**REGULAR ACTIVITIES - SEPTEMBER 2020**

The Regular Activities 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 - up-and-running now, but not for outside guests -

**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.

---

### Accident Trauma Relief - Trauma therapy at physical, emotional, mental & energetic levels. Sigrid is an international faculty in regression therapy and advanced homeopathy. See Jiva for contact info.

### Acro-yoga - w/ Damien at Arka. By aptt only. 904-772-2740.

### Acupuncture - Acupuncture treats a wide variety of conditions, acute to chronic, hormonal, neurological. Andres Lokuta has over a decade of experience in Acupuncture. For appt: 9655474497

### Akido Weapons class - at Auroville Budokan, Dehashakti. Beginner adults welcome with all levels, Wed., 5:30 - 6:30 PM & Saturday, 6:30 - 7:30 AM. Arrive at the Dojo/Budokan 15 min before class starts. Beginners may wear long loose pants & t-shirt with sleeves to start (nothing tight fitting please), then white “keikogi” will be required. Health Fund or private insurance required for all activities. Reasonable contribution for the Budokan dojo expected. For children classes and general info, please write to budokan@auroville.org.in or contact Surya: 0413-623-813 or 83001 89062.

### The Art of Chi: Tai ji quan and Chi qong w/ Hans - Mondays 6.30-7.30 AM & Thursdays 5 - 6 PM at Lakshmi Park, opp. Neem Tree Café. New classes for beginners. Open to all.

### 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. FMI, including workshops & webinars: http://www.allthingsvedic.in or What’sAPP Vikram on 9843948288 or email vikram@auroville.org.in.

### Ayurvedic & Birenda Massage (medical/therapeutic) w/ Ion Condei at Arka, Mon - Fri by appointment. 890-320-5842

### Ayurvedic massage, Garshana with wool and silk gloves, Chinese Anmo and Energy Techniques. Mukta -965 542 2346 By appointment only.

### Beach Clean Up - We invite you to join and share our passion for a cleaner beach and ocean and a way of living more sustainably and restoratively on our beautiful planet earth. Tanto’s beach on Wednesday 4-6 pm Quiet Beach on Saturday at 4-6 pm. Sorting and recycling work at Terra Soul Farm’s Makers Space in Auroville from 10.00 to 1.00 every morning except Sunday. Contact Livia for whatsapp group: 91 80564 61257. https://www.instagram.com/zerowastebeach

### Body Logic, Soft Massage, Deep Tissue Massage (medical/therapeutic), w/ Pepe in Arka. Mon - Sat by appt. 994 341 0987

### Child Portraits - If you have a child under one year old, send me his/her photo by email or whatsapp. I will send you back my drawing as a jpeg file. I will keep the original. I need a photo with one side darker, in shadow. And a smile needs be there too! Enquiries: ivana@auroville.org.in or WA 7094344154. Roof Studio/Auroville Art Service

### Chinese Fire Cupping and Moxibustion Therapy w/ Chun @ Arka, Mon - Sat by appt. 809-890-0708 or chun@auroville.org.in.

### Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage (medical/therapeutic) w/ Silvana at Arka. Mon - Sat by appointment. 904-765-4157. Open Studio in Creativity - open to anyone by calling one day ahead. Can accommodate 4 people at a time. What a good time to explore your own creativity! Contact Audrey, 262 2641/ 9876411419

### Deep Core Intensive Massage, Soft Massage, Suction Cupping (medical/therapeutic) w/ Sumit at Arka. Monday-Saturday by appt.: 637-866-9034 or 830-950-9034

### English of Savitri classes - now online, Thursdays, 4 - 5 pm. Mail savitribhavan@auroville.org.in and the relevant link to our YouTube channel will be sent to you.

### Feldenkrais Inspired Movement classes - Monday & Friday 5 - 6:15 PM - Isai Ambalam Guesthouse - w/ Shari. This class helps us experience new ways of posture and movement that make learning enjoyable, and can help reduce pain, and improve all of life’s activities. These very gentle, meditative movements encourage body/mind awareness. The exercises are done lying on the floor or sitting in chairs. No prior experience necessary. For your safety, all COVID-19 precautions are adhered to. Spaces are strictly limited due to mat distancing, so to guarantee a spot please register in advance. Ph/WhatsApp +91 950 082 2629.

### Go Shin Tai So (Japanese Oi Gong) - Sat., 8 - 9:30 AM w/ Isha at Pitanga. It is a series of movements that activates the 12 meridians related to the 12 main organs of the body.

### Hatha Yoga (Beginners and Intermediate) - w/ Dr. Carola at Arka. Mon/Wed/Fri, 6:30 - 8 AM and Tues/Thurs, 5 - 6:30 PM (By appt only). 890-336-3572 or 733-960-7097.

---

Regular Activities - September 2020
Hatha yoga - Friday, 7:45 - 9 AM - Isai Ambalam Guesthouse - w/ Amy. Flowing Hatha yoga class suitable for all ages and abilities. With Asana and Pranayama, the class will leave your body and mind stretched, strengthened and relaxed. For your safety, all COVID-19 precautions are adhered to. Spaces are strictly limited due to mat distancing, so to guarantee a spot please register in advance. Ph/WhatsApp +91195198534.

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

Iyengar Yoga - w/ Olesia at Arka, Wed & Sat, 6:45 - 8:00AM; Mon & Thurs 5 - 6:30 PM. Ph/WA 915-905-2743. Japanese Tea Ceremony: By request or at Unity Pavilion Hall of Peace on Thurs, 2 - 3 PM & 3:30 - 4:30 PM Advance Booking required: 0413-2622192; ishawayam@auroradio.org.in

Jazz Café - Wednesdays 6:30 PM at Solitude. Live music and vegan locoalicious dinner. Jazz Café – 7097 or 890 2622192 on Thurs, 2–3 PM & 3:30 - 4:30 PM Advance Booking required: 0413-2622192; ishawayam@auroradio.org.in

Jungian Coaching - Call Janaka at 9655474497 or contact@auroville-jiva.com

Jungian Coaching - Call Janaka at 9655474497 or contact@auroville-jiva.com

Joy of Learning - A monetary contribution is expected. Arka w/ Dr. Carola, Wed, 5:30-7:30PM at Isai Ambalam House. (non-registered students can participate). Please register in advance. Ph/WhatsApp +91 98750 03617 (Guest House) or WhatsApp Nayan directly on +33 61474 8340

KoTree Yoga - w/ Grace, opening for 4 more students to join from September onward. Tue, Thurs & Sat, 5 to 6.30 PM, in the Kolam Yoga Shala, Douceur Community on your way to Auromodel. Grace’s classes are infused with TriYoga, Iyengar Yoga, Vinyasa, Release and Dance technique, giving you the opportunity to build a new norm of being in the Body A monetary contribution is expected.

For more information write to info@kolamyoga.com

Land Study group - Sigrid offers an open “study group” on Auroville’s land situation, Wednesdays 6- 8pm, at Svetam, Wellcave building. Resource persons will be invited for different aspects. all are welcome. sigrid@auroville.org.in

Massage and other therapies - w/ Nayan, at Isai Ambalam Guest House. Sessions can be comprised of any of the following practices: Swedish oil massage, Thai massage, Reflexology, Kototama Reiki (w/ sound), head massage, or an intuitive combination of these techniques. The different approaches are all imbued with healing energy, conscious touch, loving compassion and pure intention. By appointment, Ph/WAP +91 94875 03617 (Guest House) or WhatsApp Nayan directly on +33 61474 8340

Mattram (sharing for connection) - Counselling service to help your process of healing, transformation and growth in a holistic way, with a team professionally trained psychologists, psychotherapists & psychiatrists. For appoint-ments: mattram@auroville.org.in. All Covid health precautions are expected to be observed, including sharing your health history when you visit. FMI visit www.mattramavin.in

Natural Horsemanship - Mon- Fri, 4-6 PM. Explore your connection and nonverbal skills with horses, grow in self-confidence and grounding. Mirrabell’s life with horses started 20 years ago & it’s her passion to connect horses and humans. Facebook: “H2H communication”, Contact via Jiva.

Naturopathy, Diet/ Nutritional Counseling, Hydrotherapy, Physiotherapy, Massage, AromaTherapy & Acupressure – at Arka w/ Dr. Carola, M/W/F 1:30-5:30 PM by appointment. 733-960-7097 or 890-336-3572

Oracle card readings - w/ Carmen, by appt. only. Are you looking for clarity or advice? The oracle cards will find the guidance you need. Intuitive messages and clear answers/practical tips to move forward. +91 853-101-7772 or carmentjeaurville@gmail.com

Pilates - w/ Teresa at Arka; Tues/Thurs 7:30 - 8:30 AM; by appt. only. 786-799-8952

Progressive Muscle Relaxation (PMR) - w/ Verena at Quiet Progressive Muscle Relaxation (PMR) is an excellent, no-body touch therapy to cope with stress, relax more deeply, and connect with your inner feelings. As our core muscles are intricately connected to our innermost feelings of fear, anxiety and anger, PMR teaches us to better cope with deeper layers of our emotions and promotes regenerative stress management without using medicines. Sessions: 45 min. inc. pre-talk & integration. Age: 16 - 70+; Recommended sessions: 8-10, once or twice a week. Verena is a certified PMR course instructor in mindfulness-based progressive muscle relaxation according to Dr. Edmund Jacobson (approved and acknowledged by German health insurance). For bookings, please call Quiet Healing Center 9488084966/9488079871 or 413 2622329.

PsychoSpiritual Tarot, Deconditioning Self-Inquiry & Inner voice Dialogue w/ Antarjotthi at Arka. By appt. 0413-2623767 or antarcall@yahoo.fr. Also offered in French.

Qi-Gong/Self Shiatsu (in French) w/ Patricia at Pitanga: Weddays, 5.15 - 6.30 PM & Fridays, 11 AM - 12.15 PM. Self-shiatsu allows us to come into contact with our depths by pressure with the fingers on our energy points. It relieves various pains, loosens nervous tension and strengthens the immune system, calms the emotions and the mind, allowing you to find inner peace. Note: Please bring your own yoga mat. Spaces are limited. (0413) 2622403/2622994

Holistic Reflexology & Full Body Massage - (medical/therapeutic) w/ Meha at Arka. Mon - Fri, 8AM -5PM by appt. 944-363-5114

Remote Rehab - Online Wellness Sessions for relief from chronic pain and/or stress. Sessions start w/ a consultation & will be focused on your needs. They may include stretches, mobilizations, self-care advice, how to find & treat trigger points, mindfulness practice and/or breathwork, etc.). Now taking new appointments. FMI: maggie@auroradio.org.in or WA +919486623465. Maggie presents on behalf of SoMagic, a consultancy activity under LEAD, a Unit under the Auroville Foundation

Shambhala Reiki - Thurs & Sat, 2 -3:15 w/ Vajrananda, Isai Ambalam Guest House. Reiki practice restores the original flow of life energy, raises the vibration & tunes us to our higher selves. Treatment or classes are available, to promote wellness, deep relaxation and healing, or to learn about Reiki for yourself Please register in advance. Ph/WA +91 63821 01644

Rosso Agenda in Italiano- Facilitatrice Janaka. Leggere insieme l’Agenda di Mere non è solo un condividere, è un’esperienza - Viene convertito in un incontro su Zoom. ROSSO AGENDA è presente anche su Auroville Radio con alcuni passi di Mere integrati con il pensiero di Sri Aurobindo. Alle 16.45 manderò l’invito Zoom via mail a tutti coloro che si saranno iscritti scrivendo a : janaka.om@auroville.org.in

Russian Singing Bells Studio - Offers the following programs: Sound Bath- experience of deep interiorization, tranquility & self-healing invoked by harmonious resonating sounds of the unique instrument from Russia. Harmonization & Centering sessions with the Russian Singing bells and Tibetan Singing bowls Connect to your Inner Music- how to teach oneself to play music spontaneously. Programs offered by request, in compliance with general safety regulations. FMI: Vera+91 9486247202 (ph/WA) or vera.auroville@gmail.com. Offered under Aurobelle/AVAchts

Shiatsu and Energy Alignment - w/ Andres Lokutta - Wed & Sat, 9-12:30; Tues & Thurs 2:30-5:30 PM at Integral Health Clinic, Prayatna (opp Water Tower). The purpose of this practice is to discover a unique way to harmonise personal health. This is a technique based on a professional background in acupuncture treatment and physical Qi Gong exercises, exploring a combination of acupuncture points, physical stretches and a guided practice of Qi Gong breathwork. Sessions are ~90 min long. Comfortable clothing recommended. Contribution is welcome. For appt: +91 9655474497 or contact@auroville-jiva.com

Soap-making Workshop + Lunch - Fridays, 10:30 AM -noon at Solitude. Learn how to make natural (non-polluting) soap with local ingredients. solitudepermaculture@gmail.com; 9843319260 or 7824975821

Regular Activities - September 2020
Somatic Explorations - Online Classes with Maggie - Tuesdays 4 - 5.15 PM & 8 - 9.15 PM; Thursdays 4 - 5.15 PM
Mind-body training in the tradition of Thomas Hanna. Somatics is a system of slow, mindful movement which improves the functioning of the nervous system, creating more ease and freedom. An effective way to gain better posture, flexibility, coordination, wellness, and balance, decreasing aches & pains related to stress, injury and aging. Open to those who have some experience of Somatics, Feldenkrais, or similar work. A good understanding of English is essential. To register: maggie@auroville.org.in. I will send you full details and a link for joining. Maggie presents on behalf of Somagic, consultancy activity under LEAD, a Unit under the Auroville Foundation.

Sound Therapy & Exploration for Self-Healing - Harmonizing & restorative healing sessions through the magic of sound from a specially designed sound bed and other musical 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 a benefit on physical, energetic & mental levels. In case of emergency, I may help releasing sciatica pain. Free of charge, donations welcome. For appointments: ishaswayam@auroville.org.in; (0413) 262-2192

Tao of Tea - w/ Isha at 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 with a cup of tea! Only organic tea will be used (non-caffeine tea available on request). All are welcome. Advance booking required. Approx. 1 hour for each session. Free of charge, donation welcome. Book at: 0413-262-2192 or ishaswayam@auroville.org.in

Terrasoul Food Market - Fridays, from 9.30 am, (near spirulina farm). Eat Local. Stay Healthy. Help the world. Please BRING your BAGS and also EMPTY JARS if any. You are most welcome to share this information with your friends. For info, contact +91 948 85 12 678.

Transformational Yoga w/ Lakshmi - Wed, 5 - 6:30 PM, at Isai Ambalam Guest House. Transformational Yoga is inspired by the teachings of Sri Aurobindo, and goes far beyond physical practice. You will learn/practice Hatha Yoga asanas, Pranayama breathing, mantra chanting & meditation techniques as tools to make a difference in your everyday life. This variety of yogic systems aims to awaken all aspects of the being’s nature as well as chakras, in order to experience a continuous state of physical health and stamina, emotional balance, and higher mental guidance. Spaces are limited, so please register in advance by calling +91 848-976-4602. For your safety, all COVID-19 precautions are adhered to.

Yoga Nidra - ONLINE course, Saturday, 5 PM. 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. Deep relaxation provides the bridge to the subconscious mind, where different problems/issues can be addressed. Offered under ARA (Awareness Research Auroville). egle@auroville.org.in, What’s App: +91-94880 47368.

Yogic Healing and Therapeutic Massage (medical & therapeutic) w/ Basu at Arka. Mon-Fri, 8 - 9 AM & 6 - 7:30 PM, Sat/Sun anytime. By appt. 9443997568 or 9843567904.

Santé Services in September 2020

Tests/sample collection Mon-Fri before 12:00 noon. There may be delays in processing samples due to lockdown. For emergencies, contact Auroville Ambulance (24/7) : +91 94422 24680 Government Ambulance (24/7) : Phone: 108 Call Santé at 0413 262-2803 during working hours for appointments and to confirm availability of the requested services.

- Doctor consults with Igor & Brian – DAILY
- Acupuncture with Andres – DAILY
- Homeopathy with Michael - MONDAY / WEDNESDAY
- Women’s Wellness & Midwifery with Paula – TUESDAY / WEDNESDAY
- Midwifery & Couples / Family counselling with Monique - TUESDAY

Only minimal contact therapies are available at this time. For acupuncture & physiotherapy, please bring your own sheets and towels. Shower facilities in Santé are presently unavailable.

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

PITANGA - September 2020 (Advance registration required)

Yoga Lyengar

Asanas for Senior citizen

<table>
<thead>
<tr>
<th>Mon</th>
<th>9.30 - 10.45am</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for the spine</td>
<td>Level 1 &amp; 2</td>
<td>Regular practitioners</td>
</tr>
<tr>
<td>Tue</td>
<td>3.00 - 4.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas-Regular practitioners</td>
<td>Level 1 &amp; 2</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>5.00 - 6.30pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in - All level</td>
<td>(online)</td>
</tr>
<tr>
<td>Wed</td>
<td>7.30 - 9.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>New students</td>
<td>(online)</td>
</tr>
<tr>
<td>Thurs</td>
<td>5.00 - 6.00pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas-Regular practitioners</td>
<td>Level 1 &amp; 2</td>
<td>(online)</td>
</tr>
<tr>
<td>Fri</td>
<td>7.30 - 9.00am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - immunity class</td>
<td>Level 1 &amp; 2</td>
<td>(online)</td>
</tr>
<tr>
<td>Sat</td>
<td>9.30 - 11.15am</td>
<td>Tatiana</td>
</tr>
</tbody>
</table>

Yoga - Mixed Style

Yoga Therapy | all levels | Mon, Wed, Fri | 8.30 - 10.00am | Gala |

Other Exercises

Self Shiatsu | Drop in - in French & English | Regular Practitioners | Wed | 5.15 - 6.30pm | Patricia |
| Fri | 6.45 - 8.00am | Francois/Namrita |

Pitanga - September 2020