduction into the four main feminine archetypes through movement, breath work and meditation, with a focus on women’s body-mind organism and cyclical awareness.

**TRANSFORMATIONAL YOGA - with LAKSHMI**
Saturday, 22 February - from 9.30 am to 12.30 pm
Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life. This synthesis of yogic systems aims to awaken all aspects of the being in order to experience an enhanced state of physical health and stamina, emotional balance, and higher mental guidance. Enjoy your inner discovery; all welcome!

**FINDING BALANCE - EXPLORING STRENGTH & SOFTNESS THROUGH YOGASANA - w/ AISHWARYA**
Wednesday, 26 February - from 9.30 am to 12.30 pm
A 75-95 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 and vice versa 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 for: 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) 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 Hatha yoga
2) Sequencing includes balancing:
   - Asana - Postures
   - Pranayama - Breathing Techniques
   - ‘OM’ Chanting
   - Meditation

Beginner-advanced level variations will be given (depending on the practitioner)

**CHAKRA HEALING MEDITATION - with TANIA**
Thursday, 27 February - from 9.30 am to 12.30 pm
A guided journey throughout the body and the chakras, to promote purification, healing and balancing of the chakras, and foster a sense of loving self-care, balance, relaxation and general well-being.

**LOVE AND CONNECTION - with SAMRAT & GEORGIA**
Day 1: Friday, 28 February - from 9.30 am to 4.45 pm
Day 2: Saturday, 29 February - from 1.30 to 4.45 pm
How do we deepen into a sense of love and acceptance? What fears and other patterns stop us from connecting more deeply? How do we initiate contact and make the kind of connections and relationships that feel satisfying for us? How can we embrace ourselves, each other and the moment ever more deeply?

Come explore these questions and more in a 1.5 day intensive about fostering connection, with ourselves and others! We use communication tools, conscious touch and meditation techniques to cultivate an environment of authenticity, deep listening and care, where the foundations for love and relationships are established. This intensive has emerged from Georgia’s experience and interest in Authentic Relating and from Samrat’s Open Heart Space Meditation, and their collective desire to reflect, connect and celebrate.

**ASANA, PRANAYAMA & MANTRA: TOOLS FOR EMOTIONAL BALANCE & INNER ORGANS’ HEALTH - w/ ANDRES**
Saturday, 29 February - from 9.30 am to 12.30 pm
Inner organs have mind, they are beings: very intelligent. If you don’t pay attention to them, they don’t work properly. Blocked emotions, particularly, have a deep effect on organs. In this workshop we will learn specific Breathing techniques, Asanas and Mantras to bring equanimity to your emotions and wellbeing to your inner organs.
Yoga Intensive - Happy Hips and Mobility
Timing: Saturday February 22nd, 9 am to 12 pm

Our hips are at the centre of our mobility in yoga and everyday life. Tightness can cause discomfort, back pain and limitations to our practice and life. Creating stability and openness in the hips is key to unlocking the rest of the physical body in our yoga practice. Through exploration at our “Hips 4 Ways” workshop you’ll discover which muscle groups are holding you back and how to move forward through safe and effective practice. This workshop is suitable for beginners and intermediate level practitioners and will include pranayama, deep hip opening poses, theory covering the hips muscles and a list of poses for practice. This intensive does not require advance registration (yet it is better to let us know) and it is suitable for any person. If you need more information and register for this intensive, you can contact directly Bala by phone or Whatsapp (+91 9892699804) or write to joycommunity@auroville.org.in

Five Elements in your life Intensive w/ Ulrike
Sunday February 23rd, 2 to 5.30 pm

The vast knowledge of the Five Elements of Chinese Medicine had been gained by the wise people of “Zhong Gua” through the observation of nature and of themselves for millenniums, providing us with Wisdom and Depth for our life. It is a powerful revelation of how to live our life in harmony with ALL. Equipped with knowledge of element associations (including practical ones like food, times of the day and a woman’s cycle) as well as more awareness in body and breath through physical practices and cleansing meditations for the organs, you will reach home after this workshop feeling more ALIVE. This intensive does not require advance registration (yet it is better to let us know) and it is suitable for any person. If you need more information and register for this intensive, you can contact directly Ulrike by phone (+91 9442069249) or Whatsapp (+91 1745803786) or write to joycommunity@auroville.org.in.

Afternoon of Mindfulness with Jass
Wednesday, February 26th, 2.30 to 5 pm

Mindfulness is the art of opening up to the present moment, embracing all that is alive within us and around us. It enables us to enjoy life deeply and cope with life’s challenges in a skillful way. It helps us to stop and slow down, understand the deeper meaning of things and align ourselves with our true aspirations. We will do different mindfulness practices inspired by the style of Vietnamese monk Thich Nhat Hanh. During this afternoon we will explore some basic mindfulness exercises together and connect as a group. The program will be as follows:

2.15pm: Welcome
2.30pm: Sitting meditation + reading
3 pm: Walking meditation
3.30pm: Mindful movement
4 pm: Sharing circle
4.30pm: Tea & cookie meditation

This activity does not require advance registration (yet it is better to let us know), and it is offered on a donation basis. It is suitable for both complete beginners and experienced practitioners. For more info and to register: phone or Whatsapp (+91 7339459245) or write to joycommunity@auroville.org.in.

Yoga Intensive - Garden Path of Awareness w/ Lakshmi
Saturday, February 29th, 9 am to 12.30 pm

A transformational yoga class will prepare us to open our perceptions to nature and ourselves to start the walk in the garden of 5 senses. Roaming among the flowers, in intimate silence, we will observe their forms and beauty; and we will collect some special flowers to prepare our own alchemist tea. In harmony and a simple state of awareness we will enjoy the colours and fragrances of our beverage. Smell, touch, taste, hearing and sight will meet within the aroma of the tea. Sip by sip, we will acknowledge the values that inner peace can bring to us, blending our mind and body in a collective experience. Understanding the inevitability of impermanence and the simplicity of our inner being, we will prepare a simple breakfast: fruits and seeds, to celebrate the mellow beauty that nature and time offer to us to live with joy, in full presence. We will cultivate gratitude towards Nature, who gave us the gift of life and the vehicle to “enjoy it, in our body”. This activity does not require advance registration (yet it is better to let us know) and it is suitable for any person. If you need more information and register for this intensive, you can contact directly Lakshmi by phone (+91 8489764602) or write to joycommunity@auroville.org.in.

Dance Auroville Dance!
Sunday 23rd Feb, 3 - 6 pm

3hr Introduction to Bollywood and belly dancing by Bala & Martha
We will explore some groovy Bollywood dance moves & enjoy a belly dance session. We will provide belly dance belt & scarf to bring in the fun to the session. Bala & Martha were learning bollywood dancing in Chennai and now they are joining hands to bring this intensive to Auroville. Registration needed. 50% discount for volunteers. To register: balaganesh.siva@gmail.com or contact@auromodeyogaspace.com

Introduction to the Integral Yoga of Sri Aurobindo and the Mother
BHAVAN
Tuesday, 25th Feb, 9 AM - 12 noon
Topic: The Psychic being
(For those who are new to Yoga, from 8.45 to 9 am, there will be a brief presentation on Yoga and Spirituality.) Led by Ashesh Joshi (Contact: 9489147202, 0413 2622922)

Kaya Bodha presents: The Art of Chi
11 Exercises of Health & Self Healing
23rd - 27th February (Mon to Thurs)
4 sessions: 6.30-8 AM with Hans

The Art of Chi is an energetic, physical art form orientated towards well-being and consciousness. It stimulates deep breathing, concentration, relaxation, vitality and suppleness to the joints. It develops health and inner peace.

Hans is founder of Kaya Bodha and teacher of The Art of Chi: Stevanovitch Method for 25 years. For info on contribution, registration etc please contact Hans:
bodyawareness@auroville.org.in, ph: 0413-262-3663, +91 8110848123 (Whatsapp)
*Kaya Bodha is an activity under the Auroville Foundation Artisana Trust. GSTIN: 33AAAT4003787ZL

News and Notes - 22nd February 2020 20
**START UPCYCLING SHOP IN THE VISITORS CENTER**

START UPCYCLING would like to share the joy of Upcycling: some of us will propose to Aurovilians and visitors to participate at some Upcycling workshops in the space at the back of the shop. Book early as there is a limited number of spaces.

<table>
<thead>
<tr>
<th>Saturday 22nd FEBRUARY</th>
<th>2.30pm-4.00pm</th>
<th>Abhipsa</th>
<th>Bottle plastic caps coaster</th>
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<tr>
<td>Saturday 29th FEBRUARY</td>
<td>2.30pm-4.00pm</td>
<td>Christel</td>
<td>Jean earrings</td>
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Register by sending a whatsapp message to Marc at +91 94420 6807 or send an email to marc.barandard@gmail.com

Quiet Healing Center, Auroville 605 104, T.N., India
www.quiethealingcenter.info / quiet@auroville.org.in
+91 413 2622329 / +91 9488084966 (mobile)

**Reiki Level 1 w/ Tania**

24 - 25 February (9.00 am - 6.30 pm)

Reiki is an ancient, non-intrusive therapy. As a hands-on healing art, it enhances the body’s own innate ability to heal itself and restore harmony to the body, mind and spirit. Anyone can learn Reiki. One need not have any special healing skills, unique gifts, or prior experience. Reiki Level 1 will attune you to effectively channel the Universal Life Force for healing and transformation.

In this workshop you will learn:

- the history and 5 principles of Reiki;
- the human aura and chakra system;
- how to channel Reiki energy for self-healing and healing others;
- Reiki Level 1 initiation, which opens up the flow of Reiki energy;
- hands-on practice and Reiki Level 1 manual.

Tania initially pursued Reiki for her own personal healing, and then felt guided to become a practitioner. She completed her Reiki master level, in the traditional Usui system, in 2016. Since then Tania has been offering Reiki healing sessions and Reiki intensives in India and in Europe.

**Watsu 1 Tutorial w/ Xavier - 25th February (12-3 PM)**

An excellent supervision of Watsu 1 in preparation of Watsu 2. **Prerequisites:** Watsu 1

**Woga 1 & 2 with Petra**

25 - 26 February (9.00 am - 6.00 pm)

Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water. Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety. Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position), pranayama and meditation. Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool! No previous experience required (also no need to know how to swim).

**Watsu 2 with Xavier**

27 February - 3 March (8.45 am - 6.30 pm)

Watsu 2 expands the Transition Flow taught in Watsu 1. You learn additional movements and bodywork in each position and to incorporate them in a session. You also learn about the meridians and acupressure points in Watsu and to creatively explore your own movements, while following the client’s tendency to move. Practising acupressure massage, lifts, pushes and pulls introduced at this stage, helps developing the ability to explore and play with energy. **Prerequisites:** Watsu 1

**Open Heart-Space Meditation Workshop with Samrat**

29 February - 1 March (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 and love.

No previous experience required to attend this workshop!

**Watsu for Babies with Dariya**

4 March (9.00 am - 6.00 pm)

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to experience the joy of being in water with babies. In this workshop you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water. Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies. Thanks to the collaboration with Gianni De Stefani, certified WABA facilitator, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this workshop to bring Watsu into the world of babies.

**Prerequisites:** Watsu Basic or a degree to work with babies in water.

**Watsu Yoga Round with Petra**

5 March (6.30 - 9.30 pm)

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to our heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of our being. When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching alternated with moments of stillness invite a progressive well-being: body and mind become free to dance! No previous experience required (also no need to know how to swim!)

**WaterDance 1 Seminar with Shanti & Helen**

5 - 10 March (8.45 am - 6.30 pm)

WaterDance is a dynamic, mind- and playful movement therapy, developed by Peter Schröter and Arjana C. Brunschwiler in the late 80s. This seminar teaches the WaterDance Short Form, a simple but effective sequence, which gives you all the basic skills to take someone under water with a nose clip. You will learn to establish - with full
presence and awareness - an appropriate rhythm in alignment with your client’s individual breathing needs. Mastering the art of breath-connection will enable you to establish a deep bond with your client in a session that inspires trust, kindles confidence, and offers presence and attentiveness which is essential when bringing someone gently under water. Prerequisites: Watsu & Liquid Flow Basic or Watsu & OBA Basic.

From Fear to Love - a Guided Journey with Julia & Svenja 6 - 8 March (Friday: 2 - 7 pm / Saturday: 9 am - 12 pm & 2 - 7 pm / Sunday: 9 am - 12 & 2 - 5 pm) The more we allow ourselves to acknowledge our inner parts that are not “all that pretty”, the more we will start taking charge of our lives and move towards our real strength and personal power. Those inner parts of us have often been kept in the dark. What if... we start to open that door and shed some light on them? What if... we could accept them as an important part of ourselves? By embracing them we can eventually live more from a place of love, trust and courage. To experience your being in a holistic approach, we guide you using tools such as bodywork, dance, creativity and meditation, while creating a safe space for reflection and sharing. Let’s try, see, feel and live our Fears and Control patterns and let them move out of their frozen state and melt into Love and Trust.
It will be 8 sessions on Skype, on Saturdays, 11am-12pm IST and by contribution. You will need access to a Skype account, a minimum commitment of 8 classes, plus some self-study time every week. There will be video recordings of each session, so in case you miss any particular day, you can catch up by watching the recording. If you have your birth chart that would be great, as you will use that to apply what you learn in each session, if not, I can make your chart and share with you. Fees for the 8 sessions is “by contribution”, meaning whatever is possible for you. WhatsApp: +91-9843948288
Web: www.allthingsvedic.in Email: vikram@auroville.org.in

OTHER EVENTS

Prana Yoga - Rejuvenation Retreat
February 26th - March 1st
6:30-9:30 AM & 3-6 PM
Mohanan Village Heritage Centre, Auroville

Prana Yoga Retreat is a gift to rejuvenate one’s body-mind-essence with 5 days of learning and practicing yoga, pranayama, meditations, healthy food, and experiencing sacred energetic spaces inside and outside. Retreat components include:

- Therapeutic Asanas
- Rejuvenating Pranayama
- Cleansing Kriyas  * Meditations
- Chakra Awareness * Yoga Nidra
- Nada Yoga * Sound Healing
- Forest Visit Siddha Temple visit
- Sattvic Breakfast Herbal Cooking Workshop
- Auroville Birthday Bonfire
- Suitable for Beginners & Experienced
- Basic & Advanced Practices

Professional Facilitators:
Ananda shares deep experiences of yoga, meditation, healing & inner science through wellness retreats and healing trainings for body - mind - emotions - energy with love and awareness in Asia & Europe.

Rajdurai eminent hatha yoga teacher from International Yoga Research Academy traveling and teaching across India & Hong Kong in Asana Andiappan Academy.

Optional Extras:
- Accommodation
- Village Pottery
- Siddha Cultural Learning
- Herbal Wellness & Beauty
- Kolam workshop
- on Fri
- Bamboo Craft

Contact Information: mohanamprogram@auroville.org.in /
+91 8300949079, +91 8300949081

FILMS

Saturday, January 24th at 6:30pm.
THE DAY OF THE LORD - The Supramental Manifestation of 29th February 1956

February 29, 1956 when a New World and a New Consciousness were born is a special day in Earth’s spiritual history. It is the day when the long and intense tapasya of Sri Aurobindo and the Mother bore the fruit of the Supra-mental Manifestation upon Earth, in the very midst of our struggling humanity. Since then, a New Consciousness has been active on earth, growing by the day, by the minute and the hour, shaping the Earth’s future. We may not recognize it. We can even doubt it. But it is there. And for those who are open and ready, it is an exceptional time, when a little effort brings great results. In this video recording of a talk delivered at Savitri Bhavan in February 2016, Dr. Alok Pandey reflects upon this God-moment or, as the Mother put it, the ‘Day of the Lord’ and its shaping of Earth’s destiny and the future of humanity. Duration: 50 min.

THE ECO FILM CLUB
Sadhana Forest, February 28th, Friday

Schedule of Events:
16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
16:30 Tour of Sadhana Forest
18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
18:30 Eco Film Club begins with “previews” of short Sadhana Forest films
20:00 Dinner is served
21:30 Free bus from Sadhana Forest back to Solar Kitchen

Before the movie, at exactly 16:30 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 19:00 :)**

The emotional world of farm animals
52 Minutes / 2004 / Produced by Stanley Minasian

A documentary for viewers of all ages about the thinking, emotional and feeling side of animals that are all too often viewed as food. Jeffrey Masson leads viewers through the personal journey he underwent while writing The Pig Who Sang to the Moon. It brings Masson to animal sanctuaries around the country where caregivers and the animals themselves tell their harrowing stories of rescue and escape. Masson delves into the rich ancestry of these curious and intelligent animals and interviews top experts in animal behavior who offer scientific perspectives on these amazing creatures.

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683

SCREENING OF THE BBC DOCUMENTARY
“Shock of the New - Episode 3: The Landscape of Pleasure”
@ CREEVA Studio, Creativity Community
1st March (Sunday), 6 pm.

The Shock of the New is a 1980 documentary television series written and presented by Robert Hughes; its combination of insight, wit and accessibility are still widely praised. The series consists of 8 episodes each an hour long and addresses the development of modern art since the Impressionists. Episode 3: The Landscape of Pleasure examines art’s relationship with the pleasures of nature, and visions of paradise 1870s to 1950s. Impressionism, Post-Impressionism, Fauvism.

The remaining 5 episodes will be screened over the next weeks.

There will be no film shown on the 28th. Happy Birthday! and rendez-vous the week after!

News and Notes - 22nd February 2020 23
Craft Mela on 29th Feb
Exhibition and sale of handicrafts
11 AM - 4 PM @ Youth Center, Auroville

Also witness the handicrafts created by children from and around Auroville in a week long learning experience with the artisans

Let's celebrate artisans, crafts and traditions!
Join us for daily performances(24th-28th Feb)

24th Feb (6.30-7:30pm) - Sound journey
A sound experience evening of deep relaxation and soothing vibrations from live instruments and electronic soundscapes.

25th Feb (6.30-7:30pm) - Kalaripayatu by Kshetra Kalari
A dynamic Performance showcasing the martial art and tradition of Kerala

26th Feb (6.30-7:30pm) - Rare Mystical Verses by Shruthi Vishwanath
An evenings of mystical poetry from bhakti, sufi and nirguri traditions
Poetry of love, defiance, resistance and questioning

27th Feb (7-8pm) - Bal folk with live music
An evening of collective dances from Europe with live music

28th Feb(6.30-7:30pm)- Musical night (Ela re)
Two voices, Guitar, Accordion and Oud
Interpretations of pieces from Elada, Anatolia, Magna Grecia, Andalucia, and other lands

Sandeep +91 9164156076(whatsapp) | endangeredcraftmela@gmail.com
Indian - Monday 24 February, 8:00 PM

• BALA
India, 2019, Dir. Amar Kaushik w/Ayushmann Khurrana, Bhumi Pednekar, Yami Gautam, and others, Comedy, 133mins, Hindi w/English subtitles, Rated: NR (G)

The story starts in the summer of 2003 when our Balmukund alias Bala - is a strapping schoolboy, with a headful of hair, dreams and gait like his favorite film hero Shah Rukh Khan. He makes fun of his bald teacher, humiliates his dark-complexioned classmate and feels good about all that. Fast forward several years. Bala has receding hairline. He is part-time stand-up comic but earns his living selling fairness cream. His loss of hair is a major let down and Bala confronts it head on -- trying out any means to have his hair back until the time he frees himself from it. An unusual film because the lead actors are not romantic pairs. Do watch, it is a good film.

Potpourri - Tuesday 25 February, 8:00 pm:

• MOTHER
South Korea, 2009, Dir: Bong Joon-ho, w/Kim Hye-ja, Won Bin and others, Crime-Drama-Thriller, 129 mins, Korean w/English subtitles, Rated: R

A widow resides with her mentally challenged son in a small South Korean town, where she scrapes out a living selling medicinal herbs. Mother and son are plunged into a nightmare when the body of a murdered young girl is discovered. Circumstantial evidence indicates the son's involvement, and he becomes the prime suspect during the sloppy police investigation. Betrayed by the legal system, the mother takes the law into her own hands to clear her son's name.

Interesting - Wednesday 26 February, 8:00 pm:

• PERISTAN - THE WORLD OF LILA MAJUMDAR
JOLONTO SHODDER POTHE (Across the Burning Track)
Peristan - India, 2019, Dir. Soumyakanti Dutta w/Souradip Bandyopadhyay Tapas Moulik, Ayan Chatterjee, and Ritam Bhattacharjee, Documentary, 30mins, Bengali w/English subtitles, Rated: NR (G): Lila Majumdar, Satyajit Ray's aunt, was an outstanding student, a gold medalist in her formative years, was one of eminent authors who had laid foundations of children's literature in Bengali, foremost of it was the magazine “Sandesh”. This film celebrates her life and work. The film has been shared with us by the director. Across the Burning Track -- India, 2016, Dir. Mizna Biswas, video installation created for the 11th Shanghai Biennale - 2016, B&W, 25mins, Bengali-English writings, Rated: NR (G): A much acclaimed film originally involving two screens and four channels of sound, works through Ritwik Ghatak's autobiographical last film Jukti, Takko or Gappo (Arguemnets and Stories, 1974) - with Bangladesh liberation and Naxalbari movements influencing the time. The other stream involves the writer Manik Bandyopadhyay and playwright Bijan Bhattacharya who acts in the film. Manik and Bijan represent the radical culture of the 40s. Two movements of great misery and creativity, 1940s and 1970s bind each other.

Favorites - Thursday 28 February, 8:00 pm:

• ATLANTIQUE (Atlantics)
Senegal-France-Belgium, 2019, Dir. Mati Diop w/Mame Bineta Sane, Amadou Mbow, Ibrahima Traoré and others, Drama, 107 mins, Wolof w/English subtitles, PG13

In a popular suburb of Dakar, workers on the construction site of a futuristic tower, without pay for months, decide to leave the country by the ocean for a better future. Among them is Souleiman, the lover of Ada, promised to another.

International - Saturday 29 February, 8:00 pm:

• HIDDEN LIFE
USA-Germany, 2019, Dir. Terrence Malick w/August Diehl, Valerie Pachner, Maria Simon and others, Biography-Romance, 180 mins, English-German w/English subtitles, Rated: PG-13

Based on real events, it is the story of an unsung hero, Franz Jägerstätter, who refused to fight for the Nazis in World War II. When the Austrian peasant farmer is faced with the threat of execution for treason, it is his unwavering faith and his love for his wife Fanni and children that keeps his spirit alive.

Children's Film - Sunday 1 March, 4:30pm

• THE PILGRIMS PROGRESS
USA, 2019, Dir: Robert Fernandez, w/David Thorpe, John Rhys-Davies, Kristyn Getty and others, Animation, 108mins, English with English subtitles, Rated: PG

An epic journey faithfully adapted to modern-day. Christian faces distractions, challenges, and perils at every turn of the way. However, ends up victorious, with helpful guides, as he stays on the narrow path to the distant Celestial City.

KAZAN FILM FESTIVAL @ Cîné-Club Sunday 1 March, 8 PM:

• WILD RIVER
USA, 1960, Dir. Elia Kazan w/Montgomery Clift, Lee Remick, Jo Van Fleet, and others, History-Romance, 110mins, English w/English subtitles, Rated: NR

A young field administrator for the TVA comes to rural Tennessee to oversee the building of a dam on the Tennessee River. He encounters opposition from the local people, in particular a farmer who objects to his employment of local black laborers. Much of the plot revolves around the eviction of an elderly woman from her home on an island in the River, and the young man's love affair with that woman's widowed granddaughter.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@aurorville.org.in.

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 (same as Indian rating: A for Adults), NR=Not rated or rating not available.

We appreciate your continued support. Pl make a one time or monthly donation to “Cinema Paradiso” (account #105106) at the Financial Service.

Thanking You, MMC/CP Group

News and Notes - 22nd February 2020
### Activities & Therapies 2020

**Email:** joycommunity@auroville.org.in - **Landline:** (0413) 2623993  
**Web:** joy.auroville.org - www.facebook.com/joyauroville  
 автомобили Joy Community is located opposite Center Guest House

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITIES (drop in)</th>
<th>FACILITATOR</th>
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<tbody>
<tr>
<td>Monday</td>
<td>6:30 - 7:45 am</td>
<td>Qi Gong</td>
<td>Lhamo</td>
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<td></td>
<td>4:15 – 5:45 pm</td>
<td>Acro Yoga</td>
<td>Marc</td>
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<td></td>
<td>6 - 7 pm</td>
<td>Traditional Mantras (beginners)</td>
<td>Sonia</td>
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<tr>
<td>Tuesday</td>
<td>6:30 - 7:45 am</td>
<td>Tai Chi Quan</td>
<td>Lhamo</td>
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<td></td>
<td>8:30 - 10 am</td>
<td>Transformational Yoga</td>
<td>Lakshmi</td>
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<td>4 - 5:15 pm</td>
<td>Hatha Yoga</td>
<td>Bala</td>
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<td>5:30 - 7 pm</td>
<td>Vibrational Yoga</td>
<td>Anne</td>
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<tr>
<td>Wednesday</td>
<td>6:30 - 7:45 am</td>
<td>Qi Gong</td>
<td>Lhamo</td>
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<td></td>
<td>8:15 - 9:30 am</td>
<td>Hatha Yoga</td>
<td>Bala</td>
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<td>6 - 7.30 pm</td>
<td>Bhakti Mantra Chanting</td>
<td>Nikhil</td>
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<td>Thursday</td>
<td>6:30 - 7:45</td>
<td>Tai Chi</td>
<td>Lhamo</td>
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<td>4 - 5:30 pm</td>
<td>Laughing Yoga &amp; BreathWork</td>
<td>Nikhil</td>
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<td>Friday</td>
<td>6:30 - 7:45 am</td>
<td>Shaolin Martial Art</td>
<td>Lhamo</td>
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<td>8:15 - 9:30 am</td>
<td>Hatha Yoga</td>
<td>Bala</td>
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<td>4:30 - 6 pm</td>
<td>Guided Singing Meditation</td>
<td>Nikhil</td>
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<td></td>
<td>6:30 - 7:30 pm</td>
<td>Traditional Mantras (advanced)</td>
<td>Sonia</td>
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<tr>
<td>Saturday</td>
<td>12:30 – 1.30 pm</td>
<td>Traditional Japanese Lunch</td>
<td>Emiko</td>
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<tr>
<td>Sunday</td>
<td>10 am - 1 pm</td>
<td>South Indian Cooking Class</td>
<td>Ruba</td>
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<td>4 - 7.30 pm</td>
<td>Local Temples &amp; Culture Tour</td>
<td>Ruba</td>
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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>SPECIAL PROGRAMS (registration preferred)</th>
<th>FACILITATOR</th>
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<tbody>
<tr>
<td>Feb 26th &amp; Mar 25th</td>
<td>2 - 5 pm</td>
<td>Afternoon of Mindfulness</td>
<td>Jass</td>
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<tr>
<td>February 29th</td>
<td>9 am - 12.30 pm</td>
<td>Yoga Intensive – Garden Path of Awareness (breakfast)</td>
<td>Lakshmi</td>
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<tr>
<td>March 5th-8th</td>
<td>8 am - 5.30 pm</td>
<td>Auroville Experience Program (breakfast &amp; lunch)</td>
<td>Giovanni &amp; Stefania</td>
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<tr>
<td>March 12th-13th</td>
<td>9 am - 1 pm</td>
<td>Yoga &amp; The Journey of the Senses (pot-luck lunch)</td>
<td>Lakshmi</td>
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<tr>
<td>March 14th</td>
<td>10 am - 4 pm</td>
<td>Day of Mindfulness &amp; Vietnamese Lunch</td>
<td>Jass &amp; Emiko</td>
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<tr>
<td>March 21st</td>
<td>10 - 11 am</td>
<td>Chinese Tea Ceremony</td>
<td>Jass</td>
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<tr>
<td>March 28th - 29th</td>
<td>9 am - 1 pm</td>
<td>Reiki Course – Level 1</td>
<td>Marcia</td>
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### TREATMENTS (by appointment only)

<table>
<thead>
<tr>
<th>TREATMENTS</th>
<th>THERAPIST</th>
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<tbody>
<tr>
<td>Bach Flowers Remedies and Psychosynthesis Counselling</td>
<td>Stefania (+91 9486363442)</td>
</tr>
<tr>
<td>Hypnosis, Chinese Detox Treatments, Baby Massage, Facial Acupuncture &amp; Massage</td>
<td>Lhamo (+91 9565524237)</td>
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<tr>
<td>Somatics (Holistic Treatment)</td>
<td>Francesco (+91 9626895370)</td>
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<tr>
<td>Reiki Treatment &amp; Courses and Ayurvedic Oil Massage</td>
<td>Marcia (+91 7598260379)</td>
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<tr>
<td>Body Tapping Treatment</td>
<td>Sirish (+91 8127524550)</td>
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<tr>
<td>Head &amp; Shoulders Marma Massage</td>
<td>Bala (+91 9892699804)</td>
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<tr>
<td>Sound Healing Treatment</td>
<td>Anne (+91 9159824277)</td>
</tr>
<tr>
<td>Shiatsu Massage</td>
<td>Sara (+91 9443617308)</td>
</tr>
<tr>
<td>Shiatsu Massage and Ayurvedic Oil Massage</td>
<td>Simona (+91 9489511648)</td>
</tr>
<tr>
<td>Sound Chakras Harmonisation Treatment</td>
<td>Lakshmi (+91 8489764602)</td>
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