The manifestation of the Supramental upon earth is no more a promise but a living fact, a reality.
It is at work here, and one day will come when the most blind, the most incensed, even the most unwilling shall be obliged to recognize it.
HOUSE OF MOTHER’S AGENDA

...continued from last week:

Thus Mother found her mantra.

Right from the outset of this yoga of the body, she had seen the repetitive power of this cellular substance, and she said to herself that if she could ingrain a certain type of vibration in matter — say, a solar, luminous, expansive vibration like that of love — instead of the usual shrivelled up, sordid, pessimistic, mortal type, then one might have the power to give this substance a new principle of cohesion which would no longer be based on mortal habit but on a divine habit. Instead of winding death, the cell had to wind eternal life. Therefore Mother started repeating a mantra, her mantra, the one that for her evoked supreme love which is supreme life. You begin by repeating the mantra, or the vibration, with your head or your mental memory, and little by little it descends all the degrees of the being: into the heart, into sensations, into movements, and right down to the memory of the body. Once it is fixed in the body, it no longer moves: it repeats itself as unvaryingly as “Oh, cancer! Oh, gravitation! Oh, it hurts! Oh …” — all the little oh’s that make up a habitual and mortal body.

60.46 Sound has a power in itself, and by compelling the body to repeat a sound you compel it to receive the vibration at the same time. But words must have a life of their own (I don’t mean an intellectual meaning, nothing of the kind, but a vibration). And the effect on the body is extraordinary: it starts vibrating and vibrating and vibrating.

60.209 I saw that the mantra has an organizing effect on the subconscient, on the inconscient, on matter, on the cells of the body, all that — it takes time, but through repetition and persistency, in the long run it has an effect. It has the same effect as doing daily exercises on the piano, for example. You repeat them mechanically and in the end your hands are filled with consciousness — it fills the body with consciousness.

Then you begin to understand what the new principle of centralisation of the cells could be.

63.107 As though you were on the threshold of a tremendous realization which depends on a very small thing.

Mother’s mantra had seven syllables: OM NAMO BHAGAVATE

It is for all seekers who would like to find matter as it is, without all its false materialisms or its corresponding false spiritualisms — perhaps the spirit even at the heart of matter.”

— Satprem . The Mind of the Cells . Chapter 8

The Ponder Corner

Whatever you do, whatever your occupations and activities, the will to find the truth of your being and to unite with it must be always living and present behind all that you do, all that you feel, all that you think.

— The Mother
MCW, vol. 12, On Education, p.5
WORKING GROUP REPORTS

Report of the Auroville Board of Commerce Support Group (ABC SG) - January 2020

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

Petition About the CoC - The ABC Support Group (ABC SG) together with the Auroville Board of Services (ABS) have been working on a petition about the Code of Conduct (CoC). [This petition has been notified as available for reading/signing at PTDC, PTPS, Town Hall & HERS for the last 4 weeks, and highlighted in 4 separate reports submitted to the N&B. The Code of Conduct that is being petitioned against is not yet finalized. We have been assured by the FAMC that it will be presented to the RA for its review, comments and approval as soon as the meeting venues free up! - Eds.]

Meeting the Governing Board - The ABC and the ABS were not in the list of working groups and individuals contacted by the Working Committee and requested to provide topics for meeting the Governing Board of the Auroville Foundation. When asked why they were not in the list the Working Committee replied:

1) We have not scheduled a meeting between the ABC and the Governing Board as we never received a request and write-up on the topics to be discussed from the ABC.
2) We have scheduled an interaction from the ABS on January 24th at 10 am at the Auroville Foundation office.

We did not send a request and write-up on the topics to be discussed from the ABC precisely because we didn’t know we had to do it and we did not know it because we never received any request to do so. We will point this out to the Working Committee.

Application for a loan by Artisan Revolution - Artisan Revolution has applied for a loan of Rs. 7,90,000.- After checking their financial situation, we agreed to endorse the loan and informed the Loan Group accordingly.

Plant Quarantine of India - Some Auroville units have to use the services of Plant Quarantine of India. For this they have to register with Plant Quarantine of India through their Website. Only one registration is allowed per PAN. When an Auroville unit wanted to register the application was refused because someone unknown to us had already registered under the Auroville PAN. The challenge was to find out who.

We had to place various phone calls to addresses mentioned on the Plant Quarantine of India Website. We finally managed to get help from their Bangalore branch. This branch provided us the templates of documents to be furnished by us in order to cancel that illegal registration and give us a new id and password.

The request to do this could only come from the Office of the Secretary, Auroville Foundation. We had to request Mr. Basu to help us in this case.

The request for new id and password has been sent to Bangalore and we are waiting for their reply. Furthermore, the Working Committee should be informed that a non-Auroville entity has misused Auroville Foundation’s PAN to register with Plant Quarantine of India.

FAMC/Trustees Meeting - The ABC Office should officially request the FAMC to give a full report of the trustees meeting called recently by the FAMC and especially the part containing the feedback of the trustees.

ABC Meeting with the FAMC - We should remind the FAMC that they had agreed to meet us but never sent a new invitation.

Expansion of Office Order - Aurospirul - Aurospirul would like to include graphic design service in its scope of activities. They have hired a former employee of AVdzines. We have scheduled a meeting with Guna, executive of AVdzines for next week. We will see with Guna first before to take a decision about Aurospirul.

Free Flow Trustees - The FAMC has objected to Elumalai (Auroville Bakery) as 5th trustee of Free Flow Trust, but has failed to give a reason. We should write again to the FAMC and ask for a reason.

Income Tax - There is great lack of info from the side of the FAMC about the income tax issue. The Coordinator should check what has been received as information so far and request more information if that is not sufficient.

ABC Representative at the BCC - The table agreed that there may be no need for a permanent ABC representative at the BCC as we are all very busy already. We could propose to the BCC that whenever they need ABC’s input they should inform us and we will send the best person available.

Eternal Builders - Eternal Builders shared with us their issue with the FAMC, a subject too long to be reported here, but which has to do with the amount of pending contribution. We decided to write to Eternal Builders that we support their stand but that unluckily there is not much you can do.

ANNOUNCEMENTS

From PRISMA: ATTENTION – Telephone Directory!

A “BY COMMUNITY” copy of the new Directory, in its last stage of preparation, is ready for checking at the Town Hall, Solar Kitchen, PTDC and PTPS. This is the final, FINAL chance to ensure your name, number, community and email ID is correct. Please don’t miss it. It will be available for checking up to and including March 4th.

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REMINDER: The FAMC will hold a General Meeting on the future of the Pour Tous Purchasing Service

7th March 2020, 4:30 - 6:30 PM
@ Sangamam Hall, Savitri Bhavan

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/76907 We will be uploading our presentation on Auronet, before the GM. We hope to see you there. Warmly, FAMC
From the AV Health Fund Scheme:
To all members of the AV Health Fund Scheme, If you still have any medical bills from the past months at home please drop them, together with your doctor prescription and your PT account number, in the Health Fund box at Aspiration Health Centre or at SANTE.

As the financial year is coming to an end, all the pending bills from April 2019 till February 2020 have to be processed before the end of March 2020. Only the medical bills from March 2020 can be paid till end of April 2020. The audit service has told not to process any bills from last financial year after March 2020. Please check your cupboards while there is still time!

APPLICATIONS FOR PROJECT APPROVAL - 25th February 2020

* Please note that the following project applications have been processed and reviewed before the recent announcement regarding temporary suspension of all new applications.

The following projects are recommended by L’avenir d’Auroville and feedback is now invited from the larger community. Application forms & area maps for these have been uploaded on the intranet in the application announcement posting. The last date for your feedback is 14th March 2020. Kindly mail your feedback to application-avenir@auroville.org.in

Shri Arohan - Application for Project approval
Project Holder - Mr. Sanjay N. Kusale
Community/area - Mangalam, Industrial Zone
Area for which approval is sought - the production unit is proposed to have an area of 264sqm.

Project brief as provided by applicant - A pioneer project in which the unit manufactures 100% organic cotton fabric on power looms, working with renewable energy. Existing conventional power looms are converted to 100% solar with the help of a solar kit & 700watt solar panel for each loom unit. The eco-friendly fabric thus produced is then dyed in natural flower dyes. The innovative solar operated decentralized textile machineries fills the gap between the two types of textile manufacturing that is mill-based & handmade, and can be adopted as an effective business model for employment generation.

Auroville is one of the pioneers in the design & use of renewable energy systems, & it has been extensively involved in its research and implementation. Auroville is recognized in India as a ‘testing’ center for a wide variety of renewable energy technologies. Solar power has been used in most day to day activities in Auroville as street light, homes, drinking water, for irrigation, heating water for domestic purposes and food processing etc.

Inspired by this, Shri Arohan was established & renewable energy was used as an experiment in the field of textiles. Further, incorporating sustainable value additions like using organic cotton as raw material and using natural dyeing for fabrics will add more value and acceptability in the local and international markets.

This is a project approval stage and a Site NOC & Final building NOC would be required before construction can begin on site.

4 Sisters Pioneer Garden - Application for Project approval.
This project’s approval is subject to it being under a unit so as to channel all donations through a registered unit.
Project holders: Lara Davis & Margarita Correa
Community/ area: International Zone, earmarked area for Americas
Area for which approval is sought: 0.45 acre

Project’s brief as provided by project holder: To honor the contributions of early Auroville pioneers, and to ensure that Auroville can persist at all - and sustainably grow, we must turn back to the conscientious water consumption of the early years, in which superhuman force has gone into afforestation, bunding, damming and water control. This project will extend the early pioneers’ success story in afforestation into the terrain of collective public and domestic gardens, to demonstrate a viable way for each Auroville resident to dramatically reduce water consumption.

Dry gardens would be a beautiful way to honor the “4 Sisters” - Juanita Cole, June Maher, Anie Nunnally and Bhavana Dee. These extraordinary women pioneers made major contributions to early land development in Auroville, and all of them had some story related to environment, ecology and the beauty of nature and gardens. Four distinct contemplation areas would be designed to reflect the spirit of each of these women.

This project is a demonstration of “dry gardens” (low water intensive gardens) that weave in and out of the existing forest and forest clearings. It is conceived of as a part of the American Pavilion area (International Zone) on the side of Darkali Forest; being the ‘nature preserve’ side of the Americas. The entire project scope includes TDEF-friendly dry gardens, a small nursery, tools storeroom, dry toilet, light weight electrical and water infrastructure, and perimeter fence.

It is envisioned to host some kind of semi-formal educational programs at the site (e.g. professional education workshops for Auroville city planning purposes, bioregional workshops, programs for AV and village youth, etc.). This could assist in carrying dry gardening principles into the area of collective public and individual domestic gardens (e.g. offices, homes, apartment buildings, guest houses, etc.) and in particular, public areas of blue-green infrastructure. The project will be under the American Pavilion. Approval of this project will be pending until The American Pavilion is registered as a unit.

This is a project approval stage and a Site NOC & Final building NOC would be required before construction can begin on site.

From the Land Board:

**CASHEW LEASES**

This is to inform the community, that Land Board is preparing to lease the cashew tops under Land Board stewardship. Those requiring details may contact the Land Board before the 4th March 2020. Open tender for cashew plots will be held on 4th of March in front of Town hall (next to the new parking) from 10 AM -12 noon. All interested are welcome to submit their offer at the above announced site where the relevant information will be displayed. Plots in the category below are exempted from the tender:

1) all plots with newly planted cashew plants
2) plots that have temporary stewards on them
3) plots that have conflicts and need close monitoring

Thank you,

Land Board Team

From the Pharmacy of the Auroville Health Center:

Please bring your expired medicines to Auroville Health Center. All drugs are processed through the AV Health Fund scheme. Channel all donations through a registered unit.

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Please bring your expired medicines to Auroville Health Center. All drugs are processed through the AV Health Fund scheme. Channel all donations through a registered unit.

Hatha Yoga with Amy - On the roof at Isai Ambalam main guest house is CANCELLED ON 6/7/8 MARCH, returning to the previous timings the week after. Tel/WApp +91 9159198534
News and Notes - 807 - 29th February 2020

FOR YOUR INFORMATION

Interim Selection Process 2020 - Reminder of Registration from the Residents Assembly Service

This is a reminder that the registration phase for the Selection Process for the Auroville Council, 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 Saturday 14th and Sunday 15th of March 2020 (full days, timings to be confirmed)

WANT TO KNOW MORE OR REGISTER?
You can find more information about the selection process, including the mandates, job descriptions and memberships of the above working groups >>>
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 reality of their work and some of their challenges with the community. Once you have read the information available at the above links, you can register in the process:

NOMINATION FORM - Registration for nominees will close on Sunday 1st March whilst registration for participants will close on Thursday 12th of March. To follow progress of nominees and participants, please click here. If you have any questions or need more information, please feel free to contact the Residents’ Assembly Service at raservice@auroville.org.in.

Youth Forward Pilot Program
What is Youth Forward? - It’s a two-day program that offers the Auroville youth an event that aspires to be a rite of passage to formally becoming adult Aurovilians. This program aims to:

• to inspire their passion to contribute to the evolution of Auroville; and
• to have a greater awareness of the opportunities available, along with how to engage deeply.

When: Friday & Saturday, 13th & 14th March, 9:30-5 PM
Where: We will start on Friday at Aurora’s place in Sharnga and move about to a few other venues during our time together.

Who: - 16 to 30-year-olds who are considering signing their B-form or have signed it recently, and are formally joining Auroville as adults.

What: We will have a group session for reflection on what Auroville is for us. We will look at AV’s historical and current world context. We will delve into how Auroville organizes itself, such as its economy, working groups, etc...We will have group time sharing about what it’s like to work together in Auroville. We will hear from others who have grown up in Auroville and their experience now. There will be time to explore one’s future in Auroville and the many ways of figuring out how to bring oneself forward.

Food: Lunch and tea time refreshments are provided free of charge. It’s gonna be good yummy food, and you can also bring nice treats to share with others! Please join us!

Send a mail to youthforward@auroville.org.in

We are eager for your help in co-creating this new program, with your participation and input in the pilot.

– The Youth Forward Team: Ahilya, Ishita, Mael, Monique, Palma, Ramya, Sophie, Sudipta

“It is not the youth who needs us, but Auroville who needs its future.”

* * * *

From the Working Committee

The Working Committee would like to invite you to 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 Time: 4:30pm to 6:30pm Venue: Bhumika Hall, Bharat Nivas.

Please note, that this GM will be followed by a Residents’ Assembly Decision

Attached files:

- Compiled amendments to the Entry Exit Regulations 2019.pdf (83.08 KB)
- Auroville Exit Review Policy Revised final dt.19.02.2020.pdf (82.81 KB)

Latest update on Citizens’ Assembly

In our last update we reported that we had decided upon a topic for the first pilot experiment - Developing a water vision for Auroville and ways to implement it - and that a random selection of participants had been made under the supervision of the RAS. Since then, all the people selected have been contacted, and 34 people of varied ages, nationalities, backgrounds and experience of Auroville have agreed to take part. The Citizens’ Assembly pilot will take place on four Sundays: 8th, 22nd, 20th March and the 12th April.

Not all the attendees may be comfortable with speaking or reading English, so we are arranging for Tamil and French translations to be made of the main documentation. We will also be providing real-time translation facilities as needed. Over the four days participants will hear presenters from a range of perspectives including bio-region, planning, farms,
The presentations will also be available at Town Hall and Dr. Antara Kesophane's Biodegradable Cellulose sheets have been donated for Auroville schools by one of its employees. Come by and pick some up for your arts & craft applications.

TEACHERS’ CENTER AT SAIER

The Teachers’ Center is open to the public from 9-12 Monday to Friday. Scheduled appointments may be made to access the TC at other times, simply e-mail teacherscenter@auroville.org.in.

Teachers will find here an extensive library of professional development literature as well as resources to supplement instruction in particular subjects.

What’s new at the Teachers’ Center?

- If your school is looking for a teacher or you have a teaching skill to offer, please know that you may e-mail us or drop in so that it may be posted on the TC Human Resource Bulletin Board inside the office. It is also a nice way to share with the schools the skills and talents Newcomers have to offer!

- Kesophane’s Biodegradable Cellulose sheets (transparent and color) have been donated for Auroville schools by one of its employees. Come by and pick some up for your arts & craft applications.


- Climate Change: Books just in from the Center for Science and Environment - How Much Do We Know About Climate Change? Climate Change Now and Climate Change Reader for Universities with CD “Climate Change Not Talk But Act”. This set comes along with 13 posters covering a range of topics from ‘The Villains and the Victims’, ‘India’s Climate Hot Spots’ and posters specifically aimed at demonstrating how climate change has affected specific regions in India.

- A-Z Science Program from Kindergarten to 6th Grade (applicable up to 8th Grade): Help your students build their science vocabulary and concept skills through fun activities, games and research projects. These already prepped Teacher/Student Binders are accompanied with flash cards for logical progression in Physics, Life and Earth Sciences.

Values: ACI has begun combing through the SAIIER Annual Reports to find out what schools have applied in their classrooms to teach Values. We hope that at a later date, a collective feedback process can be established so that these digital compilations include all of Mother’s 12 Values. The experiences documented will become a resource for teachers to use online in and out of Auroville. Beauty, Concentration, Compassion, Discipline and Freedom are the first five compilations available for your perusal:

https://ie.auroville.org.in/index.php/Beauty_Related_Activities_in_IE_Schools;
https://ie.auroville.org.in/index.php/Concentration_Related_Activities_in_IE_Schools;
https://ie.auroville.org.in/index.php/Compassion_Related_Activities_in_IE_Schools;
https://ie.auroville.org.in/index.php/Discipline_Related_Activities_in_IE_Schools;
https://ie.auroville.org.in/index.php/Freedom_Related_Activities_in_IE_Schools

From the Help Animals Team:

As you all have witnessed in recent years, the dog population in and around Auroville, particularly stray dogs, has drastically increased. It is very important for Auroville to reduce the proliferation of dogs and cats in and around Auroville, to stabilize the animal population, thus reducing stray dogs and all the related problems. The Help Animals team would like to bring to your attention that the sterilisation project for stray dogs has resumed. Thanks to funding through PCG, dogs and cats of employees of Auroville living in the surrounding villages can get sterilised at a very reduced rate. A token amount of Rs 300 per animal is asked.

We need your help to disseminate this information. Please inform all your ammas, watchmen, gardeners and administrative staff with families in the villages of this opportunity. You can send us an email at helpanimals@auroville.org.in

We need the following information:
Name, Village, and precise address (if any); Workplace in Auroville; phone number and e-mail (if available).

The operational team consists of Mirani, Mirabelle and Dr. Chandru. Mirani and Mirabelle are happy to give a presentation at schools, public places or on events on why we have the overpopulation and all the related problems; and how we all together, including the children, can become active collaborators in changing the situation. If this interests you please write either to helpanimals@auroville.org.in, or contact them directly.

Sterilization Application Forms are available at Town Hall reception desk (also in Tamil) where after filling they can be dropped into the dedicated box there. Otherwise write us at helpanimals@auroville.org.in and we will send one to you. Thank you for your cooperation.

Warm regards,
Shivaya, Enrica, Mita, Mirani and Mirabelle

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Photo Circle - Centre d’Art Citadines - Friday 6th March at 5pm

The Auroville Photo Circle is a meeting point for anyone interested in Photography. It started in August 2018 and since then we have been meeting every month on the first Friday, from 5pm to 7pm in Centre d’Art Citadines.

We share and discuss our own work as well as show the work of photographers who inspire us. We’ve had presentations of different photo festivals in the world, screened and talked about contemporary art works, clips and experiments with photography, and everything concerning it. If you are interested just come, and if you’d like to do a short presentation of your work please bring some images to screen.

Everybody is welcome! avphotocircle@auroville.org.in

*****************************************************************************
Gratitude for your continued support

One, please write to us at office work. If you have a laptop to offer or information about watergroup@auroville.org.in

Evgenia, our upcoming March Water Talks.

#252000. Specifically, we’re seeking Rs 5000 to support haven’t found one yet.

water, whether they are presentations, site visits, or film action. We cre

increased understanding of our water situation will lead to literacy of the Auroville community, with the hope that an

Water Words: Can you help support our work?

One of the aims of the Water Group is to increase the water literacy of the Auroville community, with the hope that an increased understanding of our water situation will lead to action. We create opportunities to hold conversations on water, whether they are presentations, site visits, or film screenings. The work we do costs money and right now we

Mani of FoodLink – This is to inform the community that our good friend Mani (G Gnanamani) of Foodlink passed away in the morning of 20 February, succumbing to injuries suffered by a car accident on ECR road the day before. His remains were cremated on 21st in Chinna-mudaliyarchavadi. He was 38 years old.

Although he never officially joined Auroville, Mani was known to many who frequented FoodLink, where he was a steady and responsible presence since February 2012. Most of the FoodLink clients may know him from the FoodLink desk, registering their selected items in a friendly and totally concentrated way; his colleagues describe him as a very honest and straightforward person, always serious but also great fun to be with, and who will be sorely missed. Mani leaves behind his wife and two young children in Bharatipuram. Our heartfelt condolences with this terrible loss go out to them as well as to the FoodLink team.

APPEALS

Water Words: Can you help support our work?

One of the aims of the Water Group is to increase the water literacy of the Auroville community, with the hope that an increased understanding of our water situation will lead to action. We create opportunities to hold conversations on water, whether they are presentations, site visits, or film screenings. The work we do costs money and right now we

5x5

Lost Phone - a REMI in a black cover, lost on Thursday, 20th Feb ~ 8.30-9 PM. It fell out of my pocket either at the TCL Dinner, or by the parking outside TLC or on the road between TLC and Sunship. If you have found it, please return it to me at Unity Pavilion or to Nico at Financial Service or contact me by mail jaya@auroville.org.in and I will come and pick it up. I have a lot of information on it which I need both for myself and for my work so I am most grateful if someone has found it. Thanks, Jaya

LOST & FOUND

Lost Wallet - On Monday evening, 24th Feb, I lost my green leather wallet in/around Visitor’s Centre. It has my Driver’s License and debit card as well as a few other things. If anybody has found/gets it, I’d be really grateful if I could get it back. Please reach me at 9306555465 or Tapasya Design Studio, Saracon Campus. Regards, Akshita

Darkali Fitness Track welcomes you!

The track’s purpose is to provide to families, school groups and sadhaks that feel a little rusty, a peaceful, secure and green (many shades of it) environment punctuated with structures and boards that offer guidance to simple yet rejuvenating exercises. Other than for its intended purpose the track’s 1.3 km path can also be used for meditative strolls, happy saunters, headphone jogging, introspective walk, union with the Divine and even, if that’s your thing, reverse walking! Open every day from 4.30 pm to 6.30 pm. If you would like to come in the mornings please contact us at dft@auroville.org.in Please remember to come 30 minutes before closing time. Way to the gate in Google Maps: http://goo.gl/dpdTgf

OBITUARY

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A new member needs 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

Here are some tips to help you

1. Darkali Fitness Track welcomes you!

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LOOKING FOR

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

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Expertise Needed - I am conducting an AV system-wide survey to identify any community members with skills in:

1) recognizing and navigating the overt/covert means by which an intimate partner establishes and maintains power over another; and/or.

2) interrupting access and restoring safety in response to a request for help in cases of domestic violence.

If you have expertise (not necessarily academic qualifications) in the above or know someone who does, please reply to: r4r@auroville.org.in, 709-469-4657

With thanks, Kaliananda

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Dear beautiful AV community.

My name is Tahir and I’m looking for a laptop or smart phone for my work. For more information: Taheer@auroville.org.in; 938-446-0764 or 882-571-7955. Much appreciated! ~Tahir

AVAILABLE

FLOWERING PLANTS AVAILABLE - At the end of our Divine Flowers Exhibition at Savitri Bhavan, on 29th Feb afternoon, we will have many blooming, happy and healthy flowering plants in plastic pots that are looking for a new home. If interested, please book at the site or at the email below and take delivery on 26th afternoon. A contribution is expected to support us and to sustain us for the next year’s version of the exhibition. Email: divinenflowers@auroville.org.in

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Good amma - I have a very good amma, Kumari. She has a nice personality and is looking for work on Wed & Sat afternoons. She lives in Alankuppam and currently works in Vikas & Sanjana. Contact: Helene 262-3011, 96538-57735.

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Cycle - A 4 year old Bitwin Rockrider 340 bicycle for sale. Please call Aditya, 9626014017.

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Organic Extra Virgin Olive Oil and Sundried 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 overlooking the production, you can visit the website www.antheo.it. I also have some extra sundried cherry tomatoes from the area of Pachino (Sicily), 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 :-)

WORK OPPORTUNITIES

Two Full-Time Work Offers at Quiet Healing Center

Quiet Healing Center is looking for:

1. An Aurovillian to:
   - supervise maintenance and repair of buildings and infrastructure;
   - organize work schedules and oversee performance of our local staff;
   - purchase materials and check inventory.

Knowledge of plumbing & electrical works and basic fluency in Tamil are a bonus.

2. Supervisor. We also have a work offer, preferably a woman, to organize and supervise our kitchen, laundry, therapy rooms, and guest accommodation staff.

We expect candidates to be able to work in a team and have organisational capacities. Full-time maintenance is provided. If you are interested to apply, please write an email to quiet@auroville.org.in with CV details regarding number of years you have lived in Auroville, your study and work experience/qualifications, and reason why you would like to join our team.

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

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

Looking for 2 supervisors for Maintenance and Repair Management - You have knowledge in electromechanics, you have an engineering degree and hands on experience in equipment repair. Your daily tasks will be the repair of medical equipment, planning of repair works and infrastructure planning. You are responsible for keeping the equipment in good condition and ensure the smooth functioning of the setup. Maintenance available.

Field Research assistant - We are looking for an English and Tamil speaking (preferably written also) male for short term with a minimum of 3 months, and possibility for longer term. Computer skills in excel and word, capacity to learn and adapt to new situations quickly, flexibility to travel for a month, and team-work are a must. If you have prior experience in conducting surveys and interviews, in research and/or in teaching it would be an advantage.

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
- Dental Assistant
- Administration and production Supervision

Love, Giovanni :)

News and Notes -807- 29th February 2020
MATRIMANDIR

29.2.2020 - The Golden Day
Morning Meditation at the Amphitheatre
5.45 - 6.30 AM

Entrance @ 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.

Please be aware that cellphones, cameras, tablets etc. will not be allowed in and around the Amphitheatre. To maintain the special atmosphere, everyone is requested to maintain complete silence and to leave their electronica 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. Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or existing damage of items deposited at the ‘Custody Facility’.

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 Fête and see you there!
Matrimandir Team and Community Support Group

The 12 Gardens & the 800 Flowers - Part 6
LIFE garden

Pavel Bogdanovich

The previous garden introduces Light and its influence to various parts of our being on their way to conversion. Since we happen to come to the Gardens, we have at least one converted part, which leads us to the next garden: the Life, - where the converted parts of our being apply the power of their light-purified consciousness to their not yet transformed activities in life. As a result, these activities become controlled in terms of lower movements of their nature, organized and properly governed for making them progress.

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

Communication Secretary needed
The Auroville Dental Centre (Protection) is looking for a part time Aurovilian/Newcomer experienced secretary. The successful candidate will:

• carry out the daily administrative tasks;
• handle communication on an international level, including social media such as Facebook and Instagram;
• be familiar with the Office Pack and will be initiated to the design platform Canva as well as Web-editing program WordPress and WP Bakery to update our website regularly;
• be in charge of preparing our tri-annual newsletter and following up with our well-wishers and donors regularly.

We are looking for someone hard-working, motivated, flexible, independent, able to work within a team and who can take initiative! An applicant who has photo skills would be much appreciated. Maintenance provided. Contact us, we need your help! Reception (0413) 2622 265 or 2622 007; aurodentalcentre@auroville.org.in

Surya Performance Lab, Auroville, needs a manager

Surya Performance Lab is an Aurovilian 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 Paschinger. 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, Auroville 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. Fluency 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/nIEZL155Y6s

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

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News and Notes -807- 29th February 2020
What is life? We may have some knowledge about it; we also may know what to dedicate our life for: cooperation, progress, yoga... We can discuss about complex things like consciousness or progress; however, what to do with life itself, especially in its primitive movements, - we may not be much aware about it and often are not willing to analyze such ordinary things. Fortunately, the Mother gives a clear direction on how we can deal with life's ordinary aspects while they are not yet transformed. It is reflected in the name and comment of the main flower of Life garden:

Power of consciousness
“All the powers of controlling and governing the lower movements of inconscient nature”; and two more “powers of consciousness”:

Power of the psychic consciousness
“Psychic power organises the activities of the nature to make them progress”

Power of the Supramental Consciousness
“Organising and active, irresistible in its influence

The comment to the main flower: All the powers of controlling and governing the lower movements of inconscient nature” - sounds unexpectedly simple compared to any other proposals on how to treat the life and its movements.

To discover more and unfold details, other “life-related” flowers have been found according to the significance of the main flower. For convenience of comprehension, they are grouped into a few “sub-gardens”:

Life

Life energy
- Life energy in the vital
- Purified dynamic life energy
- Specialised detailed energy

Will and Control
- Will manifested in life
- Controlled power
- The vital governed by the Presence
- Control
- Mastery of sex
- Continence
- Vital honesty
- Mental honesty

Consecration
- Vital consecration
- Conversion of the aim from the ego to the Divine
- To live only for the Divine
- Remembrance of Sri Aurobindo
- Hope

Aristocracy
- Dignity
- Psychic dignity
- Dignity of the emotions
- Nobility
- Elegance in the emotions
- Refinement
- Refined taste
- Benevolence
- Idealism

Comments: “Incapable of baseness and pettiness, it asserts itself with dignity and authority”, “Refuses all that lowers or debases” (Psychic dignity), “Little by little, coarseness is eliminated from the being” (Refinement), “Delicate and harmonious, it gives elegance to life”.

Consecration (7 flowers) - Parts under their own psychic or spiritual influence are able for voluntary consecration and so do not require to be controlled by other parts of being any more.

Comments: “Delightfully modest and fragrant, it smiles at life without wanting to draw attention to itself”,

Will and Control (10 flowers)

Will manifested in life
Control
Continence
The vital governed by the Presence

Physical parts of vital and mental are coarse and so require manifestation of Will in its more forceful forms, such as Control. On the way to the proposed Auroville’s “divine anarchy”, - which may come after transformation only, - a proper governing and control is a necessary condition.

Aristocracy (12 flowers) - Higher vital parts are able to be self-controlled by cultivating dignity and aristocracy into themselves.
“Let us strive to realise the ideal of life he has set before us” (Remembrance…), “This means to have overcome all the difficulties of the individual life” (To live…), “Instead of seeking one’s own satisfaction, to have service of the Divine as the aim of life”.

Relations with other gardens - Utility garden has many flowers, representing life solutions and personal qualities useful in life: for example, it unfolds the topic of “organization”, which is inherent in Life garden. Light garden has “Conversion” sub-garden, which is preliminary to “Will and Control”, “Aristocracy” and “Consecration” sub-gardens of Life garden. Life garden is preliminary to Power garden, as it has a sense and safety to attain powers only after movements of lower nature are placed under control of converted parts.

Analysis of the flowers’ geometry - The ‘life energies’ are described in the Mother’s comments as “powerful”, “manifold” and “supple”, which is reflected in their shapes:

“Control” is compact, direct, tentaculated:

“Dignities” are shaped orderly and express authority:

“Aristocracy” is tentaculated and expresses authority and assertion, as well as refinement and delicateness:

Consecration” is open, sincere, modest and smiling:

Analysis of the garden’s geometry.

Here is a new and yet obvious discovery: relations between sub-gardens, in terms of their meanings, may give us a geometrical outline truly inherent in a garden.

For Light garden we have the core, consisting of “light” and “light in parts of the being” flowers, and the outgoing chain of our spiritual journey - from awakening to conversion, - which can be twisted on the site into any kind of curve. The picture for Life garden is different: the power of the core, consisting of “life” and “life energy” flowers, can be applied to all corresponding parts of our being at once, without any sequence, and so the representative sub-gardens tend to equally surround the core located in the center. Another option is to have the core closer to Light garden, and its applications - as rays or curves, directed towards Power garden.

P.S. Hope you have learned something interesting about Life. To see more flowers and the Mother’s comments about them, please, refer to the Excel list attached to the article (an Internet connection is required; after opening the file, allow macros to run for downloading pictures; click on the flower’s picture for zooming).

GREEN MATTERS

Water Saving Tip of the Week!

Be aware of what you’re putting down your drain. Eliminate harmful soaps like Pril and choose chemical-free alternatives. With love from the Water Group, helping Auroville become a water-sensitive city.

Water Talks: March 2020

Let’s talk about water! Each Monday in the month of March*, a member of the Auroville community will dive into one aspect of water in an engaging presentation or site visit. This year’s theme is “Celebrating Those In The Field,” and focuses on people who work with water on a daily basis. Please see the schedule below and join us! All talks/walks are free of cost, but if you would like to support the on-going work of the Water Group, our FSF is 252000.

Thank you! Water Group [www.aurovillewater.in]

*Please note that the first talk is being held on Tuesday, March 3rd, so as not to conflict with another community meeting.

March 3rd, CSR Conference Room, 4:30PM - “New Technologies for Research on Water Conservation in AV” We are building a system which incorporates as many data as possible, making them accessible to everyone. It’s happening, and it’s beautiful! In this talk, all speakers will use layman’s terms, so all non-technical people are also welcome! Talk given by Giulio (Geomatics): a member of Auroville Water Group, he works at CSR Geomatics on topographic survey and collection of water-related data, Slava: part of Varuna team, working with technologies for remote monitoring and metering, Azha (Talam): working with CSR Geomatics team for water usage and underground water level monitoring.

March 9th, 4pm, MMC Auditorium - “Water Projects at Avision” - Avision is an Auroville unit that has been engaged in water distribution for 23 years and been researching water quality and water treatment technologies for the past 10 years. Join Alok to learn about the role the unit plays in the field of water for Auroville and the world, as well as the vision for the unit’s work in the areas of sustainable water usage, including hydroponics cultivation. Talk given by Alok, a resident of Auroville.

And to come:

March 16, International Zone, 4:00pm “Rainwater Catchment in the International Zone”
March 23, Pitchndikulam Ecodorm, 3:30-6:00pm “Envisioning a Blue-Green Auroville”
March 30th, Darkali, 3:00pm - “Exploring Water Works at Darkali”

Day of Social Justice

Indigenous Rights and Ecological Crisis

Last week Thursday was World Day of Social Justice, highlighting the plight of indigenous people all over the world and their role in maintaining, protecting and stewarding their ancestral lands which happen to be the most critical areas on our planet. Realization is growing that Adivasi communities worldwide have been pushed into remote regions by dominant models of so-called development and are now all that stands between us and extinction. Extinction of countless of species in biodiversity hotspots such as the Amazon and the Nilgiris,
frail ecosystems such as the bushlands in Australia and the Arctic belts. But also extinction of Homo Sapiens. Although they comprise only 5% of the world’s population, indigenous peoples safeguard ~80% of the planet’s biodiversity.*

The Indigenous people are both bearing the brunt of human induced rapid Climate Change and are in the forefront of humanity’s struggle for survival. Sea level rise, flooding, droughts, erosion, extreme weather events, forest fires, logging, cattle ranching, industrial agriculture, oil extraction and mining all threaten the once pristine environments which they have stewarded since time immemorial. It seems tribal lives are cheap when millions of dollars can be made. Brazil is witnessing a killing spree of ecological activists under the leadership of President Bolsonaro, but this is part of a global trend combining violence against nature with violence against the people living in it.

The importance of the Amazon basin cannot be overstated. Of seven million square kilometers, 5.5 million used to be covered by Tropical Rain Forest (TRF) - around half of world’s TRF with 390.000 billion indigenous trees, covering 16.000 species. Known as “the lungs of the world” is was the largest terrestrial carbon sink and critical in mitigating global warming. Last year however, Brazil recorded 73 000 forest fires and an increase of deforestation by 88%. Two hundred million tons of CO2 was released by these fires. It was reported that for the very first time in 55 million years the Amazonian forest gave off more CO2 than it absorbed...

There is a global outcry about these disasters and the indigenous protest movement helped by NGO’s (including Greta Thunberg’s Fridays for Future) is growing. Leaders from the Association of Brazil’s Indigenous Peoples (APIB) include Sonia Guajajara, Nara Baré, Alberto Terena, Angela Raxuyana, Celia Xakriabá, Dinamam Tuix, Eliceu Guarani Kasiowá, and Kretá Kaingang. Together they call upon global citizens to take meaningful political action by drawing the world’s attention to the egregious human rights violations and environmental devastation taking place in Brazil. Their motto: #NotASingleDropMore.


The Green column appears bi-monthly in the News&Notes and on Auronet. We invite your participation and comments on green issues in Auroville, the bioregion and the wider world. For the AVGreenCenter, -Lisbeth & Gijs

avgreencenter@auroville.org.in

Sunday Walk

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 its 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 CERTIDATE, at the crossing turn right onto the tar road to Edyananchavadi and follow it through the village. Continuing on the same road (in direction Jipmer i.e. Thindivanam 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.

8th March, 3:30 PM - Espace w/ Island

contact +91 7598103616

Description - Espace is a forest with a mix of old and new. Despite being relatively small, it has a few challenges (high voltage electric lines, segmented plots) and yet also some nice features (a small canyon, some large trees). You will see 40, 15 and 10-year-old growth, all with the aim to become a diverse multilevel forest.

To get there: From Solar Kitchen take a left, go past the MM entrance, take a left again and follow the road north past the Kottakarai cut off. Then take the next right, follow the Green Belt road (paved for a while ) past Youth Center and Transition school on your right. Between Transition school and Dana, on your left, there is a sign to Minati. Follow it, go through the Minati / Espace gate and go straight, you will find the parking area.

Edible Weeds Exploration w/ Weed Stall

It is important that as a basic skill for climate change adaptation, we start recognizing the naturally growing weedy herbs around us and learn about their usage.

Date: Friday, 6 March 2020
Starting Time: 10am to 11.30am
Place: near PTDC

DIY Bio-Enzyme

Orange, lemon, any citrus peels are not always easy to compost at home especially when they are more than a just a few. Learn w/ Nino how to easily make awesome bio-enzyme with them and come closer to your personal zero-waste lifestyle.

When ready, it can be used for all purpose cleaning (e.g. washing dishes, floors, fruits and veggies), shampoo, treating plants, enriching soil and a lot more in your home, community, or business.

Date: Friday, 6 March 2020
Venue: Life Education Center (LEC), Auroville
Time: 2:30 to 3:30 (may continue till 4pm)

Any Question/ Contact: Archana Saraf
backtoroot@auroville.org.in +91 8638953394 (WhatsApp)
GO GREEN WITH KINISI

KIM and Beyond

At Kinisi, we are very grateful to see our e-cycles everywhere we go, and we feel encouraged to help guests and residents free themselves from petrol dependency. We are constantly trying to increase our fleet of rental e-vehicles, so that more guests will choose sustainable mobility instead of polluting mopeds during their stay.

We also want to increase the number of e-cycles in the KIM scheme. This program was created to help Aurovilians move away from motorcycles as their transport choice. For a small monthly contribution, KIM members receive an e-cycle for their personal use. The e-cycle remains an asset of Auroville, and they cannot sell, rent or lend it to other people. We service each e-cycle every month, and we change the battery, controller, display and motor for free when they fail. This scheme has all the advantages of private ownership without its hassles. We will reach 100 KIM e-cycles before Auroville’s birthday, and we are planning to have 140 to 150 by the end of April 2020.

We noticed that KIM members are very happy with their e-cycle, but they still keep their motorcycle for trips outside of Auroville, or for carrying bigger loads. This raised the question of enabling Aurovilians to move entirely away from private fossil fuel transport.

We came up with the idea to have a fleet of electric scooters on a shared basis. Aurovilians (KIM members or any Kinisi user) could borrow an electric scooter on an hourly, half-day or full-day basis when they need a vehicle with more range or more carrying capacity. This would encourage guests and Aurovilians to choose e-cycling, because they would know that they can get an e-scooter when they need one. They could just drop their e-cycle at Kinisi (or an exchange point) and pick up an e-scooter for the time needed for their trip.

Do you think that this idea would encourage people to become entirely petrol-free?

We would appreciate your feedback at service@kinisi.in. Your Kinisi Team

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, write to kinisi@aurowille.org.in or call +91 8300460679 / +91 8300460680 / +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

GO GREEN WITH KINISI
**TAXI SHARING**

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

March 1st to Chennai Airport, leaving Auroville at 3:30am, contact Ben on WhatsApp +43 699 11344961.

March 1st - to Chennai airport, leaving ~ 7 p.m. Please contact sasa via: meucamino89@gmail.com, whatsapp: +4917676856586; phone: +91 90257 98124.

March 3rd to Chennai Airport leaving AV 8 pm. Jagrata WhatsApp: +91719355661 or Mail: jagra@zax.net

March 4th Wednesday to Chennai Airport leaving AV at 7 pm contact Klaus WhatsApp +49 179 1326 375 or email klausbecker@brln.de Klaus

March 7th to Chennai City leaving AV ~10am. regine.kumar@gmx.at or WhatsApp/ph +36504707615.

Thank you, Regine

March 8th to Chennai Airport, leaving AV 2,45 AM. Contact: Paola: 94864-22138/ 0413-262-2138/ Whatsapp: +393388349491

March 10th - to Chennai Airport, leaving AV ~ 1.30 AM. Can be shared either going or for return to AV after 4:30 am. Contact: Ursula 819 00 80 174 (SMS), phone 948 960 13 12 or sulabauammann@hotmail.com.

**TRAVEL**

Latest News from the Inside India -
We are located at Kalpana office 2 (Opposite to Library)
We are open from 10:00 to 13:00 and from 13:30 to 18:00
Our New Whatsapp insideindia.phone: 852493783

Latest offers from International Airlines:
- Oman Airways has special offers to Europe partnered w/ Lufthansa.
- Qatar Airways has special offers to Europe and USA
- Emirates has special offers to Europe & USA

ANA is pleased to announce once again the Hello Blue" Sale effective from 21st Feb (India to Japan), with direct Chennai-Tokyo flight.

A facility offer by Etihad: US Customs and Border Protection (CBP) facility in Abu Dhabi: The United States Customs and Border Protection (CBP) facility at Terminal 3 (T3) in Abu Dhabi Airport is a purpose-built facility that allows US bound passengers to process all immigration, customs and agriculture inspections in Abu Dhabi, before you depart. It is the only CBP facility in the Middle East, and one of only a few outside of North America. After you have cleared customs and immigration for the US at Abu Dhabi airport, there is no need for further checks when you arrive in the US. You can even check your baggage through to your final destination in the US. It’s the fastest way to get through the airport and on to your final destination in the US - your way.

Insurance: We highly recommend to carry Travel Insurance for all foreign travels.
Visa: We assist to obtain Visa's for all individuals who require one for their foreign travel.
International Flight Ticket and Hotel bookings - 2622078, traveltshop@auroville.org.in
Domestic Flight Tickets / Trains / Bus / Visa / Travel Insurance - 2623030, domestic@inside-india.com

Tours and Domestic Hotel bookings: 0413-262-2047, insideindia@auroville.org.in

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**TALKS**

The Artist’s Apocalypse: Nicholas Roerich’s Art Before and During WWII
Thursday March 5th, 6-7 pm
Sangam Hall, Savitri Bhavan

Slide-show with Explanations by Dr. Alexander Pereverzev

The renowned Russian artist, thinker, explorer and public figure Nicholas Roerich spent the last two decades of his life in India (1928-1947). Being a great humanist and warrior of culture, he responded to WWII from his Himalayan estate with a series of prophetic paintings, which will be examined in the proposed slide-show.

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**SHAKTI**

Creative Power – Consciousness-Force – Divine Mother
1-day Introduction presented by Inside India
Exploration of the Shakti in her traditional aspects and her central role in the Integral Yoga of Sri Aurobindo.

THURSDAY 5TH MARCH, 9 AM - NOON AND 2 - 5 PM
Inside India building, Ground Floor, Auroshilpam (behind Auromode Guest-house)
Presented by: Ela Thole

SHAKTI is the female creative energy recognised in some Hindu traditions as the transformative energy leading to the highest realisation. In Integral Yoga she is an evolutionary force that accompanies the growth of the new consciousness. In the presentation and talk we explore the Shakti in her traditional aspects and her central role in Integral Yoga.

Register in advance at 2622047 between 10:00 and 12:30 or 14:30 and 17:00 or mail: insight@auroville.org.in
All are welcome; contribution is required from Guests.

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**EXHIBITIONS**

Now through 15th March:

Olaf Van Cleef

exhibition of paintings

aurelec Confettaria & Art Gallery
Open from 8 am to 5 pm
Sri Aurobindo once said: “The great mass of Sanskrit literature is a literature of human life.”

Inauguration: Wednesday, March 4th, 5 to 6:30 PM
Ongoing Exhibition: March 5th to March 21st, 2020
9:00 am to 4:30 pm @ Kala Kendra, Bharat Nivas

The significance of ancient Indian contributions in the field of science and technology remains relatively unknown, especially among the younger generation. The Sri Aurobindo Foundation for Indian Culture (SAFIC) has prepared an exhibition titled ‘संविज्ञानम् - Scientific Heritage of India’. With an intention to learn from the ancient wisdom and boldly spring towards future realisations, Samskritam Auroville team and Bharat Nivas are pleased to bring this exhibition to Auroville. We warmly invite everyone.

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

Hailing from Venice, the birthplace of European masks, CENTOCANI has travelled through West Africa to study the essence of masks, in ritual and performance alike. The result of this research is embodied in this wonderful collection of African masks, recreated to be once again worn and honored.

INTERIM
A photo exhibition by Lisbeth
Saturday 7th - 21st March 2020
Opening 4.30 pm March 7th
Open daily 8 am-12 and 2 pm-6pm, closed on Sunday

Pitanga Cultural Centre, Samasti, Auroville, TN 605101, India.
(0413) 2622403/2622994 Pitanga@auroville.org.in

CULTURAL EVENTS

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, Edyanchavadi 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: Edyanchavadi Road, Yanur Taluk, Irumbai
Panchayat, Villupuram. Landline No: +91 (0) 413 2622287 Mobile Nos: Dhavamani: +91 9578542882
Email: adishaktiprogram@gmail.com

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
March 2020

Exhibitions

Meditations on Savitri - The entire series of 472 paintings created by the Mother with Huta from 1961-67 is on display in the newly extended picture gallery

Sri Aurobindo: A life sketch in photographs
In the upper corridor

Films - Mondays 6:30pm


March 9: INTEGRAL YOGA - Sri Aurobindo & The Mother’s vision of Supramental Consciousness and how Haridas Chaudhuri brought it to the West - Duration: 55min.

March 16: Interview with Shri Kireet Joshi in 2013 - Shri Kireet Joshi shares his experiences of regular meetings with The Mother. Duration: 43min.


March 30: Our Gratitude - A Musical offering composed for the centenary of the first meeting of Sri Aurobindo and the Mother in 1914. Duration: 35min.

Full Moon Gathering - Monday, March 9th, 7.15-8.15 PM
in front of Sri Aurobindo’s statue

Regular Activities
Sundays 10.30-12 noon: Savitri Study Circle
Mondays 3-4pm: Inner Discovery, led by Dr. Jai Singh
Mondays, 4.45-6pm: Meditations w/ Hymns of the Rig Veda, led by Nishtha
Tuesdays 3-4pm: Evolution of Man (in the light of Sri Aurobindo’s Yoga), led by Dr. Jai Singh
Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
Tuesdays 4.45-5.45pm: Mudra-chi, led by Anandi
Tuesdays 5-6pm: Let us learn Savitri together, led by Buvana (in Tamil)
Tuesdays 5.45-7.15pm: OM Choir (see details below)
Thursdays 4-5pm: The English of Savitri, led by Shraddhavan
Fridays 3-4pm: Reading of the Mother’s Commentaries on the Dhammapada, led by Dr. Jai Singh

OM Choir - Tuesdays, 5:45-7:15 PM
“The voice that chants to the creator Fire, The symbolled OM, the great assenting Word” (Savitri p.310)

In 1961, Narad received the adesh from The Mother to bring down a new music. She said that one must go far above words and bring down the pure Music. Mother told us to sit in a circle and have no preconceptions as to what we would sing but to be silent and let the music descend into us. The OM Choir aspires to bring down the New Music for the New World in a collective body. We sing only OM, the creative and effectuating Word, after starting with warming-up and voice exercises given by Narad.

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

Kambha Ramayanam (The Story of Lord Rama)
Saturday, 7th March @ 6:30pm
Sri Aurobindo Auditorium, Bharat Nivas

Kambha Ramayanam & Sakhis & Vision of Kabir
15th century Poet-Sage

Prof. Sehdev Kumar, Author
THE VISION OF KABIR & Ms Karolina Salomea Oddissi Dancer

ALL ARE WELCOME

Sakhi’s & Vision of Kabir
15th century Poet-Sage

Friday, March 6th, 7-8 pm
CRIPA, Kalabhumi, Auroville

Prof. Sehdev Kumar, Author
THE VISION OF KABIR & Ms Karolina Salomea Oddissi Dancer

ALL ARE WELCOME
Sanskrit Confluence

To take small steps ahead towards learning Sanskrit and making it a living language in Auroville, along with the exhibition we are happy to also announce a Sanskrit Confluence in March 2020 where we will organise different activities on Chanting, Conversation Class, Indian Classical Dance, Vedic Astrology, Calligraphy, Study of Spiritual Texts, Films etc. We are inviting individuals and units engaged in Sanskrit related work in Auroville to join us and also share about their work. We will publish more details about it and the schedule in next week’s News & Notes edition and also on Auronet. For more information, feel free to write to us at devabhasha@auroville.org.in

Many of you would know that The Mother had written* about these four languages to be studied in Auroville:
(1) Tamil
(2) French
(3) Simplified Sanskrit, to replace Hindi as the language of India
(4) English, as the international language.

"Written on 15 December 1970 on the occasion of the inauguration of a school in Auroville. On 19th April 1971, she had also said: "...I have the deepest respect for Indian languages and continue to study Sanskrit when I have time."

We invite all the schools to participate enthusiastically and if there are any ways in which we can support in enhancing Sanskrit activities in your school, please do let us know. We have some learning resources that we will be very happy to share.
Warmly, - Samskritam Auroville Team

CLASSES/WORKSHOPS

The Body Draws

A 2 day Workshop hosted by Audrey

We will together explore how our unique bodies want to draw!

Dates: March 6 (Fri) & 7 (Sat)
Timings: 09.00 am to 12.00 pm, 02.00 pm to 05.00 pm on BOTH days
Location: CREEDA Studio, Creativity Community Limited Space. Call 0413-26222642 or 9796414149 to confirm your attendance.

Let’s Enjoy Origami! by Japanese Pavilion
Friday 6th March 2:30pm–3:30pm

Our monthly Origami workshop in March is happening with seasonal theme (eg. March, Early spring in Japan) as follows; Place/International Zone office space at India Space, Bharat Nivas (Enter the building from the first door beside public toilet & walk towards the end of the room) Bookings not needed, all are welcome!! Contact; Tomoko or Emiko on letsenjoyorigami@gmail.com

Registration required for the following intensives. Please contact Verite @ 0413 2622045, 2622606, 7094104329 or programming@verite.in, treatments@verite.in

AcroYoga Foundation Course + Flight School Foundation Course:
February 29 to March 1st, 9 am - 4.45 pm
Flight School: 2nd, 3rd, 4th March
Day 1: 1 pm to 4.45 pm; Day 2 & 3: 1 pm to 4.45 pm

This event is recommended as the whole 5 days. It can also be taken as, either “Foundation Course” only, or “Flight School” only. Ready to really take off? The AcroYoga Int’l Foundation Course will teach you everything you need to know to build a safe and sustainable practice. Our team of experienced international teachers will give you all the tools you need to start or evolve your practice. You will unlock new physical and emotional skills you never thought possible, make new friends and connect with the global community.

The AcroYoga Int’l Flight School will teach you how to base, fly, and spot the most essential L-Base flying transitions in AcroYoga acrobatics (such as hand-to-hand; some skills even with same-size partners!). Our team developed 33 unique flows that take you through all of the elements and poses. Although it’s fun to master many flows, success is measured by learning how to break down skills so you can train in a smart, safe, and progressive way.

Please note: Flight School is NOT for beginners. Pre-requisite for maximum benefit & enjoyment:
- Foundation Course with teachers’ approval, or,
- Comfortable basing or flying: High Whale to Throne and back, and Cartwheel Mount.

REIKI -LEVEL 1 - w/ TANIA - Thirs & Fri, 5th & 6th March - from 9.15 am to 2.45 pm
The history of Reiki in the traditional Usui system, what Reiki energy is and how Reiki energy works, and much more information. Reiki level 1 initiations: 4 separate attunements which will open you to the flow of Reiki energy, the hand positions for self-healing and for healing others, hands-on practice of receiving and giving Reiki and the Reiki level 1 manual. Anyone can learn Reiki.

OPEN HEART SPACE MEDITATION - with SAMRAT Friday, 6 March - from 9.30 am to 12.30 pm
A simple practice of becoming aware of 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 quiets and sinks into the open heart-space, a doorway to oneness, where the inner and outer worlds meet and merge.

News and Notes -807- 29th February 2020
FATE OR CHOICE (FAMILY) CONSTELLATIONS - with YUVAL
Saturday, 7 March - from 9.15 am to 4.45 pm

An episode in an unremembered tale
Its beginning lost, it’s motive and plot concealed
A once living story has prepared and made
Our present fate, child of past energies
-Sri Aurobindo Savitri

In our lives Hidden Dynamics can cause results we never intended. Unconsciously these Dynamics create our Fate. To become aware of them, can bring back Choice. Applying (family) constellation techniques we can, in an intuitive way, find the insights and energy to choose consciously for the changes we want.

FREEDOM FROM FEAR - with SEHDEV
Saturday, 7 March - from 9.15 am to 4.45 pm
Fear - anxiety, passivity, ambivalence, depression - are the most pervasive emotions and personality traits, with far-reaching impact on every aspect of our lives. Drawing from Buddhist philosophy, existential psychotherapy and Integral Yoga, we will explore both the theoretical underpinnings of the phenomenon of fear and the practical ways of addressing it on a day-to-day basis.

SOMATICS - AN INTRODUCTION FOR EVERY BODY! - with MAGGIE
Monday, 9 March - from 9.30 am to 12.30 pm

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

SPECIAL PROGRAM
Advance registration is required, NO DROP-IN. We offer a 50% discount for long-term volunteers and Friends of Auroville.

Experience Auroville Program
March 5th to 8th, 8 am to 5.30 pm

This is an honest exploration to unveil community life in Auroville, a unique experience in which you will be fully immersed for four days and you will be able to discover things that usually take months to do on your own. It is for people who are interested in joining or volunteering in Auroville or for those who seek to deepen their understanding of the community and have hands-on experiences in various aspects. The program is made of: 4 days intensive introduction, during which you will listen to our pioneers’ stories, discover Auroville potentialities and ideals, and familiarize with alternative projects and community life; and an optional 1 to 3 weeks extension (at your choice), during which you can immerse for four days and you will be able to discover things that usually take months to do on your own. It is for people who are interested in joining or volunteering in Auroville or for those who seek to deepen their understanding of the community and have hands-on experiences in various aspects. The program is made of: 4 days intensive introduction, during which you will listen to our pioneers’ stories, discover Auroville potentialities and ideals, and familiarize with alternative projects and community life; and an optional 1 to 3 weeks extension (at your choice), during which you can immerse for four days and you will be able to discover things that usually take months to do on your own.

For additional information and a detailed program please find it listed under the activities of the Joy Community website joy.auroville.org or page in Facebook.com/joyauroville. For more information and reservations you can write to joycommunity@auroville.org.in. Joy Community Guesthouse is located opposite Center Guest House and here we are always available for further clarifications regarding the community at large and to help you discover Auroville.

Joy Community Guesthouse: +91 (0)4132623993; joy.auroville.org; https://www.facebook.com/joyauroville

Yoga Nidra 1-day intensive
29th of Feb, 9 AM to 5 PM

“Expanding awareness through the practice Yoga Nidra - theory and practice” - w/ Egle

The workshop is in 2 parts - one can choose to participate the half or the whole day.

Yoga Nidra is said to be the deepest meditation possible. It is an ancient tool to enter deep states of consciousness still keeping the awareness. In this altered state it is possible to learn, explore, heal, transform and use the subtle-inner senses, leaving aside the limitations of physical and mental perception. The advantage of Yoga Nidra is that we can use the night-time for this work. On this special day, the 29th of February, we will also explore Yoga Nidra exercises as a tool for conscious evolution. Free for newcomers and Aurovilians. 20% Discount for volunteers.

Egle is a researcher; using Yoga Nidra as tool for 20 years. For more information: egle@auroville.org.in or WA: +91-94880 47368; +91 413 262 22 24 (bookings and enquiries) www.auromodeyogaspace.com

Welcome to new classes and workshops at Butterfly Barn, Sve-dame (Av. Artservice).

EFT and FLOWERS w/ Prema
Will - The Will to do, to act, to see, to be - Tuesday 3. March , 6 - 7.30 PM

Emotional Freedom Technique, reprogramming through tapping and affirmations and integrating through flowers and their messages. Prema is a certified EFT practitioner!

Sophrology w/ Sandra - Monday 2nd. March , 5 - 6.30 PM

A simple and accessible psycho-bodily method, sophrology employs a set of techniques that will act on both the body and mind. It combines exercises focusing on breathing, muscle relaxation and mental imagery. This class is intended as a space to connect with yourself, explore your body diagram and creativity. Several elements in the pot:

- Listening to your body and its sensations,
- Obtain muscular and emotional relaxation,
- Use your breath.

NEW REGULAR CLASSES @ Butterfly Barn, Sve-dame
Kriya Yoga with Pankaj - Wednesdays and Fridays 4pm - 5.30pm at Butterfly Barn in Sve-dame.
Kriya Yoga practices are for spiritual aspirants of yoga as described in the Yoga Sutras of Patanjali.
Pankaj is qualified Yoga teacher with Diploma in Yoga Education from Kaivalyadhama, Lonavala. He has in depth knowledge of Yoga sutas of Patanjali to explain theory and to practice.

Dynamic Vinyassa - 9:10:30 AM Tuesdays and Saturdays with Marguerite - Marguerite is 500h RYT with Yoga Alliance, with masters in Sanskrit and south Asian religious studies. (starting 5th March). Dynamic Vinyassa Flow is a fusion of Marguerite’s background in Ashtanga and Vinyassa Flow. In this multilevel class, we will move and breathe in a strong and playful way.

Restorative Yin - Thursdays, 5:30-7 PM
Welcome to Restorative Yin, a late afternoon dip into somatic awareness through deep and slow stretching of the fascia. We will settle into ourselves for an hour and a half of meditative movement.

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Auroville Aikido - 2020 Intensive!
Sat. Feb. 29th - Sunday March 15th
We are most happy to announce our 2020 Aikido Intensive -
a 10 day coaching led by Alexandra Bac, 4th Dan Aikido from Dojo Makoto, Marseilles, France

Classes are: Saturday 7 to 8.30 AM, Tuesday & Thursday, 6-7.30 am, and Sunday 9.30-11.00 AM @ The Auroville Budokan, Dehashakti, (near Dana community). Info and Registration: budokan@auroville.org.in or contact: Surya at 83001 89062, and N. Murugan 99528 12843
A registered unit under LEAD, Auroville

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Quiet Healing Center, Auroville 605 104, T.N., India
www.quiethealingcenter.info / quiet@auroville.org.in +91 413 2622329 / +91 948-808-4966

Watsu Yoga Round w/ 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 - 5th - 10th March, 8.45 am - 6.30 pm w/ Shanti & Helen - WaterDance is a dynamic, mind- and playful movement therapy, developed by Peter Schröter and Arjana C. Brunschwiler in the late 1980s. 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.

Watsu & Liquid Flow Basic w/ Dariya & Daniel 11 - 16 March (8.00 am - 12.30 pm)
Watsu & Liquid Flow are aquatic bodywork modalities given in a warm water pool (ideally 35°C). In Watsu, the client's face stays always on the surface a warm water pool (ideally 35°C). Watsu & Liquid Flow offer an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas - ultimately, for freeing body and mind in a flow unique to each client and to each session. In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

No previous experience required!

Shiatsu for Watsu with Natacha & Petra 11 - 17 March (9.00 am - 6.30 pm)
Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body’s primary communication network – the energy system. About 60% of this seminar is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner’s energy body.

Prerequisites: Watsu 1 or equivalent course

Natural horsemanship - 29th Feb OR 7th March, 9 - 11 am, 3-5pm, with Mirrabelle
Explore your connect and nonverbal skills with horse. Mirrabelle’s 7 horses and ponies are living the natural approach, are of all characters and sizes. We offer a intro in order to start a full training course in Natural horseman ship in due time. Find out if its for you, with a 500 Rs contribution. Mirrabelle life with horses started 20 years back, and since she is passionate about connect humans with horses. Registration with Mirrabelle Whatsapp 9626565134 contact@auroville-jiva.com; www.auroville-jiva.com

The Path of the Soul - 3rd March, 9.30 am - 4pm @ the Shranga Guesthouse Yogahall, w/ Sigrid - Experiential workshop Exploring the “Layers of the herat” process, as described by the Mother. After a short introduction, we journey with a guided meditation to experience our Inner Self. The content of this workshop is aligned with the Integral Yoga and The Mothers work with subtle bodies. contact@auroville-jiva.com Whatsapp 9626006961

“Transforming Trauma - the unseen wound” - 7 & 8 March What is trauma? How to identify trauma and posttraumatic stress disorder? How to recover a persons full potential, energy and zest for life? and even integrate the wisdom of it all? 2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work. The workshop is designed for therapists of body and mind, psychologists, and all who work with trauma. Sigrid Lindemann is a trainer in integral regression therapy, trauma therapy, homeopathy, international faculty. All info and registration: www.auroville-jiva.com; contact@auroville-jiva.com; Whatsapp 9626006961

News and Notes -807- 29th February 2020
OTHER EVENTS
Auroville Horse Tournament 2020
28th, 29th February & 1st March
7-10 am & 3.30-6 pm
at Red Earth Riding School
Join us in cheering on our
Auroville riders as they compete
with riders from all over South
India in a mix of dressage and
show jumping events.

FILMS
THE THIRD PART OF THE KARMA YOGA MOVIE
CONVERSATIONS WITH AUROVIliANS
WHAT IS YOUR CONTRIBUTION
TO AUROVILLE FUTURE?

Saturday, 29th February, 3PM
@ Unity Pavilion

Sacred Geometry
Conference & Activation
From Platon to the
Multi-Dimensional Geometry
by Jerome Boujon
20 years of research
3D animated display
All Fruits of the
All Metaphon Cubes
The grid of Peace

Wednesday 3rd March at 9pm
Cinema LE PARADISO
TOWN HALL - AUROVILLE
FREE ENTRANCE - Please be on time
www.diamondlight.eu

Pavillon de France
presents:
“Man after Man” (L’Homme après l’Homme)
Sat. 29th Feb, 5 PM @ Cinema Paradiso, MMC
A documentary Film directed by David Montemurri
(in French subtitled in English), duration: 72 min

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

This is how Satprem
responds to David
Montemurri, who asks him a number of questions concerning
the crisis of civilization that we are currently experiencing
and the future of the modern world. If in this film, made
thirty-nine years ago, the questions asked are a little
outdated, the answers of Satprem, are still very relevant to
today. After this painful and senseless Man that we are and
who seemed to be running to ruin, we would have chosen
something else, or else we had to surrender ourselves to the
catastrophe and the disappearance of the human race?
This is the question posed by this documentary accessible to
all audiences: who will be the man after the man?

In this documentary we would like to reconnect people with cashews
and help them understand our cashew story. The film aims to
raise awareness and increase consciousness about the cashew
industry asking the viewer to participate in helping where
they can to change the story. No such comprehensive film
exists right now inclusive of the range of complexities of the
cashew industry, the many stories in the food chain from
growing to consumption.
The Success So Far - From the very first week of premiering the film we had a full house in Cinema Paradiso Auroville, followed by a screening in Dharmaswasti vegan restaurant in Kupilapalayam attended by 80 people! Feedback from the community has been very positive and encouraging. The topic has led to a lot of discussion and helped bring connection and education on this topic.

On 8th February we screened the film for the Art for Land fundraising campaign for Auroville land, to generate funds to protect Auroville from pesticide spraying.

For the Tamil audience, with the Healthy Cashew Network, we screened the film in Tamil to an audience of 120 to 150 villagers in Kupilapalayam Cultural Centre on the 26th January with a lively discussion afterwards with local organic and inorganic farmers present that went on for about 40 mins!

After hearing of the success from our Kupilapalayam screening, the village elders of Bommayapalayam invited us for a screening of the film for their village (where a majority of the cashews are chemically sprayed) which happened on the 9th of February. Five farmers are currently trying the Arka natural repellent since the screening of the film.

We also screened the film in Last School in Auroville, where students were surprised how big a story “our cashew story” really is!

Upcoming confirmed screenings:
Wednesday 4th March in Quiet Healing Center @ 8pm
Monday 16th March in Future School
Tuesday 17th March in Tibetan Pavilion 6pm
Friday 27th March at French Institute of Pondicherry for their network & the local farmers they work with.
Also Thamarai Educational Project in the village of Annai Nagar/Sanjeevi Nagar, tbc
Nadukuppam village with Pitchandikulam Forest, tbc

We are in discussion with Village Action for screenings in the villages they work with in the Vanur region.

Yatra Arts will also hold a screening in March (TBA)
We have submitted the film to 20 international film festivals, and have already been selected for one: Lift off Sessions film festival. If you would like to vote: Vimeo.com/ondemand/liftoffsessionsfeb2020
The dream would be to broadcast this film on National and International TV.....

THE ECO FILM CLUB
Sadhana Forest, March 6th, Friday
Schooling the World - The White Man’s Last Burden
64 Minutes / 2010 / Directed by Carol Black

SCHOOLING THE WORLD takes a challenging, sometimes funny, ultimately deeply disturbing look at the effects of modern education on the world’s last sustainable indigenous cultures. Today, volunteers build schools in traditional societies around the world, convinced that school is the only way to a ‘better’ life for indigenous children. But is this true? What really happens when we replace a traditional culture’s way of learning and understanding the world with our own? This documentary covers the history of using schools to wipe out indigenous cultures’ traditions over the past few centuries.

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

FRIDAY 6th MARCH, 8:00 PM
“THE MEASURE OF A MAN” (LA LOI DU MARCHÉ - original title)
Directed by Stéphane BRIZÉ, France, 2015
Synopsis: The Measure of a Man follows an unemployed factory worker, Thierry Taugourdeau, in working-class France. With the combination of age and only a defined set of skills, finding work proves to be an ordeal. The director pulls no punches when it comes to grounding the film in reality and the film almost seems like a documentary. A powerful and troubling vision of the realities of the new economic order. Vincent Lindon gives one of his finest performances (he won the award for Best Actor at the 2015 Cannes Film Festival Cannes)
Original French version with English subtitles - Duration: 1h31' - Colour.

Screening of the BBC Documentary “Shock of the New” - Episode 4: Trouble in Utopia”
1st March (Sunday), 6 pm.
CREEVA @ CREEVA Studio, Creativity Community

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 original work. Sir Kenneth Clark examines the aspirations and reality of modern architecture. International Style, Art Nouveau, Futurist architecture, urban planning. The remaining 4 episodes will be screened over the next weeks.
Cinema Paradiso
Multimedia Center (MMC) Auditorium

Film program 02 March 2020 to 08 March 2020

Indian - Monday 2 March, 8:00 pm:
• ONE MORE STEP
India, 2020, Dir. Debadipta Ghosh w/ Gaurav Bose, Maurice Shukla, Auruposee Bardhan, and others, Docu-Drama, 100mins, English w/ English subtitles, Rated: NR (G)
A very successful corporate executive cannot find the enduring joy and well-being he is longing for. As he gets increasingly frustrated with himself and his life, he meets a former colleague in whose living room he stumbles upon a book by Sri Aurobindo. The adventure begins... *This screening will follow the premiere at the Sri Aurobindo Ashram. Members of the film-team will be present for a brief Q&A at the end. Hope you can come.*

European - Tuesday 3 March, 8:00 pm:
• THE SOUVENIR
UK, 2019, Joanna Hogg, w/Swinton Byrne, Tom Burke, Tilda Swinton and others, Drama-Romance, 120mins, English w/ English subtitles, Rated: R
A shy film student begins finding her voice as an artist while navigating a turbulent courtship with a charismatic but untrustworthy man. She defies her protective mother and concerned friends as she slips deeper and deeper into an intense, emotionally fraught relationship which comes dangerously close to destroying her dreams.

Interesting - Wednesday 4 March, 8:00 pm:
• ULU, UN LATIDO UNIVERSAL (A Universal Beat)
Spain, 2017, Dir. Fernando Munoz y Joan Munoz, w/ Federico Mayor, Maria Novo, Juan R. Galan and others, Documentary, 63 mins, Spanish w/ English subtitles, Rated: NR
A trip that revives the importance of the heart in everyday life and human relationships. As they are the key to the situation of humanity on Earth, as is always remembered in some traditions: “For all our relationships”. *A brief Q&A with the director will follow the screening.*

French - Thursday 5 March, 8:00 pm:
• SHEHERAZADE (Seherazade)
In this much awarded and acclaimed film, Zachary, a 17yrs old has just got out of jail. Rejected by his mother, he hangs around in the popular areas of Marseilles. That is where he encounters Scheherazade.

International - Saturday 7 March, 8:00 pm:
• JOJO RABBIT
New Zealand-Czech Republic-USA, 2019, Writer-Dir. Taika Waititi w/ Roman Griffin Davis, Thomasin McKenzie, Scarlett Johansson, Comedy-War, 108mins, English-German w/English subtitles, Rated: PG-13
A World War II satire that follows a lonely German boy named Jojo whose world view is turned upside down when he discovers his single mother is hiding a young Jewish girl in their attic. Aided only by his idiotic imaginary friend, Adolf Hitler, Jojo must confront his blind nationalism. *Gem of a film; a must see!*

Children’s Film - Sunday 8 March, 4:30pm
• A SHAUN THE SHEEP MOVIE: FARMAGEDDON
UK, 2019, Dir: Will Becher, w/ Justin Fletcher, John Sparkes, Chris Morrell and others, Animation, 86mins, English w/ English subtitles, Rated: G
When an alien with amazing powers crash-lands near Mossy Bottom Farm, Shaun the Sheep goes on a mission to shepherd the intergalactic visitor home before a sinister organization can capture her.

JOSPH LOSEY FILM FESTIVAL @ Ciné-Club Sunday 8th March, 8:00 pm:
Joseph Walton Losey was a theatre and film director in the USA. Born in Wisconsin, he studied in Germany with Berthold Brecht and had returned to the USA. However, he returned to Europe to live and work - primarily from the UK after he was blacklisted by Hollywood in the 50s.

• THE PROWLER
USA, 1951, Dir. Joseph Losey w/Van Heflin, Evelyn Keyes, John Maxwell others, Drama-Thriller, 92 mins, English w/English Subtitles, Rated: NR.
When Susan Gilrvay reports a prowler outside her house police officer Webb Garwood investigates and sparks fly. If only her husband wasn’t in the way.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.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=Film Not rated or rating awaited/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
Account# 105106, mmcauditorium@auroville.org.in
<table>
<thead>
<tr>
<th>Activity Centre</th>
<th>Day</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
<th>info/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SRI AUROBINDO</strong></td>
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<td><strong>Bhumika Hall</strong></td>
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<td><strong>CULTURAL PROGRAM FOR FEBRUARY 2020</strong></td>
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<td><strong>International Zone Space</strong></td>
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<td><strong>INDIA SPACE</strong></td>
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<td><strong>KALA KENDRA</strong></td>
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<td><strong>KALAKENDRA</strong></td>
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<td><strong>Music Room</strong></td>
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<td><strong>Int'l Zone Space</strong></td>
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<tr>
<td><strong>Date and Time</strong></td>
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<td><strong>ACI prensents: Workshop/Talk : Indian Renaissance, on 150 Birth Anniversary of Sri Aurobindo &amp; Mahatma Gandhi 9 to 6 pm, For registration: <a href="mailto:ir@auroville.org.in">ir@auroville.org.in</a></strong></td>
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<tr>
<td><strong>Cultural Events</strong></td>
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<td><strong>Jazz Concert - 'Sooner or Later'</strong></td>
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<tr>
<td><strong>Cultural Events</strong></td>
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<td><strong>Theatre play - A Place Called Home</strong></td>
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<tr>
<td><strong>Permanen</strong></td>
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<td><strong>Bandh</strong></td>
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<td><strong>Bangla painting Exhibition</strong></td>
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<tr>
<td><strong>Kambha Ramayamam</strong></td>
<td></td>
<td><strong>Art exhibition - A Place Called Home</strong></td>
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<tr>
<td><strong>Auditorium</strong></td>
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<td><strong>Jazz concert - 'Sooner or Later'</strong></td>
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<tr>
<td><strong>Bhumika Hall</strong></td>
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<td><strong>Theatre play - A Place Called Home</strong></td>
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</tbody>
</table>

**Permanen**
**International Browned**

**Bangla painting Exhibition**

**Kambha Ramayamam**

**Art exhibition - A Place Called Home**

**Jazz concert - 'Sooner or Later'**

**Theatre play - A Place Called Home**
**Yoga Iyengar**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for women</td>
<td>Level 2</td>
<td>Mon</td>
<td>7.30 - 9.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas- Medical class</td>
<td>By appointment</td>
<td>Mon</td>
<td>9.15 - 10.45am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Level 1</td>
<td>Mon</td>
<td>5.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas-active (Regular)</td>
<td>Level 2-3</td>
<td>Tues</td>
<td>7.30 - 9.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas- Medical class</td>
<td>By appointment</td>
<td>Tues</td>
<td>9.15 - 10.45am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in (from 24th)</td>
<td>Tues</td>
<td>11.00 - 12.00pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in - all levels</td>
<td>Tues</td>
<td>3.00 - 4.30pm</td>
<td>Dedier</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in (from 25th)</td>
<td>Wed</td>
<td>11.00 - 12.30pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Pranayama</td>
<td></td>
<td>Wed</td>
<td>5.00 - 6.30pm</td>
<td>Tatiana</td>
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<tr>
<td>Asanas</td>
<td>Level 1</td>
<td>Thurs</td>
<td>7.30 - 9.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Iyengar yoga- Restorative (*)</td>
<td>Drop in - all levels</td>
<td>Thurs</td>
<td>3.00 - 4.30pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 2</td>
<td>Thurs</td>
<td>5.00 - 7.00pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in (from 27th)</td>
<td>Fri</td>
<td>7.30 - 8.45am</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas- Medical class</td>
<td>By appointment</td>
<td>Fri</td>
<td>9.00 - 11.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Immunity &amp; Hormonal Balancing</td>
<td>Level 2-3</td>
<td>Sat</td>
<td>7.30 - 9.15am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in - all levels</td>
<td>Sat</td>
<td>9.30 - 11.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in (from 28th)</td>
<td>Sat</td>
<td>4.30 - 6.00pm</td>
<td>Angela</td>
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</tbody>
</table>

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

**Yoga - Mixed Style**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Therapy</td>
<td>Mon, Wed, Fri</td>
<td>8.30 - 10.00am</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas (*)</td>
<td>Mon, Wed</td>
<td>4.00 - 5.00pm</td>
<td>Lisbeth/ Marcella</td>
</tr>
<tr>
<td>Asanas</td>
<td>Sat</td>
<td>10.00 - 11.00am</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas</td>
<td>Sat</td>
<td>11.15 - 12.15pm</td>
<td>Delphine</td>
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</tbody>
</table>

**Other Exercises**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Falun Dafa (Qi-Gong)</td>
<td>Tues</td>
<td>5.30 - 7.00pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Qi-Gong/Self Shiatsu</td>
<td>Wed</td>
<td>5.30 - 7.00pm</td>
<td>Patricia</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>Thurs</td>
<td>4.30 - 5.30pm</td>
<td>SuriyaGandhi</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Fri</td>
<td>6.45 - 8.00am</td>
<td>Francois/ Namrita</td>
</tr>
<tr>
<td>Discover energy body</td>
<td>Sat</td>
<td>11.00 - 12.00pm</td>
<td>Gala</td>
</tr>
<tr>
<td>Self-Healing and Goshin Tai So</td>
<td>Sat</td>
<td>8.00 - 9.00am</td>
<td>Isha</td>
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<tr>
<td>(Japanese Qi-Gong)</td>
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**Dance**

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<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Odissi Dance</td>
<td>Tues</td>
<td>3.30 - 4.15pm</td>
<td>Rekha</td>
</tr>
<tr>
<td>Odissi Dance (*)</td>
<td>Tues</td>
<td>4.15 - 5.15pm</td>
<td>Rekha</td>
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</table>

**Health Care at Pitanga**

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

<table>
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<tr>
<th>Therapy</th>
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<tbody>
<tr>
<td>Thai yoga Massage</td>
<td>with Juan</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>with Heidi</td>
</tr>
<tr>
<td>Awakening the Intelligence of the body</td>
<td>With Vani</td>
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<tr>
<td>Life coaching</td>
<td>With Vani</td>
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<tr>
<td>Journey to the memory of the body</td>
<td>With Vani</td>
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<tr>
<td>Thai Yoga Massage</td>
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<tr>
<td>Acupuncture</td>
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<td>Awakening the Intelligence of the body</td>
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<tr>
<td>Life coaching</td>
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<tr>
<td>Journey to the memory of the body</td>
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</tbody>
</table>

**Note:** (*) Denotes classes for those willing to commit for a minimum of 6 months
(*) Restorative and introduction to Pranayama
## TREATMENT

| Body Logic, Soft Massage, Cranio Sacral and Deep Tissue Massage. | Pepe - by appointment 9943410987 | Monday to Saturday |
| Cranio sacral, Lomi Lomi Kahuna massage, Bare foot body massage. | Silvana - by appointment 9047654157 | Monday to Saturday |
| Ayurvedic Massage and Birenda Massage. | Ion Condei - by appointment 8903205842 | Monday to Friday |
| Holistic Reflexology, Full body massage, Face Massage. | Meha - by appointment 9443635114 | Monday to Friday 9:00 am to 5:00 pm. |
| Naturopathy, Diet Nutritional Counseling, Hydrotherapy, Physiotherapy, Massage & Aroma Therapy And Acupressure. | Dr. Carola Brns - by appointment 7339607097 or 8903363572 | Monday, Wednesday & Friday 1:30pm to 5:30pm. |
| Chinese Fire Cupping and Moxibustion Therapy. | Chun - by appointment - 8098900708.chun@auroville.org.in | Monday to Friday |
| Yogic Healing and Therapeutic Massage. | Basu - by appointment - 9443997568 or 9843567904 | Monday to Friday 8 to 9:30 am & 6:00 to 7:30 pm. Saturday & Sunday anytime. |
| Psycho Spiritual Tarot, Deconditioning Self-Inquiry & Innervoice Dialogue. | Antarjothi - By appointment 0413-2623767 or Email : antarcalli@yahoo.fr | Also in French. |
| Spiritual Healing, Holistic Therapy And Regression. | Dr. Marlene Deng appointment Watsapp- +43664568903, innerspirithealing@icloud.com | Monday to Saturday |
| Face Massage, Cleaning, Manicure, pedicure, Threading, Waxing, Henna & Hair Coloring. | Meha - by appointment - 9443635114 | Monday to Saturday |

## REGULAR CLASSES

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
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<tbody>
<tr>
<td>Iyangar Yoga</td>
<td>Olesya- 9159052743, 0413-2623799</td>
<td>Mon, Wed, Fri &amp; Sat 6:45am - 8am, Mon, Thurs &amp; Sat 5pm - 6:30pm.</td>
</tr>
<tr>
<td>Pilates Classes</td>
<td>Teresa- 7867998952</td>
<td>Tues &amp; Thurs 7:30am - 8:30am Wed &amp; Fri 5:30pm - 6:30pm.</td>
</tr>
<tr>
<td>Acro-yoga</td>
<td>Damien - 9047722740</td>
<td>Saturday- Beginners class 8:15 am to 9:45am.</td>
</tr>
<tr>
<td>Hatha Yoga</td>
<td>Dr. Carola - 8903363572, 7339607097</td>
<td>Mon, Wed and Fri 6:30am - 8am Tues and Thurs 5pm - 6:30pm. (Appointment Only)</td>
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Santé Therapists Schedule - March 2020

Working Hours: 8:45 - 12:30pm and 2:00 - 4:30pm Monday - Saturday
Closed every Tuesday afternoon for team meetings
Tests and Sample collection Mon-Fri before 12:00 pm. No sample collection on Saturday.

For emergencies, contact Auroville Ambulance (24/7) : Phone: +(91) 94422 24680
Government Ambulance (24/7) : Phone: **108**

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Brian</td>
<td>Tues, Thurs, Mon, Wed, Fri</td>
<td>Morning, Afternoon</td>
<td>Works alternate Saturday mornings</td>
</tr>
<tr>
<td>General Practitioner</td>
<td>Dr. Igor</td>
<td>Mon, Wed, Fri, Thursday</td>
<td>Morning, Afternoon</td>
<td>Works alternate Saturday mornings</td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Ezhil, Magesh, &amp; Thilagam</td>
<td>Monday - Saturday</td>
<td>TUESDAY mornings only</td>
<td></td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Andres</td>
<td>Thursday, Mon, Fri</td>
<td>Morning, Afternoon</td>
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</tr>
<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wed, Fri, Thursday</td>
<td>Morning, Afternoon</td>
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<tr>
<td>Homoeopathy</td>
<td>Michael Z.</td>
<td>Mon, Wed</td>
<td>Afternoon</td>
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</tr>
<tr>
<td>Medical Shiatsu &amp; Meridian Psychotherapy</td>
<td>Linda Grace</td>
<td>Mon, Wed, Fri</td>
<td>Morning</td>
<td>TOS till 09/03/2020</td>
</tr>
<tr>
<td>Integrative Psychotherapy</td>
<td>Juan Andres</td>
<td>Monday - Friday</td>
<td>TUESDAY mornings only</td>
<td>WEDNESDAY OFF</td>
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<tr>
<td>Wellness Massage</td>
<td>Galina</td>
<td>Tues, Wed, Fri</td>
<td>MORNINGS ONLY</td>
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<tr>
<td>Physiotherapy</td>
<td></td>
<td>Mon, Wed, Thurs</td>
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<tr>
<td>Women’s Wellness</td>
<td>Paula / Krishna</td>
<td>Tuesday, Wednesday</td>
<td>Morning</td>
<td>Pregnant women… All other cases</td>
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<tr>
<td>Childbirth Preparation</td>
<td>Krishna</td>
<td>Friday, Saturday</td>
<td>Afternoon</td>
<td>4:00pm - 6:00pm 10am - 11:30am</td>
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<td>New Moms Group</td>
<td>Magesh</td>
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<td>Morning</td>
<td></td>
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<tr>
<td>Life Coaching</td>
<td>Auralice</td>
<td>Thursday</td>
<td>Mornings, Afternoons</td>
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<tr>
<td>Physiotherapy</td>
<td>Rebeca</td>
<td>Wednesday</td>
<td>Mornings &amp; Afternoons</td>
<td></td>
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<tr>
<td>Hypnotherapy and NLP</td>
<td>Dan</td>
<td></td>
<td>TOS till further notice</td>
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</tr>
<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
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<td>TOS till further notice</td>
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<tr>
<td>Therapeutic Shiatsu</td>
<td>Natacha</td>
<td></td>
<td>TOS till further notice</td>
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</table>

In Santé, we value our patient’s confidentiality & make every effort to ensure their privacy.
### Yoga & Re-creation Sessions (Drop-in)

<table>
<thead>
<tr>
<th>Days</th>
<th>Title of the Sessions</th>
<th>Timings</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Nourish Your Soul - Morning Yoga</td>
<td>7 to 8.15 am</td>
<td>Chandra</td>
</tr>
<tr>
<td>Mondays</td>
<td>Ashtanga Yoga (Mysore) - (no class 9 Mar)</td>
<td>9 to 10.30 am</td>
<td>Marc</td>
</tr>
<tr>
<td>Mondays</td>
<td>Yoga Nidra</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Mondays</td>
<td>Hatha Vinyasa Yoga (no class 9 &amp; 16 Mar)</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Mondays</td>
<td>Dance Offering</td>
<td>5 to 6.45 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Vibrational Yoga (no class 3 Mar)</td>
<td>7 to 8.15 am</td>
<td>Anne</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Ashtanga Yoga (Mysore) - (no class 3 Mar)</td>
<td>9 to 10.30 am</td>
<td>Marc</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Laughing Meditation &amp; Breathwork (no class 3 and 17 Mar)</td>
<td>3 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Guided Chakra Healing Meditation (no class 10)</td>
<td>3 to 4 pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Transformational Yoga (no class 10 Mar)</td>
<td>5 to 6.30 pm</td>
<td>Lakshmi</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Ashtanga Yoga (Mysore) - (no class 17 Mar)</td>
<td>5 to 6.30 pm</td>
<td>Marc</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Yoga Asana For All</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Hatha Vinyasa Yoga</td>
<td>9 to 10.15 am</td>
<td>Andres</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Open Heart Space Meditation</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Kalanipayattu (25 March only)</td>
<td>3.30 to 4.30 pm</td>
<td>Karolina</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Hatha Vinyasa Yoga (no class 11 &amp; 18 Mar)</td>
<td>5 to 6.15 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Somatic Exploration (no class 4 Mar)</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Yoga &amp; Awareness</td>
<td>7 to 8.15 am</td>
<td>Suryamayi</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Ashtanga Yoga (Mysore)</td>
<td>9 to 10.30 am</td>
<td>Marc</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Guided Chakra Healing Meditation</td>
<td>3 to 4 pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Yoga Nidra</td>
<td>5 to 6 pm</td>
<td>Satyayuga</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Ashtanga Yoga (Mysore) (no class 12 &amp; 19 Mar)</td>
<td>5 to 6.30 pm</td>
<td>Marc</td>
</tr>
<tr>
<td>Fridays</td>
<td>Nourish Your Soul - Morning Yoga</td>
<td>7 to 8.15 am</td>
<td>Chandra</td>
</tr>
<tr>
<td>Fridays</td>
<td>Guided Chakra Healing Meditation (no class 13 &amp; 20 Mar)</td>
<td>5 to 6.30 pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Fridays</td>
<td>Deep Sound Bath</td>
<td>5 to 6.00 pm</td>
<td>Balu &amp; Vera</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Happy Joints Through Yoga Asana</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Transformational Yoga</td>
<td>5 to 6.30 pm</td>
<td>Lakshmi</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Inner Dance (no class 14 Mar)</td>
<td>5 to 6.30 pm</td>
<td>Yoffi</td>
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</table>

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title of the Intensive</th>
<th>Timings</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Feb to 4 Mar</td>
<td>AcroYoga (Foundation Course + Flight School) - contact us for more information</td>
<td>9 am to 4.45 pm</td>
<td>Marc</td>
</tr>
<tr>
<td>Thu &amp; Fri, 5 &amp; 6, Mar</td>
<td>Reiki (Level 1)</td>
<td>9.15 am to 2.45 pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Fri, 6 Mar</td>
<td>Open Heart Space Meditation</td>
<td>9.30 am to 12.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td>Sat, 7 Mar</td>
<td>Fate or Choice (Family Constellations)</td>
<td>9.15 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
<tr>
<td>Sat, 7 Mar</td>
<td>Freedom from Fear</td>
<td>9.30 am to 4.30 pm</td>
<td>Sehdev</td>
</tr>
<tr>
<td>Mon, 9 Mar</td>
<td>Somatics - An Introduction for Every Body!</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Fri, 13 Mar</td>
<td>Chakra Healing Meditation Intensive</td>
<td>9.30 am to 12.30 pm</td>
<td>Tania</td>
</tr>
<tr>
<td>Fri, 20 Mar</td>
<td>Pranayama &amp; Chakras Harmonization</td>
<td>9.30 am to 12.30 pm</td>
<td>Lakshmi</td>
</tr>
<tr>
<td>Sat, 21 Mar</td>
<td>Yoga Nidra &amp; Breathwork</td>
<td>2 to 4.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Thu, 26 Mar</td>
<td>Pranayama &amp; Chakras Harmonization</td>
<td>9.30 am to 12.30 pm</td>
<td>Lakshmi</td>
</tr>
<tr>
<td>Fri, Sat, Sun, 27, 28 &amp; 29 Mar</td>
<td>Ovarian Breathing Feminine Alchemy and Yoni Shakti for Women (3 days)</td>
<td>9.15 am to 4.30 pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Fri, 27 Mar</td>
<td>Chakra Healing Meditation Intensive</td>
<td>9.30 am to 12.30 pm</td>
<td>Tania</td>
</tr>
</tbody>
</table>

### Therapies

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

<table>
<thead>
<tr>
<th>Presenters</th>
<th>Services</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andres</td>
<td>Thai Yoga Massage</td>
<td>90 mins</td>
</tr>
<tr>
<td>Karolina</td>
<td>Kalaris Massage (given with hands only)</td>
<td>90 mins</td>
</tr>
<tr>
<td>Lakshmi</td>
<td>Sound Chakra Healing</td>
<td>60/90 mins</td>
</tr>
<tr>
<td>Lalitha</td>
<td>Holistic Head and Face Massage</td>
<td>60 mins</td>
</tr>
<tr>
<td>Lisa</td>
<td>Etomedicine</td>
<td>30-45 min</td>
</tr>
<tr>
<td>Marcia</td>
<td>Equilibrium Healing Massage (starts 10 March)</td>
<td>90 mins</td>
</tr>
<tr>
<td>Marcia</td>
<td>Holistic Massage with Reiki Healing (starts 10 March)</td>
<td>120 mins</td>
</tr>
<tr>
<td>Mohammed</td>
<td>Acupuncture</td>
<td>60 mins</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki Healing With Crystals</td>
<td>90 mins</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki Healing With Chakra Balancing</td>
<td>90 mins</td>
</tr>
<tr>
<td>Tania</td>
<td>Private Guided Chakra Healing Meditation</td>
<td>90 mins</td>
</tr>
<tr>
<td>Valentina</td>
<td>Medicine Cards &amp; Tarot Reading</td>
<td>60 mins</td>
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</table>