How was your Sunday’s rest?

Hope nothing happens today.
They stupefy me with material, mechanical things to be done, and as they're all in a hurry and disorganized, they come at the last minute and the thing has to be done "immediately". All this to explain to you that I am completely stupefied. If you like, we can do some translation, because then it's you who's working, not me! But do you have anything to say? ... If you do, tell me. Oh, there are always things to be said, but... Ah! Tell me, then. They're personal things. Yes, fine, tell me.

I don't quite understand my position now. I have the feeling that my existence has grown thin, thin, thinner and thinner - it has thinned down to almost nothing. Oh, very good! Except for mechanisms, there's nothing. It's good, it's a very good sign, it means you are becoming free from your ego.

But if at least, in this nullity, there were experiences...

Listen, yesterday or the day before (anyway after I saw you last time), for a whole day I had exactly the sensation you've just told me. I suddenly remembered sensations or impressions or experiences I had when I was here or there, in France, in Japan, and I had that impression ... yes, of a thinning down, a shrinking to the point of nonexistence. Yes, exactly. Absolutely nonexistence. And I wondered, "But where is that person I used to call 'me'?... Where is she, what is she doing?" - It had evaporated (Mother blows air between her fingers), absolutely evaporated. Oh, how I laughed, mon petit, how delighted I was! For half an hour I laughed within. I said to myself, "Well, it's a success!" Then I looked at that poor body and thought, "If this too could be changed into something else, it would be magnificent!" (Looking at Satprem out of the corner of her eyes) It's very good - it's very good, it's a sure sign that one has emerged from one's ego. Yes, but in that nonexistence, only things without any interest remain: the body, the mechanisms. Because that's what remains. But what to do? ... I tell you, the impression was that there only remained what directly concerns this. Well, yes! In other words, nothing; it's almost nil. So the problem arose: "How can THIS change?"

Of course, I had the answer.... I have a calendar with quotations from Sri Aurobindo, and I had the answer in the evening. I don't remember the exact words, but he said, "The Spirit will change this human body too into a divine reality." That was the answer; he said, THE SPIRIT. I said to myself, "Obviously, but how can THIS be transformed? ..." That's the problem. And the answer is always the same: it CANNOT depend on our effort. Naturally, it goes without saying that we must make ourselves as plastic and well-disposed as possible (I am speaking of the body), but the change CANNOT depend on it, it doesn't have the knowledge and it doesn't have the power; therefore, the change can only depend on the divine Will. That's exactly it. This has been the experience of the past few days.

But you get a feeling that even aspiration ... I can't say it disappears in that nonexistence, but there's nothing, there's almost nothing left. Mon petit, that's because what you call "aspiration" is a movement of your psychic consciousness, mentally formulated and supported by the vital - but it ISN'T YOUR BODY. And it's only if you are very attentive to the vibration of the cells, if you are accustomed to observing them and feeling them that you can see. Well, I don't know, but I can't complain about my body's cells.... You know, it isn't a perception, it isn't a sensation, it is ... a LIVED FAITH in the existence of the Supreme alone - you know, a faith that it's the only Reality and the only Existence. Just that, and everything seems to swell up, as if all these cells were swelling up with such joy! ... Only, it doesn't take the form of a feeling, not even of a sensation, even less of a thought; so if you aren't very attentive, you don't notice it. But, for instance, when I repeat the mantra, it's repeated by that famous physical mind, which is so stupid (the mantra is the only thing that can keep a rein on it), and now it has become so identified that the mantra is its whole life, it is like a pulsation of its being; but then when I come to the invocation (there is a series of invocations; each one has its own effect on the body), when I come to "Manifest Your Love," I see a sort of twinkling of a golden light, which represents an intense joy in all the cells. It isn't easy to observe, you must be very, very, very detached from the movement of thought, otherwise you don't notice it. But if you see it, you see that even those cells are there waiting for the Thing.

I don't think that much more can be expected of them, except, perhaps, to get rid little by little of wrong habits and false vibrations (which, naturally, are the cause of what we call "illnesses").

MOTHER’S AGENDA, 21 November 1964 - MOTHER

(To be continued)

The Mother MCW, vol. 14, Words of the Mother - II, p.216

News&Notes 1 April 2019 [792]
ANNOUNCEMENTS

- Announcement from the BCC
  Dear Community;
  It is end of March, end of another financial year. BCC this year has been conducting a more thorough (zero-based) budget review. The budget submission deadline was October 2018 but we have been receiving budget as late as last week. Hence the entire review process is rather delayed. The entire team is engaged in reviewing both recurring, non-recurring budgets and maintenance. At this stage, until the review is completed, it will not be possible to attend to any requests for maintenance from individuals or activities.
  Thank you for your patience and understanding.
  Sincerely, BCC (Anne, Claudine, Enrica, Hari, Hendrik, Jean-Yves, Jyotiprem, Rathinam, and Hans)

- About the land Board Selection Committee
  As you are aware, three members of the Land Board have resigned in June 2018. Since then the Land Board team functions without full membership and the replacement of the three resigned members is yet to be done.
  The Land Board mandate states in its article 1.1: “The Residents’ Assembly shall constitute a Land Board whose members shall be appointed directly by the Residents’ Assembly or by a committee constituted by it for the purpose.”
  As per the above mandate and in order to speed up the selection process, it was agreed to use the previous Land Board Selection Committee to fulfil the task. Due to unavailability of a few previous members (Min, Navroz, Divya Kapoor), there will be a slight modification in the membership.
  The Land Board Selection Committee will consist of
  - Daniele (FANC),
  - Divya Lieser (Community at large),
  - Judith (Community at large),
  - Mita Dasgupta (AVC),
  - Ranjith (Working Committee),
  - Sacha (Community at large),
  - Srimoyi (TDC).
  The above-mentioned Land Board Selection Committee will try to identify people in the community with the required skill to serve in the Land Board, especially in areas of negotiation, communication and administration, by invitation and conducting interviews with them.
  Members of the community who are interested in this work may also express their interest by writing to the land board selection committee at lselection@auroville.org.in before 14.04.2019.
  The three newly selected members’ names will be published to the community for feedback and the feedback will be reviewed by the Auroville Council, the FAMC, the Land Board Selection Committee and the Working Committee.
  The final outcome will be announced to the community by the Auroville Council and the Working Committee after due process of the received feedback, along with a complete report on how the process unfolded.
  Sincerely,
  The Auroville Council, the Fund & Assets Management Committee, the TDC and the Working Committee.

- Call for Grant Proposals - SDZ Funding in 2019
  The Project Coordination Group (PCG) will be meeting to review grant proposals for funding by Stichting De Zaaier in 2019. All documents related to this purpose are to be submitted in the prescribed forms as attachments emailed to pcc@auroville.org.in latest by 30 April 2019. (In case your proposal is not ready by this time, two more calls for proposals for SDZ will be announced later this year, corresponding to the dates of meetings during which the SDZ board will consider proposals from Auroville for possible funding.)
  With regard to Stichting De Zaaier, the Project Coordination Group will check whether proposals fall within their funding criteria and forward those that do to the SDZ Board for final selection and grant allocation.
  Stichting De Zaaier welcomes project proposals for:
  - research studies in the fields of sociology, economy, psychology and inner development;
  - exploratory (research) studies into the relations with the world outside Auroville, in particular with the villages (and villagers) surrounding Auroville, as well as proposals for initiatives that seek to contribute to strengthening these relations;
  - initiatives that seek to enhance efficient co-operation of Aurovilians with the aim of making full use of the existing potential in Auroville;
  - studies exploring a sustainable future for Auroville and initiatives contributing to such a future;
  - initiatives requiring seed money for innovative, out-of-the-box proposals, informal education and training, women’s empowerment, outreach and proposals prepared by youth.
  Please note that no funds are available for infrastructure, buildings or transport. Requests for equipment will only be considered if specifically required for the implementation of the project and are not already available in Auroville.
  Stichting De Zaaier has also indicated a preference for the funding of projects and activities for which the maintenance of Aurovilians is either covered by Auroville or from a source other than SDZ grants.
  A revised grant application form, budget request form and guide for filling these in are available on request from pcg@auroville.org.in or may be downloaded from Auronet.
  Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your project is to be reviewed by all concerned School Boards prior to the Project Coordination Group review. (Please contact all individual schools before submitting your proposal to the School Boards.)
  Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.
  NB: If you have already received funding for a project through the Project Coordination Group please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all funds have been utilized) before making an application for new grant.
  For more information or assistance, please write to pcc@auroville.org.in or contact the Project Coordination Group at the ACUR (Town Hall) by phoning 2622250.
  Last date for submitting proposals for possible funding for this call is Tuesday, 30 April 2019.

- From the Housing Service
  Houses available for transfer:
  1. Sharnga - Pascal & Elise House: Plinth Area · 115.00 sq. m. Single storied load bearing structure · residential building with brick walls plastered with cement mortar, madras roof consisting of front verandah, living cum kitchen & toilet.
  2. Aspiration - An existing house (Aspiration model house) with wooden structure of area approximately 81 sq. m. is available for transfer.
  3. Grace - Mauna House: Plinth Area · 57.335 sq. m. Two-storied residential building, load bearing structure, partially exposed outside and finishing inside, verandah, living room cum, bedroom and toilet.
  For more information e-mail to housing-transfer@auroville.org.in

News&Notes 1 April 2019 [792] 3
Houses available in housing projects:

1. From Sunship:
   Immediately available, one office of 20 M2(First Floor) is available for transfer (Contact louis@auroville.org.in for visit and more information)

2. Kalpana Housing Project:
   The Kalpana project is completed. The residents have moved in since 15th December 2018. Fully equipped apartments with cupboards, equipped kitchen, bath room, fridge, hob, light, fan, solar back up system. Covered terrace for each apartment.
   Four units are available. For information and site visit, contact: satyakam@auroville.org.in

Information on grants allotted for Aurovilians by Housing Board:
Housing Board informs that there is no more grant available for housing extension. Financial assistance is available only for repairs.

FROM THE ENTRY SERVICE - N&N # 792
Dated: 01-04-2019

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

NEWCOMERS ANNOUNCED:
John Paul LACROIX (Known as Phoenix) (Canadian) staying in Aspiration and working at Joy of Impermanence project
Nur BAR-ON (Israeli) staying in Pump House (Grace home stay) and Working at Verite
Vijaya SAMBATH (Indian) staying at Protection and working at Aikiyam
Xavier COLOMBET (French) staying at Grace, working at Joy of Impermanence via Younithink

CHILD OF NEWCOMER:
Soham COLOMBET (French) Born on 23/04/2016 (child of Xavier Colombet)

NEWCOMERS CONFIRMED:
Ashok ANNADURALI (Indian)
AUROVILIANS ANNOUNCED:
Anastasia TOKAREVA (Russian) staying in Surrender and working at auroville.com and Zuurmuehl Consulting

FRIEND OF AUROVILLE CONFIRMED:
Jean Francois PINET (Belgian)

NOT READY TO JOIN AUROVILLE
The Entry Board, in consultation with the mentors concerned, has not accepted the following Newcomers joining Auroville. The reasons have been communicated to them.

Ayyanan JAGANATHAN (Indian)
Jean-Luc MALOR (French)

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF.

The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST.

This is the last step of the Newcomer process where the status of Newcomer Resident is switched to Aurovillian Resident.

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

FOR YOUR INFORMATION

On proper holding of pets
Dear Community, presently the Council is at the receiving end of a lot of mails related to complaints regarding dogs in various communities. We request you to first try to resolve it within the community. If it is a difficult conflict to resolve within the community, then please approach Koodam and only thereafter if your issue is still unresolved contact the Council.

For sterilization and vaccination, please contact at helpanimals@auroville.org.in.

We would also like to bring to the awareness of the community a conversation with The Mother regarding pets in Auroville in the link below:
https://docs.google.com/document/d/1Q8x4ieXE0tvsrzA7qfZrtTVyD0A8F8EioJQ0fbhUQ/edit

Having said this and the fact that Aurovilians do have pets, we would like to share an extract from the guidelines (which are in process presently) on Responsible Pet Ownership with the community. The guidelines too will be shared soon.

When it comes to dogs, cats and other animals in residential areas, opinion is often sharply divided, between animal lovers and those who consider them a nuisance. Therefore, guidelines agreeable by all seems like the necessity of the day and owning a pet should be taken up only after understanding what the related responsibilities are:

- **Commitment:** When adopting a pet, you should be sure that you would be able to care for it for its entire life. Get a pet only after evaluating the time and energy you can give to its wellbeing and avoid impulsive decisions when selecting a pet. A pet is not a ‘brief entertainment’ either for you or your children, nor is it a status symbol. Average lifespan of a Dog is 10 to 12 years and that of a cat is 10 to 14 years and you’d need to commit to the relationship for its lifetime. Pets are not always perfect, and you should be willing to commit the time, effort and money to also work through any behavioral or health challenges that might arise in its lifetime.

- **Investment:** Pet ownership requires an investment of time and money. You would have to make sure that it receives preventive health care such as yearly vaccinations, regular parasite control, spaying and neutering as well as care for any illness or injuries. When you take into consideration all that is required in terms of food and healthcare, the average cost of keeping a dog or a cat comes easily to 2 to 6 thousand Rs./month depending on the breed of the pet. The time you’d need to spend with the pet to properly socialize and train it, provide appropriate exercise and mental stimulation, care for it when ill etc. at an average would be between 2 to 3 hours per day.

- **Respect and be respected:** Respect others by preventing your pet from negatively impacting other people, animals and the environment. This includes proper waste disposal, noise control, and not allowing your pet to stray or become wild. Providing your pet with food, water and shelter is not enough to keep it happy. An unexercised pet is an unhappy pet that will roam, be noisy and be a nuisance to others. Providing exercise and mental stimulation appropriate to your pet’s age, breed and health status is an important aspect of keeping it not only in shape, but also happy and the neighbors undisturbed.

Get a pet only if you have the time, energy and finances to properly care for it throughout its lifetime. Hoping that all pet owners will become responsible pet owners in Auroville.

Warm regards,
The Auroville Council and Helpanimals

Auroville Today: March Issue 356 is out

Read in this Issue:
- The young Auroville emerges
- The Journey of Auroville Festival: Bringing Auroville to Kolkata
- Things are moving in the International Zone
- The tangled web of growing cashews and spraying pesticides
- Auroville in its 51st winter
- Minimizing our waste
- Passings: Henk van Putten; Devayani
- Birthday week, February 21-28

For subscribing: https://www.auroville.org/avtoday/subscribe

Auroville Today is available for purchasing in most AV outlets.
OBITUARY

Francesca Ivanov proceeds: This is to inform the community that our sister, Aurovillan Francesca Ivanov, passed away yesterday evening, 24 March in a hospital near her native village, Edolo, in northern Italy. She was 48 years old.

Francesca first arrived in Auroville in 2007, and started her Newcomer process in 2009. She soon started working as receptionist at Kailash Clinic. She loved the job and many of us may remember her always busy, very involved and dedicated. In 2011, a year after officially joining Auroville, she had to return to Italy to look for a job that would provide her with resources to be able to live here. Unfortunately, things did not go well for her and at the end of 2015 she discovered that she had lung cancer.

Francesca never lost hope of returning one day. Auroville was always in her thoughts and words and prayers. Her faith has supported her for all these years without ever making her falter in the certainty of return. Praying that she now may have returned, our warmest condolences go out to her sisters who stood by her till the end.

-OM

GREEN MATTERS

Healthy Cashew Network News

Spraying of chemical pesticides on cashew trees is occurring throughout the Auroville area, on fields not owned by Auroville. The cashew spray season continues into April. Harvests begin in April and continue through till June.

Frequently Asked Questions:

Can we use face masks to protect ourselves from the spraying? Where can we get them?

For many toxic chemicals, the respiratory (breathing) system is the quickest and most direct route of entry into the circulatory system. Agrochemical products are diverse in toxicity and duration and there are a variety of masks, respirators and filters recommended to protect against direct exposure. Masks with rechargeable carbon filters which can offer some protection for the chemical sprays are an Auroville product available locally—www airemasks.com or you can find many different masks offered online.

What is the medicine recommended when I feel allergy symptoms from the spraying? What is the correct way to use the homeopathic remedy?

A homeopathic remedy for dealing with pesticide effects, Okoubaka, is recommended for the allergy symptoms exhibited on exposure to the chemicals being sprayed and is available free of charge from the remedy box at Integral Health Centre in Prayatna. Take as needed, or as indicated by your homeopath.

Auroville has many homeopathic specialists, e.g., Sigrid, Malar, Peter, and others at the Integral Health Centre, Michael in Santé, et al.

The Tangled Web of Cashew Growing and Pesticide Spraying is a 2-page article in the current Auroville Today, March 2019 issue about the complex story related to cashew farming in the Auroville area. This in-depth article is comprehensive. You can find it here: https://www.auroville.org/contents/4630. AV Library has copy for reading in the magazine section. Auroville Today is available in local shops.

“Spray Alert” WhatsApp group: Residents report when and where they notice pesticides are being applied in the Auroville area. This will help you and your family keep out of the way of these poisons as much as you can.

If you want to take advantage of this, please join the group on WhatsApp via this link: https://chat.whatsapp.com/ErpuLELGY1gLyX9LaalBJC or contact Marc, WhatsApp +49 176 28731028 or email us to be added. You can also view updates on spraying on this map: http://cashewnetwork.auroville.org/

The Healthy Cashew Network is an initiative by the community for the community (in the widest sense). Our efficiency depends on participation. Please contact us if you are motivated to help!

With Love and gratitude,

Healthy Cashew Network - working towards a safe and pesticide-free Auroville (Anandi, Helena, Jasmin, Nikethana, Marc, Patricia, Priya and Verena) healthycashewnetwork@auroville.org.in

Weekly White Tigers

Kids Talk Trash: Plastic Patrol

Multi-layered packaging like LAYS chips packets cannot be recycled and it is one of the worst plastics for the environment because it has aluminium on the inside and colourful printed plastic on the outside. We looked at all the chips available in 3 of the main shops in Auroville. Old Pour Tous has 5 different brands and 25 flavours of chips. HERS has 8 different brands and 28 flavours of chips. New Pour Tous has none. If you like delicious, crunchy, salty chips, eat lunch in Solar Kitchen on Saturdays!

Warmly, the White Tigers (Padma, Nandhini, Sanaa, Swedha)

Sunday Walk Farms & Forests

Sunday 7 April at 8.30am

Success with Rik

Description: Success is about 62 acres of land, of which 12 acres is peramboke and ravines. In the early years this land was empty and eroded, with open views to the sea and Pondicherry. Now it is practically all dense forest. The forest is mainly managed as a sanctuary without human intervention and biomass extraction. Walking paths are kept to a bare minimum. Only along the borders with private lands there are more actively managed buffer zones to enable better protection. Also the residential area is located within this buffer zone. So don’t expect clear paths; a few scratches are almost unavoidable and decent walking shoes a must!

Directions: About 20 min cycle ride from Solar Kitchen. From SK turn right, past Certitude, take a left on the tar road and shortly after (about a 100 meters) take a right at the Abri/Ami corner. Follow this dirt road in direction Forecomers, all the way until the junction before the yellow Forecomers gate. From there turn right and follow the road which ends in Success!

Assistance: 9486363471

News&Notes 1 April 2019 [792]
Inspiring role models for the climate
The stories of a 107 year-old woman and a 16 year-old girl.

The Fridays for Futures campaign is a student strike for the climate, students took to the streets all over the world on Fridays to campaign for a better future, calling for action to address the imminent threat of climate change. An estimated 1.5 million people traded education for action on Fridays to demand governments for stronger political action on our current climate crisis. In the UK, Australia, India, South Korea, South Africa and the US, students came together with one common purpose, to march for their say on their future and to demand government action. “We proved that it does matter what you do and that no one is too small to make a difference”, wrote 16 year old climate activist and strike leader Greta Thunberg, who also made an inspired speech at the Climate Conference in Katowich Poland. She has since inspired students around the world to make a stand. She is the founder of the Youth Strike for Climate movement and is nominated for the Nobel peace prize.

While many have praised the collective action of the student strikes, some have criticized students for skipping classes, but students say the reason we go to school is that we can have a future. If we don’t add our voices then we’re not going to have a future anyway, so this is more important for us at the moment. Students have the support of over 23,000 scientists from Austria, Germany & Switzerland in a signed statement supporting the Fridays for Future campaign. Following the success of Friday’s protest, plans are underway in other countries for next Friday’s events when youths are expected to demonstrate for a strict climate policy.

And then is there is Thimmakka, 107 years old, finding her purpose in life along with her husband. She planted 8000 Banyan trees and nurtured them by walking 4 km daily (after working in the fields) - to water them. She is affectionally called Sallumarada Thimmakka (Salu - in a line and Mara - tree). She and her husband planted banyan trees for the entire 4 km stretch in Karnataka and they took care of them like children. This woman got a Padma Shri from the president which she received barefoot! She is an inspiration and still continues her work even at the age!

The AVGGreenCenter
Lisbeth, Isabelle, Appie & Island

The AVG Green Center is very understaffed. This is the reason why the column hasn’t appeared for a while. We are looking for contributors to write columns! So, if you have something ‘green’ to report or contribute on Auroville, the bioregion, India or the world, please do contact us at avgreencenter@auroville.org.in. The last four Sunday walks for this season are set.

Save good clothes at Eco Service
Did you know many clothes and shoes in perfect shape end up at Eco Service? Come and check them anytime and take along those you like or need.

Eco service has bundled clothes in good shape ready to be washed. We invite you to offer a tiny bit of your time to wash them. After that you can give them to your friends, to the free store, sell them at the Sunday farmers market.

The clothing industry is the second most polluting industry after oil extraction. Clothes require a lot of pesticides, water and petrol (for transportation) to be produced. Let us be conscious about the future of our unwanted clothes and make sure they end up in someone else’s hands. Not in the landfill, in our precious earth.

Let’s make Auroville a waste-free place.
Let’s think twice before we throw away our belongings and let them become waste.

Greetings from Waste-free Auroville

 Roots April session - Back to “Roots”
In this April session, we are going to Auro Orchard, the oldest and second largest farm in Auroville. Together with the farm and volunteers’ team, we will harvest roots (turmeric, sweet potato, taro, yam, tapioca, maybe elephant foot), veggies (ladies' fingers, long beans, bottle gourd, cucumber, brinjal, pumpkin, chicken spinach, carrots, sissoo, moringa leaves, rosella leaves, and fruits (papaya, lime, coconut), wild plants and flowers.

We will learn how to use them traditionally, intuitively and creatively, including how to open and grind a coconut, how to cook Tamil food on the occasion of Tamil New Year, and how to prepare veg soup, raw vegan salad, etc.

We will highlight the importance of “roots” in maintaining a grounded, balanced diet. And we will prepare turmeric drink, turmeric pickles, sweet potatoes, etc.

After harvest and cooking, time to have lunch and savor all the abundance in the shade of trees.

Saturday, April 13, 2019
• 7:00 - 9:00 am harvest
• 9:00 - 9:30 am break & snack
• 9:30 - 01:30 pm cooking & sharing the meal

No. of participants: 12
Register before 10 April with Anandi Zhang: anandizhang@auroville.org.in; WhatsApp: +91 8940285201
Be our next chef, and/or welcome us to your kitchen (home, farm, forest, community or unit).
Roots team (Anandi Z, Bindu & Sheetal)

Give plants a good mulch
When I stroll around in Auroville, I often see the dry, bare soil under and around trees and other plants. I wonder, is it a deliberate attempt to keep the garden neat and clean? In the case of cowsheds, is it for easier access for harvest?

Inspired by practices of Masanobu Fukuoka (Japanese) in The One-Straw Revolution, and Bhaskar Save (Indian) in The Vision of Natural Farming, I keep the soil well mulched; at the least, I don’t remove what is already covering the soil. The plants are happy, and I don’t need to water them that much.

A great variety of materials can be used as mulch, i.e. in situ composting: Fallen leaves and branches, grass clippings (no seeds, best dried), organic kitchen waste, flowers after use for decoration, newspapers, cardboard, chip wood, hair, saw dust, urine and excrement of humans and animals, etc.

With mulching, there will be fewer weeds, less erosion of soil by wind or rain, less compaction, less evaporation, and less need for watering. Soil aeration is higher, so is moisture absorption and insulation from heat and cold. The mulch also supplies food for earthworms and micro-organisms in the soil to provide nutrient-rich compost for the plants.

With permanent mulching and no tilling after planting, soil fertility gradually returns and improves year by year.

Talkin’Trash

One can take a barefoot walk on the thick carpet of fallen leaves in a forest, and feel the wonder of the Nature doing its work. By Anandi Z.
**Nature Camp Update**

Are you as excited about Nature Camp as we are? We hope so! Groups have been formed and dates are set. Please note the following important information:

- Group 1 will leave on April 30 and return to Auroville on May 8.
- Group 2 leaves on May 7 and returns on May 15.
- Group 3 leaves on May 14 and returns on May 22.

The bus leaves at 8pm sharp, so everyone should be at SAILER Transport Service by 7pm at the latest. Looking forward to a wonderful Nature Camp experience together! Nature Camp Team, naturecamp@auroville.org.in.

**Call from ALOT**

Friends of the circular economy, come by on Thursday, the 4th of April (between 9 AM - 11 AM) to ALOT (next to Solar Kitchen & ITS) where we will help you repair / recommend repairs for any of the following things:

- Computer Software
- Computer Hardware
- Mechanical Repairs (broken items that do not require electrical repairs) such as vessels, pots, pans etc.
- Wooden objects

We will also be doing simple repairs for torn clothes.

Payment through voluntary contribution. We will also be accepting things for ALOT which we feel are in a repairable condition!

If you would like to Volunteer for the DIY repair workshop then please drop us a message (number below). We need volunteers who can provide their skills in exchange for some things at ALOT and some lunch on the day of the workshop :) Call Anando on 9871245566 if you have any questions or to Volunteer for the workshop.

Warmly, team ALOT

**Adoption of dogs**

Hello dog lovers! In integrated animal care centre, there are more than 100 dogs and puppies who are looking for a family! They all are vaccinated / sterilized and very friendly with dogs and people because they used to live altogether and meet volunteers every day! If you would like to have a new adorable dog, come to visit the shelter and meet them!

Contact at 08637638925 and visit: www.facebook.com/aurovilleanimalcare/

**Pavilion of Tibetan Culture: Summer Pause**

Dear Friends, this is to inform you all that all our regular events will not happen from month of April onwards until further information from our team. We also wanted to thank the many who have supported us in many ways towards Pavilion of Tibetan Culture International Zone. We wish everyone a great Summer. Until then, take care of your selves and stay happy.

Best regards,

Team of Pavilion of Tibetan Culture International Zone.

**) Summer Offer**

Wallpaper

**UPTO 50% OFF AT WELLPAPER IN APRIL!**

The Working Units are always open for Visitors to interact with the Well Paper Ladies.

Find us behind the Bamboo Center, Kottakarai.

Email: wellpaper@auroville.org.in - Phone: 9385744722.

Website: www.wellpaper.org

**More and more stories for the Colibri Project**

The Colibri Project is on air with some episodes already available! Thanks a lot to the people who have already shared their stories with us. Did someone do something small that changed your path? It could be any small steps for your environment, community, family of just yourself. Come and join us on this positive journey to tell these small stories which can change the bigger ones. If you don’t want to be recorded, or want to remain anonymous, don’t worry, just tell us the story and we will find the best way to share it! Contact us by email Claire.soustiel@gmail.com or just pop by to the radio in the Town Hall. Your AurovilleRadioTV team

**A word from WELLBAGS**

Dear Friends,

We are happy to see your gradual support to our WELLBAGS (cloth bags) - a tailoring programme for empowerment of the village women. We are located very nearby to Auroville Bakery. We are looking for some volunteers on how to design different types of bags. Also, we are doing additionally some small repair work for your clothes, stitching churidhars, dresses, shirts, pants, etc. For your contact: 9843195290 or 8778809172. Mail id: wellbags@auroville.org.in.

**Mobility in Auroville**

**MOBILITY IN AUROVILLE: Essentials**

- **City Shuttle**
  - Quick “Pick up and Drop” Shuttle Service within the city area or nearby, free of charge, operating with 2 EV vehicles (quiet electric 7 seater vans) and 1 petrol 4 seater for special needs.
  - **Where:** Visitors Center Main Gate or on call.
  - **When:** daily 9.30am to 6pm.
  - **How:** call landline (best) 0413-262-2611 or 9876509951 (driver).
- **Cycle Kiosk at Solar Kitchen area**
  - We repair and maintain all types of bicycles, as a community service. Bike parts to full servicing at minimal costs. Free air!
  - **Where:** Opposite PTDC/Foodlink/Solar Kitchen in Prosperity Area.
  - **When:** Monday to Saturday: 9am to 4:30pm.
  - **How:** drop in. Contact Phone Chris O.: 9890115240.
- **Cycles and children car seats rentals**
  - **Where:** Vehicle Service, Town Hall.
  - **When:** Monday - Saturday from 9am to 12.30 and 2.30 to 5pm.
  - **How:** Contact avvehicle@auroville.org.in or Phone: 0413-2623302, Mobile: 9443074825.
- **Electric bicycles for rent at Kinisi:**
  - **Where:** at CSR compound (see MAP).
  - **When:** Monday-Saturday 9:30-12:30 and 2:00-4:30 pm.
  - **How:** book online at http://kinisi.in, or email kinisi@auraville.org.in or call +91 8300460679 / +91 8300460680 / +91 4132622277.
- **Integrated Transport Services (ITS)**
  - Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. NEW! Evening Electric Shuttle Service & Shuttle Service to Chennai.
  - **Where:** opposite Solar Kitchen.
  - **When:** Monday-Saturday from 9am-5pm.
  - **How:** Phone: 8098776644 | 9442566256 | 9809893080. its@auroville.org.in, http://its.auroville.org.in/.
- **Visitors’ Center - Bicycle Rental**
  - Daily/Weekly/Monthly rates.
  - **Where:** Available from the Kiosk, Near Dosai Corner/Dreamer’s.
  - **When:** 9.30am - 5pm.
  - **How:** Contact: 0413-262-3034.

- **Auroville Accessible Bus Schedule**
  - The current Accessible Auroville Public BUS schedule (for Pondy and Srima beach trips) is always available at www.auroville.org/contents/3988.
  - See the schedules in this issue/ last pages
The Human Library - Thank You
We would like to thank the community for a successful 1st Human Library event. On Saturday, the 23rd March, 5-8 pm, we had 9 books (people) with 40 readers (approx.!) It was very successful and we would like to thank all the librarians (volunteers) and the books (people with stories) who held the space beautifully. We received an incredible amount of positive feedback from books and readers, and so we will be conducting more such events. If any of you would like to share your story, please contact us at YouthLink @ Humanscapes Hall. youthlink@auroville.org.in.

WORK OPPORTUNITIES

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

Guest House Manager: You are in charge of receiving and interacting with guests, supervision of housekeeping, email correspondence and accounts. Expect more than 35 hours work per week. Need to be able to communicate fluently in English (other languages a plus). Maintenance provided.

Italian Cook: You are of any nationality and have cooking experience. Training is available. Expect hospitality hours of work (min 9 hrs /day). Maintenance provided; food and accommodation also possible.

Website Management: You handle regular website updating, product uploads, communication with unit holders, organizing photo shoots and product research. Skills required: Proficiency in written and spoken English, good communication skills, organization skills, meticulous, able to work in a team. Full-time maintenance provided.

Content Creator: You are creating content for our blog, preparing press kits, mailers, social media content, proofreading for other team members and doing interviews. Skills required: Proficiency in written English (mother tongue is preferred). This is not a full time job, it can also be done from home independently from the office. Maintenance provided.

Part Time Secretary: You carry out daily administrative tasks as well as communication on an international level to introduce/promote/ spread a global concept on dentistry - as an example for India and the world.
Skills required: Familiarity with MS office and also software for photos and video editing. Good command of English and willing to work in a team. Maintenance provided.

Full Time Secretary: A working group is looking for a full time secretary. Are you interested in organization and in learning many new things? Do you have a good grasp of the English language? We are looking for someone full of energy and goodwill who can prepare meeting agendas, write mails and letters, draft reports and meeting minutes, take notes, keep records, archive documents (digital and physical) and manage office facilities, amongst other tasks. These very important activities would constitute a solid base for the group’s daily work. Maintenance provided.

Marketing and Sales team member: You are going to be part of the Sales and Marketing team of a global women’s empowerment initiative, focusing on managing and coordinating events, overall management of the online shop and coordination with the other online sales team members, attracting prospects and handling retailer communication and order processing. Skills required: Excellent written and spoken communications skills in English, proficiency in any languages is always an advantage, good MS excel and word skills, a client friendly attitude/approach, online shop and/or marketing and sales experience, affinity with IT, online platforms, are a flexible team player, and a good public speaker. Full time, maintenance provided.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. hr_hub@auroville.org.in.

THANK YOU

The vaccine is also available for others of the bioregion. The Working Committee has trained in homeopathy and provides homeopathic consultations, homeopathic First Aid, providing follow up remedies etc. in Tamil! Malar can visit your women’s group, Service Unit etc. and present the Homeopathic First Aid and PC remedies. Sigrid gives sessions in transpersonal regression therapy, inner child work, trauma therapy, as well as workshops.

- First Aid Kits with 32 remedies are available with description in English, French, German and Tamil.
- PC Shock, PC Allergy, PC Diabetes, PC High Blood pressure etc. are available in our remedy box, along with Harmony and Samata. Just come and take anytime. Benefits are well established - no side effects.

Consultations are generally held in English, French and German, and Tamil. Malar is managing the office, the FirstAidKits and PC remedies daily Mondays to Fridays 9 a.m. - 12.30 p.m., except Thursdays. You are welcome to contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue. Integral Health, Prayatna: 2623669

Peter: peterh@auroville.org.in, 9787698464
Aditi: 9428429642
Malar: malar@auroville.org.in, 9585012007

Diphtheria case update and future action
Dear AV Community, we are happy to inform you that the Auroville child who contracted diphtheria is on the road to a full recovery. There have been no other cases reported.

As you may know, the case was identified and promptly dealt with by Dr. Manoj at Santé. As it is mandatory to report any incidence of diphtheria to government health officials, this was done as per public health regulations. The Working Committee and Santé then collaborated with the Tamil Nadu Government Primary Health officials and offered Santé as a vaccination site to administer tetanus/diphtheria vaccinations to at-risk children aged between 7-15 years. A Mass Bulletin went out to the whole community on 22nd December 2018 informing and advising parents of the situation and the vaccine service being offered. Over the course of 3 days, TN public health officials gave 22 vaccinations to Aurovillian children and to some children from the bioregion.

It is estimated that there are 300 children in AV schools aged 7-15 years who may qualify for vaccination. If you would like to have tetanus/diphtheria vaccine for your child, it is available at the AV Health Center Pharmacy for purchase and administration. At Santé, vaccination is available with prior notification, where the vaccines are not kept in stock but can be provided easily upon request. The vaccine is also available at hospitals and clinics in Pondicherry.

To your good health, The AV Health Centre & Santé.
**Santé – Auroville Institute for Integral Health**

ADR email: sante@auroville.org.in  
Website: www.sante.auroville.org.in

---

For emergencies, contact Auroville Ambulance: Tel: **9442224680** (24x7)

Government Ambulance: Tel: **108** (24x7)

---

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

**Working Hours:** 8:45 - 12:30 & 2:00 - 4:30 Monday - Saturday  
for Aurovilians, Newcomers & registered Volunteers, Guests, & Friends of Auroville

**Closed every Tuesday afternoon for regular staff meetings**

**Please note:** Blood tests and Lab collection Mon-Fri before 12:00 pm. No lab collection on Saturday.

---

**SANTÉ THERAPISTS’ SCHEDULE - APRIL 2019**  
(Given the shortage of human resources and so that we may take a summer break, Santé will work only in the mornings through the month of May 2019)

---

If you need to book an appointment, you can call Santé reception at **0(413)-2622803** or **+91-9489441703** between 8:45am to 12:30 pm and 2pm to 4:30pm.

---

<table>
<thead>
<tr>
<th>General Practitioner (Doctors alternate every Saturday)</th>
<th>Dr. Brian</th>
<th>Mon, Wed, Fri, Sat</th>
<th>Morning</th>
<th>TOS from 15/04/19 till 06/06/19</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dr. Igor</td>
<td>Tues, Thurs, Sat</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mon, Wed, Fri</td>
<td>Afternoon</td>
<td></td>
</tr>
</tbody>
</table>

---

| Nursing Care | Archana/  
| Ezhil Thilagam | Monday to Saturday | Morning |  
| Acupuncture | Andres | Monday, Wednesday, Friday | Afternoon |  
| Ayurveda Medicine | Dr. Bee | Wednesday, Friday | Morning |  
| Homoeopathy | Michael Z. | Monday, Wednesday | Afternoon |  
| Homoeopathy | Ingo | Tuesday, Friday | Morning |  
| Hypnotherapy and NLP | Denis | Monday, Wednesday | Afternoon |  
| Integrative Psychotherapy | Juan Andres | Mon, Tues, Thurs, Fri | Morning |  
| Medical Massage | Galina | Tuesday, Friday | Morning |  
| Physiotherapy | Galina | Monday, Wednesday, Thursday | Morning |  
| Physiotherapy | Osnat | Monday, Friday | Morning |  
| Therapeutic Shiatsu | Natacha | Tuesday, Thursday | Morning |  
| Women’s Wellness | Paula | Tuesday, Wednesday | Morning |  
| Yoga for pregnant women | Krishna | Monday | Afternoon |  
| Childbirth Preparation | | Friday (pregnancy care) | |  

---

**TOS = Temporarily Out of Station**  
Santé Schedule is Now Online on our Website at this [link](#).
Dear All,

AurovilleRadioTV is continuing its journey! While we are defining our new editorial structure, we keep covering the main events happening in Auroville. If you want to be part of the adventure, come and join us!

Please see below the latest programs published by AurovilleRadioTV team this week:

- Yoga Nidra radio programme - Session 8
- Feldenkrais Method radio programme - Session 6
- Yaraslava’s Flowers in Chinese (By Noel Parent)
- Community Gathering by Study Group
- Synthesis of Yoga
- Night Conscious Learning - Divya talks about Town planning
- The Colibri Project No1: Ingridt is telling us the turning point of her life
- The Auroville choir concert 2019
- Une serie hebdomadaire de lectures par GangaLakshmi (en Francais) 295

NOTES

Oceanography “Amor fati” (Lat.): love to fate.

The life was starting in the ocean. All Aurovillelives in some ancient incarnations, lived in the bottom of ocean. I feel a little bit nostalgic about the oceanic life. There are the people with open third eyes, they can see the ancient oceanic Aurovilians. In Aspiration community there was a girl, guest from Mumbai. She created a painting on the kitchen wall: jellyfish and whale. Of course these were ancient oceanic Aurovilians. The ocean has its own music, and I hear same music from the painting.

The scientific oceanography started in 1872. The British corvette HMS Challenger, in that year, was going for studying the world ocean. It spent 3 and half years in travelling around the world. The results were very rich. Sometimes I dream that Challenger is near Auroville’s shore. The industrial revolution started in 1750, but in 1872 there wasn’t strong pollution in the ocean. The scientists are sure that very soon the plastics in ocean will be more than fishes. There is overfishing in the ocean. People want to receive more and more money, profit from fishing. If fishermen put the nets in the ocean, they catch not only fishes, but many other species of oceanic life: jellyfishes, starfishes, mollusks etc. Some kinds of the oceanic creatures haven’t commercial significance, and fishermen put them in shore - like on Quiet’s beach.

Many creatures in the ocean are very beautiful. One French boy, a guest of Aspiration, created a collection of the shells. There is science about the shells, named conchology. Many people in the world like the beauty of shells and have collections of them. The biodiversity of land is mainly diversity of insects, but in the ocean mollusks are especially numerous and different. There is a miraculous world. For example, the octopuses have the blue “blood”: there is copper in it, but in our blood is iron.

If we can in any yellow submarine fall in the oceanic bottom, we can see that wonderful world. I’m very good understanding an English song: “Mother, oh carry me back to the sea”. Can I incarnate again as a dolphin and play joyfully with the waves? Bar’s Picture (HMS Challenger under sail, 1874 / Source: Wikipedia)

The City of New Dawn woke this morning, on 28.2.2019, to the announcement of a new inclusive exploration.

A peaceful assembly coming from the whole world was present in contemplative silence, listening to the melodious whisper of ‘a fire without smoke’, ‘Agni mile puruhitam’, telling us the old story of the world which decides itself the paths justifying our common destinies.

In this untrembling alchemy which doesn’t forget in adversity, that always Her white Force is leaning over us all, orienting, protecting, guiding us, loving us infinitely and eternally. Auroville Baby is not yet weakened by age, it preserves and creates constantly fresh and strong beings; because here, at Auroville in India, this continent possesses still the original Force of ancient times, we greet it again today, with profound gratitude, as the refuge of our future, where everything is there and will always be there at every instant.

To create in Auroville not varieties of human beings, but a new race.

That’s what we call the new creation marching on…

Our body’s cells must hold the immortal’s flame. Else would the spirit reach alone its source.

Leaving a half-saved world to its diabolous fate.

Nature would ever labor unredeemed;

Our earth would ever spin unhelped in space,

And this immense creation’s purpose fail.

Savitri: Book I: The Book of beginnings, Canto III:

The Yoga of the King: The Yoga of the Soul’s Release.

GangaLakshmi, House of Mother’s Agenda, Savitri Bhavan

---

ACCOMMODATIONS

Needed 1: Hello, I’m Francesca, I’m a volunteer in Auroville till the end of June. I’m looking for an accommodation/housesitting starting from April till the end of June, prefer in Auroville, but every option is considerable. I have a bicycle, but I can rent a motorcycle and I will be volunteering in Sacred Grooves for the next months. If you are in need of housesitting, or you know anybody, please let me know. Send me a message at the number: +91 95 85 627998 or WhatsApp: +393408262205 or e-mail: francesca.visocchi@hotmail.it

Needed 2: Dear community, my name is Claire and I’m volunteer in Buddha Garden. I will change unit for my volunteering, so I search a new accommodation/housesitting. I can be free from now until June 1st. You can contact me on WhatsApp : +33609052110 or my Indian number 9585617713, also by mail : clairecarrere06@gmail.com

Needed 3: Dear Auroville Community, this is Umberto, 42 years old, living in Auroville for more than 2 years and working at Quiet Healing Center. I’m looking for a house-sitting opportunity, preferably long term, or a house/room to share. I’m a calm, reliable person with previous experience of housing sitting. My email address is umberto.cerasoli@gmail.com and phone no. is 7598331379. Thank you, Umberto.

Available 1: I am looking for a responsible person to look after a house in the greenbelt from May 12th to early August. Presence in the evening and weekends is important. There is a cat to be fed and looked after, and some plants to water. Contact Shivaya at 9489601312, shivaya@auroville.org.in.

Available 2: Auroville Library of Things (ALOT), an initiative by earth&us, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. alot@auroville.org.in. NOW ONLINE! aurolot.myturn.com/library/inventory/browse.

Nanocar: model 2014, A/c, driven only 15000 kms, contact Rajan 9443859820.

Roland Micro Cube bedroom guitar practice amp, available for one of our Auroville kids. Early bird gets the worm. Contact Jan Galia, SMS 9443309312
LOST & FOUND

Bike: Yamaha Fz Version 1 (2015 Model), color: black available for a contribution. Contact at 975110018 (WhatsApp)/9443617098. bharath@aarouville.org.in. Bharathy

Mobile: E.5577.C. HUAWEI

Able to connect with PC - With sim card. Antenna available ideal for remote places. Contact Ambre Ambre@aurouville.org.in

Bike: Royal Enfield 350 Electra, Nov 2012, 48,000km, running and maintain very well, insurance till 7/19, all the papers correct. For more details, call 8489756124. Liran

Books and Papers: Diverse topics generally related to Auroville, consciousness, nature, Mother, Sri Aurobindo, and “English class” - which I have collected for classes for English practice and for understanding our service in Auroville. They need a new usefulness. Seekers and teachers are welcome to have a look and take home whatever speaks to you. By appointment please. Patricia, pat@aurouville.org.in, SMS only - 9843124305.

Motorbike: Honda CBR 250 cc, color: silver, year: 2011, good condition. Please contact at arnout@aurouville.org.in or 9585779023. Arnout

LOOKING FOR...

Work for Amma: Gowri, an excellent cook of Indian food and willing to learn other cuisines, is looking for work as a housekeeper. She understands English though she does not feel comfortable speaking it. Please contact her husband Harikrishnan on 9943772299.

An Amma: Permanent job available for 3 full days/ week for an amma in Aurogreen with Tine and Toby. If interested, please call 890393649 and 9843984181. Thank you! Tine

Work for Gardener: Arage, who worked for ten years at my home in Dana, is looking for a full-time job as a gardener but also for all the small jobs in the house - cutting trees, hard work etc. He speaks English, he is helpful and efficient. Contact at 9943937570 (Aragen) - 9443958703 (Claudine, Dana).

E-bike: Hello beautiful people of Auroville, I’m looking for an Electric motorcycle (well maintained) for myself to move around. If you feel that it may be time for you to let yours go, please don’t hesitate on contacting me. Jordi, 9643676487.

Retention Socks: Hello, I will soon be flying to France, and as I just underwent surgery, I need retention socks - to stop my legs from swelling. The size needed is XL, if you have one pair you are not using, I am ready to offer a contribution, or send them back to you (as at home, I have so many, I can also send them to someone that needs them, as I know they are so expensive here in India). My email is: at.landa34@gmail.com. Tel: 7867082658. Thank you, Angela.

Glasses (found): A pair of black plastic frame glasses were found on the cycle path near Matrimandir Nursery on Sunday, 24/3, early in the morning. Please pick them up at the Auroville library during opening hours. Thanks, Kathrin, on behalf of Kalaivani, who found them.

Diary (found): Dear friends, this morning when I travelled in the Auroville world, I found a blue diary in French and English inside. This diary is available at House of Mother’s Agenda at Savitri Bhavan. GangoLakshmi.

Bike key (found): Hero Honda key with yellow key chain found on the cycle path between Madhuca & Surrender. Contact Dorle at dorle@aurouville.org.in.

Smartphone (lost): Gold ‘Mi’ smartphone in plastic cover, lost at Le Morgan cafe on March 22. Please contact Phoenix at phoenixthecross@hotmail.com or call 8925115655. Thanks, Phoenix (Aspiration community)

TAXI SHARING

Auroville service of taxi sharing available with ITS at: http://sharedtransport.auroville.org/ (an initiative by earth&us).

4th April: Leaving Auroville to Chennai International Airport at 7 pm, arriving at Chennai by 10pm. Taxi sharing possible both ways. If you’re interested, please contact Francesco by mail: sghilli@hotmail.it or phone/WhatsApp: 9626895370.

8th April: Would you like to share a taxi Monday, 8th April around 3 pm? Please contact at 9487544184 or +33622464861. Sekfali Scherazade.

9th April: My taxi starts around 8 p.m. from AV. I will leave Chennai at 1:50 o’clock the next day (10 April). Taxi sharing in both ways possible, pls send SMS at 8940567857 or sigapro@web.de. Thanks, Sibylle.

10th April: I’d like to share a Taxi from Auroville to Chennai Airport on the 10th of April at 8pm, if you are interested, pls contact Angela email: at.landa34@gmail.com. Thanks, Angela.

13th and 26th April: Leaving for Chennai Airport at 1 am on April 13th 2019 and coming back on April 26th 2019 from Chennai to Auroville at 9 am. If someone wants to share a taxi, feel free to contact me by e-mail: helene.danjean@hotmail.fr. Thanks, Hélène.

There are 2 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 Auronet login page: www.auroville.org.in.
- Auroville Art Service: artservice.auroville.org/calendar/

AT THE MATRIMANDIR

AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri

read by Mother to Sunil’s music

Every THURSDAY - 6 to 6.30 pm [weather permitting]

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please No Photos and do not to use your cell phones, cameras, i-pads, etc.

Dear Guests, please carry your Guest Card with you - No photos there.

Access only for the Amphitheatre from 5.45 pm

Please be seated by 5.55 pm, no late entry. Thank you.

Amphitheatre Team.

INVITATIONS

Stewardship for New Emergence in Tamil

Program 2019 at Unity Pavilion

Stewardship and capacity building workshop in Tamil for shifting to healthy societal and cultural norms. Kindly funded by the Foundation for World Education.

Alumni session for previous participants - March 29th and 30th - 1.15pm - 4.15pm

2019 workshop for new participants or refreshers:

Part 1 - Sunday March 31st and either Monday April 1st or Tuesday April 2nd.

Part 2 - Sunday June 2nd and either Monday June 3rd or Tuesday June 4th.

from 9.00 - 4.30pm each day at Unity Pavilion.

Note: The Sunday session is for all with a choice of Monday or Tuesday (repeats) so units can split teams and continue to function.

News&Notes 1 April 2019 [792] 11
Between the first and second session participants will come up with a project theme, worked out with their unit holder, that they can develop in the project design session. In between these two sessions, there will be a weekly 1 hour practice held by a stewardship practitioner coach usually at the workplace or a central location close by so that the tools can be integrated and that a learning environment is fostered at work.

Context:
The tools explored in this program will help to:
1. move from resignation in workplace towards goal orientated action producing results.
2. build capacity for increased personal confidence and drive for inspired-action.
3. transform attitudes of blame, complaints, gossip and groupism towards responsible speaking and actions.
4. foster a wider mindset of interdependence and greatest impact.
5. support workplaces to become environments of learning and unfolding where action becomes integrally directed towards common goals.
6. cultivate accomplishment.

Facilitators:
Suriyaprakash C is Professor of Organizational Behaviour with Jansons School of Business, Coimbatore. He is a certified organizational transactional analyst and Master Practitioner in NLP. His specialties include Organizational Development, Applied Behavioural Sciences and Human Relations Development. He is partner facilitator at Relations Institute of development and former president of the International Transactional Analysis Association.

Srilatha Juvva is a professor at Tata Institute of social sciences, a trained social worker and member of the state board for inclusion. Srilatha is deeply interested in transforming the narrative of alcoholism, mental and disability from that of stigma and being diminished to one that includes and exercises one's full potential.

Registrations to: stewardship4newemergence@auroville.org.in

TALKS

Presentation on Geological History of Auroville
Following several requests to repeat his presentation on the geological history of Auroville, Giulio will give his talk again on Tuesday, April 2nd, from 3-5pm in the CSR Conference Room.

Join him on a 2-hour-long journey across billions of years exploring what is beneath our feet: how, when and where did it form, and what are the repercussions on Auroville and the bioregion's water realities.

Giulio has been in Auroville since 2012. He is a geologist and has worked as geo-archaeologist for many years in different countries in Asia. He is now a member of CSR Geomatics Studio, taking care of survey and mapping of Auroville, and member of the Water Group since 2015.

Mystical Verses
An exploration into the poems of Kabir, Rumi, Meera, Gibran and other mystics across the ages. Presented by:
Prof. Kumar Sehdev (Canada) and Sheetal (Auroville).
Tuesday, 2nd April,
7 to 8 pm - Unity Pavilion, Hall of Peace
All are welcome!

Prof. Kumar is an Author & Professor Emeritus of Environmental Studies in Canada, and also is: a Historian and Philosopher of Science, a Mediator and a Bioethicist, a Friend of Auroville, and author of many books. He has recently given two talks at Unity Pavilion on the History and Future of Human Unity.

EXHIBITIONS

HUES
A Photo Exhibition by The Students of Deepanam School
Opens on Wednesday, 3rd April, goes on until 17th April, 2019
Timings: 8 am - 12 pm, 2 - 6 pm (Except Sundays)
Pitanga Cultural Centre, Samasti
(0413) 2622403/ 2622994; Pitanga@auroville.org.in

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

Badrinath and Mana
Photos by Franz Fassbender
Aurelec Cafeteria & Art Galerie
12th March to 30th April
Open from 8 am to 5 pm

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

Meditations on Savitri
The entire series of 472 paintings created by the Mother with Huta
in the picture gallery

Sri Aurobindo - A Life-Sketch in Photographs
in the upstairs corridor
Glimpses of the Mother: photographs and texts
in the square hall
Everyone is welcome.

News&Notes 1 April 2019 [792]
The Antagonistic Relationship Between Blanche and Stanley is a Struggle Between Appearances and Reality. It Propels the Play's Plot.

The story of STREETCAR: Fantasy’s Inability to Overcome Reality

“Although Williams’s protagonist in A Streetcar Named Desire is the romantic Blanche DuBois, the play is a work of social realism. Blanche explains to Mitch that she fibs because she refuses to accept the hand fate has dealt her. Lying to herself and to others enables her to partially shield herself from reality’s harsh blows. One of the main ways Williams dramatizes fantasy’s inability to overcome reality is through an exploration of the boundary between exterior and interior. The set of the play consists of the two-room Kowalski apartment and the surrounding street. Williams’s use of a flexible set that allows the street to be seen at the same time as the interior of the home expresses the notion that the home is not a domestic sanctuary. The Kowalski’s apartment cannot be a self-defined world that is impermeable to greater reality. The characters leave and enter the apartment throughout the play, often bringing with them the problems they encounter in the larger environment. For example, Blanche refuses to leave her prejudices against the working class behind in order to avoid accepting reality. In order to escape fully, however, Blanche must come to perceive the exterior world as that which she imagines in her head. Thus, objective reality is not an antidote to Blanche’s fantasy world; rather, Blanche adapts the exterior world to fit her delusions. In both the physical and the psychological realms, the boundary between fantasy and reality is permeable. Blanche’s final, deluded happiness suggests that, to some extent, fantasy is a vital force at play in every individual’s experience, despite reality’s inevitable triumph.”
Joy Community Activities April 2019

<table>
<thead>
<tr>
<th>SESSIONS</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Monday</td>
<td>6:30 to 7:30 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (regular Students only)</td>
<td>Monday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (regular Students only)</td>
<td>Tuesday</td>
<td>6:30 to 7:30 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (all levels)</td>
<td>Wednesday</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Qi-gong with Lhamo</td>
<td>Thursday</td>
<td>6:30 to 7:30 am</td>
</tr>
<tr>
<td>Mindfulness Meditation with Jaz</td>
<td>Thursday</td>
<td>6 to 7:30 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo (all levels)</td>
<td>Saturday</td>
<td>6:30 to 7:30 am</td>
</tr>
</tbody>
</table>

THERAPIES (on Appointment only)

<table>
<thead>
<tr>
<th>THERAPIES</th>
<th>WITH</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage</td>
<td>Sara</td>
<td>9443617308</td>
</tr>
<tr>
<td></td>
<td>Simona</td>
<td>9489511648</td>
</tr>
<tr>
<td>Reiki</td>
<td>Marcia</td>
<td>7598260379</td>
</tr>
<tr>
<td>Hypnosis</td>
<td>Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Facial Acupuncture</td>
<td>Lhamo</td>
<td>9565524237</td>
</tr>
<tr>
<td>Bach Flower Remedies</td>
<td>Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Psychosynthesis Counselling</td>
<td>Stefania</td>
<td>948 6363 442</td>
</tr>
<tr>
<td>Thai foot reflexology</td>
<td>Santiago</td>
<td>87549 58120</td>
</tr>
</tbody>
</table>

WORKSHOP

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>TIMING</th>
<th>IN CHARGE</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASHTANGA YOGA</strong></td>
<td>Class start at 7:00 AM-</td>
<td>Christine</td>
<td>Taramangaing5 min after Botanical Garden</td>
</tr>
<tr>
<td>Pre-inscription by mail or whatsapp</td>
<td>Every day except Sundays,</td>
<td>Pauchard</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>Full moon days &amp; New moon Days</td>
<td></td>
<td>Holistic Studio</td>
</tr>
<tr>
<td><strong>SCIENTIFIC MEDITATION</strong></td>
<td>Any time on appointment</td>
<td>Christine P.</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>Last 1h30 min</td>
<td>&amp; Mradul</td>
<td></td>
</tr>
<tr>
<td><strong>SUPER SENSORY DEVELOPMENT WORKSHOP</strong></td>
<td>Any time on appointment</td>
<td>Christine P.</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>Last 1h30 min</td>
<td>&amp; Mradul</td>
<td></td>
</tr>
<tr>
<td><strong>NEURO LINGUISTIC PROGRAMMING SESSION</strong></td>
<td>Any time on appointment:</td>
<td>Christine P.</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>1st appointment: 1h30 to 2h</td>
<td>&amp; Mradul</td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH &amp; WELLNESS COACHING PROGRAM:</strong></td>
<td>Contact us for details and</td>
<td>Christine P.</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td>5 days to one week: for anyone stuck in her/his life and looking for the next steps to take but do not know how to do so, general anxiety disorder, sleeping disorder, anyone who want to enhance her/his relationship (bad breaking relationship, no relationship)</td>
<td>appointment - Involvement in the therapy and advises given are required</td>
<td>&amp; Mradul</td>
<td></td>
</tr>
<tr>
<td><strong>HEALING PROGRAM:</strong> 2 weeks to two month. A customized program adapted to the symptoms and the profile of the person. Healing depression, general anxiety disorder, sleeping disorder, cod, schizophrenia, bipolarity disorder</td>
<td>Contact us for details and appointment - Involvement in the therapy and advises given are required</td>
<td>Christine P. &amp; Mradul</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td><strong>ANALYSIS OF MULTIPLE INTELLIGENCE THROUGH SCIENTIFIC TOOL</strong></td>
<td>Any time on appointment</td>
<td>Christine P. &amp; Mradul</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td>First appointment for finger print test: 30 min/ 2nd appointment on the next day for counseling: 1h30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HYPNOTHERAPY</strong></td>
<td>Any time on appointment</td>
<td>Christine</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>Last 2h</td>
<td>Pauchard</td>
<td></td>
</tr>
<tr>
<td><strong>ACCUPRESSURE THERAPY</strong></td>
<td>Any time on appointment</td>
<td>Christine</td>
<td>Holistic Studio</td>
</tr>
<tr>
<td></td>
<td>Last 1h30 min</td>
<td>Pauchard</td>
<td></td>
</tr>
</tbody>
</table>
For the following therapies & treatments, please book your appointment on phone, Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994 - pitanga@auroville.org.in.

### Yoga Iyengar

<table>
<thead>
<tr>
<th>Asanas for women</th>
<th>Level 2</th>
<th>(until 22nd)</th>
<th>Monday</th>
<th>7.30 - 9 am</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for beginner</td>
<td>Level 1</td>
<td>(until 22nd)</td>
<td>Monday</td>
<td>5.30 - 6.30 pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>Level 2-3</td>
<td>(until 23rd)</td>
<td>Tuesday</td>
<td>7.30 - 9 am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>(until 9th)</td>
<td>Tuesday</td>
<td>11 am - 12 pm</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas for women</td>
<td>Drop in</td>
<td>(all levels)</td>
<td>(until 10th)</td>
<td>Tuesday</td>
<td>4.30 - 6 pm</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in</td>
<td>Wednesday</td>
<td>7.30 - 9 am</td>
<td>Nadia</td>
<td></td>
</tr>
<tr>
<td>Pranayama</td>
<td>Level 2-3</td>
<td>(until 24th)</td>
<td>Wednesday</td>
<td>5.30 - 6.30 pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 1</td>
<td>(until 25th)</td>
<td>Thursday</td>
<td>7.30 - 9 am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>Level 2</td>
<td>(until 25th)</td>
<td>Thursday</td>
<td>5 - 7 pm</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>Friday</td>
<td>7.30 - 8.45 am</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Immunity &amp; Hormonal Balancing</td>
<td>Level 2-3</td>
<td>(until 20th)</td>
<td>Saturday</td>
<td>7.30 - 9.15 am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>Drop in</td>
<td>(until 20th)</td>
<td>Saturday</td>
<td>9.30 - 11 am</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>Drop in</td>
<td>Saturday</td>
<td>4.30 - 6 pm</td>
<td>Angela</td>
<td></td>
</tr>
</tbody>
</table>

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

### Yoga - Mixed Style

<table>
<thead>
<tr>
<th>Yoga Therapy</th>
<th>drop in - all levels</th>
<th>Monday (only 1st)</th>
<th>8.30 - 10 am</th>
<th>Gala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas (*)</td>
<td>for teenagers</td>
<td>Mon, Wed</td>
<td>4 - 5 pm</td>
<td>Natascha/Lisbeth</td>
</tr>
<tr>
<td>Vinyasa flow</td>
<td>drop in - all levels</td>
<td>Tuesday</td>
<td>9 - 10.30 am</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - all levels</td>
<td>Tuesday</td>
<td>5.30 - 7 pm</td>
<td>Soyoun</td>
</tr>
<tr>
<td>Feminine Dance for pregnancy</td>
<td>drop in - for women</td>
<td>Wednesday</td>
<td>4 - 5.30 pm</td>
<td>Priscilla</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>drop in - all levels</td>
<td>Wednesday</td>
<td>5 - 6.30 pm</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - level 1</td>
<td>Saturday</td>
<td>5 - 6.30 pm</td>
<td>Soyoun</td>
</tr>
</tbody>
</table>

### Other Exercises

| Falun Dafa (Qi-Gong) | drop in - all levels | Tuesday | 5.30 - 7 pm | Tania |
| Aviva exercise | drop in - for women | Thursday | 4.30 - 5.30 pm | Surya Gandhi |
| Understanding Martial Arts | Registration Required | Thursday | 7.15 - 8.45 pm | Hong Gye |
| Pranayama | Regular Practitioners | Friday | 6.45 - 8 am | Francois/Namrita |
| Understanding Martial Arts | Registration Required | Friday | 7.15 - 8.45 pm | Hong Gye |
| Discover energy body | For children 7-9 yrs. | Saturday | 11 am - 12 pm | Gala |

### Dance

| Odissi Dance (*) | Regular Practitioners | Tuesday | 4 - 5.15 pm | Rekha |

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

### Health Care at Pitanga

For the following therapies & treatments, please book your appointment on phone, (0413) 262 2403/2622994

<table>
<thead>
<tr>
<th>Thai yoga Massage</th>
<th>with Juan</th>
<th>Awakening the Intelligence of the body</th>
<th>with Vani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Readings in Vedic Astrology</td>
<td>with Vikram</td>
<td>Life Coaching</td>
<td>with Vani</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>with Heidi</td>
<td>Journey to the memory of the body</td>
<td>with Vani</td>
</tr>
</tbody>
</table>

---

### CREATIVITY HALL OF LIGHT

April Program

You can just come to the regular classes, no need for an appointment.

For workshops, please contact the person who is doing it.

Aurovilians and Newcomers free regular classes. Guest fixed contribution and reduced for Volunteers.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>11.00 am to 12.30 pm Feldenkrais Method 1:30 to 3:00 pm Nada &amp; Vocal Yoga 4:15pm to 5:45pm Chi work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>5:00 to 6:30pm Spontaneous singing</td>
</tr>
<tr>
<td>Friday</td>
<td>5:30 to 6:50pm Hatha Flow Yoga</td>
</tr>
<tr>
<td>Saturday</td>
<td>3:00 to 5:pm Authentic Relating (Every other Saturday)</td>
</tr>
</tbody>
</table>

| Family constellation 9am-6pm |
| Contact Moghan: 9751110486 / moghan@auroville.org.in |

News&Notes 1 April 2019 [792] 15
### Yoga & Re-creation Sessions (Drop-in)

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Restorative Yoga Postures (ends 15 April)</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method (ends 15 April)</td>
<td>3.30 to 4.30 pm</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Dance Offering (ends 22 April)</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Hatha Vinyasa Flow (ends 16 April)</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Deep Sound Bath (ends 16 April)</td>
<td>5 to 6.30 pm</td>
<td>Anand, Balu &amp; Vera</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Yoga Asana Alignment for All (ends 17 April)</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations (ends 17 April)</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td></td>
<td>Open Heart Space Meditation (ends 17 April)</td>
<td>5 to 6.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Asana, Pranayama, Mudra &amp; Bandha (ends 18 April)</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
</tr>
<tr>
<td></td>
<td>Feldenkrais Method (ends 18 April)</td>
<td>3.30 to 4.30 pm</td>
<td>Nur</td>
</tr>
<tr>
<td></td>
<td>Chakra Guided Dance (only 11 &amp; 18 April)</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td>Fridays</td>
<td>Restorative Yoga Postures (ends 19 April)</td>
<td>7 to 8.15 am</td>
<td>Sheida</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms Dance (ends 19 April)</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Yoga Nidra (ends 20 April)</td>
<td>7 to 8.15 am</td>
<td>Aishwarya</td>
</tr>
</tbody>
</table>

### Intensives (registration required)

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Thu, Fri &amp; Sat, 3, 4, 5 &amp; 6 April</td>
<td>Anatomy of the Spine- Theory &amp; Applicable Aspects</td>
<td>9.30 am to 12.30 pm</td>
<td>Osnat</td>
</tr>
<tr>
<td>Sat, 6 April</td>
<td>Ovarian Breathing Feminine Alchemy &amp; Yoga for Women</td>
<td>2.30 to 6.30 pm</td>
<td>Nadia</td>
</tr>
<tr>
<td>Mon, 8 April</td>
<td>Somatics – An Introduction for Every Body!</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
</tbody>
</table>

### Therapies

<table>
<thead>
<tr>
<th>Therapists</th>
<th>Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa</td>
<td>Eqiomedicine (ends 12 April)</td>
</tr>
<tr>
<td>Marcia</td>
<td>Equilibrium Healing Massage (ends 20 April)</td>
</tr>
<tr>
<td>Mila</td>
<td>Biodynamic Craniosacral Therapy (ends 20 April)</td>
</tr>
<tr>
<td>Nur</td>
<td>Functional Integration – Feldenkrais Method (ends 20 April)</td>
</tr>
<tr>
<td>Santiago</td>
<td>Thai Foot Reflexology (ends 20 April)</td>
</tr>
<tr>
<td>Sheila</td>
<td>Yoga Asana Therapy for Musculoskeletal Conditions (ends 20 April)</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki (ends 20 April)</td>
</tr>
</tbody>
</table>

### INTENSIVES IN VERITE

Please contact Vérité to register for the following intensives (Registration required): 0413 2622045, 2622606, 7094104329 or programming@verite.in, treatments@verite.in

**OVARIAN BREATHING FEMININE ALCHEMY & YOGA FOR WOMEN**
- with NADIA
  - Saturday, 6 April - from 2.30 to 6.30 pm
  - Our female anatomy (breasts, ovaries, uterus) offers the most energetic potential of the whole mind-body organism. Ovarian breathing helps us connect with this energy, freeing the flow of the body’s fluid systems. This helps not only to prevent and treat disease, but also to live a richer, more ‘fertile’ (meaning ‘creative’) life. Because many of our “blockages” stem from beliefs rooted in our family/cultural conditioning, the process is also oriented to emotional and mental cleansing. The aim is to align mind, emotions and body, allowing us to return to a state of integration and unity with ourselves and our environment.
  - Please note: Ovarian breathing is not appropriate for women who are pregnant or have certain health issues. Prospective participants are required to complete a medical form which will be provided upon registration.

** SOMATICS - AN INTRODUCTION FOR EVERY BODY!**
- with MAGGIE
  - Monday, 8 April - 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.
**BAMBOO CENTRE**

Training Program for April - 2019

Auroville Bamboo Centre runs many workshops throughout the year for visitors who book and pay for the courses. We do have various conditions that we hope you understand and agree.

**TRAINING AND WORKSHOP**

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people. Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

The Auroville Bamboo Centre offers training to individuals and groups in:

- **Bamboo Joineries Workshop** 4th to 6th of April: 3 days - BAMBOO JOINERIES WORKSHOP
- **Bamboo Construction** 9th to 12th of April: 4 days - BAMBOO CONSTRUCTION WORKSHOP
- **Bamboo Furniture Workshop** 18th to 20th of April: 3 days - BAMBOO FURNITURE WORKSHOP
- **Bamboo Joineries and Interior Design workshop** 24 to 27th of April: 4 days - BAMBOO INTERIOR DESIGN WORKSHOP

**Bamboo Toys / Bamboo Musical Instruments / Bamboo Jewelries**

Every day in the month of April with advance booking.

10.00 am to 12.30pm or 2pm to 4pm

The program will consist of learning inputs: theory, instruction, demonstration, and practical work.

Contributions requested from guests/ Volunteers

<table>
<thead>
<tr>
<th>Flexible training dates offered to groups</th>
</tr>
</thead>
</table>

Contact: 0413-2623806 / 2623394
bambooworkshop@auroville.org.in

www.aurovillebamboocentre.org

**AUROMODE YOGA SPACE**

Check the schedule on:
www.auromodeyogaspace.com

For appointments:
phone +91 413-2622224
contact@auromodeyogaspace.com

Guests/volunteers: contributions requested (reductions)
Aurovillians/newcomers: donations welcome.

Program April 2019

**YOGA CLASSES**

- Drop in Hatha and Vinyasa yoga classes for all levels and ages from Monday to Saturday (at 7am, 9am & 5.30 pm) and Sunday mornings at 10am.
- Private (individual & group) yoga or pranayama sessions are available on demand in English, French, Spanish, Polish, Tamil... Contact us for more information.

**Therapies & Massages**

- **Andres Acosta** - Thai yoga massage with Tibetan bowls.
- **Bebe Merino** - Thai yoga massage.
- **Andres Lokuta** - Acupuncture & traditional Chinese medicine / Chiropractice & energy line adjustment.
- **Liran** - Oil massage (deep tissue, lumi lumi, holistic).
- **Lila** - Foot reflexology & holistic consultation.
- **Laure** - Private yoga sessions & yoga therapy (individual or group) in EN, FR or NL.
- **Isaac** - Reiki, Ayurvedic massage, Shiatsu & Foot reflexology
- **Santiago** - Reiki and Thai foot reflexology
- **Anabel** - Deep tissue oil massage

**QUIET HEALING CENTER**

For appointments and registration, please contact the reception at 2622329, 9488084966

Schedule APRIL 2019

For more details, please visit our website at www.quiethealingcenter.info / quiet@auroville.org.in

<table>
<thead>
<tr>
<th>Dates</th>
<th>Name</th>
<th>Facilitator</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>02 - 07</td>
<td>Watsu &amp; OBA Basic</td>
<td>Dariya &amp; Daniel</td>
<td>1 - 6 pm</td>
</tr>
<tr>
<td>09 - 13</td>
<td>Watsu 1 (Transition Flow)</td>
<td>Dariya &amp; Daniel</td>
<td>9 am - 6 pm</td>
</tr>
<tr>
<td>13 - 14</td>
<td>Somatic Movement Workshop</td>
<td>Maggie</td>
<td>9.30am-5pm</td>
</tr>
<tr>
<td>15 - 16</td>
<td>Woga (Yoga in Water) 1 &amp; 2</td>
<td>Dariya</td>
<td>9am - 6 pm</td>
</tr>
</tbody>
</table>

Water Session for Pregnant Women with **Appie & Friederike**

Tuesday 2 April (9.30 - 11 am)

An invitation for pregnant women to experience the weightless, relaxing and connecting benefits of floating and movement in warm water. You are invited to come with or without your partner/birth-attendant. When you come for the first time, contact Friederike at 9943247326 or Appie at 8903158065 beforehand.

**Baby Swim session with **Appie & Friederike**

Thursday 4 April (9.30 - 11 am)

This is only for babies between 1 and 12 months old and their parents, who are with their baby in the warm water. Please bring a closing swimming pant for your baby and towels.

**Watsu 1 (Transition Flow) with Dariya & Daniel**

Tuesday 9 - Saturday 13 April (9.00 am - 6.00 pm)

In Watsu 1 (Transition Flow), you will learn to connect the basic Watsu movements and positions you have been exposed to with long, gracefully flowing transitions. You will also learn to adapt sessions to people of different sizes, shapes, and dispositions. In addition, you will gain insight about your own body mechanics and learn how to support and move each person as effortlessly as possible.

**Prerequisite:** Watsu Basic

**Somatic Movement Workshop with Maggie**

Saturday 13 - Sunday 14 April (9.30 am - 5.00 pm)

Somatics is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves. Somatics teaches us to recognise and release holding patterns, resulting from pain, injury, stress or habituated posture, and enhances any kind of exercise such as yoga, dance, sport or just moving through life. You will also learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches commonly attributed to stress, injury and ageing.

**Maggie** is a certified Somatic Movement Educator and graduate of the International Institute for Somatic Movement Education. She is also a highly trained massage therapist and has been working in the field of pain relief for over 15 years.
YOUTH CENTER

Activities for the upcoming week:

Youth Center welcomes “B” to give us a presentation and discussion about “Auroville History”, on Tuesday 2nd April, at Night Conscious Learning (NCL) from 06:30 - 08:00 pm.

“Restorative Auroville”, would give a presentation on “Restorative Circles - Bringing Restorative Justice to Auroville”, at (NCL) on Thursday 4th April, at Y C from 6:30 - 8 pm.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9 am - 12 pm</td>
<td>Gardening/ Tree House Roof Repairing</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9 am - 12 pm</td>
<td>Infinity Farm Work</td>
</tr>
<tr>
<td></td>
<td>6:30 - 8 pm</td>
<td>Night School (B)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 am - 12 pm</td>
<td>Gardening/ Tree House Roof Repairing</td>
</tr>
<tr>
<td>Thursday</td>
<td>9 am - 12 pm</td>
<td>Infinity Farm Work</td>
</tr>
<tr>
<td></td>
<td>6:30 - 8 pm</td>
<td>Night School (Restorative Auroville)</td>
</tr>
<tr>
<td>Friday</td>
<td>9 am - 12 pm</td>
<td>Gardening</td>
</tr>
<tr>
<td>Saturday</td>
<td>9 am - 12 pm</td>
<td>Preparation for Pizza Night</td>
</tr>
<tr>
<td></td>
<td>7 pm - 9 pm</td>
<td>Pizza Night</td>
</tr>
<tr>
<td>Sunday</td>
<td>9 am - 12 pm</td>
<td>Farmer’s Market</td>
</tr>
</tbody>
</table>

CREEVA

Center for Research Education Experience Visual Arts

Art Experience with CREEVA in the Kalakendra Studio located in Bharat Nivas

Information 9784611149 or audrey@auroville.org.in

APRIL SCHEDULE

- EXPLORING LANDSCAPE INDOORS & OUTDOORS IN WATERCOLOUR
  BY SATHYA 9486145072
  APRIL 12-13 - Fri.-Sat. 9:30 am - 12:30 pm.

- THE BODY DRAWS
  BY AUDREY 9784611149
  April 27-28 - Sat.-Sun. 9:30 am - 12:30 pm & 2 pm - 5 pm.
  Come see what your body will draw when you let it!

- Open Studio in Kalakendra’s Studio
  Mon. Wed. Fri. 2-4:30 pm
  All materials provided, contribution requested.

- Weekly Evening Art Sessions in different locations:
  - Mondays: Gino 9047097812.
    Watercolor through meditation and geometry, 5:15 - 7:15pm
  - Wednesdays: Helgard 9486334326 - Playing with Color, 5-7 pm.
  - Thursdays: Lakshay 9810052574 -
    Drawing from the model, 5-7 pm.
  - Fridays: Sathya 9486145072 -
    Watercolor Landscapes, 5-7 pm.
  - Sundays: Annick 9585944167 -
    Using natural pigments going back to primitive Art, 3-5 pm.

OTHER EVENTS

- Argentine Tango Course
  Two month-long first-timers’ tango course with Hubert. Beginning Tuesday April 9th.
  Commitment required. For more info, please contact through
  WhatsApp at +919843600514
  or email at tango@auroville.org.in.
  For AurovilleTango, Hubert & Aurevan

- Let’s Enjoy Origami
  Bharat Nivas in collaboration with Japanese Pavilion invites you to participate in
  “Let’s enjoy ORIGAMI”
  Friday, 5th April, 2:30 - 3:30 pm
  Venue: International Zone office at India Space, Bharat Nivas
  (you can either come inside from the first door after the toilet or the next one).
  In April, spring (in Japan) as always, we will make some seasonable item for the month. You will find out what it is! Bookings not needed, all are welcome! Contact Tomoko or Emiko on letsenjoyorigami@gmail.com.

- De-stress Your Mind & Heal Your Body
  A Scientific Meditation with Sound healing for Mind- Soul- Body.
  Saturday 6 April - At 10.30 Am
  Sri Ma Tanto Beach
  Advance registration required
  +919489805493
  or mail: christine@auroville-holistic.com

MONTHLY SCHEDULES of AV CENTERS

REMEMBER: The monthly schedules and activities of the Auroville Centers can be found on the following websites:
- Joy Activities: www.joy.auroville.org/
- Holistic: www.auroville-holistic.com/
- Pitanga: www.auroville.org/contents/3185
- Savitri Bhavan: www.savitribhavan.org
- Language Lab: www.aurovillelanguagelab.org/courses.php
- Auromode Yoga Space: www.auromodeyogaspace.com
- Vérité: www.vereite.in/
- Arka Wellness Centre: www.auroville.org/contents/2886
- Quiet: http://quiethealingcenter.info/
- Lilaloka: www.lilaloka.org

REGULAR EVENTS

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.auroville.org.in

AYYA Auroville Youth Activities: a website presenting regular Youth Activities available in Auroville: youthactivities.auroville.org.in. 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.
African Pavilion’s Regular Events: Every Thursday enjoy the drumming circle together with African dinner from 6 pm till 9 pm. We drum together - no musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / • Unifying team building
• Active meditation / • Empowerment through rhythm. On Saturdays from 4:30 pm until 6 pm: Focused Dance Improvisation with Tahir.
Location: African Pavilion, near Visitor Centre. Contact: 9047074711 africa@auroville.org.in. Fixed Contribution is requested for building the Pavilion, thanks! We also have just re-opened our Africa Safari Camping site accommodation for Guests and Volunteers. Bathrooms and breakfast provided. We are OPEN and we have tents waiting for you! For more info and to reserve a tent, email us at africa@auroville.org.in or call +91 9348460764/9407074711. See our FB here! 
Auroville Yoga as a lifestyle near Auroville, India. Yoga for Beginners & All Levels on Wednesday 7am-8am; Advanced (morning classes) on Tuesday & Thursday 6.00 to 7.15 am; Women & young girls (from 15) Sunday morning 8.30 to 9.45 am with Surya. For all classes please be at the Dojo/Budokan 10-15 min. before class starts. Welcome to watch a class before you join. Beginners may wear loose long pants & T-shirt with sleeves for the start (no tight fitting please) then a white “keikogi” will be worn. The gate of Taramangaling is the third gate on the left after Skandavan gate which will be on your right side. Registration by mail after Skandavan gate which will be on your right side. The gate of Taramangaling is the third gate on the left after Skandavan gate which will be on your right side. Contact: budokan@auroville.org.in 94552-8489755035 or muthukumari@auroville.org.in.
Darkali Fitness

Board Game Evening: FRIDAYS from 6pm onwards at Le Zephyr in Visitors Centre. We have many games but feel free to bring along yours.

Breath of life: Pranayama Fridays, 4pm to 5.15pm @ Arka Multihall with Lakshmi. Pranayama is the conscious awareness of the breath, the life force that helps you to improve concentration & perception, helps you energize your Office and detoxify body-mind-soul. With Pranayama breathing techniques, you will discover the potential of your breath. Individual session also available. All are welcome! Please come in empty stomach. For more information please contact Lakshmi - 8489764062

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

Capoeira (Group Ginga Saroba): Classes open to all levels, led by Prof. Samukha 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 - Dehasshakti Gymnasium. Free trial class every first Thursday of the month.

• KID CLASSES >> Monday & Friday: 1.15 PM - Deepanam School - Contact us prior bringing a new kid, • OPEN RODA (Capoeira Circle) >> First Friday of each month 5.30 - Visitor Center - Open to all!!! Contact: info@ginga-saroba.com | www.ginga-saroba.com | 9488328435

Carnatic music - singing lessons and veena: For adults and children 8 years and older. Bruno (Utility). Telephone 0413-2623108 / mail nadopasanai@auraville.org.in.

Carnatic Vocal: with Grace at Sawchhu (Bharat Nivas) every Sunday 8:30 to 11:30am. 8940522975.

Children Activity Garten: 2622045 Contact: 7094104329. Children Activity Garten: from 4 to 6.30 pm at Vérité. Please come to the Farm Office near the entrance to get your device and a map. If you would like to download the audio companion onto your smart phone beforehand please contact programming@verite.in.

Chakra Guided Dance: with Vera on Thursdays from 5 to 6.30 pm, at the office. You will take a journey on which you will learn to use your beautiful voice with bija mantras and visualizations, and dance through all the chakras. Strengthen the connection between your body, mind, soul and energy/spirit body, while cleansing, opening and balancing the chakras in the process. Contact: 0413-2622045 or 7094104229.

Children Activity Garten: in a friendly home-environment for ALL children from 2 to 9 years. Open Mo - Fr from 9 am to 1 pm and on the regular school holidays. Contact: sanora@auraville.org.in or 7639017692, http://activitygartenauraville.esy.es

Chiropractic & energy line adjustments: with Andres Lokuto (45 min) at Auromode Space. This therapy is based on long years of daily practice of traditional Chinese medicine and chiropractic treatments. This treatment is a manual manipulation of the joints and muscles combined with exercises of Qi Gong (Chinese energy gymnastic). The objective of the therapy is to regulate tension(s) and relax the body and the mind by putting the body straight with follow up re-education of body movements and smoothing of the breathing. By appointment only.

DIWALI DELIGHT cooking class: at Joy Guest House: A cooking class where we will cook delicious food. Together we will discover authentic Indian flavors. Prior registration required. Every Friday from 5 to 7 pm at Tahir. For info and reservations please contact us at: 9487723931 / Email: joycommunity@auraville.org.in.

Dancediscipline Improvisation: with Tahir at the African Pavilion on Saturdays from 4:30pm until 6pm. We will explore dance improvisation with a different focus every time. All are welcome.

Dance Contact improv jam with Kartick at New Creation dance studio. Thursdays from 6 to 8pm.

Contact Improvisation Dance classes and jams: Tuesday and Wednesday 5 - 7pm at European House (located inside and to the right of international house - opposite Tibetan pavilion). A chance to play, move, roll, fly, spiral with and without a partner. We will play with the angles of falling off balance, counterbalancing, 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 stunt effortlessly, efficient and graceful movement. Tuesday class we will focus on technique and improving our contact movement vocabulary. Wednesday will start with warm up and develop into a free space jam, where we can play and dance. Classes are designed for all experience types. Contact John: 852 496 3049.

Dance - Contemporary and Bharatnatyam: with Aurosvasthi at Progress Hall (Bharat Nivas) every Wednesday and Thursday 3 to 5pm. 8300929836.

Dance - Hip Hop and Contemporary: with Vijay at Sawchhu (Bharat Nivas) Tuesday 6 to 7pm, Saturday and Sunday 6:30 to 7:30pm. sarasau@auraville.org.in, 9655831272.

Dance for Teens: with Madda at New Creation Studio. Wednesdays from 4-5.30pm.

Dance Mandra Meditation: with Nikhil, Wednesdays from 3 to 4.30pm at Vérité. Dance liberates us from our thinking minds as we fully inhabit our bodies. To achieve inner stillness of mind we begin by chanting mantra OM several times spontaneously from the heart centre. Once the mind is slowed down, we chant the mantra “Hare Rama Hare Krishna” or similar and then express the inner joy in form of natural body movements focusing entirely on the present moment. In the end, we ground the energy using proven guided relaxation technique of auto suggestion called Yoga Nidra or Yogic Sleep. Shiva keeping the world in balance with his cosmic dance - For more info (+91) 413 2622045 or email programming@verite.in.

Dance Offering: with Dariya at Vérité on Mondays from 5 to 7pm. Listening - allowing - unfolding - celebrating - offering. Everyone can dance regardless age, sex, size, flexibility... 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 allowing 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. Objectives of this sessions include: letting the inner children play, providing space for being rather than doing, inviting awareness into the present moment, the only moment, developing nonverbal, bodily communication, expanding our inner and outer boundaries, building trust, freeing the busy mind by freeing the body, expressing the sleeping creativity, celebrating this wonderful human experience. Contact: 0413- 2622045 or 7094104329.

Dance Rhythm of Movement: with Vera at Vérité on Fridays from 5 to 6.30 pm. Let’s dance in the never-ending cycle of time, to the sacred rhythms of the Universe. Express your unique movements, and dance to gain insight and energy from the creative Source. We’ll let go of self-consciousness and restraint, release tension, and just enjoy the feeling of moving our bodies. Come write a story about your experience, more freedom in the process of life by invoking a state of bliss. Contact: 0413 - 2622045 or 7094104329 or email programming@verite.in

Darkali Fitness Track: welcomes you every day from 4.30 to 6.30 pm. If you would like to come in the mornings please contact us at dft@auraville.org.in. Please remember to come 30 minutes before class time. Please note the case of rains the Fitness Track will be closed until the path is dry. To be aware when the Fitness Track reopens after the rain please visit Auronet group «Darkali Fitness Track». Way to the gate in Google Maps: goo.gl/dpdTgf.

Daycare Centre: open Monday to Friday from 8:30 to 12.30. Created especially for children of guests, volunteers and newcomers, the Daycare offers a beautiful space for children (aged 2 to 8 years) to enjoy their stay in Auroville with various indoor and outdoor games and activities (incl. with swimming pool). For more information and bookings visit: aurovilledaycare.com.

Deep Sound Bath: with Anand, Balu & Vera on Tuesdays from 5 - 6.30 pm at Vérité. 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 harmonies and frequencies of various instruments to heal the body on a cellular level. Sound Bath Meditation is effective in: - Clearing stagnant energy in the body & assisting it to flow freely once again - Increasing immune system functions - Rejuvenating the Spirit - Decreasing depression & improving one’s ability to regulate emotions - Increasing focus & attention & more. Contact: 0413 - 2622045 or 7094104329.

Deep Transformational Coaching with Joerg: Do you feel stuck? What is stopping you from living the life that really fulfills you? I am passionate about inner discovery and learning, and so I help people integrate all parts of themselves so that they can truly find their deepest dreams for the future. I support people to become aware of where they want to be in the future and to take the right steps to get there. Contact: joerg@auraville.org.in.
Eco Femme Open Session: Eco Femme welcomes you on every Thursday from 10.30 am to 11.30 am for a small talk about our work, sustainable menstrual products and menstruation experiences. Pass by to learn more about the hazards of disposable menstrual products, the benefits of reusables and why menstrual switch is so important. You will also learn about our non-profit programmes which directly benefit women and girls in India. Contact number: 9487179556. Our office in the Saracoen campus, near Ganesh bakery, just before Windarra. email info@ecofemme.org.

Eco Handicraft with Wellpaper: All are welcome daily to experience one of our waste upcycling techniques exposure sessions with the experienced women of Wellpaper. The regular interactions are morning or afternoons. Please contact us in advance to coordinate and get information. Phone/Whatsapp +91 9385744722, email wellpaper@aurowil.org.in. Please check our website: wellpaper.org/.

Equilibrium Healing Massage with Marcia at Vérité. Equilibrium Healing massage 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 please contact: 0413 - 2622 606 or 7094104329.

Explore Temples Around Auroville: We welcome you to explore temples around Auroville. You will experience the local culture, food and local atmosphere. Prior registration required. Every Saturday from 4:30 to 7:30 p.m. with RaeJoy. For info and reservations, please contact us at: 9487227399 / Email: joycommunity@aurowil.org.in.

Expressing your inner through colours: With Helgard, Wednesdays 5-7pm at CREeva’s Studio in Creativity. Welcome back to my class for adults! I welcome my experienced students as well and anyone interested in expressing their inner through colours. (no need to have experience with painting!) We work in silence, to find our first colour. I will guide you a bit and let you go enjoy the here and now!!! It’s the process where we experience our self-and share. PLEASE COME IN TIME BECAUSE WE WANT TO BE UNDISTURBED IN SILENCE FOR CONNECTING TO OUR SELF. Please make reservation: 0413-26222427, 9486534326 (no connection at home) helgard@aurowil.org.in.

The Eternity Game- El Juego de la Eternidad: An oracle with 64 cards based on Sri Aurobindo’s Yoga. Individual and groups, in English, Spanish and French. By appointment. Contact: Anandi: 0413-2622 547 or anandit7@aurowil.org.in.

Etomedicine: with Lisa at Vérité. Etomedicine 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 past events or conditioning, which then allows dissipation/release of symptoms. On Appointment. For more info: (+91)413 2622 606 or email programming@verite.in.

Facial Acupuncture: with Lhamo at Joy Guesthouse (on Appointment only) 9565524237; small needles are used solely on the face of the patient, which is a mirror of the whole body. It uses a very interesting and immediate way to assess the changes in the body.

Family Constellation workshop with Mohgan: Creativity Hall of Light Saturdays (9am to 6pm) on 6th April, Contact Mohgan: 9751110486 / mohgan@aurowil.org.in.

Feldenkrais Method with Nur at Creativity, Tuesday 11-12:30. The Feldenkrais Method cultivates awareness through movement. Inspired by animals and human infants, we experiment with different movement possibilities and learn about patterns of holding, discovering how to move in a skillful and efficient way. Dr. Feldenkrais designed the lessons “to turn the impossible into the possible, the difficult into the easy and the easy into the pleasant”. Feldenkrais Method: with Nur at Vérité on Mondays and Wednesdays from 11 am to 12 noon and 3:30 to 4:30 pm. Tuesdays from 10 to 11 am & Fridays from 3 to 4 pm. The Feldenkrais Method cultivates awareness through movement. Inspired by animals and human infants, we experiment with different movement possibilities and learn about patterns of holding, discovering how to move in a skillful and efficient way. Dr. Feldenkrais designed the lessons “to turn the impossible into the possible, the difficult into the easy and the easy into the pleasant”. Contact: 0413 - 2622 045 or 7094104329 or email programming@verite.in

Fire spinning group for AV kids and teens in Dehashakti (in front of office). Fridays 5pm-6pm, minimum age 10, regular commitment preferred. For more information contact naharemete@gmail.com

Fitness Swiss ball with Savitri at New Creation dance studio. Thursdays from 5 to 6pm (all levels).

Food Garden Exploration: Every Friday from 9am to 1:30pm with breakfast and lunch at La Ferme Community. Harvest - Prepare - Eat. I would like to share with you the beauty and simplicity of growing and eating your own food. Let’s harvest greens, vegetables, flowers, fruits and create, together, colorful and healthy tasty dishes, with focus on raw food. We will start with breakfast ideas such as herbal tea, green smoothies, fruit bowls... Followed by a discovery walk through the garden, collecting gifts for our lunch dishes to create delicious healthy veggie bowls, limited to 6 persons. Booking: sarah@aurowil.org.in, 9047421044, Instagram: greenlefauroville.

The Food Laboratory: Information of the critical immune activity's regarding the necessary understanding of how the food element interferes with our immunological responses. For improved health and disease comprehension 9443362274 for an appointment. Bioresonance test. Quantum resonance analysis. Food allergy detector. Consultations.

Foot Reflexology & Holistic Consultation: (90 min) at Auromode Yoga Space with Isaac and Lila. More info on: www.auromodeyogaspace.com.

French classes at Savitri Bhavan, House of Mother’s Agenda: French classes at House of Mother’s Agenda, every Monday and Friday from 5 pm to 6 pm. Functional Integrations (FI) Feldenkrais Method: with Nur at Vérité. Dr. Feldenkrais developed FI, where through guidance with gentle touch, the “student” and “teacher” explore existing patterns of organizing the body. Then new possibilities are suggested, to facilitate a more efficient, comfortable and pleasant way of moving. For appointments please contact: 0413-2622 606 or 7094104329 or email treatments@verite.in.

Green Papaya Collective ‘Gleaning Project’: Do you have any fruits and edible greens in your garden that you have no time or means to collect? The Green Papaya Collective can come and do it for you, sharing the harvest 50/50. Contact us through Emma: emma@growingwithwild.com or whatsapp +6705318534. Thank you!

Hairdresser/Hairstylist: by Ladina. I offer haircutting, hairstyling, highlights at my home salon Monday through Saturday for the ladies. Private home service also available. For appointments please contact 9787337465.

Hatha Flow Yoga Classes with So Yuon: At Creativity Hall of Light. Fridays: Hatha Flow Basics 5:30pm to 6:50pm. The class is based on the alignment of Iyengar and flow of Ashtanga. It remains relevant to authentic yoga tradition while tackling modern challenges. After class, you will be So Young!! Info: 8300874818 Soyun.

Hatha Vinyasa Flow: with Aishwarya at Vérité on Saturday from 5 to 6.30 pm. Hatha Flow - In this session the practitioner will be guided through a dynamic sequence of asanas, while using the major muscle groups to improve balance and co-ordination every moment. The focus of this 1hr 15 minutes session will be on centering the mind, the breath and drishti are aids in this practice. The session ends with a short visualisation practice. Contact: 0413 - 2622 045 or 7094104329.

Hatha Vinyasa Yoga with Andres at Vérité on Mondays and Wednesdays from 5 to 6.15 pm. “The practice guides the student to a tension-free state of radiant health achieved through the practice of the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dharana), 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, intellectual and psychic being. Through constant practice contentment (santosh), equanimity (samatha), conscious health, connection and well-being will be established in daily life”. Contact: 0413-2622 045 or 7094104329.

Morning Hatha Yoga: at Auromode Yoga Space. (accessible to all levels) Monday to Saturday from 7-8.30 am with Laure or Bala. Soft and activating Hatha yoga to wake your body up gently and start a healthy day! More info on: www.auromodeyogaspace.com.

Hatha yoga and Hatha Vinyasa Flow: at Auromode Yoga Space. Monday to Saturday from 5.30-7pm with Bala, Laure or Andres Acosta. Accessible to all levels. Simple Hatha and/or Hatha Vinyasa Flow Yoga will be practiced. Through the postures, breathing (pranayama), movement, concentration, activation of energetic centres (chakras) and relation techniques. More info on: www.auromodeyogaspace.com.


Hatha yoga - private sessions - individual or group: (90 min) at auromode yoga space with Laure, Bala, Andres Acosta, Salomea or Anabel. Classes in English, French, Hebrew, Tamil, Dutch or Spanish. More info www.auromodeyogaspace.com.

Hatha Yoga classes with Tatiana: Saturday mornings: 6.30 to 8am at Progress Hall, Bharat Nivas. Contact: mahayoga108@gmail.com.

Hatha yoga with Tibetan bows at Auromode yoga space: 5.30-7 pm SATURDAYS (till April 20th) Enjoy a gentle and meditative Hatha yoga session being surrounded by the sound and vibrations of Tibetan bows.

More info: contact@auromodeyogaspace.com.

Hip-hop Dance Classes by Vijay at Kullapalayam Creative Centre: On Saturday: between 5 and 6 pm / On Sunday: Between 3 and 5 pm for more information: 9843195290 (Selveraj of KCC) / 9786167917 (Sundar K, Aspiration).

Hindi & English Class
On Saturday: between 5 and 6 pm / On Sunday: Between 3 and 5 pm

Contact: swara@auromodeyogaspace.com

and 1:30pm to 4.30pm. For more details: 9843195290 or 9385767513 or mail us through: kulilacreativecentre@gmail.com.

Laughing Meditation with Nikhil at Vérité on Tuesdays from 3 to 4.30pm. It's a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, om chanting & singing. We laugh, to release stress and to connect with each other.

Contact: vikram@auroville.org.in or sue@auromodeyogaspace.com. Please call before to confirm your coming, thank you.

Kino Auroville: Kino is a film making movement that advocates the production of short-films on little to no budget, using small crews, and non-competitive collaboration. There are Kino Groups around the world. Kino Auroville is the only one in India. We invite anyone who has made a film in the last month, between 30 seconds and 6 minutes to come and screen it. We meet every first Saturday of the month at 10 a.m. at the MMC/CP (MultiMedia Center / Cinema Paradiso) at the Town Hall. Some of the films made can be found at this link: https://vimeo.com/groups/kinoaurovilemonthly.

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. 0413-2632446, Info@kolyamyoga.com.

Horse-Assisted Therapy and Natural Horsemanship: Strengthening connection, self-confidence and discovery of the language of horses, with Mirabelle, contact@auromodeyjiva.com / www.auromodeyjiva.com.

Hypnosis: with Lhama at Joy Guest House (on Appointment only) - 9565524237; in modern hypnosis, the emphasis is put on our own concentration, and training of our thoughts. With Sigrid Lindemann contact@auromodeyjiva.com / www.auromodeyjiva.com.

Hypnotherapy and Transpersonal Regression Therapy: working on all levels of consciousness, with Sigrid Lindemann, contact@auromodeyjiva.com / www.auromodeyjiva.com.

Hypnotherapy Sessions with Christine P: hypnosis, mindfulness, and therapy techniques will be used to help the person suffering from psychological trauma caused by a distressing event. By reducing the impact and the symptoms associated with traumas. With Christine P, Certified EKAA, christine@auromodeyjiva.com or whatsapp: +91 9498905493 / www.auromodeyjiva.com.

Inner Dance and Meditation: with Yoffi on Saturdays from 5 to 6.30 pm at Vérité. Listening, sensing, connecting, letting go and celebrating the present moment. The session will include active meditation, inner awareness and free flow movement. Come with good, soft and comfortable clothes. Contact: 0413 – 2622 043 or 7094104329.

Integrative Massage: with Elise at Vérité. A synthesis of deep tissue massage, joint release, energy work, reflexology, breath work, body awareness and meditation that creates a powerful healing tool for body-mind-energy. For appointments please contact: +91 0413 2622 606 or +91 7094104329 or email treatments@verite.in.

Japanese Tea Ceremony: available on request - Please contact info@kinoaurovile.org.in or at 0413-2622606.

KALARIAPPAYATU CLASSES: in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 9042009200 / 9858153355.

Kali Yoga Class for Beginners:
Morning classes 6.30 - 7.30 Monday, Wednesday, Friday. Evening classes 5.00 - 6.00 Tuesday, Thursday, Saturday.

Kali Classes for Advanced people:
Morning classes 6.30 - 7.30 Tuesday, Thursday, Saturday.

Kathak Dance: with Ashavari at Progress Hall (Bharat Nivas) every Thursday/Saturday 5 to 6 pm and Sunday 10 to 11 am. 975167716, aashavari@gmail.com.

Kids dance in New creation: Monday 3-4pm and Wednesday 10.30-11.30am Thank you! Ullrike Urvasi.

Kino Auroville: Kino is a film making movement that advocates the production of short-films on little to no budget, using small crews, and non-competitive collaboration. There are Kino Groups around the world. Kino Auroville is the only one in India. We invite anyone who has made a film in the last month, between 30 seconds and 6 minutes to come and screen it. We meet every first Saturday of the month at 10 a.m. at the MMC/CP (MultiMedia Center / Cinema Paradiso) at the Town Hall. Some of the films made can be found at this link: https://vimeo.com/groups/kinoaurovilemonthly.

KoTree Hatha Yoga: Tuesday, Thursday, Saturday 5pm - 6.30pm in DOUCEUR community. A fixed financial contribution is expected. 0413-2632446, Info@kolyamyoga.com.

Kulai Creative Centre - Weekly Activities: Dear community members and friends, we are very delighted to share about our regular classes. Please feel free to contact us to join in any of these classes. They are for everyone from above 10:

- Evening tuition classes from 3rd graders to 9th graders
- Computer classes on hardware and software.
- Yoga, Salsa, Martial Arts, English classes, Music classes, Bharatnatyam (Classical dance), Hip Hop classes.
- Weekly once “Movie time” on Saturdays from 6pm to 8pm.
- Our regular LIBRARY timings: Monday to Saturday 9 am to 1pm and 1:30pm to 4:30pm.

For more contacts 9843195290 or 9385767513 or mail us through: kulilacreativecentre@gmail.com.

Laughing Meditation with Nikhil at Vérité on Tuesdays from 3 to 4.30pm. It's a mindfulness meditation practice to quiet the mind. We start by focusing on breathing, om chanting & singing spontaneously to return to the moment/now. Thereafter we make transition to laughter and it has a contagious effect starting waves of laughter throughout the room. The laughter goes on for hours or till very deep in the belly hurts!! Depending on the day and energy we may do laughter exercises (aka laughing yoga) to induce/enhance laughter... Generally, we end the session with yoga Nidra or yogic sleep to completely relax the body, mind and emotions.

Contact: 0413-2622 045 or +91 9498043229.

Laliloka - Creative Play for ages 4+: Mondays, Wednesdays and Thursdays from 2 to 4 pm; Tuesdays from 9.30 am to 12 pm. Activities offered are around: Music, Art, Nature, “In the Body” Games. Minimum attendance of 1 month. Registration required: Call on 9843948288 or at vikram@auromodeyjiva.org for further info.

Laliloka - Creative Play for ages 4+:

- Mondays, Wednesdays and Thursdays from 2 to 4 pm; Tuesdays from 9.30 am to 12 pm. Activities offered are around: Music, Art, Nature, “In the Body” Games. Minimum attendance of 1 month. Registration required: Call on 9843948288 or at vikram@auromodeyjiva.org for further info.

Laliloka - Creative Play for ages 4+:

- Mondays, Wednesdays and Thursdays from 2 to 4 pm; Tuesdays from 9.30 am to 12 pm. Activities offered are around: Music, Art, Nature, “In the Body” Games. Minimum attendance of 1 month. Registration required: Call on 9843948288 or at vikram@auromodeyjiva.org for further info.

Mandala Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala’s practice at Baraka Community (Green Belt). Since the beginning of the Human Life, people from all over the world are connected with special shapes; the Mandalas are part of them. Carl Jung, long time ago, discovered that the practice of drawing mandalas, in spontaneous way, it produces effects and a benefit on our own Life, harmonizing and rebalancing whatever is in need.

- My role on all this is to guide you into the process of drawing, the mandala as a Sacred Circle, our own Universe, where to express...
our inner being of that moment, the moment we draw inside it, using different techniques, to reach spontaneously your centre, your reconnection with yourself. Material all included in the requested contribution. Please contact me for all details: 978702844 or rosalba@aurville.org.in. See more on Facebook: www.facebook.com/rosalba.aurville

Mantra Chanting: with Nikki at Vérité on Mondays from 3 to 4.30 pm. A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaay, maa kaali chants and repeat same in a group aimed to quiet the mind & help improve focus and concentration. Contact: 0413-2622 045 or 7094104329.

MatriGold: A Visit to MatriGold: Every Thursday at 3 pm and on appointment for groups. You can listen to the amazing founding story of MatriGold. You will learn about the unique Gold-in-Class technology, which was developed in Auroville for the Matrimandir. Birgitta will also talk about the impact which pure gold has on the human body. You can get a glimpse into our jewellery production process and see a beautiful video about it. MatriGold, Sanjanara Community, first residential, rural zone. Please call +914132622458, if you have trouble finding us.

Mattram Centre for Psychological Development and Support: Open Walk-in for just sharing without appointment from 9:00 to 10:00 am (except Sunday) with professional Integral Psychologists: Palani on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday. Appointments for Consultation, Counselling and Therapy daily (except Sunday), from 12:00 to 12:30 pm at 0413-2622351 or mattram@aurville.org.in. Mattram is situated in Mitra youth hostel behind Town Hall. See more on www.mattramav.wordpress.com.

Murtuam Healing Forest Activities: Herbal Walk & Talk / Consultation Siddha Herbal Medicine/ Herbal food cooking classes/ Quitting with Herbs. For dates and timing please contact murtuam@aurville.org.in. Cell. 93454 54232. Student Groups very welcome. Regards, MHI Team.

Meditation for Peace and Healing: Join us from 5:00 to 5:45pm every Thursday around the Peace Table at the Unity Pavilion to build a space and hold a positive space for Healing and Peace. Please offer your Presence to help in this collective experiment, whether you need healing yourself or simply want to support others in their healing and well-being.

Mindfulness Meditation: with Johanna and Jaz on Tuesday 6 to 7:30pm @Joy GH Hall. Mindfulness is the art of living happily in the present moment, embracing everything that life has to offer to us. Every Tuesday we practice together various mindfulness exercises that will help us stay centered and peaceful in our everyday lives. These include sitting, walking and movement meditation and sharing circles. Open to beginners and experienced meditators alike. For info and reservations, please contact us at: 9487722393 / Email: joycommunity@aurville.org.in.


1) AMI: Analysis of Multiple intelligence through fingers print: A Scientific way to discover your hidden talent and potential. Technology to know one’s Inborn Potential & Talent. That will help you to know your resources and abilities, and to develop them. Benefits of AMI: 1) Identify your hidden natural talent - 2) Enhance the learning ability - 3) Helps to identify the level of brain quotients-4) Confidence for better life - 5) Better family relationship.

2) Sound healing with scientific meditation sessions: Sound has been called the very vital therapy in healing Mind, Body & Soul. With Essentia - Scientific Music based Therapies available in Holistic, we use two approaches – “SSDP Super sensory development program” to develop our 5 senses, fast reading, memory enhancement, productivity, etc. And the “Healing treatment approach”: for depression, anxiety, bipolarity, mental disabilities, hyperactivity, sleeping disorders, anger management, chronic fatigue.

3) De-Stress Your Mind and Relax Your Body: Next workshop Saturday 6 April at 10.30 AM - At Srima “Tanto Far beach resort”. Pre-registration by mail christine@aurville-holistic.com or WhatsApp 9489805493.

MMA (Mixed Martial Arts) and Self-Defence for Women: On hold as of APRIL. Check our page on FB: Auroville Mixed Martial Arts. Love, Giacomo.

Mudra-Chi Workshop: A body Prayer in a Tai-Chi Form. Every Tuesday at 4.45 pm. At Savitri Bhavan. Facilitator: Anandi. For further information or Special Classes, contact me: anandi7@aurville.org.in.

Music Composition: “The Ultimate Composer of Sounds”: this is a regular weekly informal meeting to discuss about music composition, and how to develop the necessary skills. We will discuss how to be able to organize sounds, develop and manipulate them in a different fashion, meaningful to performer and/or listener, whatever sound palette or musical style one wishes to use (whether created from scratch or using already existing materials or a combination of both), and how to be able to notate and/or create it directly on paper or using a music software and/or sound device. Also, very important is how one can open oneself to the “source” and have the complete freedom and skill to materialize “that World” and the subtleties of its vibrations. All this I believe to be the highest achievement of a composer. We will look into conventional and unconventional methods, discovering, experimenting, questioning and understanding the processes by which one can become what I can call: “Ultimate” composer. If interested, please contact me at: pushkar@aurville.org.in. More info: http://www.pushkaracolloto.com.

NEW COLORS: The NEW COLORS children’s centre is in Edyananchavady village, and offers free homework help for students from grades 1-9 from Monday to Friday between 5 to 7 pm (not on rainy days). “The MOTHER KinderGARTEN” in NEW COLORS is for ages 2-7, open from Monday to Friday with: morning activity 8:30am to 1pm or afternoon activity from 1pm to 4pm or full day activity 8:30am to 4pm. It is suitable for short or long term for Aurovilians & Newcomers and Guests. For registration and further details, contact Renana at 986544472 / motherkindergarten@gmail.com or newcolors2002@gmail.com.


OdiSSI Dance Classes: If anyone who is staying in Auroville long-term is interested in dedicately learning Odissi dance as a beginner & is willing to commit to be regular to classes, please contact odissidanceclass@gmail.com.

OdiSSI Dance: with Kanchana at Sawchu (Bharat Nivas) every Saturday and Sunday from 3 to 6pm. udavikanchana1@gmail.com, 9358388665.

OM Choir: “The voice that chants to the creator Fire, The symbolled OM, the great assenting Word”. Every Tuesday at Savitri Bhavan, 5.00 pm to 6.00pm - and at the OM Choir in the Ashram School, opposite the Ashram Entrance, Pondicherry, Fridays at 7:00pm.

Open Heart Space Meditation: with Sumrat at Vérité on Thursdays from 3 to 4.30 pm. It is a simple practice of becoming aware of the reality as it is without judgement, 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 inner and outer worlds meet and meet. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment. Contact: 0413 - 2622 045 or 7094104329.

Oracle Card Reading: With Carmen. By using several oracle cards together (ask your guides, ego cards, trust your vibes and with the mother blessings oracle cards) I will guide you to find your own unique way to progress. You will get clear answers and practical tips to move forward in your situation. By appointment at: 9751673869. Love Carmen.

Paintings and Drawings Exhibition and Fund Raising: in Room Studio - Vikas every Saturday from 4pm to 6pm. Come and see drawings and paintings done with various mediums such as oil, charcoal, soft pastel and watercolor. Some pieces are from the exhibition: “Ivana’s Art Forum Auroville”. You can get an idea of the variety of techniques to raise funds for a home and studio for the artist. The special account is 256190. Please do not hesitate to contact ivana if you have any inquiries - ivana@aurville.org.in, 709 43 44154.

Piano classes: (under the umbrella of SAIIER). For children and adults. Classic, Jazz and the Art of Improvisation. A regular access to a private or public piano, keyboard or synthesizer is required for the student. Please write to: Hartmut von Lieres at vonlieres@gmx.de. Warmly, Hartmut.

Plates: with Teresa in Arka. Come to enjoy a Plates class if you look to strengthen your core, create long, lean muscles, develop core control or get rid of a regular back pain. Plates class are focussed on movements with control from the ‘power house’. News & Notes 1 April 2019 [792]
Tuesdays 7:30am - all levels. Wednesdays 5:30pm - all levels. Thursday 7:30am - all levels. Fridays 5:30pm - for advanced students only. For more information you can write to Teresa: whatsapp +917876998952 or mail teresa@auroville.org.in.

Pilates with Savitri at New Creation dance studio. Time: Mondays from 3-6pm (intermediate), Tuesdays (intermediate) and Saturdays (basic) from 7.30 to 8.30am.

Pranayama Practice: with Laure at Auromode Yoga Space (accessible to all levels) on demand/appointment for individual practice or in groups. Contact reception for appointment. More info on: www.auromodeyogaspace.com.

Pregnancy, Birth, Conception, Parenting: Offering space and time to share and grow during this special time of life. Knowledge, Trust, Awareness in body and breath, Empowering. Proposing Thursday mornings 7.30-8.30am and evenings from 5-6pm. Prior registration recommended. Please contact us for more information or different times. Place: Sanjana behind Arati. Ulrike Urvai 9442069249 (sms, whatsapp), ulrikirishna@gmail.com.

Psycho-spiritual work, tarot and other sessions: 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...by Antarjyoti in English or French, these sessions are an activity of : ARKA WELLNESS CENTER, tel info/booking (land): 0413-262 37 67 or email: antarcall@yahoo.fr.

Psychosynthesis Counselling and Bach Flowers with Stefania on appointment in Joy Community. For info email joycommunity@auroville.org.in or call Stefania at 9486363442.

Qi-Gong: with Lhamo at JOY Guest House on Monday and Thursday from 7 to 8 am. Qi-gong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, lymphovial and lymph) and building awareness of how the body moves through space. When you practice and learn a qigong exercise movement there are both external movements and internal movements. All levels are welcome :) Qi Gong: practice with Andres Lokuta, free class in Sawchu, Bharat Nivas: 7-8 am every Monday, Thursday and Saturday.

Readers group in ITALIAN - Mother’s Agenda: For all Italian speakers, visitors or residents of Auroville. LET’S KNOW AUROVILLE THROUGH THE MOTHER! L’altro modo di conoscere Auroville attraverso il “lavoro” di mère leggendo insieme alcuni passi scelti. Mercoledì h 17 in Creativity (alla Library di fronte alla cucina) con Janaka. Per Auroviliani su appuntamento. Un grazie anticipato agli Auroviliani che verranno ad aiutarmi in questo lavoro progredendo insieme. Le fotocopie dei passi proposti sono gratuite, perché, come ha detto Mère: “Questa Agenda è il mio regalo a quelli che mi amano”. Contatto: Janaka al 948.762.9648 / janaka_om@auroville.org.in

Recital Carnatic Music every Tuesday from 5 to 6 pm at Ulibity (at Bruno’s house). Come and listen to the raga played with the veena and accompanied by the mridangam. Please leave your vehicle at the community entry and arrive 5 minutes before the recital.

Reiki: with Marcia @ JOY GH Hall- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. On Appointment. For more info: 7598260379.

Reiki: with Betty. Traditional Mikao Usui method. Healing sessions and certified workshops all levels on appointment. (English/French/Spanish). Contact by SMS or WhatsApp for details or appointment on (+91)8090743531 or email betty@auroville.org.in.

Reiki: with Tania at Vérété. Reiki is a healing technique for stress reduction and relaxation that also promotes healing. Reiki is energy healing based on the idea that an unseen life force energy flows through us. This is a hands-on treatment with comfortable clothes. On Appointment. For more info: (+91)413-2622260 or email programming@verite.in.

Reiki: with Isaac at Auromode Yoga Space. Reiki is a hands-on healing technique based on the idea that an unseen “life force energy” flows through us. It treats the whole person: body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. On appointment only. Contact: 413 262 22 24. More info: www.auromodeyogaspace.com.


Restorative Yoga Postures: with Sheïda on Thursdays from 5 - 6.15 pm, at Vérété. Restorative Yoga classes are relaxing and slow paced. Props are often used to allow the body to be in the most comfortable, supported position possible. Gentle music and guided meditation enhance the calming effects. Contact: 0413 - 2622 045 or 7094104329.

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

Salsa at African Pavilion: Salsa beginners class led by Stephanie, Every Wednesday from 6 - 7pm. Intermediate class from 7-7:30pm. Open to all. Contact: stephe@auroville.org.in.

Salsa & Latin Dance with Mani at New Creation dance studio: Salsa: Tuesdays from 6-7pm - Bachata: Tuesdays from 7-8pm - Kizomba: Saturdays from 6.30 to 7.30pm beginners, 7.30 to 8.30pm intermediate.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5:30-8pm.

Savitri in the morning: You are invited to read Savitri with us on Tuesday mornings from 6.45 a.m. to 7.45 a.m. at Rama and Uma’s place in Courage. We are following Savitri’s journey to find her soul and bring a new dawn for the earth. The pronunciation, vocabulary, rhythm and discussion can help to build English. The mantric poetry of Savitri is inspiring. The story of Savitri’s yoga is helpful for our life and work. We have entrance ground floor fully accessible. If you need further information, contact pat@auroville.org.in or ramanarayana@auroville.org.in.

Savitri Group Readings: at Savitri Bhavan. Sundays 10.30-12 noon: Savitri Study Circle. Tuesdays 5-6pm: Let us learn Savitri together in Tamil, led by Buvana; Tuesdays 5.45-7.15pm: OM Choir/OM Circle activating the inspiration by the poems from Savitri; Thursdays 4-5pm: The English of Savitri led by Shradhavhan; Full Moon Gathering 7.15-8.15pm in front of Sri Aurobindo’s statute with Reading of Savitri organised by Murugan. Listening to Mother’s voice, reading Savitri and viewing the Full Moon charges the atmosphere and embraces all with a beautiful presence.

Shiatsu Massage: with Sara (9443617308) or Simona (9489511648) at JOY GH Hall; Shiatsu helps remove the blockages by re-aligning meridian points, which balances the qi and eases the body and mind. For appointment email joincommunity@auroville.org.in.


Sketchers Group at ARTOMIC: An invitation to stop, observe, draw, enjoy landscape. ARTOMIC is starting a playful friendly group linked by the passion of urban and nature sketching. Join us once a week. Tuesdays 2:30pm to 4:30pm or Fridays from 10am to 12pm. Location: AV Natural spots or call: 9489511648, or write: ARTOMIC (Ciarà): +917639065609. We will keep connected by WhatsApp.

Skyworks: Tree Climbing Workshops: RECREATIONAL: You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED: You want to learn the ropes and get off the ground. During class we teach both the dual and single rope techniques plus climbing equipment. If you have new climbing devices available. You will learn to install the ropes in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions & appointments call Satyaajit 8300752545.

Solitude Farm activities: 1) Friday 11:30am (free for everyone): Farm Tour ‘Introduction to Permaculture with Krishna’. 2) Wednesday 9:30am (contribution required, max 10 people): Mini Permaculture Workshop “Re-valuing local food - Renaissance of well-being”. This workshop will give you a clear insight on how to
re-connect with Mother Nature through the principles of natural farming and permaculture. Includes harvesting and the secrets of our salads (mini-cooking workshop), with lunch and refreshments at 12:30 pm. To sign up write to: solitudepermaculture@gmail.com or come to Solitude Farm in Vérète.

3) Day Residential Workshop (Mar 1-3, Mar 8-10). For more information, visit www.aurowillpermaculture.in/workshop.

Somatic Explorations: with Maggie - every Wednesday from 5-6pm in Vérète Hall. 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. Open to all, For more info: (+91)413-2622 045 / programm@verite.in.

Sound Massage with Tibetan Singing Bowls and Solar Gong: Lying on a mat with bowls of different pitches, sound energy flows right through your cells forming a beautiful OM harmonic cocoon of peace, melting away tightness and discomfort while tuning you up to its healthy grounding vibrations. The powerful mystic gong and bronze bowls take us deep inside into our true healing powers of your being...The aim is to put you in a state of relaxation which enables you to feel deeply connected to your own awareness. 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 the 3 levels: Physical, Emotional and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help relate to science and scatology with very useful knowledge for appointment, please call Is ха at: (+0413) 2622192 or ishaswayami@aurowill.org.in.

South Indian Classical Dance (Bharatnatyam) - Bhajnatram Dance classes offered for beginners. Weekly twice. The classes are offered for children and adults. If you are interested, please contact me after 4pm on my mobile. S.Caveri: 7598368514.

Spontaneous singing: Come and 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. Every Wednesday, 5:00 to 6:30; Max. 12 people, min. 4 people.
Creativity - Hall of light, Antoine - 8940740529 /antoine@aurowill.org.in. “This is a recreational activity!”

Stop smoking - NOT WHY BUT HOW! Free for Aurovilians and newcomers. Just a homeopathic remedy made with your personal cigarettes - as I learned directly from my Italian homeopathic doctor. Make this a present to yourself! I’m offering this as my karma yoga for you. Contact: 948.762.9648 or janaka.om@aurowill.org.in.

Sunday Walks - Farms and Forests: The Auroville Green Center announces the 9th edition of the Sundays Walks Farms & Forests 2019. A series of 14 walks led by the stewards of Auroville’s Farms and Forests announce the 9th edition of Sundays Walks Farms & Forests (22 April). The walks details are announced weekly in the News & Notes and Auronet Calendar: route descriptions, info and contact number. Be prepared to come with your own transport (except when announced), bring drinking water and sun protection & hat. Please come on time to not miss the walks! The walks are free. Donations are welcome at the venues or via the Auroville Green Centre via account 453: avgreencenter@aurowill.org.in.

Tai Chi Hall @ Sharnagga - Monday & Tuesday 7.30-8.30 / Chi, Monday 8.30-9.30 & Thursday 7.30-8.20 / form, Tuesday 8.30-9.30 & Friday 7.30-8.30 / 108-form, Wednesday & Saturday 7.30-8.30 / 127-form. taichi@aurowill.org.in.

Tai Chi Quan with Lhamo @JOY Guest House: Mondays 5 to 6 pm and Tuesdays 7 to 8 am, for Regular Students ONLY - while Wednesdays 5 to 6 pm and Saturdays 7 to 8 pm, for Advanced levels. Lhamo will be teaching 24 forms of Tai Chi Quan (which is a simple style) for beginners; but according to the students level she will start advance level of Taichi Quan as 42 style and Wu style 37.

Tamil Literary Classes and Craft Lessons: Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5 pm-6 pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, History and Culture are opened to all Monday through Friday any time. Also, classes on languages, sewing, drawing, painting and simple handicrafts for Auroville workers and Aurovilians interested. Contact us to organize classes according to your schedule. Phone No: (+0413) 2623 773. Email: tamil@aurowill.org.in. R. Meenakshi (Ilaignarkal Education Centre)

Tango - Beginners Dance Class: Argentine Tango Dancing class for beginners is offered at Humanrace (between Solar kitchen and Sant) every MONDAY 7 pm. No partner is necessary. Please bring socks or dance shoes. More info: jorge@aurowill.org.in.

Tango - “Practica”: practice space held for all tango dance levels on Wednesday 7:30-9pm at SAWCHU hall, at the entrance of Bhart Nivas. tango@aurowill.org.in.

Tao of Tea: With Isaha. Discover Yourself through the sharing of this particular tea ceremony. It will change your awareness towards tea and life. Only organic tea will be used. (non-caffeine tea available on request) All are welcome.
- every day available, venue: Swayam. Advance booking required. Approx. 1 hour for each session. Book at: 0413-2622192 / ishaswayami@aurowill.org.in.
- Also available every Thursday afternoon at Unity Pavilion-Hall of Peace: 2 to 3pm and 3:30 to 4:30pm. Advance Booking is required: call with the Unity Pavilion, 0413-2623576 or unitypavilion@aurowill.org.in.

Thai Foot Reflexology: with Santiago (on Appointment Only) at Joy GH - 87549 58120; Following the Thai foot massage tradition, pressure is applied to specific areas of the soles of the feet. In turn, a reflex reaction occurs in another part of the body, which is stimulated. Santi is trained in reflexology and has knowledge and certification at the Thai Yoga Massage School in Bangkok.

Thai Yoga Massage with Tibetan Bowls (no oil): at Auromode Yoga Space, (90 min) with Andres Acosta or Bebe Merino. For bookings and more info on: www.auromodeyogaspace.com.

Thai Yoga Massage with Andres at Vérète. Thai Yoga Massage is used to unblock energy. This is achieved through pressure on the energy lines (Nadis) and movements of the body based on Yoga postures. For appointments please contact: 0413 - 2622 606 or 7094104329.

Therapies with Vani:
1) Awakening the intelligence of the body: Discovering your Self-healing power and natural intelligence of the body. Experiencing the Presence within by quietening the thought process and contacting the body. Fusion of deep guided relaxation, visualisation, pranic healing, acupressure and foot and cranial reflexology.
2) Journey to the memory of the body: Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware and deprogramming these past believe systems put in place in the past, which keep you from living a joyful life in the present. Fusion of Hladina Method, Hypnotherapy, Self-Inquiries.
3) Life Coaching: Using awareness, visualization & imagination techniques. Life coaching is very powerful to create big changes and new projects in order to get in touch with your intuitive self and find the creative & dynamic thread of your life again.

4) Reiki and Reflexology courses possible on request. For appointment contact Pitanga: 0413-2622403 or Vaní: vani@aurowill.org.in.

Theatre Improvisation Games: Improvisation Theatre or IMPROV, is a form of live theatre where most, if not all, is created the moment it is performed. Our 1.5-hour IMPROV workshop will give you a taste of what IMPROV is all about and teach you some cool personal and professional skills that will build confidence and self-esteem to make a great impression, awaken and express creativity, develop quick-thinking & active listening skills. Date and venue: Every Friday at 4.30 pm at SAWCHU. Contact: Em (99439 70834) or Elke (94865 20868).

Children & Parent Partners Yoga: with Elise at Vérète on Mondays from 9.30 to 10.30 am. Designed to spark children’s curiosity and knowledge about their own bodies on the physical, emotional, mental and energetic levels. In an embracing space for parent and child to connect and have fun, we explore yoga poses and movements through storytelling, nursery rhymes, simple games and play. Contact: 0413 - 2622 045 or 7094104329.

Traditional Hatha Yoga for Beginners: with Kaveri on Mondays and Tuesdays from 7 to 8.15 am at Vérète. Designed for those who want to take gentle, fearless steps towards a deeper understanding of hatha yoga. Based in the Sivananda style, these sessions support our experience of both the inner and outer aspects of yoga. Contact: 0413 - 2622 045 or 7094104329.

Transformation Game® with Carmen: Just as life is filled with this rich variety of experience, so is the Transformation Game®, a fun and complex board game which offers a playful yet substantial way...
of understanding and transforming key issues in your life. It can be played at varying levels of intensity, from a light-hearted way of gaining insight into yourself, to a tool to help solve problems, clarify important personal issues, or creatively enhance relationships. By appointment. 91-6379 Love, Cornelia

Transformational Yoga: with Elise at Vérité on Tuesdays & Thursdays from 11 am to 12.30 pm. Inspired by the Integral Yoga of Sri Aurobindo and the Mother, Transformational Yoga goes far beyond physical exercise: it is an integral approach to physical health, emotional balance, mental and spiritual clarity. The integration of the emotional, mental and spiritual bodies enables connection with the higher self. In Transformational Yoga, we learn and practice asanas, mantra chanting, pranayama (breathing) and meditation techniques as tools to make a difference in your everyday life. This variety of yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher mental consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome! Contact: 0413 - 2622 045 or 7094104329.

Transformational yoga: with Lakshmi on Thursdays and Saturdays, 5pm - 6.30pm @ Arka Multihall. Transformational yoga inspired by the teaching of Sri Aurobindo's Integral Yoga. It combines the basis of Hatha Yoga, Pranayama breathing, and mantras to connect with and open the heart chakra. It gives you the tools you need in order to make a difference in your everyday life. In depth focus of asanas, mantras, breathing and meditation techniques gives you the knowledge you need to purify your body, stabilize your emotions, focus your mind, and increase your spiritual well-being. Individual session also available. All levels are welcome. Contact: 8497646202.

Transpersonal Regression Therapy: Sessions to transform engrained patterns and trauma, and to discover the path of the soul with Carmen, Lakshmi and Sheida on Thursdays and Saturdays, 6pm - 7.30pm at Vérité. It helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; along with patience & teamwork and Spirit of the Game. Bring running shoes if you want to play. Contact venua@auroville.org.in with any questions or just come ready to play! And see ultimate.auroville.com!

Ultimate Frisbee at Gaia: Monday, Wednesday and Saturday at the Gaia Sports Field 4.30 pm to sundown (turn left before Gaia community gate). Helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; along with patience & teamwork and Spirit of the Game. Bring running shoes if you want to play. Contact frisbee@auroville.org.in with any questions or just come ready to play! And see ultimate.auroville.com!

Ultimate Frisbee Women’s Team training: Sunday 4-6 pm at Gaia Sports Field.

Ultimate Frisbee at Certitude: Mondays, Wednesdays and Saturdays at the Certitude Sports Ground to 4.30 pm to sundown. Ultimate Frisbee is a demanding self-refereed sport that teaches important values such as personal integrity, sportsmanship, mutual respect, non-violence and trust. Bring running shoes if you have them and playing discs will be provided. With Abhinav and team. Contact frisbee@auroville.org.in with any questions.

Volleyball at Dehashakti: Mondays 5-6.30pm. We are looking for more people to join our fun volleyball matches at the Dehashakti sports ground. Just come by, Tanja.

Warm Water Sessions During Pregnancy: in Quiet Healing Center's warm water pool. Wednesday morning from 9.30 till 10.30 am. An invitation for pregnant women to experience the weightlessness, relaxing and connecting benefits of movement and floating in warm water. You are invited to come with/or without your partner/birth attendant. When you come for the first time, please contact Friederike 9943247326 or Apple 8903158065 beforehand.

Women Temple: with Dariya, In Sve-dame, Butterfly Barn at 7pm - 9pm (door opens at 6.45 & we start together on time) on the following Wednesdays: 17 April. Women have always found ways to gather and celebrate the sacredness of life’s cycles. In our busy lives where this might be needed the most, we almost forgot the power of simple rituals & the power of gathering beyond personal stories or problem solving. Welcome to the circle where we celebrate and support each other’s unique path towards thriving in everyday life. This variety of yogic systems, when combined, aids the awakening of all our five bodies and seven chakras. They also support and strengthen our work towards physical health and stamina, emotional balance, higher mental consciousness, unconditional love and bliss. Experience it for yourself! All are Welcome! Contact: 0413 - 2622 045 or 7094104329.

Yoga and Meditation: with Anne-Sophie - on Fridays from 7 to 8.15 am at Vérité. This blend two styles of yoga into one practice - bringing together the beneficial restorative and invigorating yoga poses with more dynamic sequences and standing postures. For more info: (+91) 413-2622 045 or email programming@verite.in.

Yoga Anatomy & Alignment in Asana: with Sheida on Tuesdays from 5 to 6.15 pm at Vérité. These yoga sessions highlight basic anatomy and alignment. Each class focuses on a specific musculoskeletal group, and begins with a brief description of the corresponding anatomy. We then engage these muscles and bones through a variety of asanas (standing poses, twists, hip openers, forward and back bends). The use of props helps students at all levels to develop sensitivity, and practice with greater stability, effectiveness, and ease. Understanding basic anatomy, alignment, and use of props allows practitioners to receive the full benefits of each asana without overextending themselves. Contact: 0413 2622 045 or 7094104329.

Yoga Asana Alignment for All: with Sheida at Vérité on Wednesday from 7 to 8.15 am. In yoga asana practice, alignment refers to the optimal relationship between bones and musculature, to maximize physical efficiency and ease of movement. Proper alignment is essential to reduce strain and prevent injury. These sessions feature awareness of posture, alignment, 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: 0413 - 2622 045 or 7094104329.

Yoga Asana Therapy for Musculoskeletal Conditions: with Sheida at Vérité. Musculoskeletal issues are the leading cause of physical disabilities and pain, adversely affecting quality of life and even associated with depression. Specific asanas can free the body’s joints, relieving pressure on cartilage, restoring correct alignment to the bones, keeping muscles and ligaments healthy and posture correct. Take good care of your Musculoskeletal System through the help of Yoga. For appointments please contact: 0413- 2626 606 or 7094104329 or email: treatments@verite.in.

Yoga Body: with Olesya at Shárman Guest House. Asanas and Pranayama in Vyarang tradition. The balanced mind and intellect are developed through mobility, strength, stability and alignment of body in asanas. Mornings 6.45 to 8 am every Monday, Tuesday, Friday and Saturday. Evenings 5 to 6.30 pm every Monday, Wednesday and Saturday. Drop in classes at Sharman GH Yoga Hall, left gate, after parking follow the green path and behind the swimming pool you will find Yoga Hall. Contribution for guests is required. For more information: what’s app +919159052743, olesya@auroville.org.in.

Yoga for All: with Kaveri on Tuesdays from 3.30 to 4.45 pm at Vérité. An easy, gentle blend of pranayama (breath), asanas (postures) and relaxation to lift body, mind and spirit. This class is suitable for all, as it is based on yoga’s universal principles that help guide us to union with ourselves. Contact: 0413 - 2622 045 or 7094104329.

Yoga Nadopasana: Every Friday afternoon in Utility Community, modal singing lessons (by the practice of the nadopasana yoga) will resume for beginners from 4 to 5pm. For the already advanced people, we will discover all a game of ragas while singing Carnatic compositions. Classes held at Bruno GH’s house. Please leave your vehicle at the entrance of the community. Cordially, Bruno. 2623308, nadopasana@auroville.org.in.

Yoga Nidra: with Aishwarya on Saturdays from 7 to 8.15 am at Vérité. The practice of yoga Nidra or yogic sleep is one where the practitioner is completely relaxed, the mind is selectively attentive to the verbal instructions, in this session the focus is on tuning inward. Contact: 0413- 2622 045 or 7094104329.

YEP Week: Youth Entertainment Program presents the YEP Week, a program especially designed for guest kids, to enjoy their stay, and discover Auroville. We will take them from place to place, where the kids can visit and participate in various activities. The activities include pony riding, Papier Mâché, quilting, painting, etc. This program (Monday to Friday, 8:30 am to 12:30 pm) offers a good balance between visits and activities. Joyfully, YEP Team. Phone: +919626565134 - Facebook: www.facebook.com/YPEVP.

Yin Yoga: with Anne-Sophie - on Fridays from 7 to 8.15 am at Vérité. It blends two styles of yoga into one practice - bringing together the beneficial restorative and invigorating yoga poses with more dynamic sequences and standing postures. For more info: (+91) 413-2622 045 or email programming@verite.in.

Yoga News&Notes 1 April 2019 [792]

Wednesday: 9 am: Meditation \| 12 pm: Gardening \| 5 pm: Youth Center activities

Thursday: 9 am: Meditation \| 12 pm: Gardening \| 5 pm: Youth Center activities

Friday: 9 am: Gardening \| 12 pm: Gardening \| 5 pm: Youth Center activities

Saturday: 9 am: Gardening \| 12 pm: Gardening \| 5 pm: Youth Center activities

The Youth Center Saturday Pizza Nights are back! every Saturday at 7:00pm at Youth Center. We are happy to share that pizza nights are open again! We invite volunteers to join in and make pizzas on
Saturday mornings. We welcome you all to bring your instruments and jam together. Looking forward! With love and flowers, Youth Center Team.

Zumba with Anabel at New Creation dance studio. Mondays from 6-7pm.

Strong by Zumba with Anabel at New Creation dance studio. Wednesdays from 5:30-6:30pm.

MOTHER AND SRI AUROBINDO’S STUDIES

BRAHMANASPATI KSHETRAM

Brahmanaspati Kshetram
The Mother and Sri Aurobindo Centre
Edyanchavadai, Auroville
kshetram2014@auroville.org.in

April 2019

Every Monday 5:30 to 6:30pm:
Interaction on the words of The Mother and Sri Aurobindo on Auroville, by way of question and answer session. In Tamil and English, led by Dhanalakshmi.

Every Monday 6:35 to 7:35 pm - Savitri reading

Friday 5th at 6 pm:
Reading from The Mother’s Questions & Answers - Vol-7 in English led by Rama Narayana.

Sunday 7th at 5.30 pm:
Reading The Supreme & Savitri in Tamil & English led by Buvana Sundari.

Friday 19th at 6 pm:
Reciting Sri Aurobindo’s Gayatri Mantra for 30 min. (Full Moon).

Sunday 21st at 5.30 pm:
Reading from The Mother’s Questions & Answers - Vol-7 in English led by Rama Narayana.

Wednesday 24th at 6 pm:
(Meditation) The Mother’s final arrival in Pondicherry.

ALL ARE WELCOME

SAVITRI BHAVAN

April 2019

Exhibitions
Meditations on Savitri
The entire series of 472 paintings, in the picture gallery
Sri Aurobindo: A life sketch in photographs
In the upper corridor
Glimpses of the Mother: photographs and texts
In the Square Hall

Films
Mondays 6:30pm
April 1: Our Gratitude (duration: 35min.)
April 8: Meditations on Savitri - Book 1 Canto 4: The Secret Knowledge, Part 1 (duration: 41min.)
April 15: Meditations on Savitri - Book 1 Canto 4: The Secret Knowledge, Part 2 (duration: 41min.)
April 22: Journey to the Life Divine (duration: 100min.)

Full Moon Gathering
Friday 19 April, 7.15 - 8.15 pm
in front of Sri Aurobindo’s Statue

Exhibitions, Main Building and Office are open Monday-Saturday 9-5;
Reference Library Monday to Friday 9-5; Monday-Saturday 9-4

Regular Activities

Sundays 10.30-12 noon:
Savitri Study Circle

Mondays, Tuesdays 3-4pm:
PSychic Awakening led by Dr. Jai Singh

Mondays 4.45-6.15pm:
Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Niththra

Tuesdays, Fridays, Saturdays 4-5pm:
L’Agenda de Mère: listening to recordings with Gangalakshmi

Tuesdays 4.45-5.45pm:
Mudra-Chi, led by Anand

Tuesdays 5-6pm:
Let us learn Savitri Together (in Tamil) led by Buvana

Tuesdays 5.45-7.15pm: OM Choir

Wednesdays 5-6pm:
Essays on the Gita, led by Shraddhavan

Thursdays 4-5pm:
The English of Savitri, led by Shraddhavan

Fridays 3-4pm:
Exploring the Bhagavad Gita, led by Dr. Jai Singh

Fridays 5-7pm:
The Synthesis of Yoga, led by Sraddalu

Saturdays 5-6.30pm:
Satsang, led by Ashesh Joshi

Everyone is welcome

AT SAVITRI BHAVAN

Monday, April 1, 2019 at 6:30 pm.

* OUR GRATITUDE (Duration: 35min.)
A Musical offering specially composed for the Centenary of Sri Aurobindo’s and The Mother’s first meeting in 1914 by Shoba-din-Mitra from the Music Section of the Ashram and performed by Ashram students in the Savitri Bhavan Amphitheatre on March 30, 2014.
At the end of the film there is a message from the Mother: “My children, we are united towards the same goal and for the same accomplishment - for a work unique and new, that the Divine Grace has given us to accomplish. I hope that more and more you will understand the exceptional importance of this work and that you will sense in yourselves the sublime joy that the accomplishment will give you. The divine force is with you feel its presence more and more and be careful not to betray it. Feel, wish, act, that you may be new beings for the realization of a new world and for this my blessings shall always be with you.”

Filmed and edited by Manohar.

CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film program 1 to 7 April, 2019

Cinema Paradiso and Indo Cine Appreciation Foundation, Chennai Presents in collaboration with the European Pavilion -a glimpse of the European Union Film Festival 2018 in this current series!

EU Film Festival Series - Monday 1 April, 8:00 pm:

* VICTORIA
Bulgaria, 2014, Dir. Maya Viktova w/ Irmena Chichicova, Daria Viktova, Kalina Viktova, and others, 155mins, Drama-Family, Bulgarian w/ English subtitles, Rated: NR
Dreaming of the West, Boryana is determined not to have a child in communist Bulgaria. Nonetheless, her daughter Viktoria enters the world in 1979, curiously missing a belly button, and is declared the country’s Baby of the Decade. Pampered by her mother state until the age of nine, Viktoria’s decade of notoriety comes crashing down
with the rest of European communism. But can political collapse and the hardship of new times finally bring Viktoria and her reluctant mother closer?

EU Film Festival Series - Tuesday 2 April, 8:00 pm:
• LA NOVIA (The Bride)
Spain, 2015, Dir. Paula Ortiz w/ Inma Cuesta, Alex Garcia, Asier Etxeandia, and others, Drama, 96mins, Spanish w/English subtitles, Rated: PG
Based on "Bodas de sangre" by Federico Garcia Lorca, the film tells the story of a love triangle between two men and a woman. Two lovers carried away by their passion defy all moral and social rules even challenging their own judgment. The same day of her wedding, the bride and her lover escape on horseback. Their disobedience will have devastating consequences.

EU Film Festival Series - Wednesday 3 April, 8:00 pm:
• ONTOS FILIOUNTE? (Kissing?)
Greece, 2016, Dir Yannis Korres w/ Thanasis Petropoulos, Iro Bezou, Omiros Poukali, and others, Comedy-Romance, Greek w/English subtitles, 77mins, Rated: G
Danny and Stella,turning in their 30s, belong to a generation that has not yet been defined. Danny feels he is too good for this world. Stella thinks the world is not good enough for her. The question remains if they are good for each other.

EU Film Festival Series - Thursday 4 April, 8:00 pm:
• PAKELIU (When You Wake Up)
Lithuania, 2014, Dir. Ricardas Mancinkus w/ Mindaugas Ancevicius, Mantas Jankavicius, Jurgita Jurkute, and others, 100mins, Drama, Lithuanian w/ English subtitles, Rated: G
The singer called Punk is no longer very popular. After his brush with fame, he only took a few years of drugs and alcohol to reach rock bottom. After yet another small-town concert, Punk ends up spending the night backstage, drunk and alone. When he opens his eyes in the morning, he sees a little girl, who introduces herself as his daughter. Two lost souls set out on a trip together - a trip which will not only change their lives but will also bring them joys of togetherness.

International - Saturday 6 April, 8:00 pm:
• THE OLD MAN & THE GUN
USA, 2018, Dir. David Lowery w/ Robert Redford, Casey Affleck, Sissy Spacek, and others, Comedy-Crime, 93mins, English w/English subtitles, Rated: PG-13
This film is based on the true story of Forrest Tucker, from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest's commitment to his craft, and a woman, who loves him despite everything.

Children’s Film - Sunday 7 April, 4:30pm
• SPEEDY
USA, 1928, Dir: Ted Wilde, w/ Harold Lloyd, Ann Christy, Bert Woodruff and others, Comedy, 85mins, English with English subtitles, Rated: G
"Speedy" loses his job as a soda-jerk, then spends the day with his girl at Coney Island. He then becomes a cab driver and delivers Babe Ruth to Yankee Stadium, where he stays to see the game. When the railroad tries to run the last horse-drawn trolley out of business (operated by his girl's grandfather), "Speedy" organizes the neighborhood old-timers to thwart their scheme.

MELVILLE FILM FESTIVAL @ CINE CLUB
Cine-Club Sunday 7 April. 8pm
• LE DEUXIEME SOUFFLE (Second Breath)
France,1966, Dir. Jean-Pierre Melville w/ Lino Ventura, Paul Maurice, Raymond Pellegrin and others, Drama-Crime 150mins, French w/English subtitles, Rated: NR
Gustave Minda, better known as GU, a dangerous gangster, escapes from jail. He goes to Paris to join Manouche and other friends and get involved in a gangland killing. Before leaving the country with Manouche, GU needs to get a job and earn some money. But that's not so simple with Inspector Blot on his trail...

Rating codes we often use are from Motion Picture Association of America (MPAA): G-General Audiences, PG-Parental guidance suggested, PG-13—Parents strongly cautioned, R-Restricted (equivalent to Indian rating: A i.e. for Adults), NR-Film Not rated, Rating awaited, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Please make a donation to “Cinema Paradiso” (account #105106) at the Financial Service or set up for a monthly contribution.
Thanking You, MMC/CP Group
Account # 105106, mmcauditorium@auroville.org.in

AUROFILM at MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)

Friday, 5 APRIL - 8:00 PM
• THE BIG SLEEP
Director: Howard HAWKS - USA, 1946
With: Humphrey Bogart, Lauren Bacall
Synopsis: The Big Sleep is based of Raymond Chandler's 1939 novel of the same name. It is the story of private investigator Philip Marlowe, who is hired by a wealthy general to find out and stop his youngest daughter Carmen from being blackmailed about her gambling debts. The detective searches for compromising photos of her, and he falls in love with his sister, Vivian. Carmen seems to be blackmailed while Vivian rubs shoulders with local gangsters. "This film remains a classic (with the mythic Hollywood couple), wholly lovable movie, marvel of convoluted, unexplained plot threads that miraculously add up to one of the great pleasures of cinema. Makes its cynicism with enough dry humor to almost lend it a sense of optimism."

Original English version with English subtitles, Duration: 1h 54 mins

THE ECO FILM CLUB
Sadhana Forest
April 5th, Friday
Schedule of Events:
4:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Tour
4:30 pm: Tour of Sadhana Forest
6:00 pm: Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
6:30 pm: Eco Film Club begins with "previews" of short Sadhana Forest films
8:00 pm: Dinner is served
9:30 pm: Free bus from Sadhana Forest back to Solar Kitchen

Before the movie, at exactly 4:30pm you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner. The entire evening including dinner is offered as a gift!

**Note: Families and children are welcome! Dinner for children will be served at 7pm :)

UNITY
99 Minutes / English / 2015 / Directed by Shaun Monson
Despite the advent of science, literature, technology, philosophy, religion, and so on -- none of these has assuaged humankind from killing one another, the animals, and nature. UNITY is a film about why we can't seem to get along, even after thousands and thousands of years.

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683 or sadhanaforest@auroville.org.in. Or visit us online: sadhanaforest.org and facebook.com/sadhanaforest.

Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm FOR THE ISSUE OF THE FOLLOWING WEEK - PUBLICATION DATE IS MONDAY)
The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.
How to submit material: Material (no pdf files, please) may be sent (in English only) to the N&N email address (below).
Please try your best to send your announcements, reports, film schedules whenever they are ready.

The Tuesday deadline (5pm) is absolute
EVERYONE HAS ACCESS TO THE FOLLOWING AT ANY TIME:

** The News&Notes is available FOR ALL to download **
from the Auroville website at www.auroville.org/contents/4186
French and Tamil versions at www.auroville.org/contents/4186

The weekly updated Regular Events at
www.auroville.org/contents/4182

The N&N archives are found at
www.auroville.org/contents/186

And also on Auroville Wiki
http://wiki.auroville.org.in/wiki/News_%26_Notes
Events/Workshops can be seen at www.auroville.org.in
(No login necessary, just scroll down!)

ACCESSIBLE AUROVILLE PUBLIC BUS - APRIL 2019

---

TRIPS AUROVILLE ◄--► PONDY

---

Morning Trips:
MONDAY to SATURDAY

8.20 am - Vérité
8.25 am - Matrimandir office gate
8.30 am - Solar kitchen
8.32 am - Certitude
8.37 am - Kuilapalayam (New Creation Junction)
8.39 am - Kuilapalayam (SBI Bank)
8.41 am - ( Former) Last School
8.46 am - Quiet
9.00 am - Lotus Hotel
9.05 am - Ashram Dining Hall

12.00 pm - Ashram Dining Hall
12.05 pm - Lotus Hotel
12.10 pm - Quiet
12.20 pm - (Former) Last School
12.23 pm - Kuilapalayam (SBI Bank)
12.25 pm - Kuilapalayam (New Creation Junction)
12.33 pm - Certitude
12.35 pm - Solar Kitchen
12.40 pm - Matrimandir Office Gate
12.45 pm - Vérité

Afternoon Trips:
WEDNESDAY & FRIDAY

4.20 pm - Vérité
4.25 pm - Matrimandir office gate
4.30 pm - Solar kitchen
4.33 pm - Certitude
4.40 pm - Kuilapalayam (New Creation Junction)
4.42 pm - Kuilapalayam (SBI Bank)
4.45 pm - (Former) Last School
4.50 pm - Quiet
5.00 pm - Lotus Hotel
5.05 pm - Ashram Dining Hall

8.10 pm - Ashram Dining Hall
8.15 pm - Lotus Hotel
8.25 pm - Quiet
8.30 pm - (Former) Last School
8.33 pm - Kuilapalayam (SBI Bank)
8.35 pm - Kuilapalayam (New Creation Junction)
8.43 pm - Certitude
8.45 pm - Solar Kitchen
8.50 pm - Matrimandir Office Gate
8.55 pm - Vérité

Short afternoon Trips:
MONDAY & SATURDAY

2.50 pm - Vérité
2.55 pm - Matrimandir office gate
3.00 pm - Solar kitchen
3.03 pm - Certitude
3.08 pm - Kuilapalayam (New Creation Junction)
3.10 pm - Kuilapalayam (SBI Bank)
3.12 pm - (Former) Last School
3.18 pm - Quiet
3.30 pm - Lotus Hotel
3.35 pm - Ashram Dining Hall

6.00 pm - Ashram Dining Hall
6.05 pm - Lotus Hotel
6.17 pm - Quiet
6.23 pm - ( Former) Last School
6.25 pm - Kuilapalayam (SBI Bank)
6.27 pm - Kuilapalayam (New Creation Junction)
6.33 pm - Certitude
6.35 pm - Solar Kitchen
6.40 pm - Matrimandir Office Gate
6.45 pm- Vérité
We kindly inform all residents and guests that you can purchase the AVBus card (10 ways Rs. 570) at Aspiration and Town Hall Financial Services.

The card does not have a deadline nor a name - if it is not used fully, you can give it to others.

Fare on the bus is Rs.60 per person/one way.

We kindly request all for your cooperation to save difficulties to our driver:
as soon as you get on the bus, please immediately either use your card or fill up the blue sheet with your FS account number (For AV residents) or give the immediate payment with the correct amount.

Donations are welcome to support the year-round running of the AvBus: account number n. 251675.

For any further information please contact: avbus@auroville.org.in

Thanks for your understanding and cooperation,
With Gratitude, The AVBus team (Raju, Sauro, Susmita)