REGULAR ACTIVITIES Offered in Auroville - March 2020

Note from the editors

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

Guest-houses are kindly requested to put this section up on their notice boards for their guests.

Kindly inform us of any changes/cancellation of your event,
or if you want your regular event to be added to the listing.

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

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

PLEASE NOTE: For all offerings at Joy Community:
Location is opposite Center Guest House and for more info: joy.auroville.org or facebook.com/joyauroville or joycommunity@auroville.org.in.
(This is to avoid printing this same text 25+ times!)

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Accident Trauma Relief - Traumatherapy at physical, emotional, mental and energetic levels. Sigrid is an international faculty in regression therapy and advanced homeopathy. Contact auroville-jiva.com; Whatsapp 9626006961; www.auroville-jiva.com

Acupuncture Therapy w/ Dr Mohammed @ Verite - Very fine, sterilized needles are inserted, virtually painlessly, into strategic points on the body surface to re-establish the free flow of vital energy, restore equilibrium, and trigger the body’s natural healing response. Dr. Mohammed descends from a lineage of traditional medicine Acupuncture - Acupuncture treats a wide variety of conditions, acute to chronic, hormonal, neurological. Andres Lokutta has over a decade of experience in Acupuncture. contact@auroville-jiva.com Whatsapp 9626006961 www.auroville-jiva.com

Acupressure Therapeutic massage for healing: Christine has a back ground as nurse and has long experience in healing physical illness/emotional blockage; phone/whatsapp +91-9489805493 or mail contact@auroville-holistic.com/www.auroville-holistic.com.

Acupuncture & TCM diagnosis by pulse and face reading. Andrés Lokutta has more than 20 years experience. Appointment via WhatsApp: +91 9655474497 For appointments please contact: 0413-2622 606 or 7094104329 or email treatments@verite.in

Auroville Aikido at Auroville Budokan (Dehashakti):
Beginner adults welcome with all levels, Wed 5.45 to 6.45 PM & Saturdays 6.30 - 7.30 AM w/ Murugan/Surya.

Advanced (morning classes): Tues & Thurs 6 - 7.30 AM & Saturday 6.30 to 7.30 AM (all levels),


Please be at the Dojo/Budokan 5 min. before the class starts. Beginners may wear long loose pants & t-shirt with sleeves for the start (no tight fitting please) then white “keikogi” will be required. For all activities at the AV Budokan: Health Fund or private insurance necessary - Reasonable contribution for the Dojo. Children classes and general info, budokan@auroville.org.in or contact Surya: 0413-262-3813 or 83001 89062.

Alcoholics Anonymous: open meeting every Saturday 6pm, Centre Guesthouse (Merriam Hill Centre). Contact: Ingrid 9443843976 or Shankar 9442010573

Asana Pranayama Mudra Bandha w/Aishwarya - Monday 3 - 4:30 pm: Adapted from the yoga practices described by Swami Satyananda, this restorative combination of Asana (posture), pranayama (breathing techniques), mudra (gestures mimicking the psyche), Bandha (energy locks), is lauded for its therapeutic effects on the dedicated practitioner. The session expands the relevant mudra, bandha and pranayama. Contact Verite 0413-2622045 (or email programming@verite.in).

Ashtanga Yoga w/ Muthukamari: SAT 4 - 5 PM, Progress Hall, Bharat Nivas. Contact: muthukamari@auroville.org.in, 8940438617.

Ashtanga Yoga- Mysore Style with Christine Pauchard. Monday to Saturday (except Full & New Moon days), 7:30 AM. Pre-registration by mail required. Min subscription is 4 to 5 classes.

Venu: Taramangaling - 5 min after Botanical Garden. Directions on our website at the page “YOGA” - Enter in your GPS “Skandavan”. The gate of Taramangaling is the third gate on the left after Skandavan gate (right side). Contact by phone/whatsapp +919489805493 or contact@auroville-holistic.com, website: www.auroville-holistic.com.

Ashtanga Yoga (Mysore) w/ Marc @ Verite - Tuesday, Thursday 9 - 10:30 am and Tuesday and Thursday 5 - 6:30 pm: Mysore style is the traditional teaching style from Ashtanga’s main school in Mysore, where each practitioner goes at their own rhythm with what they know of the series, a silent meditative yet athletic. The teacher adds poses as student’s progress, adjusts, & advises them according to their level. Contact Verité 0413-2622045 (or email programming@verite.in).

Astrology, Vedic: Readings in traditional Vedic Astrology to get more clarity on any issue or area of life. Each session lasts for an hour, so plan accordingly. Weekly study group meets in Aurelec on Saturdays (from 9 to 10am), to share and learn the concepts of traditional Vedic Astrology; the focus is on gaining an intuitive (and mythological) understanding of the principles involved. See http://www.allthingsvedic.in/ for other details. WhatsApp Vikram on 9843948288 or email vikram@auroville.org.in.

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

Regular Activities - March 2020
Ayurvedic Oil Massage w/ Marcia & Simona @ Joy Community. Ayurvedic Massage is strongly recommended as a way of relaxing the body muscles and easing mental tension. The sensations involved in this oil massage emulate the feeling of a warm embrace, easing anxiety and mental stress and infusing you with peace and contentment. For appointments (required): contact by phone/Whatsapp Marcia +91 7598260379 or Simona +91 9489511648.

AUROMODE YOGA SPACE - We offer special classes for individuals and groups. Yoga mats and props are available. All levels are welcome. No registration required.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class Description</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:30-9:45 AM</td>
<td>Hatha Yoga with Rebeca Yoga Flow for flexibility with Salomea</td>
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<tr>
<td></td>
<td>5:30 - 6:45 PM</td>
<td>Yoga Flow with flexibility with Salomea</td>
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<tr>
<td>Tuesday</td>
<td>5:30 - 7 PM</td>
<td>Vinyasa Flow with Bebe</td>
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<tr>
<td>Wednesday</td>
<td>9:15 -10:30 am</td>
<td>Yoga Flow with Salomea Vinyasa Flow with Bebe</td>
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<tr>
<td>Thursday</td>
<td>7:15-8:30 AM</td>
<td>Hatha Yoga w/ Rebeca Kalariyappayattu Movements with Salomea (beginners) Hatha Yoga with Bala</td>
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<td></td>
<td>4 - 5 pm</td>
<td>Hatha Yoga with Salomea Vinyasa Flow with Bebe</td>
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<tr>
<td>Friday</td>
<td>9:15 - 10:30 am</td>
<td>Yoga Flow with Salomea</td>
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<tr>
<td>Saturday</td>
<td>5:30 - 7 pm</td>
<td>Hatha Yoga with Bala</td>
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Massages and Treatments in Auromode Yoga Space -

Everyday including Sundays:

- **Thai Yoga Massage and oil Massage with Bebe**, Deep Tissue Ayurvedic Massage with Laura, Head and Shoulders Marma Point Massage with Bala, Kalari oil massage by Salomea Karolina.
- **Auromode Yoga Space, Auroshilpam (Opp. C.S.R)**

Check our website: [www.auromodeyogaspace.com](http://www.auromodeyogaspace.com) or Facebook Auromode Yoga Space. Contact: contact@auromodeyogaspace.com; +91 413 2622224 (bookings & inquiries) or +91 8940557864.

Bach Flowers with Stefania in Joy Community. It’s a safe and natural method of healing that gently restores the balance between mind and body by casting out negative emotions such as fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. The remedies are made from diluted extracts from the flowers of wild plants, containing its healing energy. To request an appointment (required in advance) contact +91 9486363442 (phone or Whatsapp) or write to joycommunity@auroville.org.in.

Bach Flower Sessions w/ Rosalba, at Baraka. A system to rebalance our emotional system, as Dr Bach used to define them, They are the remedies for the soul… Appointments by whatsapp +917877028844 or email to rosalba@auroville.org.in.

Back pain treatment (Samalin) - partners well with acupressure, cupping, energy work and physiotherapy treatments. Sami has 10+ years experience.
Contact@auroville-jiva.com, Whatsapp 9626006961, www.aurovile-jiva.com

Bhakthi Mantra Chanting & Guided Singing Meditation This practice is a rhythmic repetition of a song, prayer, word or sound. Chanting opens the heart; stills, focuses and calms the mind; and offers the benefits of a yoga class or meditation, without the struggle or the striving to concentrate.

Birenda Massage w/ Lara at Joy Community - This is a full body oil massage in the Indian tradition. It is a soft, relaxing and profound massage, which effects work on rebalancing the physical as well as the energetic and emotional bodies. Duration 1:30 - 2 hours. For more information and appointment contact Lara on WhatsApp: +45 275 199 42.

Body Tapping Treatment with Sirish -Joy Community. This individually customized session is about receiving your own intuitive (inner) guidance for “healing.” In this process you can allow natural energy to flow, open all chakras through sounds, achieve overall balance and deep silence by integrating any messages from body wisdom. For appointments (required) contact +91 8127524550 (phone/Whatsapp) or joycommunity@auroville.org.in

Buddha Garden Community Farm - 10.00 - 11.30am Mon-Sat, closed on Sunday. We have recently updated our audio guide and you are welcome to come and look around the farm and learn about our sustainable farming practice. Please contact us if you would like to bring a group for a tour. If you would like to participate in our daily farming activities these happen 6.15 - 9.00am Monday to Friday and 7.00 - 9.00am on Saturday. Just turn up when we start on any activity day that you would like to join in and then have breakfast with us when we finish a 9.00am. For further info: buddhagardenav@auroville.org.in https://www.youtube.com/c/BuddhaGardenAuroville5 https://www.buddhagarden.org

Capeoira (Group Ganga Saroba): Classes open to all levels, led by Prof. Samuka da India and his students. ● ADULT CLASSES >> Monday: 5.15 PM - SAWCHU (Bharat Nivas) | Tuesday & Thursday: 6.00 PM - Deepanam School | Saturday: 4.30 PM - Dehashakti Gymnasium. Free trial class every first Thursday of the month. ● KID CLASSES >> Monday & Friday: 1.15 PM - Deepanam School | Contact us prior bringing a new child. ● OPEN RODA (Capeoira Circle) >> First Saturday of each month 5.30PM - Visitor Center | Open to all! info@ginga-saroba.com; www.ginga-saroba.com | 94 88 32 84 35

Children’s Theatre Practice - SAT., 9:30 to 12 @ Petite Ferme -Playful drama activities for all free KIDS living or visiting Auroville (age 5+ years). We introduce techniques to explore drama & performance skills, based on games, warm-ups and simple stories. An activity of ARA (Awareness Research Auroville). Mail/MA: egle@auroville.org.in, +91-94880 47368.

Chinese Baby Massage with Lhamo - Joy Community.

In China this is a popular way to cure infants and small children’s daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. It works through very soft massage using different acupressure points than adults. It is also an empowering tool for parents to deal with their kids daily ailments. For appointments (required) contact +91 956-552-4237 (phone/Whatsapp) or write to joycommunity@auroville.org.in.

Chinese cupping and moxibustion therapy: Fire cupping (火罐)and Moxibustion (艾灸) are both traditional therapies based on the ancient meridian theory. They are effective in eliminating stagnation/blockage/pain/stiffness from deep tissues of the body while at the same time stimulating your energy flow and boosting your immune system. By appointment only: Chun 80989 00708 (ph/whatsapp); chun@auroville.org.in

Location: Arka Wellness Center (inside Arka GH, next to Sante).

Chinese Detox Treatments (Gua Sha) with Lhamo -Joy Community. Gua Sha is one of China’s oldest treatments. The sensations involved in this oil massage emulate the feeling of a warm embrace, easing anxiety and mental stress and infusing you with peace and contentment. For appointments (required in advance): +91 9565524237 (phone/Whatsapp) or write to joycommunity@auroville.org.in.

Creative Writing Playground- Mon. 4-5:30 PM & Thurs 5-6:30 PM Do you want to write a story but you don’t know how to start? Do you feel you have “something to write” inside but you do not know how to put it on the page? Do you wish to learn to write creatively for the sheer fun of it? Then participate in the Creative Writing Playgrounds! You will play
DANCE:
Bal Folk with Lucile every Tuesday, 7 - 8 PM, Progress Hall, Bharat Nivas. lucilepinteaux@gmail.com

Bharatanatyam Dance: with Deepa, Saturday 10 to 12 noon at Progress Hall (Bharat Nivas); r_deepa14@yahoo.co.in, 7598221586.

Bharatanatyam Dance: with Caveri, Wednesday 5 - 7 PM; Saturday 10 to 12 noon, & Sunday 4 to 6pm, Progress Hall and SAWCHU (Bharat Nivas); surreshcaveri@gmail.com

Bollywood Dance – Saturday 11:00 AM @ Cripa, Kalabhumii
Fitness through dance, endurance upliftment through group energy, musicality, fun and choreography. Directed by Gopal Dalami, a professional contemporary dancer and actor. 91 88009 29496 or suryaperformance@verite.in

CONTACT DANCE - TUESDAY, 5 - 7 PM at European House (located inside and to the right of international house - opposite Tibetan Pavilion) - We will use this space to explore and play with movement, flooring, spiraling and flying. We will play with the artistry of falling off balance, counterbalance, finding the shelves of the body and learning the mechanics of the body in order to handle someone else’s weight or be lifted. Looking at body design and structure to find effortless, efficient and graceful movement. Classes are designed for all experience types and fun! John : 852 496 3049

Contemporary Dance – Wed, 5:30pm @Cripa, Kalabhumii & Thursday, 6pm @ New Creation Dance Studio. 
: Body awareness, awareness of the space, rhythm, improvisation, expression through movements and choreography, directed by Gopal Dalami, a professional contemporary dancer and actor. Contact: 91 88009 29496 or suryaperformance@auviro.org.in

Ecstatic meditation dance - Thurs., 10:30 AM-12:30pm @ Cripa. - Heal your soul through dance! Ecstatic dance is a form of dance in which the dancers, not needing to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them, becoming a moving meditation leading to a feeling of ecstasy. Previous dancers have reported feeling connected to others and to their own emotions. For more information +919384460764.

Dance Offering w/ Dariya at Verite- Monday 5 - 6:45 pm; listening-allowing-unfolding-celebrating-offering - A space to explore our own unique movement, improvisation and contact with others. Together we create the freedom and possibility to simply be in the stillness of the moment and allows each person to be spontaneously moved by an inner pull, the music, or perhaps inspired by a movement of another body. Dancing a wave, discovering on our own and as a group. Moving towards an empowered, radiating stillness. Contact Vérité 0413-2622045 (or email programming@verite.in).

Feminine Dance - Fusion style belly dance
Cripa hall at Kalabumii, Tuesdays at 4 pm
Facilitated by Galit. Fusion Style Belly Dance is based on movements that are natural and healthy to the female form. These movements release the body and open the flow of energy & sensuality. Nurture yourself with one of the most ancient and beautiful forms of dance. Galit is a Feminine dance facilitator since 2011. She trained for 4 years in Arabesque- oriental dance school at Jerusalem and with Rachel Brice’s online Tribal Fusion Style classes.
galit@auviro.org.in

Hip Hop and Contemporary: with Vijay Tuesdays 6 - 7 PM;
Saturday & Sunday 6:30 - 7:30 PM, SAWCHU (Bharat Nivas), sarasu@auviro.org.in, 9655831272.

Inner Dance w/ Yoffi at Verite - Saturday 5 - 6:30 pm
Dance freely according to your inner call, let go and be in the moment with freedom and joy. The session will include active meditation and free dance accompanied by world music. Come with good spirit and comfortable clothes. Contact Vérité 0413-2622045 (or email programming@verite.in).

Kathak Dance: w/ Yogini, Wed., 4:30 PM @ SAWCHU (Bharat Nivas). Pleaseas contact yoginin4dhi@gmail.com to register.

Odissi Dance: with Kanchana - Saturday & Sunday 3 - 6 PM, SAWCHU (Bharat Nivas). Pleases contact yoginin4dhi@gmail.com to register.

Swaying Dance with Lucile every Tuesday at Progress hall, 8 to 9pm lucilepinteaux@gmail.com

Tango – “Practica”: practice space held for all tango dance levels, Wed, 6:30-9pm, SAWCHU, (Bharat Nivas). tango@auviro.org.in

EcoFemem Open House every Thursday at 10:30 AM

EFT (Emotional Freedom Technique) - is a technique as simple to use as it is extraordinary in results. EFT was created by Gary Craig in the early ‘90s and is based on tapping the meridian points and repeating key phrases that help “clean up” the human energy field from the energetic debris of painful memories. With EFT we clean up the unconscious of everything that does not allow us to move forward, including limiting beliefs, thereby making more make room for the best and most evolved part of ourselves. It allows us to leave the past behind and enter a new, more fulfilling phase of our life. EFT is a simple, powerful tool (not a therapy) that can use as needed to release negative and heavy emotions related to our past and our present. For individual sessions and all the detailed info: satsangsarts@auviro.org.in

Equilibrium Healing Massage with Marcia at Vérété- It combines elements from Ayurvedic Massage and Holistic Rebalancing Healing, and a balance of deep and soft touch. This synthesis of techniques provides therapeutic relaxation to both body and mind, helping to reduce stress and anxiety as well as physical aches and pains. For appointments: Vérité 0413-2622045 (or email programming@verite.in).
EtioMedicine w/ Lisa @ Vérité: EtioMedicine is an energy therapy that helps clear blockages hindering well-being and/or development. The practitioner dialogues with the client & follows their pulse responses to help access feelings linked to personal, cultural or spiritual issues, which then allows dissipation/release of symptoms. For appointments: Vérté 0413-2622045 (or email programming@verite.in).

Face Acupuncture & Massage w/ Lhamo in Joy Community. This treatment works on the principle that there is a holographic miniaturization system covering the whole human body, so that the whole body is represented on the face. In facial acupuncture, very small needles are used solely on the face of the patient. The facial massage is useful for people who feel uncomfortable with needles. For appts (required): +91 9565524237 (ph/WA); joycommunity@auroville.org.in

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

Classical Hatha Yoga with Aishwarya @ Vérité - Tuesday 7-8:15 am: Beginning the day with a slow paced, breath-centric practice, allows the system a chance to become a silent observer. In this Classical Hatha Yoga class, 4 of the 8 limbs from the Ashtanga system of Raja Yoga will be practiced, namely Asana (Postures), Pranayama (Energy balancing via breath manipulation), Pratyahara (Internalization) and Dharana (One-pointed concentration). Contact Vérté 0413-2622045 programming@verite.in.

Hatha Yoga with Amy: On the roof at Isal Ambalam main guest house. Stretch, strengthen and relax with guided asana and pranayama. Every Friday, Saturday & Sunday, 10am - 11.15am. 1 on 1 classes also available. Amy Tel/WhatsApp +91 9159198534

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

Hatha Sadhada Yogic Practices w/ Pankaj at Vérité - Monday 9-10:30 am, Wednesday 11-12:30 am, Thursday 3-4:30 pm, and Friday 5-6:30 pm. Class includes: body awareness, invocation, sun salutation, asanas (postures), bandhas (“body locks”), pranayama (yogic breathing), dhara (concentration), dhyana (meditation), aum chanting, and closing prayers, followed by a brief discussion about the purpose of the class. Practices vary from class to class, but the core purpose remains: finding holistic balance. Contact Vérté 0413-2622045 (or email programming@verite.in).

Hatha Vinyasa Yoga w/ Andres @ Vérité - Mon & Wed, 5-6.15 pm; Wed., 9 to 10:30 AM - The practice guides the student to a tension-free state of radiant health achieved through the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dhara), activation of the energetic centers (Chakras), and Relaxation techniques. As a result, the flow of Prana (Vital Life Force) is unblocked. Throughout the Nadis (energy meridians), balance is restored in the physical, mental, emotional, intuitive, & psychic being. Through constant practice, contentment (sanãtösh), equanimity (śamatha), conscious health, connection, and well-being can be established in daily life. Contact Vérté 0413-2622045 (or email programming@verite.in).

Head & Shoulders Marma Massage with Bala - Joy Community. Marma points are “vital points that hold life force energy”. In this massage, the practitioner uses fingers and hands to press (isometric / constant pressure) specific points in head, face, neck and shoulders. This treatment is based on the principles of Ayurveda and various martial art traditions. For more information see joy.aurowville.org or facebook.com/joyaurowville and to request an appointment (required in advance) contact +91 9892699804 (phone or Whatsapp) or write to joycommunity@auroville.org.in.

Healing Touch Massage - a mix of acupressure, energy work and massage. Sami Latzke has practiced for 20+ years. contact@aurowville-jiva.com; Whatsapp 9626006961; www.aurowville-jiva.com

Magie Henna Ritual - a 6 hr experience offered Mon-Wed, 2-4 pm. To register: tara@aurowville.org.in or 975-179-8408.

Holistic Massage with Reiki Healing w/ Marcia at Vérité: An intuitive touch massage therapy on the whole body combined with Reiki techniques to release and bring equilibrium on the physical, emotional, mental and spiritual levels. For appointments please contact: 0413-2622045 or 7094104329 or email treatments@verite.in

Guided Chakra Healing Meditation w/ Tania at Vérité - Tuesday, Thursday 3-4 pm: Tania takes you on a guided journey throughout the chakras and the body, which promotes purification, healing and balancing of the chakras, leaving us with a sense of loving self-care, balance, relaxation, and general well-being. Contact Vérté 0413-2622045 (or email programming@verite.in).

Hindustani Singing Class w/ Nandita Di at Music room Bharat Nivas every Tuesday, Wednesday and Thursday 2 to 6pm. Mobile:9488084470

Homeopathy - Advanced constitutional prescribing for all mental, physical, emotional issues. Sigrid has 20 years experience, international faculty, Germany & Spain. contact@aurowville-jiva.com Whatsapp 9626006961 www.aurowville-jiva.com

Horse assisted therapy for children - Horse assisted therapy ranges from simple interaction & grooming all the way to riding. It is beneficial for a large spectrum of health ailments, aids in building communication skills, need for interaction, muscle tone, attention span, concentration, balance and so much more. Mirrabelle has many years of experience in working with children w/ special needs, hyperactive, autistic and more. Contact@ aurowville-jiva.com; Whatsapp 9626006961; www.aurowville-jiva.com

Hypnotherapy with Lhamo in Joy Community. In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning. For appointments (required in advance): +91 9565524237 (phone or Whatsapp) or write to joycommunity@aurowville.org.in.

Indian Cooking Class w/ Ruba in Joy Community, Sundays 10:30 AM - 1:30 PM. Join Ruba in the kitchen for a typical Tamil cooking class to learn to make a few dishes from scratch. You will sense her pride as she shares interesting anecdotes and stories that highlight the traditions and health importance behind the foods you will enjoy while cooking together. Advance registration (required) contact 8998845200 or joycommunity@auroville.org.in.

Introduction to the Integral Yoga of Sri Aurobindo and the Mother, Tues 9AM to noon @ Savitri Bhavan. Each week with a different focus. Study, play and creative recreation go hand in hand with various inner exercises. (For those who are new to Yoga, from 8.45 to 9 am there will be a brief presentation on Yoga and Spirituality.) Led by Ashesh Joshi, 9489147202, 0413 2622922. No Registration required (except for groups). Voluntary Contribution
Japanese Traditional Lunch w/Emiko: Joy Community Saturdays from 12.30 to 1.30 pm. Our beautiful mostly organic lunch is accompanied with the usual family atmosphere of Joy Community. Ingredients are all fresh (some from our amazing vegetable garden) and depend on the inspiration of the season, garden, and Emiko’s rising sun. Some of the traditional dishes that Emiko will prepare with love and Japanese precision, are: vegetarian sushi & sashimi, miso soup, vegetable tempura, rice onigiri (pyramidal balls), gyosa (dumplings), fermented salads, peanuts tofu, green tea chocolate cake, green tea jelly, etc. There’s no need to reserve, but there are limited places and we’ll follow first come first serve policy: for more info you can email us at joycommunity@auroville.org.in. We offer a 25% discount for Aurovilians, New Comers and SAVI registered volunteers.

Kalari Massage (given with hands only) w/ Karolina @ Vérité- Kalari oil massage (kai-thirumrumu) done with hands. It induces blood circulation, energise glands and active pranic energy. It relaxes the body and makes it more flexible. It is full body oil massage. Tradition of Vasudeva Gurukkai taught by Shaji K. John. For appointments please contact (+91)413-2622606 or email programming@verite.in

Kalarippayattu w/ Karolina at Verite - Wednesday 3:30 - 4:30 pm: Learn the basics of Kalarippayattu (traditional martial art). These animal postures, exercises for the joints, hands and legs, and breathing techniques all help to develop strength, speed, flexibility, and balance. Contact Vérité 0413-2622045 (or email programming@verite.in).

Kinesiology Therapy (in French only) with Ricardo at Vérité: Kinesiology is the scientific study of the physiological, biomechanical, and psychological principles and mechanisms of movement. Applications of kinesiology in healthcare include biomechanics and orthopedics, strength and conditioning training, sports psychology, physical and occupational therapy, and sports and exercise. For appointments please contact (+91)413-2622606 or email programming@verite.in.

Kriya Yoga w/ Pankaj, Wed & Fri, 4 - 5.30 PM, Butterfly Barn, Sve-dame - Kriya Yoga practices are for spiritual aspirants of Yoga as prescribed in the Yoga Sutras of Patanjali. Pankaj is a qualified Yoga teacher with Diploma in Yoga Education from Kaivalyadhamma, Lonavala. He has in depth knowledge of the Yoga sutras of Patanjali to explain theory and to practice.

Kundalini Yoga, as taught by Yogi Bhajan, w/ Bel at Hall of Light, Creativity- Thursdays 7.30 am - Kundalini Yoga is a practice that combines asanas, pranayamas, mudras, mantras and meditation to give you an experience of your soul. All levels welcome. Come 5 minutes early and bring a cloth to cover your mat. Contact: ibel@auroville.org.in

Laughing Yoga with Nikhil -Joy Community, Thurs., 4 - 5:30 PM. During these sessions, Nikhil promotes the use of breathing activities in-between laughter exercises as a way to relax the body and mind. This is extremely important because when you deepen your breath, you calm your body and your mind. This practice is good for those who want to have a lot of fun and reduce stress bringing more joy, playfulness and sociability into their life. For registration (not required): +91 9871674448 or joycommunity@auroville.org.in.

Laughing Meditation & Breathwork w/ Nikhil @ Vérité-Tuesday 3 - 4:30 pm. Stress and shallow breathing can be the root cause of many diseases. The opposite is deep breathing & belly laughing, which bring in more oxygen, make blood alkaline and increase body immunity. They also provide a sustainable source of “natural highs”. In a group setting, using childlike playfulness, laughing becomes fun and contagious! Contact Vérité 0413-2622045; programming@verite.in)

LEELA, the game of the self knowledge - Sun, 9.30am @ SVE DAME, Butterfly Barn - Please park outside the community gate... Come and discover the game of your life. The karmic dice will help you to understand your evolutionary path and will guide you to your divine being. With this universal tool, more than 2000 years old, you’ll play your role on the large board of Dharma. Finally a game where everyone is winner! Bring notebook and small object to represent yourself. Books available in Dutch, English, Español, Français, German, Italian, Russian. Contribution requested. Contact Véronique at least the day before: +91 948 85 12 678 http://leelathegame.blogspot.com/p/blog-page.html

Local Temples Tour w/ Ruba in Joy Community Sundays from 10:30 am to 1:30 pm. When it comes to the temples dotted in this region, you might get tired of counting but the list won’t come to an end. Ruba will fascinate you with all the stories and legends of the local Hindu culture and will delight you with a typical Tamil village meal on a banana leaf! Advance registration (required): phone 8098845200 or joycommunity@auroville.org.in.

Mandala Practice: Thursday 2:30 - 5 PM, with Rosalba, Baraka - exploring mandalas practice. Since the beginning of human life, the world’s peoples have been connected with special shapes; mandalas are among them. Carl Jung discovered that the practice of drawing mandalas spontaneously produces beneficial effects, harmonizing and rebalancing whatever is in need. My role is to guide you into the process, using various techniques, to reach your centre, your reconnection with yourself. Contribution requested; materials included. For more details contact: whatsapp +919787702844 or email: rosalba@aurovillear.org.in. See more on Facebook: www.facebook.com/rosalba.aurovillear.

Marma Head Massage w/ Bala at Vérité- Marma points means "vital points that hold life force energy". In Marma point massage the practitioner uses fingers and hands to press (isometric / constant pressure ) the specific point in head, face, neck and shoulders. This massage is based on the principles of Ayurveda and various martial art traditions. For appointments please contact (+91)413-2622606 or email programming@verite.in

Auroville Mixed Martial Arts - We practice the art of Jiu Jitsu, Wrestling, MMA-Grapping and Self-Defense. All beginners and advanced students are welcome, no previous training is required. Monday, Wednesday and Thursday, 5.30 to 7 PM at Dehashaki Gym. For more information contact Dennis, dennis.freischlad@gmail.com, phone 904-708-7185.

Medicine Cards & Tarot Reading with Valentina at Vérité- A precious method of inner investigation, useful to expand vision and better understand the present moment. Valentina focuses on the present, because she believes that the future is not predictable (it depends on people’s choices), and she questions the ethics of influencing others through ‘divination’. Using 3 different decks (Jodorowsky’s Tarot de Marseille, the Native American Medicine Cards and the Zen Tarot of Osho) helps her give a “layered” reading with more clarity about what is happening inside people: their gifts, their points of strength, and their points of weakness. Sessions are available in both English and Italian. For appointments please contact(+91)413-2622606 or email programming@verite.in

MUDRA-CHI - " A Body Prayer in a Tai chi Form" Based on Mother's Mudras Facilitated by Anandi Savitri Bhavan, Tues. @ 4:45 PM Everybody Welcome!

Mother’s Agenda in Italian - Ogni giovedì alle 17 al Savitri Bhavan. Rosso Agenda è un programma di incontri di lettura dell’Agenda di Mère in Italiano, Rosso Agenda è anche un programma su Radio Auroville di lettura di alcuni brani scelti dall’Agenda e dal lavoro di Sri Aurobindo. “L’Agenda non è un libro da leggere, è un’esperienza da fare...insieme.” Incontri e fotocopie sono gratis, perché come ha detto Mère: “Questa Agenda è il mio regalo a quelli che mi amano” Potete ricevere il link di ogni trasmissione chiedendolo a Janaka al +91 94876.29.648 oppure scrivendo a janaka.om@aurovillear.org.in.

* Regular Activities - March 2020

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Music lessons - Hindustani (North Indian Classical), Jazz and Western Music. General and specific musical knowledge and training. Group and private sessions for the North Indian Bamboo Flute, upon request also for guitar possible.

Details & schedule: https://www.the-sound-of-bamboo.com
Tel.: +91 91505 67003; mail@the-sound-of-bamboo.com

Natural Horsemanship - Explore your connection and nonverbal skills with horses, grow in self-confidence and grounding. Mirabelle’s life with horses started 20 years back & it’s her passion to connect horses and humans. Facebook: "H2H communication", contact@auroville-Jiiva.com; Whatsapp 9626600691; www.auroville-Jiiva.com


OM Choir: “The voice that chants to the creator Fire, The symbolled OM, the great assenting Word”. Tuesdays at Savitri Bhavan, 5:45/6:00pm. And at the Ashram School, opposite the Ashram Entrance, Pondicherry, Friday, 7 PM savitribhavan@auroville.org.in, margritmalala@auroville.org.in

Open Art Studio - Fridays, 10-12 at Sankalpa Art Center, behind Pavilion of Tibetan Culture, International Zone. Create & connect in a judgment-free expressive space for all! Various art media are available for individual and shared use, musicians also welcome with analog instruments. Children can join only with accompanying adults and please contact us in advance for groups of 6 or more at sankalpa.art@gmail.com. No registration necessary, set contribution for all. Follow Sankalpa: Art Journeys on FB for event updates and workshops.

Psycho-spiritual work, tarot and other tools: To bring more clarity and freedom on life issues where there was confusion and entanglement in order to allow new steps in life. Tarot, deconditioning self-inquiry, “inner personalities” discovery, guided meditation and other tools. Antarjyoti in English or French, ARKA WELLNESS CENTER, Info/booking: 0413-262-3767 or email: antarcali@yahoo.fr

Psychosynthesis Counselling with Stefania in Joy Community. This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. The main focus is on developing consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life. For appointments (required): +91 9486363442 (phone/Whatsapp) or write to joycommunity@auroville.org.in

Qi Gong with Lhamo in Joy Community, Mondays and Wednesdays, 6:30 - 7:45 AM. Qigong can be described as a mind-body-spirit practice that improves one’s mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. To register (not required): +91 9565524237 (ph/Whatsapp), joycommunity@auroville.org.in

Qi Gong w/ Michael - Mon & Thurs, 6-7 AM @ Progress Hall (Bharat Nivas) and 8 - 9 PM @ SAUCHU. Ancient Daosist methods to nourish our physical, energetic and spiritual body. Preparation exercises, foundations, movements and still meditation. Suitable for all ages! Details: https://www.the-taiji-family.com; +91 91 505 67003; micha@taiji-shiatsu.de

Quantum Zen Shiatsu w/ Sami, - Acupressure, energy work, 20+ yrs experience. contact@auroville-Jiiva.com; WA 962-600-6961.

Integral Regression Therapy - Past life, accident trauma relief, inner child. International faculty in hypnotherapy, regression therapy, homeopathy. contact@auroville-Jiiva.com

3 REIKI HEALING OPTIONS: Traditional Reiki Healing; Reiki Healing With Crystals or Reiki Healing with Chakra Balancing w/ Tania- A healing technique based on the idea that an unseen life force moves through us. If this energy is low, we may get sick or feel stressed, if it is high, we feel more healthy and happy. Beneficial for relaxation, stress reduction and healing. For appointments please contact (+91)413-2622606 or email programming@verite.in

Reiki Treatment & Courses with Marcia, Joy Community - Reiki is a spiritual healing art originating in Japan that promotes healing and self-improvement. It is a simple, natural and safe method that is administered by "laying on hands" and feels like a wonderful glowing radiance that flows through and around you. Marcia also offers private courses to learn all the levels of Reiki. For appointments (required): +91 7598260379 (phone or Whatsapp) or write to joycommunity@auroville.org.in


Roof Studio presents paintings in different mediums @ Vikas - Saturdays 4 - 6 PM. Other times possible by appointment. All are welcome!
Contact: Ivana Mob. 7094344154; Ivana@auroville.org.in

Introduction to Sanskrit and Sanskrit grammar, following the textbook of Thomas Egenes "Introduction to Sanskrit" at Bhumika Hall Every Saturday 4 to 5 PM. More info please email angelo@auroville.org.in or whatsoever to 7094668031.

Self-Sustainable Healing w/ Suvarna - Guidance to implement Nature Cure’s 10 pillars of health in our life. This life style change helps one to empower our own body, mind and soul to attain self-sustainable healing. These pillars are:
1) Food 2) Exercise 3) Proper Breathing (pranayama) 4) Thoughts (meditation) 5) Air 6) Water 7) Sun bathing 8) Spine care 9) Rational sense of sex 10) Sleep. For appointments please contact (+91)413-2622606 or email programming@verite.in

Shamba Ya Moto (Field of Fire) is a cleansing of our energies and an invoking of the spirits of love, progress and unity. Come drum, dance and sing with us as we feed the Divine fire that grows at African Pavilion. Dinner will be served. Contribution Requested. No smoking at African Pavilion. Volunteers Needed for this event. Please call +91 790 414 3719 if you can help.

Shaolin Kung Fu with Lhamo - Joy Community, Fridays, 6:30 - 7:45 AM. This martial art is an ancient Chinese tradition that has evolved over centuries. This Chinese martial art originated in the Buddhist culture of the famous Shaolin Temple. Its essence lies in the combination of kung fu practice and Ch’an buddhist ideology, in which manner the monks also cultivate. To register (not required): +91 9565524237 (phone/Whatsapp); joycommunity@auroville.org.in

Shiatsu Massage with Sara & Simona - Joy Community. This is a manipulative therapy developed in Japan and incorporating techniques of amma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well-being, treat disease, or alleviate discomfort. For appointments (required in advance) contact by phone or Whatsapp Sara +91 9443617308 or Simona +91 9489511648 or write to joycommunity@auroville.org.in.

Open Heart Space Meditation w/ Samrat at Verite - Wednesday 3 - 4:30 pm: It is a simple practice of becoming aware of the reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go each experience as it arises and
subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment. Contact Vérité 0413-2622045 (or email programming@verite.in).

Private Guided Chakra Healing Meditation w/ Tania at Vérité- After a short sharing and introduction of the chakras, Tania takes you on an individualized guided meditation throughout the chakras and the body, which promotes purification, healing and balancing of the chakras. This is a 1.5 hour session, in which Tania shares helpful meditation tools to assist people on a healing journey. Amongst others she will show you how to gently go deeper into tensions, how to let go, releasing old patterns, etc. in order to restore balance and a general feeling of well-being, leaving you with a sense of loving self-care. For appointments please contact (+91)413-2622606 or email programming@verite.in.

Somatic Explorations - Wednesdays 5-6pm in Vérité Hall
Somatics is a system of slow mindful movements (in the tradition of Thomas Hanna). Each week we will explore a different theme with the aim to unwind habitual holding patterns in the body, increase flexibility, balance, coordination and wellness; resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. Open to all. Maggie is a professionally trained Clinical Somatic Educator and offers workshops, classes and clinical sessions in highly effective technique. For further info call Maggie: 94866 23465 or Vérité on 0413-2622045

Somatic Holistic Therapy with Francesco - Joy Community.
Through a variety of techniques (physical-energetical-psychological), you will become more aware of your body and inner perceptions, release unconscious Holdings and stuck energies, and eventually enter a more balanced state of being. The main intention is not to cure any specific pain or illness, but to improve balance, vibrancy and vitality of the whole system. For appointments (required): +91 9626895370 (phone or Whatsapp) or joycommunity@auroville.org.in

Sound Bath with the Russian Singing Bells - January-March on Mondays, 3.00-4.15 PM at CRIPA (Kalabhumi)
Experience of deep interiorization, tranquility and self-healing with harmonious resonating sounds of this unique instrument from Russia played by Vera Joshi. Please come on time. Registration required for groups. ph./Whatsapp +919486247202

Sound Chakras Harmonization Treatment with Lakshmi, Joy Community. During the session you will be guided through a vibrational journey (mantras, Tibetan bowls and tuning forks) where you will experience a blissful connection with the universal forces, inviting the chakras to flow in their harmonious state of vibration and frequency, harmonizing your mind, body and emotions. For appointments (required): +91 9489764602 (phone or Whatsapp) or write to joycommunity@auroville.org.in.

Sound Healing Treatment w/ Anne in Joy Community House). During this session we will go to the source, the cause, of your dis-ease. This can be physical, mental or emotional. Intuitively you will be guided through an experience to discover this for yourself. By using various modalities, like Sound healing, Bodywork, Meditation, Visualization and Breath work, you will become aware of your whole sensory perception. For appointments (required) contact +91 9159824277 (phone or Whatsapp) or write to joycommunity@auroville.org.in.

Sound Massage/Bath w/ Tibetan Singing Bowls and Solar Gong: Lying on a mat with bowls of different pitches, sound energy flows through your cells forming a beautiful OM harmonic cocoon of peace, melting away tightness and discomfort while tuning you up to its healthy grounding vibrations. The powerful mystic gong and bronze bowls take us deep inside into our true home. An activity under HOLISTIC. Info & booking for guests: Antarjyoti, phone (0413)26-2376; email: antarcalli@yahoo.fr

Deep Sound Bath with Balu and Vera at Vérité - Friday 5-6 pm: Sound Healing is an ancient art that has been used throughout history to awaken the inner being & align the body, heart & soul to the frequency of the universe. The Sound Bath uses the unique frequencies of various instruments to heal the body on a cellular level. Contact Vérité 0413-2622045 (or email programming@verite.in).

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring healing sessions through the magic of sound from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being. The aim is a state of deep relaxation which enables you to see/feel yourself deeply. In addition to the sound journey, you will be guided through your body to explore new dimensions which has an action and a benefit on 3 levels: physical, energetic and mental. This exploration is based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help releasing sciatica pain. Free of charge/donation welcome. For appointments: Isha: (0413) 262-2192 or ishaswayam@auroville.org.in.

In addition, I offer on Saturday morning from 8 AM till 9:30 AM a class at PITANGA including GO SHIN TAI SO (Japanese Qi Gong). It is a series of movements that activates the 12 meridians related to the 12 main organs of the body. Everybody is welcome to participate.

Sound Chakra Healing with Lakshmi at Vérité- During the session you will be guided through a vibrational journey (mantras, singing bowls and tuning forks) where you will experience a blissful connection with the universal forces, inviting the chakras to flow in their harmonious state of vibration and frequency. For appointments please contact (+91)413-2622606 or email programming@verite.in

Swaram Sound Journey - Wed, 5:30-6:30 PM in Unity Pavilion. Aurelio and team will create and share an experiential space of deep relaxation through a basic tuning process and exposure to the soothing waves and vibration of pure acoustic instruments. Gongs, bells, chimes, strings and diverse new and archaic sound sources will invite the listener into a sound journey into inner landscapes and synaesthetic contemplation towards a unity experience. svaramprograms@gmail.com

Spontaneous Singing - Every Wednesday, 5:00 to 6:30 PM @ Creativity - Hall of Light - Enjoy the pleasure of singing and discovering your own voice without any goals nor prerequisite. Be surprised by what happens when your voice encounters another voice. Let us create together an intangible and magical music. Max. 12 people. Contribution for guests and volunteers. Antoine - 8947040529; antoine@auroville.org.in

Tai Chi Quan with Lhamo - Joy Community, Tues & Thurs, 6:30 -7:45 AM. This martial art is an ancient Chinese tradition that has evolved over centuries. Even though tai chi developed for self-defense, it has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. To register (not required): +91 9655524237 (phone or Whatsapp) or joycommunity@auroville.org.in.

Chen Style Taijiquan Practical Method - Mon & Thurs, 7-8 AM @ Progress Hall (Bharat Nivas) and 7-8 PM @ SAWCHU is a particular branch of Taijiquan (Tai Chi Chuan) passed down by Master Chen Zhonghua. True Martial Art with amazing health benefits. Suitable for all ages! Ongoing classes by Michael, 20th generation disciple of Master Chen Zhonghua. Details: https://www.the-taiji-family.com; Tel.: +91 91505 67003; E-mail: micha@taiji-shiatsu.de

Tao of Tea: w/ Isha, Venue: Swayam - Discover yourself through the sharing of this unique tea ceremony. It will change your awareness towards tea and life, allowing you to experience a spiritual journey. Explore and discover yourself
Vibrational yoga is all about programming the class is to impart the fundamental principles of Yoga and breathing exercise and relaxation techniques, and is for Mondays required) calm the mind and attun should be learned according with the tradition of the great Mondays Traditional Sanskrit Mantra treatment is in Traditional Chinese Medicine. experience in Traditional Chinese Medicine. contact@aurowille-jiva.com; Whatsapp 9626006961 www.aurowille-jiva.com

Tibetan Bowls - Vibrations of Depth w/ Satyayoga - Thursday 5 - 6:00 pm: Connect to your inner self through sound massage, created with vibrating (overtone) chants, Tibetan bowls and other instruments. Sound massage promotes relaxation, improves the flow of energy helps reduce stress, and reactivates dormant areas of the brain. Vérité 0413-2622045 (or email programming@verite.in).

Traditional Chinese Medicine - TCM addresses hormonal, neurological as well as acute and chronic issues, and the treatment is tailor-made with Chi gong, Detox, herbal medicine and acupuncture. Andres Lokutta has 10+ years experience in Traditional Chinese Medicine. contact@aurowille-jiva.com; Whatsapp 9626006961 www.aurowille-jiva.com

Traditional Sanskrit Mantra with Sonia-Joy Community, Mondays 6 – 7 PM (beginners) and Fridays, 6:30 – 7:30 PM (advanced). In the recitation of Sanskrit Mantras, the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the subler levels of the “sadhana” or spiritual path. To register (not required): +91 8940288090 or joycommunity@aurowille.org.in.

Nourish Your Soul - Morning Yoga w/ Chandra @ Verite - Monday & Friday 7 – 8:15 am: It’s never too late to learn to build a basic Yoga routine from scratch, or to reinvoke your practice. This class incorporates posture sequences, breathing exercise and relaxation techniques, and is for people at all levels of experience and flexibility. The aim of the class is to impart the fundamental principles of Yoga and to promote the practice of Yoga as a way to holistic health. Contact Vérité 0413-2622045 (or email programming@verite.in).

Transformational Yoga with Lakshmi - Joy Community, Tuesdays, 8:30 - 10 AM. Vibrational yoga is all about movement and sound. Transformational Yoga is inspired by the teaching of Sri Aurobindo’s Integral Yoga. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantras chanting and meditation techniques as tools to make the difference in your everyday life. For more information see joy.aurowille.org or facebook.com/joyaurowille and for registration (not required) contact +91 8489764602 or joycommunity@aurowille.org.in.

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

Transformational Yoga w/ Lakshmi @ Verite - Tuesday and Saturday 5 – 6:30 pm: Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life. This synthesis of yogic systems aims to awaken all aspects of the being in order to experience an enhanced state of physical health and stamina, emotional balance, and higher mental guidance. Enjoy your inner discovery, all welcome! Contact Vérité 0413-2622045 (or email programming@verite.in).

Trauma Sensitive Yoga Therapy w/ Elisabeth at Vérité - Many people are overwhelmed by the speed of life and pressure to perform, and overlook their own limitations until their energy body is depleted. In these one-to-one sessions, you will be guided in specific Yoga asanas, breathing techniques, and elements of positive psychology to support you in replenishing a “burned out” body. You will also learn mindfulness exercises to help you recognize and respect your limits and strengthen your self-confidence. For appt: Vérité 0413-2622045 or programming@verite.in).

Vibrational Yoga with Anne - Joy Community, Tues. 5:30 - 7 PM. Vibrational yoga is all about movement and sound. By getting to know vibrations in and around our body and on different energetic levels, we can experience the power of sound and movement. Practices as meditation, mantras, mudra, yoga and energy awareness will be the core of these sessions. To register (not required): +91 9159824277 or joycommunity@aurowille.org.in.

Dynamic Vinyassa w/ Marguerite - Tues & Sat, 9-10:30 AM, (starting 5th March) @ the Butterfly Barn, Sve-dam. Marguerite is 500h RYT with Yoga Alliance and holds a Masters degree in Sanskrit and South Asian religious studies. You are warmly invited to Dynamic Vinyassa Flow, 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.

Vocal Yoga - Thurs. 5 PM @ the Tibetan Pavilion. Experience the positive and healing power of conscious sounds via Nada & Bija Mantra Yoga. Explore the impacts of sounds and vocal expressions on inner balance. Relate through voice on different levels from anatomic to psychic level. Give a “body” to your vocal expression through conscious breathing. Beginners are always welcome! Contact: 7397716578 or caroline@aurowille.org.in

Learn Waldorf Doll Making (mainly for adults) - Would you like to learn how to make your own Waldorf dolls? Join us at The Learning Community (TLC) Mondays and Tuesdays from 2.00 to 4.45 pm throughout the month of February (from 3rd to 25th). Please register with Jagarta: WhatsApp +91719355661
Watercolor Art class with Gino at Kalakendra every Friday 3 to 5pm; bharatmivas-kalakendra@auroville.org.in

Women Temple - Wednesdays 12 & 26 February, 18 March & 1 April, 7-9pm, in Butterfly Barn, Sve-dam. Welcome into the women circle, to create women culture of support and sisterhood rather than envy, competition, or gossip; to explore this body mystery as a portal to spirit and our unique way how it expresses itself. Through contemplation, movement, touch, self-inquiry, deep listening, celebration… Welcome to bring a flower and a friend! Thank you for coming little early, park at the gate, follow the candles & start together on time.

Restorative Yin - Thursdays, 5:30-7 PM @ the Butterfly Barn, Sve-dam. 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.

Yoga Asana for All w/ Sheila - Wed, 7 - 8:15 am @ Verite. These sessions focus on alignment to maximize physical efficiency and ease of movement. Proper alignment is essential to reduce strain and prevent injury. Each session will feature awareness of posture, alignment, and stretching and strengthening both sides of the body equally. It also includes instructions on the use of props, which help students at all levels to practice with greater stability, effectiveness, and ease. Contact Vérité0413-2622045 (or email programming@verite.in).

Yoga & Awareness w/ Suryamani - Thursdays 7 - 8:15 am @ Verite. Yoga practice that cultivates connection with the breath, alignment in asana, and intentional embodiment. Suitable for all levels. Contact Vérité0413-2622045 (or email programming@verite.in).

Yoga Nidra - Yoga of “Conscious Sleep” is a journey into the states of deepest meditation, altered awareness & experience of the subtle matter. It offers a method for putting the mind and the body to sleep, while staying awake. The sleep quality changes and the sleeping time can be reduced. Deep relaxation to alpha/theta states provides the bridge to the subconscious mind, where different problems/issues can be addressed. 1 on 1 sessions and 1-day intensives for small groups are available. ARA (Awareness Research Auroville). egle@auroville.org.in, What'sApp: +91-94880 47368.

Yoga Nidra (Yogic Relaxation) w/ Nikhil at Verite - Monday, 3 - 4.30 PM: A simple but profound guided meditation technique for deep relaxation. A “scan” of the entire body, with suggestions to relax the muscles and naturally release any pent-up emotion. This helps you to feel replenished and refreshed, as if hitting that “restart button” within!

REMINDER:
The monthly schedules and activities of the various Auroville venues can be found on the following websites:

- African Pavilion: https://www.auroville.org/contents/710
- Arka Wellness Centre: www.auroville.org/contents/2886
- Auromode Yoga Space: www.auromodeyogaspace.com
- Bharat Nivas: www.auroville.org/contents/1355
- CREEVA: https://www.creeva.org/
- Cripa: http://artservice.auroville.org/cripa/
- Holistic: www.auroville-holistic.com
- Joy Activitites: www.joyauroville.org
- Language Lab: www.aurovillelanguagelab.org/courses.php
- Lilaloka: www.lilaloka.org
- Pitanga: www.auroville.org/contents/3185
- Quiet: quiethealingcenter.info
- Sankalpa: www.sankalpajourneys.com
- Savitri Bhavan: www.savitribhavan.org
- Vérité: www.verite.in
- Youth Centre: wiki.auroville.org.in/WI

USEFUL CALENDARS
There are useful online calendars of events in Auroville:

- Online Auroville Events Calendar - (no need to log in for guests!) - just scroll down the page) The schedule of events for the week can be accessed by all, including Guests and Visitors, on the brand new https://events.auroville.org.in/
- Auroville Art Service: artservice.auroville.org/calendar/
- Bharat Nivas: www.auroville.org/contents/1355

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

→ Auroville Safety and Security Team: 9443090107; 04132623400; security@auroville.org.in)
→ Ambulance: Auroville: 944224680 - PIMS: 0413-2656271
→ Farewell; mobile number: 8903836246. reachable 24/7
→ Emergency Service of India: 108