



News Notes

#1125 A weekly bulletin for residents of Auroville 2 April 2026



The Mother's Flower Garden, Svaram performance. Photo by AMI

Pondering

The only possible solution is so perfect union with the supreme Vibration that everything is automatically put under His influence.

The Mother's Agenda 1962

Everything begins with vibration or movement, the original *kṣobha* or disturbance. If there is no movement of the conscious being, it can only know its own pure static existence.

Sri Aurobindo, Kena and Other Upanishads



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House of Mother's Agenda



(continued from last week)

From the moment this was seen and DONE, the full power came back—the great creative Power.

(silence)

Most likely the experience could take place only because the time had come for all this to be offered up.

The point is not to perpetuate those things, but to offer them up.

Because the time has come to manifest this Power, which is a power of Love—of LOVE, not merely of identity—of Love, of perfect Love; for perfect Love alone can offer.

It happened this morning, with great simplicity, but at the same time it had something so vast and almighty in it, as if the Universal Mother were turning towards the Lord and saying, “At last! We are ready.”

That was my experience this morning.

Do you mean to say there's been a progress on Earth?

Yes, on Earth; it's the Earth's history that's in question.

Now?

In those realms, you know, “now” sometimes stretches over many years. I won't say it's going to be instantaneous; that, I don't know—I don't know. I will probably know in a few days.

It's like opening a door just a crack and catching a glimpse of what's beyond....

It was the same experience when I told Sri Aurobindo that India was free; it was the Universal Mother speaking from what could be called Her origin—it was from that level—and the thing took thirty-five years to come down on Earth.

When I had the experience that the time had come for the supramental Force to descend on Earth, I followed the effects of that descent, I followed the effects and the consequences in my consciousness. But to ordinary eyes it was something like what happened with India's liberation—it's possible, of course, that the Supermind did come down, but for the moment its effects are more than veiled.

The first rather tangible manifestation was this vision of the boat; with that, things became more concrete, it radically changed something in the attitude.

We're at another stage now.

(silence)

This recent period has been very difficult. I see clearly that it was a preparation—to prepare the way for that experience. It came to reverse the attitude, the attitude of struggling to surmount, subdue and abolish everything antidivine in creation.

Up till now, this attitude was probably (not probably—certainly) necessary to prepare things. But now there's a sort of sudden reversal, as if the moment had come for the creative principle, the force, the universal creative Force to say, “This too is Me. For it is time for it to disappear. This too is Me: I no longer treat it as an enemy to get rid of; I accept it as Myself, so that it truly does become Me.”

And it was preceded by a kind of anguish: “Will there always be something that, compared with the state to come, seems antidivine?” No: after a long preparation, it becomes capable of feeling divine—and thus of being divine.

Looking at things externally, in terms of present material reality, there is still a lot of ground to be covered before the new manifestation becomes an actual fact. What we have now is probably the seed of the thing—like the seed of India's freedom, which later blossomed.

The Mother's Agenda, January 21, 1962

<https://incarnateword.in/agenda/3/january-21-1962>

Gangalakshmi HOMA

Community News

Matrimandir News & Schedules

AMPHITHEATRE

Meditations at sunset with Savitri

5:30—6pm, every **Thursday**, weather permitting

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music is on weekly for everyone to concentrate, in this beautiful open space 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 do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Auocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Auocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Auorocards. **Last entry for guests** at 5:30pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:15pm. Velmurugan

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only daily, 9am—3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am—11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform
 - mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Auorocards.
- *Savitri* Readings on Tuesday evenings: Guests holding only Auorocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered Newcomers:

- Monday—Saturday, 6—8am, 4:30—7:30pm.
- Sunday, 6am—12pm, 4:30—7:30pm.

The Inner Chamber is open to **registered Volunteers**:

- Every day, 4:30—6pm.
- Volunteers are requested to come and get their revised passes between 10—10:30 am from the Matrimandir office.
- **It is obligatory for the volunteers and pass holders to carry the pass with them.**

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in.

- Any day except Tuesday & Sunday, 8—8:25am.
- Arrival at 7:45am at the Office Gate

The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

- Tuesday 9—11am.

Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in.

- Tuesday 8—8:30am.

Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point:

The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free pass can be obtained at the Auroville Visitors Centre. The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

- Starting from Visitors Centre. Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org.

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security.

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to

- matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

Awakening Spirit

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo



By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :

Resource Library,
Bharat Nivas, Auroville



BHARAT NIVAS

Scan for Location



SAVITRI BHAVAN, APRIL 2026

Exhibitions

9am—5pm, Sunday closed

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Glimpses of the Mother:** Photographs and texts in the Square Hall

Savitri
B H A V A N

Films: Mondays, 4pm

- **6 April: About Savitri—Book 1: The Book of Beginnings, Canto 3, Part 4**—read and commented by The Mother. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and gave her comments which were recorded. Duration: 44min.
- **6 April: About Savitri—Book 1: The Book of Beginnings, Canto 3—The Yoga of the King: The Yoga of the Soul's Release, Part 4**—read and commented by The Mother. From January 1968 to August 1970, The Mother, together with Huta, took up the project *About Savitri*. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and gave her commentaries that were tape-recorded. Her reading of *Savitri* and commentaries are here under the headings: *A New Journey of Rise and Fall*, *A Firm Spiritual Poise*, *Preparation for Transformation*, and *The New Knowledge*. The texts of *Savitri* and of The Mother's commentaries are displayed on the screen. Duration: 44min.

In the commentaries, The Mother shared her high and wide divine knowledge that common men do not have access to. She stated that there were and are great difficulties in physical life itself because the strengths of old habits pull the body back into its old and dangerous ways.

And that Supreme incarnation comes down to save the physical life, the earth and the universe; in India, this is known as the work of Avatars.

We even get to know that this earth has been created as a concentrated centre for the evolution and transformation of the physical back into the Divine.

In *Savitri* is described how to overcome the difficulties of physical life:

All here must learn to obey a higher law, / 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 dubious fate. /

Nature would ever labour unredeemed; / Our earth would ever spin unhelped in Space, /

And this immense creation's purpose fail / Till at last the frustrate universe sank undone. / (Savitri, p.35)

On these lines, The Mother commented: [It is] "the inner work that made possible the constant ascent of the world towards its Origin. It must be that the whole of the body's cells must have only one aspiration: to become conscious of the Divine. With this aspiration constant, sustained, never failing, the world is sure to reach the transformation."

In *Savitri*, the inner work is described as King Aswapati's yoga, the Lord of energies, and a being from the higher spheres: *Inspired by silence and the closed eyes' sight / His force could work with a new luminous art / On the crude material from which all is made... / He slowly chipped off the dark envelope, / Line of defence of Nature's ignorance,... / That he may act unknown in cosmic Time. ... / A happier cosmic working could begin... / God found in Nature, Nature fulfilled in God. / (Savitri, p.36-37)*

It is to recognise that the inner work of transformation alone has the power and will prepare the world for the new creation and for a more divine life and a higher truth.

The Mother commented about this: "All the outer ways are useless and delay the true working for the transformation. It is only when one decides to unite consciously and permanently with the Divine Origin and to manifest this Divinity in the world that the true work can begin.

All the rest is illusion of the mind, trying to find ways for an illusory transformation."

The Divine Grace can and will support the difficult processes of life when human beings kindle their aspiration and have faith in the Divine.

There is also the constant downpour of Power and Light from above, preparing the transformation of the physical and the Nature below that has so far seemed unchangeable. Through the Divine Power and Light from above, the physical will become elastic and capable of transformation.

Both *Savitri* and The Mother's comments stated that the cells of the body and their aspiration towards luminous light and the Divine are the real and effective means for the transformation of the creation and the way towards a beautiful, luminous, and harmonious future. That gives us a better understanding of the importance and scope of The Mother's Yoga in the context of the transformation of the cells as documented in *Mother's Agenda*.

All videos of "ABOUT SAVITRI—The Mother's Commentary" are available at the AuroMaa website: <https://auro-maa.org/about-savitri-the-mothers-commentary/>

The website also provides a link to every video of the series available on YouTube.

About Savitri: [The Mother's Commentary | B1C3-13 A New Journey of Rise and Fall](#)

- **13 April: About Savitri—Book 1: The Book of Beginnings, Canto 3, Part 5**—read and commented by The Mother. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and commented on them. Duration: 43min.
- **20 April: The Mother's Victory**—The Supreme Divine always keeps up building a higher harmony and a greater unity. A video talk by Dr Alok Pandey. Duration: 37min.
- Followed by **The Mother of Dreams** by Sri Aurobindo, a poem written in Alipore Jail and read by Shraddhavan, created by the Savitri Bhavan Team. Duration: 8min.
- **27 April: Interview with Jhumur by Narad**—Jhumur shares her remembrance about Sri Aurobindo and his golden light as well as her and other children's learning with The Mother in the Ashram. Duration: 72min.

Dream Divine Series

- **Fridays, 4—5pm @ Sangam Hall of Savitri Bhavan**
Everyone is welcome

This initiative is designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

- **3 April:** Sri Aurobindo's First Major Spiritual Experience—A presentation by Shraddhavan at Savitri Bhavan in the year 2008 (a recorded Audio talk)
- **10 April:** Surrender in *Savitri*—A recorded video talk by Jamshed Mavalwalla
- **17 April:** Divine Grace and plasticity—a powerpoint presentation by Nethya, Savitri Bhavan
- **24 April:** Holding the Flame: Staying True in Times of Turbulence—Talk by Dr. Alok Pandey



Savitri Satsang with Narad @ Savitri Bhavan

- Every Tuesday, 4:30—5:15pm
followed by OM Choir, 5:30pm

In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother. The Mother's words on Savitri:

"Savitri, the Supreme revelation of Sri Aurobindo's vision."

"... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."

"... all the rest is preparation, while Savitri is the Message."



OM Choir

- Fridays, 6pm @ Ashram School, Pondicherry
- Tuesdays, 5:30pm @ Savitri Bhavan, AV

*The voice that chants to the creator Fire,
The symbolled OM,
the great assenting Word. Savitri*

Please join us in this collective aspiration, in the form of a united prayer. All are welcome, no prior singing experience required.

OM is the signature of the Lord.

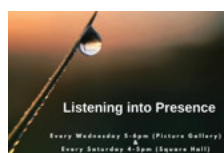
OM: I implore the Supreme Lord.



Listening into Presence

- Every Wednesday, 5—6pm @ Picture Gallery
- Every Saturday, 4—5pm @ Square Hall

Through stillness and silence, we will tune into the Presence, noticing its activity in our physical and subtle bodies. Letting go of our mind and ego automatism we will open up into the deeper automatism that is beyond our doing and thinking. We will seek to enter into a state of receptivity by not doing, getting ourselves out of the way to allow the Consciousness to bring about the right organization and balance of particles and energies. *Guided by Misha (Mike).*



Talks of Dr. Alok Pandey on Sri Aurobindo's Essays on The Gita

Wednesdays, 4—5pm
@ Sangam Hall

- 15 April, 6 May



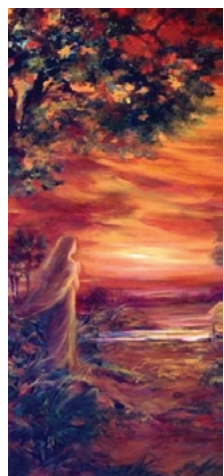
Exploring the Frontiers of Consciousness: Savitri as a Resource for Scientific and Metaphysical Research

Savitri Bhavan, Auroville, invites scientists, philosophers, and researchers worldwide to an online contemplative study of Sri Aurobindo's *Savitri*. The program began on 15 August 2025, focusing on selected cantos from Part One of *Savitri*. Bi-weekly sessions combine guided reflections (via Shraddhavan's recorded talks) with interactive discussions. Participants can choose to contribute actively or simply listen.

Fields invited include Space Science, Evolutionary Research, Quantum Physics, Mathematics, Metaphysics, Neuroscience, and Philosophy.

To register or learn more: savitribhavan@auroville.org.in

- www.savitribhavan.org



Guided Yoga Nidra sessions

- Every Tuesday, 11am—12noon @ Sangam Hall

Guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey. This is a sacred space for deep inner rest, alignment and receptivity. As part of the practice, we invite you to prepare a Sankalpa—a short, positive sentence that serves as a crystallization of your spiritual aspiration. Please arrive a few minutes early.

Things to bring: A yoga mat if can or cushions are available to lie down. Conducted by Sunny and Team

Invitation: A poetic stillpoint...

- @ Savitri Bhavan Garden, open 9—5pm.

Inspired by Sri Aurobindo's poem "Invitation," written in 1908–09 in the Alipore prison, Poetry By Design invites you to stroll, pause, recite, read, linger, sketch—or simply BE.

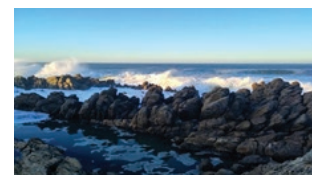


Located in the Savitri Bhavan Garden, open from 9—5pm. Jute mats and a granite bench are available for seating.

chetana@auroville.org.in

Reading on Nature

Animal and Plant Kingdom from the Mother and Sri Aurobindo's writings with Aikya. Open group, eventually followed by small discussion/sharing.



- Wednesdays,
10:30—11:30am,
@ Savitri Bhavan Library area

Light and Delight

- Thursdays 5—6:15pm @ Savitri Bhavan



Thursday is symbolically an auspicious day for learning and for welcoming the light of knowledge and wisdom.

The Mother called Savitri "the supreme revelation of Sri Aurobindo's vision". She painted lines from this epic poem along with Huta, a sadhak from the Sri Aurobindo Ashram. Through this art and poetry, we will create an atmosphere of light and delight in which we can find and share our own expressions.

We welcome you to join this artistic and poetic journey; the only requirement is a willingness to explore, discover and express the gifts already in you.

Gentle reminders: Bring paper and pen, Come on time or 5-10 minutes earlier, Meet at Sri Aurobindo's statue, Voluntary contribution to the venue. **Anandi Z.**

Regular Activities

- **Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) led by Dr.Jai Singh
- **Mondays to Saturdays, 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **Tuesdays, 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays, 5:30—6:15pm:** OM Choir led by Narad
- **Wednesdays, 10:30—11:30am:** Reading on 'Nature' with Aikya

- **Wednesdays, 5—6pm & Saturdays, 4—5pm:** Listening into Presence led by Misha (Mike)
- **Thursdays, 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays, 4—5:30pm:** Reading Savitri in Russian with Anatoli
- **Fridays, 3—4pm:** Reflections on Sri Aurobindo's Isha Upanishad led by Dr. Jai Singh
- **Saturdays, 5—6:30pm:** Satsang led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

*Margrit, Velmurugan & Dhanalakshmi
for Savitri Bhavan*

AUROVILLE DISCOVERY PROGRAM

Every 3rd Saturday 3—5pm
@ Auditorium, Auroville Visitors' Centre



Volunteers, Interns, Staff & Workers:
Understand | Align | Contribute

Auroville is a living experiment in Human Unity. The Discovery Programme offers volunteers a grounded introduction to the practical functioning of the City — helping align work & attitude.

ATTEND TO GAIN:

- Auroville's Purpose
- Participation & Process
- Lived Experience
- Dialogue & Reflection
- Clarity to Contribute

Every 3rd Saturday | 3:00-5:00 pm
Venue: Auditorium, Auroville Visitors' Centre.

Participants may also choose to attend monthly and connect with the volunteer community.

www.auroville.org.in

Auroville is a living experiment in Human Unity. The Discovery Programme offers volunteers a grounded introduction to the practical functioning of the City—helping align work & attitude.

Attend to Gain:

- Auroville's Purpose; Participation & Process
- Lived Experience; Dialogue & Reflection
- Clarity to Contribute

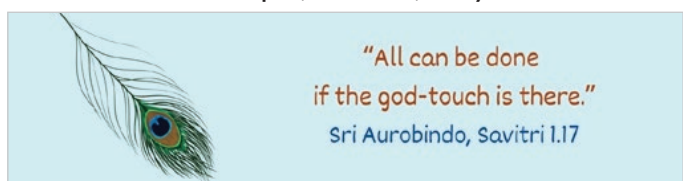
Participants may also choose to attend monthly and connect with the volunteer community.

Registration required: Scan the QR code on the poster or [click on the link to register](#).

For more information: aware@auroville.org.in. Lakshay

BHAGAVAD GITA IN DAILY LIFE

29 March to 24 April, 5—6am, daily online zoom



"All can be done
if the god-touch is there."
Sri Aurobindo, Savitri 1.17

On 29 March, 1914, The Mother met Sri Aurobindo for the first time in Pondicherry, recognizing him from her spiritual visions as "Krishna." 24 April, 1920, marked The Mother's final arrival in Pondicherry when she returned to settle permanently and work with Sri Aurobindo on their Integral Yoga sadhana. She later called this date a "tangible sign of the sure Victory over the adverse forces."

Some of us are embarking on a collective learning yajna to integrate the wisdom from Bhagavad Gita in our day-to-day life. We will be referring to all 700 shlokas of the Gita in Sanskrit along with daily practices, reflections and reading excerpts from Sri Aurobindo's Essays on the Gita and The Mother's writings. **All are welcome.**

- For more details and registration click: tinyurl.com/gitainlife
- Feel free to write to us: vidyamandir@auroville.org.in
Deven, Shaalini for Vidyamandir

BHAGAVAD GITA CHANTING

- Every Sunday morning, 7—8am
- @ The Mother's Flower Garden

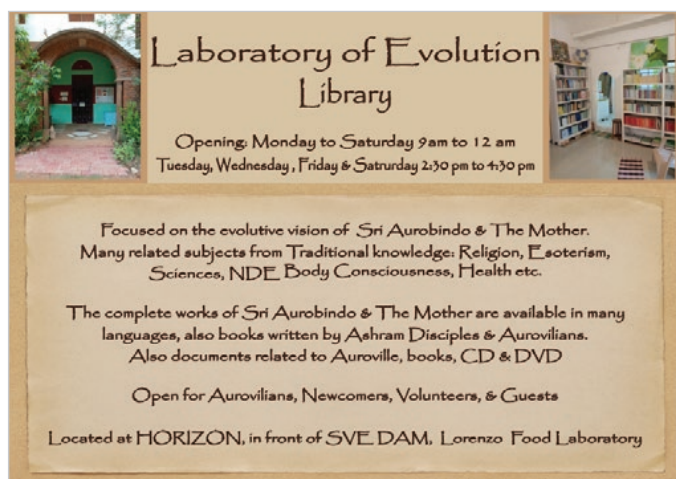
All are welcome

For queries: vidyamandir@auroville.org.in

Deven for Vidyamandir Auroville Team



Books



Laboratory of Evolution Library

Opening: Monday to Saturday 9am to 12 am
Tuesday, Wednesday, Friday & Saturday 2:30 pm to 4:30 pm

Focused on the evolutive vision of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotericism, Sciences, NDE, Body Consciousness, Health etc.

The complete works of Sri Aurobindo & The Mother are available in many languages, also books written by Aham Disciples & Aurovilians. Also documents related to Auroville, books, CD & DVD

Open for Aurovilians, Newcomers, Volunteers, & Guests

Located at HORIZON, in front of SVE DAM, Lorenzo Food Laboratory

Kalyani

AUROVILLE LIBRARY

Weekly Readings of The Life Divine



Weekly Readings of The Life Divine
with Balvinder, at AUROVILLE LIBRARY

Fridays, 4:30 - 5:30pm
(from 23 January 2026)

All are welcome.

The Library Free Shelf is up and running!

The AV Library has set up a shelf of free books (formerly at the Freestore) for anyone to take and enjoy. It is outside the main library and anyone is welcome to take or drop off books or magazines at their convenience.

We kindly request you to only bring publications in decent condition, and NO waste paper.

Please note that this service is only available during library working hours from

- 9am—4:30pm, Monday—Saturday, except on Tuesday, when we are open in the evenings from 4—6:30pm.

Come visit us! The AV Library is a treasure trove of amazing books.

Contacts: 0413 2622894, avlib@auroville.org.in

- <http://library.auroville.org.in/>

Opening timings

- **Mornings:**
 - Monday—Saturday, 9am—12:30pm
- **Afternoons:**
 - Monday, Wednesday, Thursday, Friday & Saturday: 2—4:30pm
 - Tuesday: 4—6:30pm

Ayesha
for Auroville Library team

EN125 - 2 April 2026

Book Launch

IN THE GARDEN OF LIFE

Story book launch & reading

Tuesday 7 April, 7—8pm @ Auroville Library

A small collection of poetic stories by Anandi Zhang, written in Auroville, exploring themes of shyness, inner journeying, the passage of time, new birth and eternal youth.

Contents

- Born in a land of flowers
- Shaily is shy
- When it rains...
- Life is an invitation
- Time flies
- How young are you?
- Make a wish...

For children of all ages. All are welcome. Free entry. Books available with contribution.

Anandi



Education



Saturday, April 4, 9am—12pm @ Deepanam School

Join us for a fun-filled day of hands-on experiments and discovery at STEAM Fest 2026, supported by Yuvabe Education! Dive into exciting interactive activities that bring together Science, Technology, Engineering, Art, and Math—learning has never been this fun!

Open to all ages

Abilash

AI CLASSES



Are you looking to transform your future and career with AI?

Come Join our Free AI Masterclass at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

- [Location](#)
- +91 9886740850,
auromodehive@auroville.org.in

Dhesh

LILALOKA

"A place where play transforms, where joy opens the path."—Sri Aurobindo

Lilaloka is a recreational and resource center for children, dedicated to personal development through play and creativity. It offers both individual and group experiences in a non-competitive, non-judgmental atmosphere, fostering connection between schools, families, and children for their overall well-being.

"Each individual is a special manifestation in the universe; therefore, his true path has to be absolutely unique."

Lilaloka welcomes all children—Aurovilians, guests, home-schoolers, and those with behavioural, relational, or learning challenges. Activities include cooperative games, arts and crafts, nature exploration, storytelling, drama, and more.

Activities 2026

Lilaloka offers both **individual** and **group** sessions, guided by a team of facilitators specialized in various fields of child development.

Nesters

- Once a week, age: 0—12 months, parents and babies together.

A nurturing space supporting early bonding and holistic growth—focusing on trust, emotional well-being, and sensory connection between parent and child.

- Two times per week (or as per group needs), age: 1—2 years old, with parents

Sessions that support healthy attachment and conscious parenting, helping parents respond with empathy, presence, and understanding.

Infants' Community

- Daily mornings, age: 1½–3 years

A warm, thoughtfully prepared environment inspired by Integral Education, Waldorf, and Montessori principles—encouraging independence, curiosity, and self-discovery through play, movement, and nature.

Free-Flow Mornings

- Three times per week, open mornings to all children aged 5+

Child-led learning through art, nature play, storytelling, science, and hands-on projects—encouraging curiosity, creativity, and a love for discovery beyond structured schooling.

Afternoon Activities

- Twice per week, age: 3–6 years

A holistic space fostering intellectual, emotional, physical, and spiritual growth through play and creative exploration.

- Once per week, children 6–11 Years

Focused on developing fine motor skills, creativity, and concentration through arts and crafts.

Occupational Therapy and Individual sessions

- By appointment

For both schooled and non-schooled children, in collaboration with parents and educators.

Research and Training

Lilaloka shares its experience through workshops and training programs for students, educators, and researchers—both from Auroville and around the world—with a special invitation to Indian education researchers.

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela



LEARNING SPACE OPENS DOORS FOR KIDS

of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville. Learning Space is an initiative of SAILER, offering a space for orientation, integration, and exploration of Auroville before school enrollment. As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools.



A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.

Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15—8:45am
- Pick up time 3:30—4:40pm (by the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near De-hashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways.

- For admission/visit, please make an appointment at aarambham@auroville.org.in.

Alexey

CORPORATE SUSTAINABILITY & UI/UX DESIGN

@ Yuvabe Education's Bridge Program
3-Month Courses

We're excited to announce two new opportunities for young adults in the Auroville Bioregion! Yuvabe Education's Bridge Program is launching two completely free 3-Month Courses, starting September 2026:



- **Corporate Sustainability**—Gain in-depth knowledge in climate action, ESG, circular economy, and corporate responsibility. Work on hands-on projects and learn from sustainability experts.
- **UI/UX Design**—Learn design principles, wireframing, and prototyping. Build practical skills through projects and create a portfolio to showcase your abilities.

Both programs are completely free for students and designed to prepare participants for meaningful careers. Top performers may also be eligible for internships with Yuvabe.

- [Apply now](#)

Course details:

- Course fee: Free
- Course launch: September 2026, duration 3 months
- Venue: In-person at Saracon, near Svaram, Auroville

For more details:

Flyer: [Flyer link](#)

Visit Website: <https://www.yuvabe.com/bridge-program>

Contact Us: 9677604467, bridge@yuvabe.com

We look forward to connecting with you!

Follow us on social media:

Instagram: <https://www.instagram.com/yuvabe.auroville/>

Facebook: <https://www.facebook.com/yuvabe.auroville>

Linkedin: <https://www.linkedin.com/company/yuvabe/>

Youtube: <https://www.youtube.com/@yuvabe.auroville/>

Abilash

SMALL HANDS JOINING THE COLLECTIVE

During Auroville Week last month, while everyone was joining the celebrations in their own way, the youngest members of the community too imprinted their way in joining the collective. A canvas with colourful, tiny handprints, made by the AV Pre-Crèche, swayed into the celebrations at Town Hall.



In these small, coloured handprints, one senses something essential. Auroville is not only shaped by large gatherings and collective works, but also by these quiet beginnings, where trust, care, and joy take root.

Since its inception in 2000, the AV Pre-Crèche has been a nurturing, bilingual space sharing the community's responsibility of caring for its young members. With a team that carries long-standing experience, the Pre-Crèche has quietly built a culture of care, earning the trust and goodwill of generations of parents.

In this article, we share the approach and methods we followed while working on the banner for the Auroville Week collective celebrations. Our hope is to give you a glimpse of our daily practices, along with some insight into the founding principles that guide our work.

The activity of making handprints went on for days. Few activities in the creche follow disciplined timings, for example, snack time, quiet time, circle time etc. Most activities follow the needs of a particular child or the entire group. It is a spontaneous, sensitive and intuitively felt need that the facilitator responds to within every moment.

A different activity, which is out of routine, demands much more preparation from the facilitators. And the biggest demand in all this preparation, in every day and every moment and even more so in a specially planned activity, is an openness within to receive each child's reaction. Therefore when a few children refused to participate in the handprint activity, it was as acceptable to us as when most others were excited to work with colours or two of them wanted to imprint just one hand. Almost all children of the creche, from 10 months to 2.5 years participated in this activity.

This year, the team was inspired by a deeper exploration of the 12 qualities of The Mother, therefore we introduced a full palette of colours. As we placed the materials before the children and began to demonstrate, some quickly lost interest while others became excited. Soon, as often happens, one child asked for colour on his hands, and others followed. Some asked for help; others chose to do it independently. What was most striking was that almost every child seemed certain about their choice of colour. Some even chose more than one.

One of our main aspirations is to be able to create this space and time for each individuality of a child to explore and express.

Some handprints resemble butterflies, reminding us that these little ones will soon move on to new spaces, making way for others to arrive.

- Please see below (next page) the **announcement for a Parents Meeting** for those who would like to join our AV Pre-Crèche family in the next academic year.

Suganya, Uma, Auroshe, Anjalai,
Sathya, Nilima and Thamur.

AV PRE CRECHE PARENTS' MEETING

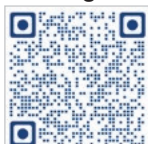
Saturday, 4 April, 9:30—10:15am @ AV Pre Creche



AV Pre Creche is inviting Aurovillian and Newcomer parents to a Parents' Meeting.

Parents who are interested in joining the Pre Creche family and whose children are born between 1 March 2024—28 February 2025 must attend this meeting.

- Please fill the registration form for attending the meeting by [clicking on the link](#) or scan the QR code



- For queries and more details write to us: avprecreche@auroville.org.in

Nilima
for AV Pre Creche Team

TUITION CLASSES AVAILABLE

- Tuition classes available from 1st to 12th grade level in all subjects.
- Crash course available for 10th and 12th grade level.
- For further information contact
 - ashree@auroville.org.in
 - 8270512606 WA only.

Ashwini

KUILAI CREATIVE CENTRE

Regular Activities

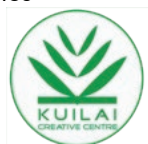
(A unit of SAIER)

- Tuition from 1st to 9th grade
- Silambam—Martial Art Programme
- Bharat Naattiyam—Classical Dance Activities
- Hip-Hop
- Physical Fitness Activities
- Summer Camp in May
- Art & Craft
- Children's Play Park with Swings, Calisthenics set, and a Slide.
- Make and Take on Mother's 12 Quality Programme (Art & Craft, Book Making, Embroidery, Gardening, Painting, Calendar Making and Tailoring Activities).

Please contact us to inquire about the class timings.

- kulaicreativecentre@auroville.org.in
- +91 8608473385 WA

Selva from KCC



SATORI: EDUCATIONAL SERVICES

- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei,
9442934078,
satori.auroville@gmail.com

Health Care



Santé

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday, 8:30—12pm
- **No** sample collection on Saturday

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment: Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care Ezhil & Archana, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric—Monday to Friday	Soundbed Session with Sandhya/ Thilagam: Not available
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminSanté@auroville.org.in	Home Care Contact Santé for timings: Physiotherapy w/ Arun Doctor Consultation w/ Dr. Sana

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Santé Services

HEALTH FUND REMINDER

Dear Health Fund Members, the end of the Financial year is approaching and like we do every year, we request you to please submit your **medical bills from April 2025 onwards**. If you have any laying around that is,



- We need them **before or on the 31 March 2026!** That is our last working day for the month of March.
- **Medical bills from March 2026 can be refunded in April 2026, but only the bills from March!**

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We would also like to request our members to please submit your medical bills in the month the treatment is received or medicines purchased, and latest in the first week of the next month.

- **We start this request from the 1 April 2026.**
- We would like the **members who have long term/life time** medicine prescriptions to please submit us a copy or renew the prescription **every 6 months**.

In general a prescription should present when submitting medical/ medicine bills.

Stefan & Meenal
for Auroville Health Fund

MORNING STAR



Office Open House

- Every Saturday, 10am—12pm

We are happy to announce that the Morning Star office will now be open to the community for an Open House. You are welcome to drop in anytime during these hours to learn more about Morning Star's work, receive updates on the building progress, and book appointments to meet with the midwives during clinical days.

- The Morning Star office is located @ Arka Guest House (next to the reception).
- For more information, please visit: www.aurovillemorningstar.org.

Childbirth and Pregnancy education

Morning Star offers education to expectant parents about conscious pregnancy, childbirth and parenting. Classes are conducted in both English and Tamil

- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father's role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us. If you would like more information or to join the class, please contact Savithri

- +918940571774 WA or morningstar@auroville.org.in
Savithri & Paula, +91 9130084284

AUROKIYA INTEGRAL EYE CENTRE

Eye Care Services @ Arka

Aurokiya provides a range of eye care services for Auroville and the bioregion. Available services:

- Primary & emergency eye care,
- Spectacles & contact lenses,
- Eye Yoga & Vision Therapy,
- Workplace & community outreach eye camps,
- Support for visits to Aravind Eye Hospital

New services:

- Retina imaging,
- Intraocular pressure (glaucoma) monitoring,
- Red Light Therapy for eyes,
- Dry Eye Therapy

Timings: 9am—5:30pm, Contact: 9488005685

Aurosugan for Aurokiya



MAATRAM

Maatram offers OCH Open Consultation Hour

- Monday—Friday, 9:30—10am

Addiction Recovery sessions

- Every Tuesday, 3:30—4:30pm
- @ Maatram, 1st floor, Arka



In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on Addiction Recovery. These sessions are suitable for any kind of addiction including addiction to substances such as

- alcohol, cigarettes, tobacco, marijuana, coffee, sweets
- and addictive behaviours related to use of: smart phones, social media, video games, eating, porn and gambling.

Megha, Raam & Palani

AURODENT CLINIC

We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic. He will be providing specialised treatments, including: Dental implant placement; Wisdom tooth extractions; Other complex extractions

Appointments can be booked directly at Aurodent Clinic.

For appointment

- +91 9629199328 WA,
- 0413 2622063 landline
- aurodent@auroville.org.in

Working Hours

- Monday to Friday: 9am—5:30pm @ Auromode
- Saturday: 9am—1pm @ Auromode

Jayasutha for Aurodent



Youth

PARK OF HARLEQUIN

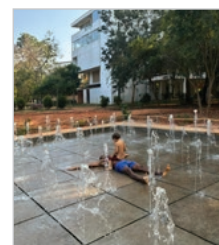
Between Citadines and Sunship

Operating every day, 3:30—5:30pm

As the hot season is starting, please note that the water jet in the Park of Harlequin (between Citadines and Sunship) is now operating every day from 3:30 to 5:30pm.

Adults accompanying children can also enjoy the water jet. However, children should always be accompanied by an adult.

Louis



YUVA SANGHA

After a long period of Yuva Sangha (formerly Kailash) standing empty, and much discussion between YouthLink and Housing on how to move forward, we are finally ready to bring the space back to the community.

This announcement has two purposes.

- First, if you are a young person between 18 and 26 years old, whether a newcomer or an Aurovillian and are in need of a place to stay, we warmly invite you to reach out to YouthLink. We will guide you through the process of joining the community.
- Second, to make this revival possible, we need the support of the wider community. At the moment, the building does not have a washing machine. We are looking for someone who could donate one, or lend one for a few months until we are able to purchase our own.

If you have a washing machine, or know someone who might be able to help, we would deeply appreciate your support in helping us support the youth of Auroville.

Madhu for YouthLink team & Yuva Sangha

EASTER FEST

Sunday, 5 April, 4—6pm



We warmly invite all children in the community to join our Easter Fest! joyful time of discovery, play, and celebration together!

Jiseong for Youthlink

International

UNITY PAVILION PRESENTS

April Events

Day-Time	Venue	Event Details
15 February to 30 April, 9—5pm	Unity hall, Peace hall	Exhibition—The Golden Light: A Collective Artistic Tribute to the Sunlit Path for the Mother's and Auroville's Birthdays. Featuring artworks of: Dilip Patel, Marie-Claire Barsotti, Mayaura, Ok Upcycling, Pierre Legrand, Soham, Sonia Yeo, Uttama Dhandhan, Tim Wrey, Vivechana
Wednesday 5:30pm	Unity Hall	Sound Bath by Svaram—Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursday 5pm	Hall Of Peace	Silent Meditation by Pierre—Tune into your psychic self and experience deep inner peace and calm for awakening within.
Friday 7pm	Unity Hall	The Flow: Chakra Meditation by Sergei & Preeti—Awaken your inner energy and activate your meridians and chakras through sound, mantras, and frequency for deep healing and balance.
Saturday 10am	Garden	Kids Art Class by artist Janakiraman—A playful exploration of water colour techniques for children.
13—14 April, 10am—12pm, 4—7pm	Unity Hall	Integral Health & Healing Workshop: Awakening the Conscious Body & Soul—Mother's 12 qualities with color meditation, Yoga of the cells—Cellular awakening, inner healing, chakra balancing and energy work

By Appointment

Date	Venue	Event Details
Daily	Hall of Peace	Tao of Tea —Sencha Style Tea Ceremony by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul. +91 9385428400 WA
Tuesday, 5pm	Hall of Peace	12 Qualities and the Mother's Symbol by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.
Daily	Oneness Hall	One to one sessions on the Science of Chakra, Integral Yoga, Chakra Balancing and guided Meditation . One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development. 9699930672 WA

- 0413 2623576, 9699930672, unitypavilion@auroville.org.in

The Flow: Chakra Meditation

Connect with the Source and enter the Flow

- Fridays, 7—8pm @ Unity Pavilion



Through ancient Beej mantras and healing frequencies, this meditation awakens the chakras and opens the meridians, allowing prana to move freely through the body. As the energy flows, it releases emotional blockages, eases stress, and restores balance—leaving you with a deep sense of lightness, harmony, and renewal. Experience a journey of sound and vibration!

Presented by The Unity Pavilion Research Team:

- **Sergei**—Electronic Musician, Specialist in Social & Musical psychology
- **Preeti**—Author, Life coach, and Researcher with 25+ years in Integral Yoga & Human Development

Sencha Style Tea Ceremony



The Universe in a Cup of Tea

We invite you on a spiritual journey, accompanied by the tea of your choice. (Organic teas only, tea blends with herbs/flowers/spices also available). During this rare, transformative experience, you will explore & experience the healing aspects of the tea. The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- Through appointments only, +91 9385428400 WA

Healing, clarity and conscious transformation



One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential. Using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development.

- **By Appointment:** 9699930672 WA

Integral Health & Healing Workshop—Awakening the Conscious Body & Soul

- 13 & 14 April, 10am—12pm, 4—7pm
@ Unity Pavilion



A deeply immersive 2-day journey into Integral Healing blending The Mother's 12 qualities with color meditation, Yoga of the cells—Cellular awakening, inner balance, chakra balancing and energy work integral healing. Participants will experience emotional balance, mental clarity, and cellular rejuvenation.

The Mother's Symbol, Matrimandir and 12 Qualities

- Every Tuesday, 5pm, Weekly Experiential Exploration



A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation with Jaya.

- By appointment, 0413 2623576

Preeti for Unity Pavilion

FRENCH PAVILION PRESENTS

Board games, Wednesdays, 4—5:30pm

- @ Pavillon de France, opposite the Visitor Center

French Pavilion welcomes you every Wednesday, 4—5:30pm for Boardgames. Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



Submitted by Vivekan & Marie

PAVILION OF TIBETAN CULTURE PRESENTS

Pavilion of Tibetan Culture: The Library

- Monday and Tuesday,
9:30am—12:30pm

Kalsang for Tibetan Pavilion



BHARAT NIVAS, PAVILION OF INDIA

Kalaripayattu performance



Theatre, Music & Arts

KALABHUMI MUSIC STUDIO

Sonic Journeys



Shanks Kini is a multi-instrumentalist, singer, composer and music producer. He has worked in the Mumbai Music Industry before moving to Auroville 10 years ago. He has spent most of his career as a supporting musician to singers and projects across various genres and scored music for film and dance.

Presenting a brief but deep dive into the sonic realm of one of the most courageous artists of his time, a man who overcame illness, defied doctors and transcended tradition to find a sound that has now become a school of singing like no other. The Hindustani Music system will also be introduced by Shanks using voice, tabla and guitar in simple, short modiles arranged around the presentation of this artist's work in a format designed specifically for the western/harmonic ear.

Mini KGL—Solo Ronny



Solo concert by Ronny, bossanova, folk, jazz

- Saturday, 4 April 8—9:30pm
@ Kalabhumi Music Studio
 - Only 70 seats, first come first serve! Indoor & AC-Powered Concert
 - Help live music & contribute what you like!
 - Parking only at Gaia field / Cripa back entrance
 - Drugs/alcohol prohibited!

Live concerts events hosted by Shakti Arts (Unit of Auroville Foundation). Edo

BELLA VITA PRESENTS

Live Music by Satya

Friday, 3 April, 7pm

An evening of live music with Satya, songwriter and busker, weaving together original compositions and evocative covers. All are welcome!

Martina for The Bella Vita team



MANNIN MANDHIRAM: MAGIC OF THE EARTH

Exhibition by Kripa. Photo documentary of terracotta terracotta votive forms making in Auroville

- 3—25 April @ Pitanga

Exhibition Opening:

- 3 April, 4—5:30pm

Gallery timings:

- Monday to Saturday,
8:30am—12pm &
2:30—5:00pm.



Anandamayi

OF BEING AND BECOMING

@ Maroma Art Gallery, MAJI, 21 February—4 April
Aspiration St, Kulapalayam



This multimedia group show features **Aarti Manik, Gauri Elisa, Bettina Schori, Henk van Putten, and Ok Upcycling Studio.**

Sagarika Bhati
for MAJI, Maroma,
maji@maroma.com

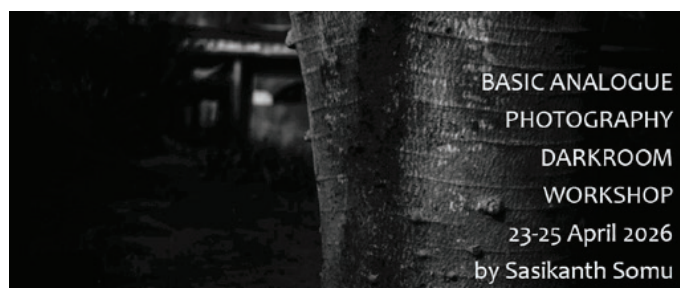
Theatre, Music & Art Activities

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop

by Sasikanth Somu

23, 24, 25 April @ Centre d'Art Gallery, Citadines



Program & Timings

- **Thursday, 23 April, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 24 April, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 25 April, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact

- centredart@auroville.org.in

Participants are required to be present for all three days.

The workshop fee for Guests: Rs.3000 incl. GST. The workshop is free for Aurovilians, Newcomers and Registered Volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with ATR Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher.

- Sasi sasi@auroville.org.in, +91 91593 55809 WA.

The number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, Centre d'Art

CENTRE D'ART: OPEN CALL FOR ACTIVITIES

Centre d'Art would like to open its gallery to new Activities for the 2026/ 27 Season. It could be a participatory project, a workshop, a lecture, a performance ...



We are looking for events that share the joy of creation, spark curiosity, ignite creativity, connect people, for adults and children alike.

If you are interested please send your submission before **30 April 2026** to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
 - A short biography of the artist / facilitator
 - The title of Participatory / Workshop project and its explanatory text
 - Images of some work in jpg or pdf (max 20 images) in low definition
- Marco*

SVARAM ACTIVITIES

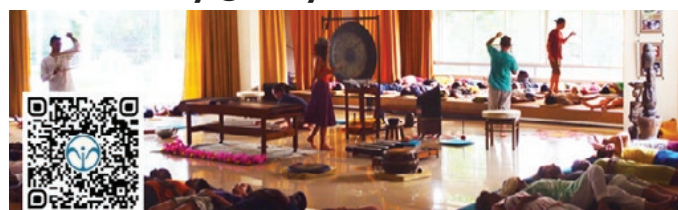
Sound Healing Session



This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner. **By Appointment Only**

- Available Sessions: Solo, Duo or Group
- For details and booking: Scan the QR Code or <https://svaram.org/sound-healing-sessions/>

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

- Every Wednesday, 5:30—6:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-journey-unity-pavilion/>

Sound Garden Tour



These unique spaces invite people of all ages to reconnect with themselves, nature and sound.

- Monday—Saturday, 10:30am—4:30pm,
- Sunday, 10:30am—12:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-garden-art-installations/>

Aurelio for the SVARAM Team

CREEVA: ART ACTIVITIES

Center for Research Education Experience in Visual Art
Watercolour painting workshop

- Every Wednesday, 2—4pm

Life drawing session

- Every Saturday, 10am—12pm

T-shirt Painting, Bottle Painting Workshop

Paper Pulp Doll Art Workshop

- Every Sunday, 3—4:30pm

Rediscover the joy of creativity and childhood play, through eco friendly paper pulp. By Giribala Tripathy: From Odisha, based in Pondicherry, Sri Aurobindo Ashram artist with over two decades of creative and sustainable art practice.

Live portrait sketch

For personalised live portrait sketch book a session with Sathya.



Open studio

Your welcome to open studio to explore your art except workshops timings. Materials will be provided.

For info contact Sathya: +91 9486145072

- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

IMPROVISATION, VOICE, MOVEMENT, SPEECH, Self-Inquiry & Self-Expression

3 month training in CRIPA of 2 classes a week:

Mondays, 2—4pm & Wednesdays, 2—5pm

Starting 13 April

The approach of the training will be psychological and subjective in nature inviting the participants to discover their unique expression and personhood.

First and foremost an interest in inquiry and self-discovery is expected. An openness for exploring Mother and Sri Aurobindo's texts.

The direction of the training will take shape in accordance with the participants' progress, the individual's creative process will be the guiding principle.

The spirit of the training will invite a spirit of discovery, an openness to fail, a curiosity for the unexpected.

Collaboration where we will explore working together as a collective, refining not only our own nature but exploring how to devise and co-create.

From this training the participants can expect to improve their confidence, a more dynamic expression, performance skills, more flexibility emotionally and psychologically.

A lot of time self-inquiry and self-observation, journaling and reflections.

There will be the optional possibility of working towards a performance towards the end of the 3 months.

- Fundamentals of public speaking: voice, body language, breath. Authenticity and natural expression in voice and movement.
- Monologue recitals—(material to be discussed).
- Refining listening skills (to self, others, space) & body-felt intuition. Art of improvisation (spontaneity, creativity, and collaboration).
- Devising improvised scenes (who, what, where) & (context, conflict/situation, escalation, resolution).
- Most importantly lots of self-inquiry.

We will be taking a batch of a maximum of 16 participants.

- **Facilitator:** Misha (Mike), misha@auroville.org.in

- [Further info and registry here](#)

- A further continuation of 3 months will be discussed.

Misha (Mike)

LOOKING FOR ACTORS/ THEATRE ENTHUSIASTS

For an upcoming play based on Pushkin's short plays (Covetous Knight, Stone Guest). Age group 25+ both male and female, performance early May.

- **Contact:** +91 9597491652 WA

Rupam Mishra

ACTIVITIES BY MINT

Bojagi Wrapping Art Workshop

- **Tuesdays, 10:30am—12pm**

Bojagi is the Korean art of wrapping with care, balance, and quiet beauty.

- No prior experience needed.
- All materials provided
- Limited seats



Still stroke

- **Thursdays, 10:30am—12pm**

When the mind becomes still, the stroke appears. Still Stroke, One Breath, One Line. Slow calligraphy workshop.



- Limited seats

9489904112 WA, Mint

THE AUROVILLE HARMONIES Recruits



After the recent success of its performances 21, 22 and 26 February, the women's choir *Auroville Harmonies* continues its exploration of worldwide songs.

If you are interested, please contact Antoine for an audition: antoine@auroville.org.in

Antoine

Dance Activities

DANCE, MOVEMENT AND BALLET FOR CHILDREN



@ New Creation Dance Studio!

We offer classes for almost all age groups:

- **Toddlers' dance initiation**
from 4 to 5 years old, every Monday, 2:30pm
- **Children' ballet class**
from 6 to 8 years old, every Saturday, 9:15am
- **Tweens' ballet class**
from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries: +91 9600225764

Fleur

CLASSES IN BHARAT NIVAS

Bharatnatyam Dance Classes

- Saturday, 10am—12pm,
Sunday, 3—5pm,
@ SAWCHU

Caveri Suresh, a Bharatnatyam Dance teacher for 27 years, is offering this class to **Beginners, Intermediate** and **Advanced** students.



Caveri Suresh, Diya Dance Studio

Music and Dance Classes

- Saturday, 3—4pm @ Bharat Nivas

This is to inform you that Aurohamsadhwani Arts Center is organizing music and dance classes at the Bharat Nivas premises. The following classes are offered:

- **Bharatanatyam, Veena, Keyboard, Vocal Music**

Students of all ages are welcome to join. The class fees are minimal. For further details and registration, please contact:

- Ms. Gunasundari, 99433 94901
- Mr. K. Palani, 94435 35172
- Mr. H. Suriyagandhi, 94893 25775

A. Gunasundari for Aurohamsadhwani Arts Team

DANCE CLASSES BY MANI

Tango Dance Evenings

- Tuesdays & Thursdays 7pm @ CRIPA (Small Room)

Discover the beauty of Tango—a dance of connection, rhythm, and emotion. Move with grace, balance, and awareness in a joyful and welcoming space.

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Free/ Donation-based
- Guests & Others: Contribution welcome

Let's share the magic of Tango, connect through music, and grow together in movement and harmony.



Salsa Dance Classes

- Monday & Friday—7pm @ CRIPA (Small Room)

Join us for fun, energetic salsa sessions—dance, move, and enjoy the rhythm together!

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Donation-based
- Guests & Others: Contribution welcome

Let's share the joy of dance, connect with positive energy, and keep improving.



AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

- Monday, 8pm: Introduction to Tango
- Wednesday, 7:30pm: Practica
- Friday, 6:30pm: OpenSource
- Saturday: Bi-monthly Milongas

No partner required. Bring socks or dance shoes. And plenty of joy!

+91 9821166082, tango@auroville.org.in, Aurevan



Sports & Martial Arts

BUDOKAN: CLASS HOURS AND ACTIVITIES

Aikido

For Adults & Teenagers

- Monday to Friday, 6—7:30am
- Tuesday, Thursday & Friday, 4:50—6pm
- Saturday
 - Advanced 6—8am
 - Weapon class 8—9am

For Kids & Teenagers

- Monday to Friday, 3:50—4:50pm
- Saturday, 10—11am

Aikitaïso: Monday to Friday: 8—9am

- Saturday: 9—10am

Yoga: Monday, 9:30—10:30am & 5—6pm

- Wednesday to Friday, 9:30—10:30am

Shiatsu: Saturday & Wednesday (on appointment)

Michaël for Auroville Budokan,
Dehashakti

AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring. We play futsal in Dehashakti. If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

- Mondays and Wednesday, 5pm
- Please contact Balaji:
8940224950



Boys 16yo+ are playing

- Tuesdays and Fridays, 5pm
- Please contact Beber
638563 5943



Submitted by Beber

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!

Aikido activity schedule

Monday to Friday:

- Adult class: 6—7:30am
- Children class: 3:50—4:50pm

Saturday: Advanced: 6—8am; Weapon: 8—9am

We also started a new activity named **Aikitaïso** it's a body practice based on Zen movement and Aikido body preparation. Perfect for everybody who wants to feel more grounded.

- Monday to Friday: 8—9am
- Friday: 5:15—6:15pm
- Saturday: 9—10am



8300643963 WA, Philippe,
9952812843 WA, Murugan,
+ 33622053932 WA Michaël



Abhaya Martial Arts is proud to have trained over 700 students of all genders, ages, and experience levels. We've hosted expert coaches and black belts of many martial art styles, and introduced our students to a vast range of transformative practices. Our team has participated in national competitions and begun awarding official belts and degrees recognized by the Shou Dao School—a martial arts academy acknowledged by the Olympic Committee.

Regular Adult Classes, 5:30pm:

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Striking/Self Defence with Coach Tanguy and Coach Giacomo

Please note: Contribution required

- Be punctual; Short nails, wear, and no jewelry; Stay home if you're unwell or have open wounds

- **For updates and participation:** +91 94873 40778

- For more info contact us: abhaya@auroville.com

<https://abhayauroville.wordpress.com/>
<https://www.instagram.com/abhayauroville/>

Giacomo for Abhaya



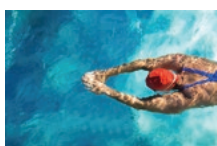
MORNING SWIMMING CLASSES FOR CHILDREN

Tuesdays & Thursdays,
6:30am—7:30am @ La Piscine

- Group classes for Aurovillian kids aged 11 to 15 years
- Safe and fun environment with professional guidance

Build confidence, improve technique, and enjoy the water!

- **To enquire:** +91 8940288090 WA



Sonia and Ana

SWIMMING CLASS

Learn to swim or improve your skills with personalised training in a calm and supportive environment. Classes are open to both adults and children (from 6 years old).

- Individual lessons—one-on-one personalised attention
- Small group sessions—only 2 to 3 people per class



All levels welcome, from complete beginners to advanced swimmers. Special focus on comfort, confidence, and technique. Limited spaces available to ensure quality and care for every participant. @ Auroville, flexible timings available
8637633696, Mani

THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

- Monday, Wednesday, Friday, 6:30—7:30am
- First time? Please come on Friday.

8110848123 WA,
Hans

MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings

Bharat Kalari
Offers
Kalaripayattu
Regular Class

Venue: Bharat Kalari
(near Sri Aurobindo Auditorium), Bharat Nivas, Auroville

Monday - Friday
Morning: 07:00 am - 08:00 am
Evening: 04:30pm - 05:30 pm

Enquiry Contact: 0413 262253 / 78455 24014
bharatnivas@auroville.org.in

Monday to Friday:

- **Morning Regular Class:** 7—8am, fee: Rs.3000
 - **Evening Regular Class:** 4:30—5:30pm, fee: Rs.3000
 - **Morning & Evening (Regular Classes):** fee: Rs.5000
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium

Regular Silambam Class

- **Wednesday & Saturday, 5—6pm @ SAWCHU**

From 20 August 2025

Regular Silambam Class
Hari Haran

05:00 pm - 06:00 pm
Every Wednesday & Saturday
Venue: SAWCHU, Bharat Nivas, Auroville

To join, Contact: Hari Haran at +91 63743 71865
Parking available outside at the Main Gate

Grappling and Rudiments of Martial Arts for kids

- **Tuesday & Thursday, 4—5pm @ Harmony Hall**

BHARAT NIVAS
The Pavilion of India, Auroville
Presents
GRAPPLING & RUDIMENTS OF MARTIAL ARTS FOR KIDS

Every Tuesday & Thursday
04:00 pm - 05:00 pm
Venue: Harmony Hall, Bharat Nivas, Auroville

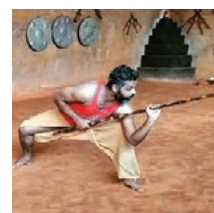
CONTACT TODAY!

Monisha

KSHETRA KALARI

@ Aspiration Sport Ground

- **Kalari Classes for Beginners**
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday
- **Kalari Massage Available**
 - By appointment, 9042009200



Maneesh

Bioregion, Crafts & Nature Activities

WELLPAPER WORKSHOP

10am—4pm, every day except Sunday

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home.

- +91 9385744722, 0413 2969722

Viji



SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!

Be a part of a weekly farm tour to learn where your food comes from. Free guided farm tour only on **Saturdays, 11:30am**. For the larger group (5+) and private bookings, there is a separate charge.



- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm: It is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

• 3 days Intensive Permaculture Weekend Workshop

- View schedule and book here: <https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

• Mini Permaculture Workshop

- Please email us: solitudepermaculture@gmail.com for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

- **Introduction to permaculture through local food:** Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!
- **Handmade Soap-Making:** By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

Farm Fresh Basket Service: A long term commitment to your health! A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

- Please email us at solitudepermaculture@gmail.com to book your basket.

Lunch Scheme @ Solitude: Experience a wholesome lunch scheme at Solitude Farm—freshly prepared straight from our farm every day. Enjoy traditional grains such as millets and red rice, heritage greens like local spinach, and a variety of seasonal fruits and vegetables rich in Ayurvedic benefits. All food is grown without chemicals and follows time-tested methods that have supported communities for generations.

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing life-style conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots. Come, eat well, and feel well.

- **Booking:** solitudepermaculture@gmail.com

Krishna
for Solitude Farm & Café

MOHANAM PROGRAM

www.mohanam.org



Mohanam: 2 mins from Verité, 6 mins from Matrimandir, 8 mins from Visitor's Center. Experience, explore, energise.

For more information and registration:

Advance booking is necessary for Workshops:

mohanamprogram@auroville.org.in, +91 8300949079

- **Office timing:** 9am—4pm, Monday to Saturday

Make and Take Workshops

- Monday to Saturday, 10am—12:30pm or 2—5pm



Bamboo Candle | Potter | Coconut Shell Craft | Dream Catcher | Incense Making | Kolam Mandala

Join and experience the learning aspect of engaging in the art and craft workshops. Manifest inner self through various materials and forms using creative techniques.

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



Village Tour | Wood Fossil Visit | Munnur-Perumukkal | Kaluveli Tank Visit

Celebrating authentic village experiences and cultural heritage! This is a guided tour to villages in the range of 5km, 10km to 50km from Auroville.

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

This tour offers a deeper appreciation of the beauty, heritage, and living traditions of Auroville's northwest zone. It highlights inspiring local entrepreneurship and how traditional practices are being continued through modern techniques.



Deep Sound bath 5 Element

- 7, 14, 21 & 28 April, every Tuesday, 5—6:30pm

By Satyaguga, connect to your inner self through vibrations & divine chants.



Drum circle

- 1, 8, 15, 22 & 29 April, every Wednesday, 5—6:30pm

A sacred group practice where people gather in a circle to connect through rhythm, sound and presence, creating healing, awareness and inner balance.



Thiruvannamalai Spiritual Services:

Eco & Spiritual services: Thiruvannamalai—Mohanam services

- Arunachala—Auroville; Tour, retreat space; Camping, Temple visit; Ashram, Girivalam Full Moon experience

For booking and more information

- +91 8300949079
- mohanamprogram@auroville.org.in

Rajaveni

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

Join our daily guided tours and enjoy a complimentary cup of refreshing bamboo tea. Explore and shop for unique, handcrafted pieces at our Bamboo Boutique, and experience the natural rhythms of our Bamboo Sound Garden.



Bamboo tour with bamboo tea

- Monday—Saturday
8:30am—12:30pm, 1:30—5pm

Special bamboo lunch @ Auroville Bamboo Centre

- Every Saturday, 12—2:30pm
- Pre-book in advance

Enjoy the Special Bamboo Lunch.

Make and take workshops

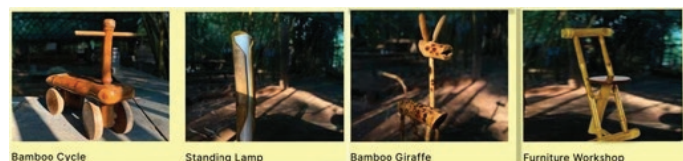
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



Take part in our daily Make and Take workshops to learn and discover the endless possibilities of bamboo.

One day workshops:

- Pre-book in advance, Monday—Saturday, 9am—5pm



Geodesic Dome Workshop

- 10 & 11 April, 9am—5pm

The bamboo Geodesic Dome workshop is perfect for anyone who wants to gain skills on sustainable lifestyle and hands on experience working with bamboo, while also exploring various aspects of sustainable living.



Yurt workshop

- 24 & 25 April, 9am—5pm

The Yurt's frame is made and pre-assembled on the ground and parametrically designed. The structure's partition is given a slight inclination, creating a beautiful shape.



Musical Instrument special Workshop

- 18 April, 9am—5pm, one-day workshop)

Explore the soothing sounds of handcrafted bamboo instruments and learn how each one creates its unique tone. Experience a hands-on session blending creativity, nature, and music in a calming, fun environment.



Pre-booking is necessary for registration:

- bamboocentre@auroville.org.in
- +91 8300949081

Bala Sundaram

STORY OF THE LAND—WALK + TALK

Saturday, 4 April, 9:30am—12 noon

@ Pebble Garden



- 8148715966 WA for Registration link.

Deepika

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

AuroOrchard is Auroville's oldest farm, founded in 1968-69 under the guidance of the Mother with the vision of "growing food for Auroville." Spread over 25 acres of red earth on the eastern coast of Tamil Nadu, AuroOrchard has been a cornerstone of Auroville's food system for more than five decades. Today, we produce over 50% of the fruits and vegetables and 90% of the eggs from Auroville farms.

We grow a diversity of crops—mangoes, papayas, bananas, guavas, citrus, roots and tubers, leafy greens, vegetables, and herbs—alongside a small poultry that provides eggs. Each year, these fields and orchards yield several tonnes of fresh food, much of it flowing directly to Auroville's kitchens and residents. These numbers are never the measure of the work, but rather quiet signs of the farm's steady rhythm of care and abundance.

Join us for a stroll through these orchards and vegetable gardens and learn about the agroecological techniques that we practice at the farm.

- Every Wednesday, 10am—12pm.
- Registration required, [sign up here](#).



CSA baskets

Auro Orchard's Basket System is a community-supported program that allows customers to select fresh, seasonal produce such as fruits, vegetables, greens, herbs, eggs, nuts, and Abundance; farm-processed products like pesto, syrups, and nut spreads from a weekly updated harvest list. Members place their orders based on seasonal availability and collect their chosen items directly from the farm or from the pick up points inside Auroville.

- Please [sign up for the baskets here](#) to get added to the list.



Volunteering

Spread over 25 acres, AuroOrchard is Auroville's oldest farm producing a diversity of fruits and vegetables and eggs that are supplied directly to Auroville's kitchens and residents.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people.

We offer a welcoming environment for learners, researchers, and seekers who wish to help us and learn more about the land, food, culture, and themselves.

- Monday to Saturday,
7—9am and/ or 9:30am—12pm.
- We offer breakfast made with farm produce! Link to [sign up for volunteering](#) here.



Anshul



ENLIGHT
Light of Auroville

Contact: Arun / Balaji
+91 88381 72521 / enlight@auroville.org.in








Arun, Anand and Balaji
for Enlight Team

MAROMA CAMPUS TOUR!

Every second Saturday, 10:30am—12pm
@ Maroma Aspiration Campus



Join us for Maroma Experiences,
beginning this Saturday, March 28.

A guided, campus-wide experience including production visits, candle and soap making, the Maroma Gallery, and a hands-on incense workshop (with take-home gifts).

Enjoy healthy refreshments and an open Q&A session.

- Rs 500 (Adults)
- Rs 300 (Under 14)
- **Aurovilian Special:**
Half-price for Aurovilians

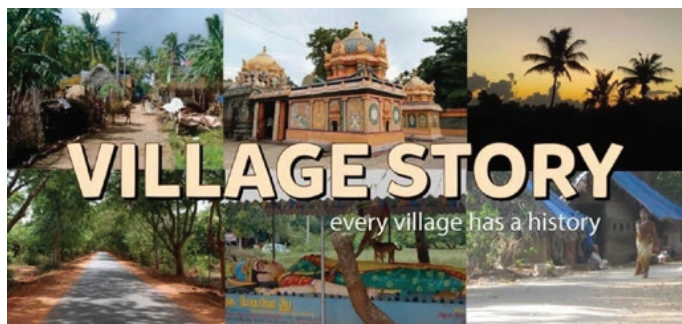
Book: <https://maromaexperience.com/>,
9486623749 WA



Jesse

EGAI EVERYVILLAGE

Skill-cation: Experiential Learning



Egai EveryVillage is an in-Auroville community 2 to 3-day educative experience teaching real, usable skills, initiative focused on skill-cation in arts and crafts **customized to the learners' needs**—an experience, a form of self-investment both skilling and vacation. Exploration today is not just about sightseeing and relaxation; it's trips and tours to acquire or enhance a skill—whether it's cooking local cuisine, pottery, photography, yoga training, scuba diving, language learning, farming, eco-conservation.

Skillcation is a shift in the traditional perception of travel. For learning travellers, these small breaks and learning pursuits are a way to recharge, improve focus, and build transferable skills such as problem-solving, creativity, adaptability, and resilience. It involves smaller groups, focused stays, and involvement with Auroville and local village communities.

Anand, 9791896488, egai@auroville.org.in

SADHANA FOREST PLANT BASED SATURDAY

Join us for a day of connection, learning, and delicious plant-based food! Whether you're curious about sustainable living, enjoy spending time with cows, or want to explore new recipes, we'd love to have you with us.

Schedule: Every Saturday

- 09:00 Breakfast
- 10:00 Cow Connection
- 11:00 Plant-Based Cooking Class
- 12:30 Talk on Diet & Nutrition
- 18:00 Dinner

You're welcome to join for the whole day or just a part of it, all offered to you as a gift from Sadhana Forest free of charge.

Aviram

ACTIVITIES BY INSIDE INDIA

Inside India Office, Kalpana Community

Cycle Tours through Auroville

- 9am—1pm. Please book 36 hours in advance.

Ride into the green lungs of Auroville on our newest bicycles partnered with KINI-SI. Muddy red earth under your wheels, rain-washed trees above you, sound of birds, forest winds and chance detours, explore this slow travel at its finest.



Off-Road Cycling & Half-Day Rides

- 9am—1pm
- Available on request, with a 36-hour heads up

For those who want to go off-script; we now offer off-road rides with our seasoned cycling guide. These are wild, custom-built trails cutting through fields, villages, forests and backroads of the bio-region. We tailor it to your stamina, spirit and sense of adventure.

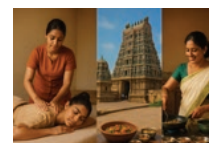
tours@insideindiaauroville.com
Shaheen for Inside India

ACTIVITIES BY RUPAVATHI

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.

- Starting point: Solar Kitchen.
- Can be scheduled anytime throughout the week.



South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage: We give everyday morning

- 9:30—11:30, 11:30—1:30, 5:30—7:30pm.
- 8098845200 WA/ Phone,
- rupavathijoy@gmail.com

Rupavathi

Office Spaces



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive** COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

- Every Friday, 9am—7pm @ Hive, Auromode.

Step into Hive and experience a cosy workspace with super-fast Internet, Coffee—all for free on our weekly Open House. Hive is a 24/7 Coworking space.

Open House hours are for experiencing the space, 24/7 access is available beyond these hours.

Visit us at www.auromode.in/hive-coworking for more details on our flexible plans and facilities.

For inquiries: auromodehive@auroville.org.in

- +91 9042759540 WA,
+91 7092197375 WA or drop by. **Dhesh for Hive**

Aurelec Spaces Available

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and facilities.



Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and facilities.

Interested people may contact Mr. Siva at Aurelec:

- in person or by phone to 2622293/ 2622294
or e-mail adps@auroville.org.in **Siva for ADPS Trust**

Office Space Available: Auromode

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant. Contact Mr. Pandian



- at Auromode in person, +91 9943390391 or
• pandian@auroville.org.in **Pandian**

Spaces Available at Ecoteco Campus Building

There are two spaces available for use at the Ecoteco Campus Building in Reve Area:

- 118 sqm Office Space
- 67 sqm Godown Space.
- 9443960008, Diana; 9894442349, Prabhu **Diana**

Kinisi Cowork

Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings. Ready to join? Learn more and book your spot:



- +91 9429690049, hello@cowork.kinisi.in
- CSR Campus, Auroshilpam, cowork.kinisi.in

Laure

Lost & Found

Found Kid's Belongings @ Certitude

It seems like someone left their kid's belongings at Certitude kids playground in the morning of 26 March.

Kanann,
9585835386



Taxi Share

Car towards Kodaikanal, dates flexible

I plan to go to Bodhi Zendo in about 2—3 weeks, my dates are flexible, it would be great if someone wants to join and share a taxi. Or even better if you have your own car and want to share all cost of fuel, toll... I am open to make plans together! Please email if interested!

toruselma.90@gmail.com,
Marina

Available

Green Lady Low Trekking Bike Available

AVANTI Discovery MS 1 Green Lady Low Trekking Bike Available, Alloy Frame, 21 gears, disc brakes, Rear Rack, bought in September 2024 in Aurovelo.

Sophie, 9487920197 WA



Honorary Voluntary

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations: Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy.



We can provide lunch and some additional bonuses to come as you will stay with the team longer.

For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages **Alexey**

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day **from 7am onwards**, and have a vegan breakfast at **8:45am**. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,
8525038274 WA or
call 8122274924

Aviram

BOTANICAL GARDENS

A lot of work goes into caring for the Botanical Gardens to keep them looking beautiful and pristine. We invite new volunteers who are ready to help and dedicate some time to caring for the various parts of the Gardens. In particular,



right now we need volunteers to help with the Japanese Garden and Labyrinth area, and would like to find one person who could be trained as a long term backup for all parts of the garden work, especially the watering system.

The work involves a lot of weeding, mulching, composting, pruning and clipping, raking and other general maintenance tasks. Talking to the plants, trees and creatures is also welcome, along with jokes and cheerfulness.

- If interested please contact Noel: earthyyoga@hotmail.com
- or stop by in the morning sometime to explore the possibilities.

Noel Parent

Work Opportunities

SEEKING OF ASSISTANT PROFESSOR

Auroville Institute of Applied Technology

Auroville Institute of Applied Technology, <https://aiat.edu.in/>, is currently seeking qualified candidates for the position of Assistant Professor in the field of Computer Science.

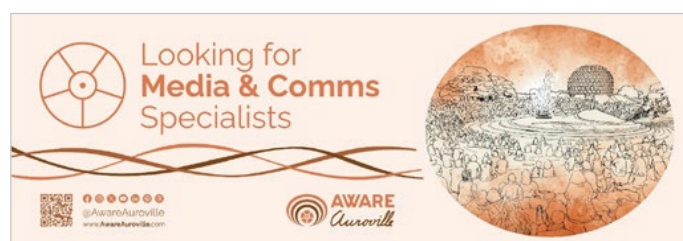
Applicants must have Master's degree in Computer Science. Interested candidates are invited to send their CV to amarnath@aiat.edu.in.



Amarnath

AWARE:

Looking for media & comms specialists



Invitation to the City the Earth Needs.

Auroville grows when aspirants gather from around the world with clarity of purpose.

AWARE seeks to build a bridge to welcome these aspirants by telling the story of this place with clarity, through beauty, and by setting up platforms for information and discussion.

Doors Are Open for Aurovilians and Newcomers to join Aware. Roles open: Filmmakers; Cinematographers; Editors; Content Creators

Contact: +91 73965 57993 WA, aware@auroville.org.in
awareauroville.com

Shift towards a culture of multilateral perspectives and an attempt to bridge the aspiration/ideal and current human condition & external organisations.

Sajiv
for Aware Auroville

AUROVILLE WATER SERVICE

Auroville Water Service is looking **Aurovilians** who want to work with us in water-related activities. We are looking for:

- Water Engineer,
- Manager non-technical (HRD, Fin, Area etc.) and
- an Assistant Manager Operations.

If you need more information about one of the functions, please pass by at our office at the Vikas Radial (Square Water Tower).
Toby for Auroville Water Service

LIVING ROOM CAFÉ

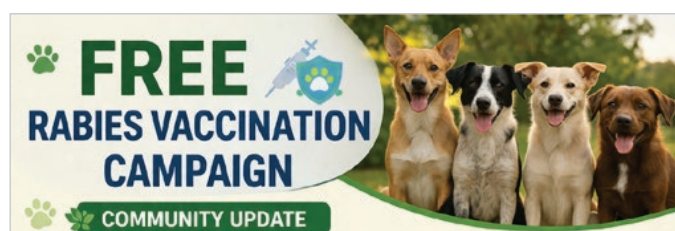
The Living Room Café is looking for a waiter barista.

send resume to tlr@auroville.org.in

Satyakam

Animal Care

FREE RABIES VACCINATION CAMP



Over the past 3 consecutive weeks, the camp has gone very well thanks to your support and participation. Last week, 14 dogs were vaccinated, bringing the total to 41 dogs so far.

Based on our experience and valuable feedback from the community, we understand that bringing pets and community dogs to a central location can be difficult due to transport and handling challenges.

Therefore, we have decided to shift to a door-to-door vaccination campaign, visiting each community to ensure we reach as many dogs as possible across Auroville.

Update: Door-to-Door vaccination campaign

- This Saturday, 4 April: **No camp** (break week)
- Next Saturday, 11 April: **Campaign resumes**
Starting from Aspiration Community, 10am—12pm

This initiative will also help us conduct a dog census in Auroville alongside the vaccination drive.

We kindly request your continued support to make this campaign a success.

Help us reach every dog in your community and make Auroville Rabies Free!

Dr. Kumar for Auroville Dog Shelter Team

URGENTLY SEEKING VOLUNTEERS FOR DOG SHELTER

Aurovilians & Newcomers Welcome

We are seeking dedicated volunteers to assist in the ongoing care and management of our dog shelter.

Areas of support required:

- Medical assistance (qualified professionals or students)
- Provision of essential supplies
- General shelter maintenance and animal care

Interested individuals are encouraged to get in touch at the earliest:

- 9443203092,
aurovilledogshelter@auroville.org.in



Dr. Kumar, Sugar, Shanthi

Ecology

A NEW SERVICE FROM ECO SERVICE

As we all have noticed of late there has been a growing amount of litter being dumped along the roads, pathways and in the bushes within the city, we are pleased to announce to the community a much needed extension of our regular waste pick up service.



Launching on its Birthday this year on 28 February, Auroville will have a dedicated service to clear the litter and waste from the areas that are hard to reach by our larger vans.

A three wheeler has been acquired for the purpose and will begin the operation in two shifts 3 days a week to start with. The service will largely concentrate on within the designated City Area only (and not along the tar road) and may gradually extend to the greenbelt.

This Service will be totally run by Citizen Volunteers (Aurovilians and Newcomers) along with an Eco Service member as it may need more than one person (and maximum two) to do the task. In Kind remuneration will be provided.

- If you are one of the inspired ones who shares similar concerns, are interested to help keep Auroville litter free and can dedicate some time, please get in touch with us either by dropping into our office or connecting with us by email or on the number provided below.

Wish us luck for this new endeavor and if possible join up! Lets Keep Our City Clean Together.

Sumit for Eco Service,
ecoservice@auroville.org.in, 6379669034

UPCYCLING OPEN STUDIO

Upcycling
STUDIO AUROVILLE

Open Studio Mornings
Every Tuesday from 9 am to 12.

- Discover the fundamentals of upcycling
- Tour the studio
- Purchase or place orders for upcycled items
- Join our "Make Your Own Upcycled Item" workshop:

Location : Recentre, Ok Upcycling Studio
Tel : 6384043908

Tuesdays, 10am—12pm @ Ok Upcycling Studio, Recentre

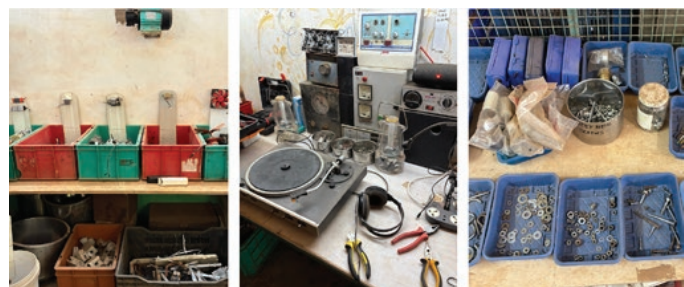
- Discover the fundamentals of upcycling
- Tour the studio
- Purchase or place orders for upcycled items
- Join our "Make Your Own Upcycled Item" workshops

Come explore, learn, and get inspired!

6384043908, Veronese

REPAIR IT. SORT IT. SAVE IT.

Tuesdays, 9:30—12:30, Road to Vérité
before The Sprout Cafe turn



Every week, a small crew gathers at EcoService to give electronics and household goods a second life — and honestly, it's one of the best mornings of the week. Open to everyone.

Darren, 9600263842

Poetry

THE MURMURATION OF SOULS



At the confluence of rivers Ganga
Yamuna and Sarasvati
They come, one by one,
Feet dusted with longing,
Hearts carrying
Cinders of an ancient fire.

Each a traveler, alone,
Yet drawn by the same eternal pull,
As if the invisible river Sarasvati herself
Had whispered their names.

Like starlings in a winter sky,
They gather as one, rising high,
A vast, breathing murmuration of faith,
Twisting, turning with sacred grace.

Swept by devotion's unseen hand,
To the confluence
Of light and water,
Where souls expand.

Like cranes crossing continents,
They rise from scattered lands,
Threading invisible lines through time,
Separate wings but one luminous sky,
Following the call of something much grander
Than the span of their own flight.
Like Monarch butterflies,
They remember paths they never walked,
Charting unseen maps of return—
One body, many wings,
One pulse, many hands,
One longing, many prayers.
And in the river's embrace,
As cold water kisses warm skin,
The self dissolves into the multitude,
The drop becomes the ocean,
And the wave remembers
It was never alone.

The sky holds its breath.
Time folds into a golden hush.
For a moment, there is no past, no future,
Only the rhythm of a million souls
Moving as one.
They leave, one by one,
But something of them lingers—
A shimmer in the air,
A wing beating in the wind,
And the hush of a million souls
Who once moved as one.

Sehdev Kumar

KNOTTY PROBLEMS

Knotty problems
occur and recur
probably when
naughty kids
get entangled
in threads of connection.
No kidding.
Seriously.

Anandi Z.

Voices & Notes

THE HOUR BEFORE THE GODS AWAKE

The key verb is in the open
Unhidden

"But, to live in Auroville, one
must be a willing servitor of
the Divine Consciousness."

Willing

And that makes all the differ-
ence

Between suffering and bliss
Because in the ultimate analy-
sis

There is Only One

And We are That

You and me

And them to infinity

The Will Itself

Only in the unfolding moment

Homo sapiens the limited

Aspiring for 100 percent

The Divine Event

Signed:

The Will It Club

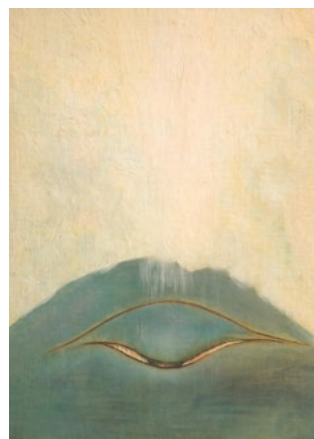
"It was the hour before the Gods awake.

Across the path of the divine Event ..."

Sri Aurobindo, Savitri

Note: To easily access the post and link on-
line, please scan the QR Code or go to this
blogs site and open the post with the same
title: <https://zechjoya.blogspot.com/>.

Zech



AUROVILLE RADIO TV

Your favourite radio is always working for you.
Stay Tuned!

Last published Podcasts

- [Savitri—Ep.40: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Teens Connect Ep. 18—Mathilde](#) (Education)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif—B 1 C 3—"Matteo"](#) (Stories)
- ["Humanity 2.0" by Aviram Rozin with Jazz—A Book Read by Shalev—P 2, C 5: "Collaboration or Competition?"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.531](#) (Integral Yoga)



Latest Youtube Videos

- [Inner Courage an Art Exhibition at Gallery Maji | Ganesh Bala | Michel Hutin | SP 38](#)

...and more! on www.aurovilleradiotv.org

For more information, write to radio@auroville.org.in

Sai Priya for AurovilleRadioTV

MY PAINTER GRANDFATHER

My painter grandfather, three years junior to the Mother, born one day earlier and like her a Pisces, jumped straight into Montmartre's Futurism; the rival camp was Montparnasse's Cubism. Paris's avantgarde, the years preceding WW1, was the top of the world. Russian Constructivism will follow, out of the 1917 Revolution; De Stijl, Bauhaus, Expressionism, Dadaism, Surrealism—each of them, in their own way, blowing up the strait-jackets of a senescent world, heralding the future.



A profound mystic, my grandfather was also a fairy-tales illustrator. He painted on cardboards all the personages I dreamed of; I cut them and played for hours, creating my own stories. For a renown publishing house, La Scala d'Oro (The Golden Ladder), he illustrated fairy tales with delicate pastel colors, psychic being's reveries. He was offered for free all newly published fairy-tales and I set the alarm clock at 5 am to read them until 7 am, before going to school. Published by the Golden Ladder was a book that fascinated me for its incredible images. I was about three and asked my mother to read it to me. I was thus introduced to Perceval, the pure immaculate knight who found the Grail; in that book there was no mention of Blanche-fleur or any other damsel, it purely concerned the quest of the Holy Grail. Thus Perceval became my hero and model for life.

Reading the Mother as a young woman, I realised that my destiny had been settled then, with that book...

"... Your story will tend to organise your life..."

... that depends on the candidness of a child, upon its trust in things that come to him, upon the absence of the mind's critical sense, upon heart's simplicity, upon a young and active energy—it depends upon all that—upon a kind of vital generosity within. And one must not be too egoistic, too greedy and one must not be too practical, too utilitarian—yes, there are all kinds of things that one must not be, as children are not. And then one must have a power of living imagination, because (I seem to tell you foolish things, but it is absolutely true) there is a world where you are a supreme maker of forms, it is your own world of the vital. You are a supreme maker of forms and you can make a marvel of your world. If you know how to make use of it, if you have the consciousness of an artist, of a poet, if you love harmony and beauty, you will build there a wonderful thing that will tend to come into the material manifestation.

When I was a child, that was what I used to call telling stories to myself. It is not at all telling stories through words, but in the head: it means going to a spot yet virgin and build there a wonder story. And when you know how to tell a story like that and it is truly beautiful and harmonious, truly strong and coordinated, it will realise itself in your life—perhaps not exactly in the form you created, but as a physical expression, more or less deformed of what you might have done.

That perhaps will take years, but your story will tend to organise your life. But there are very few people who know how to tell a beautiful story and then they mix up always horrors which they regret afterwards.

If one could create a fine story with no horrors in it, nothing but beauty, that could have a considerable influence upon the life of everybody and that one does not know.

If one could utilise this power, this creative power in the world of vital forms, if one knew to utilise that when yet a child, a little child! Because it is then that one builds up one's material destiny. But generally the people who are around you, sometimes even your little comrades, but especially the parents and teachers meddle there and spoil everything, to such an extent that there are very few cases where it succeeds wholly.

Otherwise, if it were done like that, with the spontaneous candour of a child, you could organise for yourself a wonderful life. I am speaking to you of the physical world."

The Mother, Bulletin, April 1962, pp. 65—67
Paulette

Foods, Goods & Services



The Living Room

Wholesome meals, fresh coffee, and warm company — all waiting for you at The Living Room. Opposite Auroville Library. Breakfast, lunch & dinner served daily. Everyone's welcome.

Kalpana, Crown Rd, opp to the Auroville Library, Auroville, Tamil Nadu 605101







Open 9am-9pm
All days of the week
+91 9566142115



+91 9566142115, Satyakam

VISITORS CENTRE CAFETERIA



The Right Path Café

Breakfast: 7:30-11am (Mon-Sun)
Lunch: 12:15- 4pm (Mon-Sun)
Dinner: 6:30- 9pm (Wed-Mon)
All-day snacks

Organic, wholesome, multi-cuisine food for all

Non Veg Monthly Meal Scheme

Cafeteria at Visitors Centre (Right Path Café) offers a South Indian Non Veg Lunch Scheme.

Composed of: Organic White Rice/ Brown Rice/ Millet; Organic Chapati; Seasonal Auroville Vegetable; Sambar; 3x a week with Veg Kurma & Rasam; 3x a week with Organic Chicken Curry, or Fish Kuzhambu, or Auroville Egg Kuzhambu; Home made Pickles

- Rs 3700 per month. Open to Aurovilians, Newcomers, Volunteers with Aurocard and registered Interns.

Reminder! Other monthly lunch schemes:

- Organic Vegetarian South Indian Mini Meal Rs 2,500/-
- Healthy Plate based on AV and organic products Rs 3,700/-
- a half month scheme is also available.

Conscious Catering for your Workshops!

The Cafeteria at Visitors Centre organises organic catering, with choice of South Indian, Korean and Western items.

If you wish to broaden the conscious experience you offer your participants to the realm of food and explore with us the different possibilities we offer, please contact us:

For enquiries or registration

- cafeteriavc@auroville.org.in, 9043004919 WA
Kyoung Hyoun Lee

GAS BOTTLE SERVICE

For Indane gas users:

- Customers with one cylinder will need to wait 21 days for the next refill.
- Customers with two cylinders will need to wait 30 days for the next refill.

Thank you all for your cooperation and support.

In the meantime, we kindly suggest using an induction cooktop as an alternative if possible.

Velu or Auroville Gas Service

PT PURCHASING SERVICE OPENING HOURS

- Shop: 8am—7pm, Monday to Saturday
 - Canteen: 8am—3pm
- Vishnu

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

Pavithra



NEEM TREE CAFE OFFER

Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- We are open every day **Monday to Saturday** @ Mahalaxmi park (Near Solar Kitchen). Sunday is holiday.
 - Our prices are 20 to 200 only inclusive all taxes
- Come and enjoy! Parthasarathy Krishnan

GOYO KOREAN SILENT RESTAURANT



Goyo

Korean silent restaurant

LUNCH
Tuesday & Saturday
12:30pm

TEA CEREMONY
Wednesday
10am & 3pm

+919489693809
goyo@auroville.org.in
Luminosity Auroville

Please book for lunch / tea ceremony
Minimum a day before

TASTE OF KOREA

@ Luminosity Auroville, book one day in advance

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

+91 9489693809, goyo@auroville.org.in, Won Ja

THE SPROUT CAFE & RESTAURANT





Nourishing body and soul,
freshly made, daily at The Sprout.

Mon - Sat 7:00 - 16:00
www.thesprout.in

Monica for The Sprout team, www.thesprout.in

NATURELLEMENT GARDEN CAFE

Restarts 50% discount scheme on Thursdays

Open 9am—8pm, Tuesdays closed

The busy season is over and we are happy to restart our 50% discount scheme on Thursdays for Aurovillians, New-comers and volunteers from April onwards.

- At the same time we **discontinue the same scheme in Bella Vita.**
- Our **extended opening timings** upto 9pm will **change to 8pm.**

Martina for Naturellement team

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe. The Cafe also hosts an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants. In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.



*Auroville Bakery & Cafe Team,
from Mass Bulletin*

TASTE OF YOGA: VEGAN CAFÉ



VEGAN CAFE

TASTE OF YOGA

Raw | Gluten-free | No added sugar

**Mon to Sat
08:30 - 16:30**



Open Monday—Saturday,
8:30am—4:30pm

Taste of Yoga, the vegan café @ Verité Integral Learning Center, invites you to slow down and enjoy a moment of nourishment in a calm, welcoming space. We offer wholesome breakfasts, light lunches, and healthful snacks made with high-quality ingredients—many prepared in-house and some harvested from our kitchen garden. Each dish is thoughtfully created to support your body, mind, and well-being.

Submitted by Hon

SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovilian Volunteers & Guests

- **Special Offer:** Aurovillians get 20% discount
- **Group Bookings Welcome**

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

Come enjoy delicious, nourishing food in a warm place with beautiful trees surrounded!

Arun

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



POUR TOUS

Water Free Service

Pour Tous Water provides free service to the Aurovillians as part of the prosperity vision (service for all). This free labor service is supported through city services budget.



The parts & material costs need to be paid directly by the Aurovillians to the supplier as follow:

- NEFT through financial service or Gpay.
- Post completion of the work you will receive payment details through the PTW office.
- Hard copy of the material bill from supplier shall be sent thereafter.

For the work, please contact us at Pour Tous Water office numbers:

- 2622899, 9843644308 WA and Call
- ptw@auroville.org.in

Please note:

- **Do not give any cash to any team member** of PTW. We request to avoid calling our workers directly on their contact numbers.

*Danny, Grace
for Pour Tous Water team*

KINISI E-MOBILITY



25%
discount at Kinisi Cowork for the same duration
Offer valid till 30th November

LOOKING FOR
A NEW WAY
TO GET AROUND?
Rent an
e-cycle or e-scooter
from Kinisi

CSR Campus, Auroshilpam
hello@cowork.kinisi.in
+91-9429 690 049



SCAN ME

Contact us:

- +91 9429690049,
- hello@cowork.kinisi.in

Laure

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovilian) with decades of experience.

- You may call Qutee
 - 9443372418/ WA 9092637055
 - or email govindaraj@auroville.org.in
- for any of your requirements. Upgrade to electric transport and solar power.

*Govindaraj & B
for Qutee Electric Scooter Service*

INTEGRATED TRANSPORT SERVICE



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services, we are honored to serve the diverse and vibrant needs of this incredible community.

Shared Transport Service

Shared Transport in Auroville is dedicated to offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.

- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256

• its@auroville.org.in



Rajesh.D

UTS TRANSPORT SERVICE



Open 24 X 7: Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: uts@auroville.org.in

Lakshmi for UTS

SUNRISE TAXI SERVICE



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SARVAM COMPUTERS offers reliable service

Sarvam Computers is located in Utsav Complex. Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.

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- 0413 2622050,
- 9443211891, 9786953603
- FS account: 251263,
- sarvamcomputers@auroville.org.in



Bala

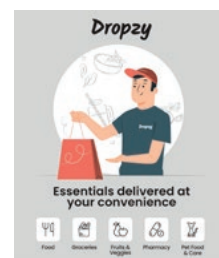
DOWNLOAD OR ACCESS DROPZY APP

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version: <https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish



HEMPLANET

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. Davide

SURABHI SUPPLIES

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not just a **Furniture company**

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FOODLINK MARKET

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We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

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Isabelle



Itineraries & Ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across India and Sri Lanka.

- Write tours@insideindiaauroville.com to start planning.

Inside India Timings

- Inside India is open for your next journey **Monday to Friday, 10am—5pm** at our Office in Kalpana Community (Opp. Auroville Library)
- We are open the second & fourth Saturdays of each month
- **For urgent matters or emergencies**, you may contact our ticketing agent **Ganesh: +91 9894598686**.

Shaheen for Inside India Team

FRESH COW DUNG AVAILABLE

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RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



Services offered

Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

- **Contact: + 91 8270071581**
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** [@rapidcare1](#) **Balaji & Arun**

AVDZINES

@ AVDzines building at Mangalam campus
(next to Wellpaper & Bamboo Centre)

You are also welcome to send your job via email and WhatsApp, see the data below.

- **Working Hours: 9am—12:30pm & 2—5pm**
Please follow the sign board kept on the side of the road.
- **Type of jobs that can be given:**
Printing, Layout designing, Passport Photos, Package designing & Manufacturing, Photo framing & Lamination, All kinds of boxes & paper bags and Screen printing.
- For **big works** we can deliver to your place. Please come over and support it.

avdzines@auroville.org.in, avdzines@gmail.com
9443459063 WA, Guna for AVDzines

ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly.



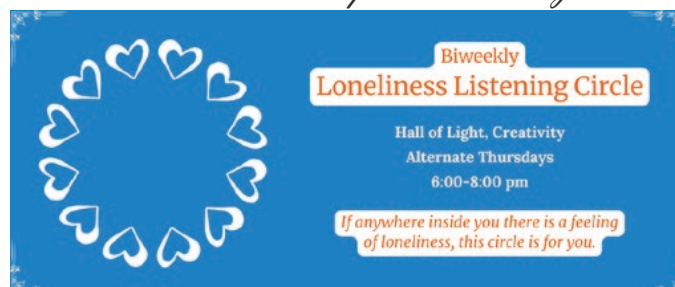
Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

- We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates.
- Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

Classes, Workshops & Healing Arts



Thursdays, 9 & 23 April, 6—8pm

Most of us share the experience of coming to Auroville because we could not fit into the old culture and values. Our aspirations, joy, and pain were not seen, heard, understood, or valued enough, which created a sense of loneliness. This sense of loneliness can stay within us, often without our awareness, even after coming to Auroville, and may limit the way we live here.

Loneliness can be present even when one has friends, relationships, or spends a lot of time with people, if one is not seen and heard for who they are and what they are experiencing. Often, it remains unspoken and quietly carried.

This listening circle intends to create a space for authentic human connection through sharing without the fear of being judged, and through pure listening without thinking of a reply. All participants are required to consent to a confidentiality agreement before joining the circle.

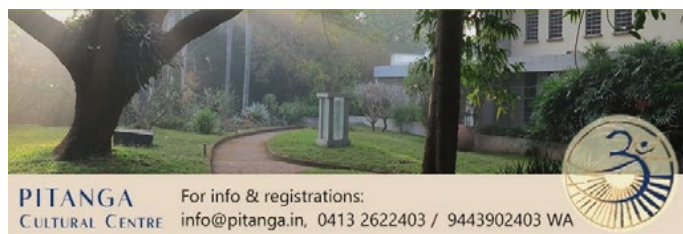
No contribution is expected; you may offer a donation for the hall if you can.

Guests are also welcome to join the circle.

- [Register here before 5pm on the day of the circle:](#)

Raamkumar, 9943211101

PITANGA CULTURAL CENTRE APRIL



Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Yoga Therapy	8—9:30am	Gala
	Doing No-Thing Consciously	4:15—5:15pm	Mike
	Iyengar Yoga	5—6:30pm	Olesya
Tuesday	Yoga: Restore & Relax	5—6:30pm	Florina
	Kundalini Yoga, every week we explore a different kriya.	5:30—7pm	Bel
Wed	Yoga Therapy	8—9:30am	Gala
	Dynamic Yoga Flow	5:30—7pm	Florina
Thursday	Iyengar Yoga	7—8:15am	Olesya
	Prana Kriya	7:30—9am	Florina
	Aviva Exercise—for women only	4:30—5:30pm	Suriya-gandhi
	Iyengar Yoga	5—6:30pm	Olesya
	Yoga: Restore & Relax	5:30—7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants, paused until further notice.	6:45—8:15am	François & Namrita
	Yoga Therapy	8:15—9:45am	Gala
	Dynamic Yoga Flow	5—7pm	Florina
Saturday	Iyengar Yoga	7—8:15am	Olesya
	Breathing & Mudras	8—9:30am	Gala
	Kundalini Yoga, every week we explore a different kriya.	10—11:30am	Bel
	Truth Based Relationships, practical sessions	2:30—4:30pm	Juan Andres
	Iyengar Yoga	5—6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3—5pm	Gala
Monday to Friday	Ashtanga Yoga (self-paced)	7:30—9:30am	Monica M.
Saturday	Ashtanga Yoga (led primary series)	7:30—9am	Monica M.

Youth Activities

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4—5:15pm	Lisbeth, Florina

These classes are for the teenagers from AV schools. Parents are invited to register their children with Lisbeth at the start of the school season. Florina takes the classes in Lisbeth's absence.

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine), NA Chiropractic, NA
Anne H	Cranio Sacral Technique
Auomira	Shamanic Healing
Francesca F	Antigymnastique®
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Jivatma	Sarga Bodywork®
Olesya	Visceral Massage Neurology Massage Psychosomatic of diseases Women's Health Therapy
Rosalba	Bach Flower Counselling
Swati R	Movement Therapy for infants and young children

New Activities

Kundalini Yoga with Bel

- Tuesdays 5:30—7pm & Saturdays 10—11:30am

Every week we explore a different kriya. Beginners are always welcome.

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Auro-card or UPI payment. Thank you for letting your guests know!

If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!

Anandamayi for Pitanga Team,
2622403/ 9443902403 WA, info@pitanga.in

VIPASSANA GROUP SIT

Every Sunday, 9am—12pm

@ Udavi school, near tank, Edayanchavadi

Dear Meditators, you are all very welcome to the weekly half-day Vipassana meditation course for “old students” **only** (meaning for those who have completed at least one 10-day course as taught by SN Goenka).

- First building to the left near the parking.

[Location.](#)

No registration is required.

You can come for the whole course or just drop in for some time whenever you want. Please keep your cell phones off or in airplane mode for the duration of the course.

8807434864, Laure



QUIET HEALING CENTER



www.quiethealingcenter.info, quiet@auroville.org.in

+91 9488084966, Mobile & WA

Watsu® & Breathing with Xavier Boisson

- 5—6 April, 8:45am—6:30pm, 15 hours
- **Prerequisite:** Watsu® Basic

In this course, you will learn to integrate the practice of Watsu qualities and explore the power of working with your receiver's breath. Several topics will be discussed, including the link between breathing and yourself as a giver, as well as your energetic connection with the receiver. You will also gain an understanding of the anatomical basis of our respiratory system to better grasp its functioning.



Watsu® 3 with Xavier Boisson & Dariya

- 8—13 April, 8:45am—6:30pm, 50 hours
- **Prerequisites:** Watsu® 2 and Watsu® 2 Mastery.

Watsu 3 is for students, who have given enough practice sessions to develop a comfortable and intuitive awareness of how to float another person and are ready to further explore aquatic bodywork beyond the fixed form of Watsu 2.



After mastering the complete Watsu 2 sequence, Watsu 3 will open the doors for personal creativity and "Free Flow". At the same time, this creative openness is balanced with a careful study and attention to the different positions, ensuring safety for both giver and receiver. A major part of this Free Flow learning process is dedicated to the advanced positions and movements that Harold Dull created in the early stages of Watsu's development.

You can only participate in this advanced course after having passed your Watsu® 2 Mastery!

Watsu® Yoga Round with Ellie

- 14 April, 3—6:30pm, 3.5 hours
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken, and celebrate the energy of your being. When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!



Watsu® 1 with Xavier Boisson & Pooja Gautam

- 15—20 April, 8:45am—6:30pm, 50 hours
- **Prerequisites:** no previous experience required

Created by Harold Dull in the 1980s, Watsu is given in a warm water pool (ideally 35°C) and known as the mother of all other aquatic bodywork modalities. In this course, you will first learn the basic movements and positions of Watsu. Then, you will connect them with long, gracefully flowing transitions and adapt to people of different sizes, shapes, and dispositions.



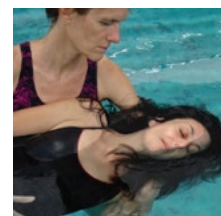
You will also practise basic qualities such as grounding, presence, stillness, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

By the end of this course, you will have learnt the complete Watsu 1 sequence for further practice sessions till you feel ready to move on to Watsu 2.

Liquid Flow Deepening with Dariya & Daniel

- 21—27 April, 8:45am—6pm, 50hours
- **Prerequisites:** Liquid Flow Essence and Liquid Flow Essence Integration Day.

Liquid Flow Deepening is an extension of Liquid Flow Essence with a focus on process work and refinement of flow and touch, both on the surface and under water. It also includes free movement and contact dance in water as well as acquiring tools for deeper listening and expressing yourself with the help of compassionate communication.



In addition, you'll learn connecting deeper through working with the breath, sequencing your session, and finding your own combinations and adjustments according to your personal abilities and circumstances—away from right or wrong or perfect—to accommodate different sizes, shapes, and body types. You'll also be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

Tools will be offered for deeper listening, learning from feedback, and holding your own process and that of others. All this will hopefully lead to a better understanding of yourself and allow more empathy for your client's process, thereby fostering personal healing for yourself as well as your client.

Woga® 1&2 (Yoga in Water) with Tamara

- 28—29 April, 8:45am—6pm, 12 hours
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

Guido

KAYA BODHA WORKSHOP

Every Friday, 10:30am—12:30pm

@ Budokan dojo (Dehashakti sportground)

Kaya Bodha: Body Awareness & Relaxation, Releasing tension, Becoming Calm and Agile

- Gentle movements of contraction and release.
- Relaxation techniques.

8110848123 WA, Hans

REGULAR YOGA CLASSES @ SAIIR Conference Hall 6:45—8am

Suitable for all levels. Join Dev's yoga classes.

- To transform your Physical, Vital & Mental wellbeing
- Support lifestyle disorder & pain management

Our yoga classes:

- Monday: Hatha yoga class
- Tuesday: Dynamic Yoga
- Wednesday: Deep stretches, deep relaxation, OM chant
- Thursday: Intensive Yoga
- Friday: Pranayama (Awareness of breath)

For more details contact 9790171722, Dev

- Aurovilian & Newcomer: Contribution,
- Savi Volunteers: Rs. 200/class or 2000/month &
- Guests: Rs 300/class or 3000/month

Dev

KAYA BODHA WORKSHOP

Every Friday, 10:30am—12:30pm

@ Budokan dojo (Dehashakti sportground)

Kaya Bodha: Body Awareness & Relaxation, Releasing tension, Becoming Calm and Agile

- Gentle movements of contraction and release.
- Relaxation techniques.

8110848123 WA, Hans



Submitted by Nadia

WEEKLY SESSIONS IN VEDIC PHILOSOPHY

Saturdays, 3:30—4:30pm IST

I host a free, weekly live session where we explore one idea from Vedic philosophy and reflect on how it applies to everyday life.



Each week, we take a concept from the Vedas, Gita, Upanishads, Yoga Sutras, or related texts, understand it in simple language, and sit with one small question or practice for the coming days. The sessions are conversational and reflective. About 30 minutes of sharing, followed by quiet reflection or a gentle interactive activity. This free to join.

You can join any week and step away anytime.

If this feels interesting, please register here:

<https://online.allthingsvedic.in/courses/Snippets-of-Hindu-Vedic-Philosophy-by-Vikram-Devatha>

Vikram

AUROMODE SPA

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With Sitara: Meditation Yin Yoga Sound Journey

- Mondays 10:30am—12pm @ Hall of Light in Creativity
- Thursdays 10:30am—12pm @ New Creation Studio

In this class, accessible to all levels, Sitara will teach her favorite combination of meditation, yin yoga and sound journey. Yin yoga uses gentle, long-held poses to release deep tension and increase flexibility. Combined with sound healing, it brings a calming and restorative experience for body, mind, and spirit.

With Munay: Surya Kriya Yoga Tibetans Rites

- Wednesdays 11—12:30 @ New Creation Studio
- Fridays 10:30—12 @ Hall of Light in Creativity

This is a combination of ancient Yogic practices, including a full Shamanic journey during shavasana, to energize and rejuvenate body and mind, and connect with higher consciousness.

With Munay and Sitara:

Yoga Nidra & Creative Writing—A Journey Within

- Saturdays 10:45—11:45am @ Vérité

Step out of the noise and into a space of stillness, imagination, and gentle self-exploration. Through guided Yoga Nidra, you will enter a state between waking and dreaming—where the body rests and the mind opens.

From this space, we flow into intuitive creative writing, allowing words to arise naturally from within.

- No writing experience needed
- Come as you are
- Bring your own notebook & pen

Locations:

- [New Creation Studio](#) is on the second floor of the building just after La Piscine in the Auroville Community of New Creation. Stairs in the narrow pathway alongside the pool's brick walls.
- Hall of Light is in Creativity Community, in the center of Auroville.
- [Vérité](#) is an Auroville project for integral learning, living & yoga.

Other details:

- Drop-in classes, Guests Rs600, Aurovilians Rs200
- In Vérité: Guests Rs400, Volunteers Rs200
- Check our website for more info and updates:
sitaramunay-kiyoga.org Munay (Giovanni)



Dave

VÉRITÉ PROGRAM, APRIL

www.verite.in

- 0413 2622045, 2622606, 9363624083
or programming@verite.in, www.verite.in



Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Tristhana Yoga Practice	9:15—10:15am	Keshav
	Pranayama with Chanting	10:45—11:45am	Mani
	Restorative Yoga	3:30—4:30pm	Mani
	Deep Sound Bath	5—6pm	Satyayuga
	Vinyasa Yoga Flow	5—6pm	Meghan
Tuesdays	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Vinyasa Yoga Flow	10:45—11:45am	Meghan
	Yin Yoga Flow for the Spine Mobility	3:30—4:30pm	Mani
	Sivananda Yoga	5—6pm	Mani
Wednesdays	Slow Vinyasa Yoga	7:30—8:30am	Keshav
	Yin Yoga	9:15—10:15am	Mani
	Yoga for Back Care	10:45—11:45am	Keshav
	Hatha Yoga	03:30—4:30pm	Ivana
	Vinyasa Yoga Flow	5—6pm	Meghan
	Free Flow Dance	5—6:30pm	Vera
Thursdays	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Vinyasa Yoga Flow	10:45—11:45am	Meghan
	Meridian Yoga with Pranayama	3:30—4:30pm	Mani
	Deep Sound Bath	5—6:30pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani
Fridays	Hatha Abhyasa Yoga	7:30—8:30am	Keshav
	Yin Yoga Flow for Hip Mobility	03:30—4:30pm	Mani
	Yoga Nidra with Chanting	5—6pm	Mani
Saturdays	Yoga Nidra & Creative Writing—A Journey Within	10:45—11:45am	Sitara & Munay
	Deep Sound Bath	5—6:30pm	Satyayuga

Tristhana Practice: Posture, Breath, Focus with Keshav

- Mondays, 9:15—10:15am

This class focuses on the Tristhana method of Ashtanga Vinyasa—breath, posture, and drishti—rather than on fixed sequence or the Primary Series. The practice is adaptable and inclusive, allowing participants to explore mindful movement, steady breathing, and focused attention.

Pranayama with Chanting: Gentle Breath, Mantra with Mani: Mondays, 10:45—11:45am

A guided practice combining conscious breathwork with the vibration of sound. Through simple pranayama techniques and rhythmic chanting, we regulate the breath, calm the nervous system, and deepen inner awareness. The use of mantra and sound enhances focus, supports emotional balance, and creates a meditative state, allowing practitioners to experience a sense of clarity, grounding, and inner resonance. Suitable for all levels, this practice offers a gentle yet powerful way to connect breath, voice, and presence.

Restorative Yoga: Relax, Rebalance with Mani

- Mondays, 3:30—4:30pm

Helps the body to elicit the relaxation response. Gentle and breath-coordinated movements help restore the body to its parasympathetic nervous system function.

Vinyasa Yoga Flow: Energizing Flow with Meghan

- Mondays & Wednesdays, 5—6pm & Tuesdays & Thursdays, 10:45—11:45am

Vinyasa Yoga Flow is a continuous, breath-guided practice where postures move smoothly from one to another in a creative sequence. This flowing style builds strength, flexibility, balance, and endurance while improving coordination and circulation. The rhythmic connection between breath and movement creates a moving meditation that calms the mind, releases tension, and leaves you feeling energized, centered, and refreshed.

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Mondays, 5—6pm, Thursdays & Saturdays, 5—6:30pm

Based on the ancient art of using vibration to awaken the inner being and align the body, heart and soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophones, and drums, along with mystical chanting.

Yogasana, Pranayama & Relaxation: Energize & Relax with Mani

- Tuesdays & Thursdays, 9:15—10:15am

A complete yoga session including asana, kriya, pranayama, chanting & relaxation to activate energy & begin the day in peace & harmony. Suitable for all, including beginners.

Yin Yoga Flow for the Spine: Release & Renew with Mani

- Tuesdays & Thursdays, 3:30—4:30pm

A slow, steady flow, holding the poses with support of yoga props to safely move the spine through its “6 degrees of freedom”: forward/back, side-to-side, up/down, flexion/extension, lateral bending, and axial rotation.

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Tuesdays & Thursdays, 5—6pm

A classic Sivananda session, including basic pranayama (breathing) and Surya Namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alteration between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Slow Vinyasa Yoga: Relaxing Mindful Flow with Keshav

- Wednesdays, 7:30—8:30am

Slow Vinyasa Yoga is a gentle, mindful flow that connects breath with slow, intentional movement. Each posture is held longer, allowing time to build strength, improve flexibility, and deepen body awareness. The slower pace encourages relaxation, steady breathing, and a meditative state, helping to calm the nervous system while supporting balance and alignment. This practice is suitable for all levels and offers a nourishing experience for both body and mind.

Yin Yoga: Deep Stretch & Relaxation with Mani

- Wednesdays, 9:15—10:15am

Yin Yoga is a slow, meditative practice that involves holding passive postures for longer durations to gently stretch deep connective tissues, improve flexibility, and promote relaxation and inner awareness.

Yoga for Back Care: Gentle Strength with Keshav

- Wednesdays, 10:45—11:45am

A therapeutic and accessible class for those with back discomfort or stiffness. With awareness, we focus on lengthening and strengthening the spine and work with the hips, shoulders and neck to help support the back, release strain and increase mobility.

Hatha Yoga: Mindful Alignment with Ivana

- Wednesdays, 3:30—4:30pm

Traditional yoga postures, from Balasana to Savasana, with a focus on breathing, strength, flexibility, and relaxation. We practice at a gentle, mindful, and slow pace, suitable for all levels. Beginners are welcome, and even advanced yoga practitioners can benefit from this foundational session.

Free Flow Wave: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

Free (a hybrid of two Sanskrit words, Taranga and Laya) means “flowing rhythm”. Free Flow Dance offers a space for free exploration, with gentle guidance at the beginning and the end of the session.

Meridian Yoga with Pranayama: Energy Balancing Flow with Mani

- Thursday at 3:30—4:30pm

A gentle, graceful asana flows to activate and balance the subtle energy lines of the major organs through holding the poses, with support of yoga props. Concludes with energy balancing (Ida and Pingala) and Pranayama (Nadi Shodhana).

Hatha Abhyasa Yoga: Inner Balance with Keshav

- Fridays, 7:30—8:30am

A classical Hatha practice focusing on foundational asanas, correct alignment and holding postures with stability, designed for practitioners seeking a grounded and methodical approach.

Yin Flow for Hip Mobility: Strengthen & Release with Mani

- Fridays, 3:30—4:30pm

Yin Flow for Hip Mobility is a gentle, slow-paced practice designed to release tension and increase flexibility in the hips and surrounding areas. Through long-held, mindful postures, this class targets deeper connective tissues, helping to improve joint mobility, reduce stiffness, and restore natural range of motion. With conscious breathing and relaxed awareness, practice encourages deep release, enhances circulation, and supports both physical and emotional balance. Suitable for all levels, it is especially beneficial for those who experience tight hips from sitting, physical activity, or daily stress.

Yoga Nidra with Chanting: Relax & Regenerate with Mani

- Fridays, 5—6pm

A deeply restorative practice combining guided yogic “sleep” with the subtle power of sound and mantra. As the body relaxes into stillness, gentle chanting helps to quiet the mind, regulate the nervous system, and create a soothing inner rhythm. This practice guides you into a state between wakefulness and sleep, where deep relaxation, emotional release, and mental clarity can naturally arise. The integration of chanting enhances focus and inner awareness, supporting a profound sense of calm, balance, and rejuvenation. Suitable for all levels, no prior experience is required.

Yoga Nidra & Creative Writing: A Journey Within with Munay and Sitara

- Saturdays, 10:45—11:45am

In this unique session, we combine the deeply restorative practice of Yoga Nidra with the gentle power of creative writing. We begin by settling the body and nervous system, allowing you to fully arrive. Through guided Yoga Nidra, you are led into a state of conscious rest — a space where the thinking mind softens and deeper layers of awareness become accessible. From this quiet and receptive state, we transition into intuitive writing. There is no pressure to “write well” — this is not about technique, but about expression. Words may come as images, feelings, memories, or fragments.

Therapies:

Pre-registration required

Therapist	Therapies (by appointment only)
Ashok	Acupressure Therapy
	Cupping Therapy
	Deep Tissue Massage Therapy
	Foot Reflexology
	Integrated Deep Tissue Massage & Acupressure Therapy
Mamta	Holistic Face & Neck Massage Therapy
Mani	Yoga Chikitsa: Personalized Yoga Therapy
	Thai Yoga Full Body Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
	Head Massage & Hair Care with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Veeramani	Physiotherapy & Rehabilitation
Vyshnavi	Aromatherapeutic Massage for Face and Feet
	Energy Healing Reiki
	Holistic Foot Reflexology

Acupressure Therapy with Ashok

This traditional therapy involves applying firm finger pressure or using acupressure tools on specific acupoints along the body’s energy pathways (meridians) to stimulate the flow of Qi (life energy).

Cupping Therapy with Ashok

Cupping therapy is an ancient healing technique that some people use to ease pain. A provider places cups on your back, stomach, arms, legs or other parts of your body. A vacuum or suction force inside the cup pulls your skin upward.

Deep Tissue Massage with Ashok

A deep tissue massage is a therapeutic technique using slow, deep strokes and firm pressure to release chronic muscle tension and “adhesions” painful tissue that restrict movement and blood flow.

Foot Reflexology with Ashok

Foot Reflexology is a therapeutic practice that applies gentleness to firm pressure on specific points of the feet that correspond to different organs and systems in the body. This holistic treatment helps stimulate natural healing, improve circulation, release tension, and restore energetic balance. Deeply relaxing and rejuvenating, Foot Reflexology supports overall wellbeing, reduces stress, and promotes harmony between body and mind.

Integrated Deep Tissue Massage & Acupressure Therapy with Ashok

Combining Acupressure and Deep Tissue Massage creates a powerful, holistic therapy that addresses both the energetic and physical aspects of the body. While deep tissue massage breaks down muscle knots and scar tissue, acupressure targets specific meridian points to release blocked energy (Qi), resulting in deeper pain relief, enhanced relaxation, and faster recovery.

Holistic Face & Neck Massage Therapy with Mamta

This is a slow, grounding, and nurturing experience designed to deeply relax the entire body, calm the mind, and rejuvenate the face. The session gently weaves together a range of sensory and therapeutic tools, including neck and shoulder stretches when needed, guided breathwork with slow breathing and gentle humming, and the use of aromatic essential oils. Elements of sound and music further support relaxation, while oil massage is applied along key energetic points and pathways inspired by Ayurvedic Marma points and Traditional Chinese Medicine meridians. Gua Sha combs are also used to enhance circulation and release fascial tension, complemented by lymphatic drainage techniques along lymph nodes and channels to support detoxification and overall balance.

Yoga Chikitsa: Personalized Yoga Therapy with Mani

One-to-one yoga therapy sessions tailored to everyone's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements) asanas (isometric stretches) pranayamas (rhythmic breathing control) and relaxation techniques.

Thai Yoga Full Body Massage with Mani

The therapist will guide and support the client in various yoga-like poses and stretches and apply gentle but firm pressure along the main energy channels of the body to help release energy blockages and allow vital energy to flow. Wear comfortable clothing suitable for movement.

Biodynamic Craniosacral Therapy with Mila

Biodynamic Craniosacral Therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance and stimulate the healing capacity of the body.

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

Personalized guidance in nutrition and lifestyle modifications to support health and well-being. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs with Parvathi

Healing Facial Therapy helps cleanse the facial skin, remove dead cells, boost collagen, reduce wrinkles, treat acne and allow the skin to glow, and feel soft and smooth. The indigenous herbs used are natural products that are selected for your specific skin type.

Head Massage with Hair Care with Parvathi

A relaxing massage to the head and scalp using hair tonic oil. Stimulates blood circulation, helps to condition the hair, strengthen the roots, & relieve stress.

Ayurvedic Massage: Detoxifying & Energy Balancing with Radha

Massage therapy is a core part of Ayurvedic healing, designed to enhance both physical and mental well-being. Using warm herbal oils and specific massage techniques helps the body heal, relieves stress, boosts energy, and promotes deep relaxation. This therapy is not just about relaxation but also aims to rejuvenate the body, improve circulation, flush out toxins, and bring the body's energies into balance, making it beneficial for overall health.

Swedish Massage with Radha

Swedish massage is a relaxing, therapeutic, full-body treatment designed to support overall well-being. It focuses on gently working the muscles and soft tissues throughout the body to promote healing, reduce tension, and create a calming effect on the nervous system. The massage involves smooth, flowing strokes with the use of oil, making it soothing and comfortable. It's a gentle technique suitable for people of all ages and is perfect for restoring balance.

Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage with Raja

A massage that integrates elements from Acupressure (application of pressure on specific points on the body), Deep Tissue (sustained, slow, deep strokes to target the inner layers of muscles and connective tissues) and Heart Healing (a gentle, relaxing technique that improves the delivery of oxygen to the heart).

Healing Sound Bath with Tuning Forks with Satyayuga

Sound Healing is a gentle yet powerful method to help you reconnect with your own innate high-level vibration. The vibration of the tuning forks and Tibetan bowls helps to recalibrate and free blocked energy, balance the right and left brain, and harmonize the chakras. This resonance supports the recalibration of our energy system, allowing creativity and peace to flow.

Heart-Centered Resilience with Susan

Drawing from Heart Math and Positive Psychology, Heart-Centered Resilience offers scientifically validated techniques for regulating our response to life and its stressors. Easily learned, these simple, effective skills can then be deepened through self-practice.

Physiotherapy and Rehabilitation with Veeramani

Providing hands-on treatment for the clients with musculoskeletal problems and teaching corrective exercises to become pain-free and return to their normal life.

Aromatherapeutic Massage for Face and Feet with Vyshnavi

This therapy is a deeply relaxing aromatherapeutic massage focusing on the face and feet. It is a unique integrative treatment that combines the principles of reflexology, marma therapy, lymphatic drainage, breathwork, and aromatherapy. Pure, therapeutic-grade essential oils are carefully selected based on the individual needs of each client. These oils are incorporated throughout the session, used during guided breathwork, applied to the chakras, and blended into massage oils for the face and feet, enhancing both physical and emotional well-being.

Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner's hands. Practitioners gently place "vital energy" flows through the body; a Reiki practitioner gently places their hands on or near the client's body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific “reflex points” of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, brings more oxygen & nutrients to the cells & helps reduce stress, improves digestion & promotes sound sleep.

Workshops

Pre-registration required

Day & Date	Workshops, pre-registration re-quired	Timings	Presen-ters
Friday, 3 April	Pawanamuktasana Se-ries: Energize the Joints	9:15am—12pm	Mani
Saturday, 4 April	Awareness Through the Body: Explorations	9:15am—12pm	Amir
	Introduction to Ayurveda & its Lifestyle	2—4pm	Dr. Geeta
Friday, 10 April	Relaxation & Deep Sound Bath	2—4:30pm	Satyayuga
Saturday, 11 April	Yin Yoga Flow	9:15—11:30am	Mani
Saturday, 18 April	Face & Eye Yoga: Face Your Self	9:15am—12pm	Mamta
	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr. Geeta
Saturday, 25 April	Back Care & Posture Yoga	9:15am—12pm	Keshav

Pawanamuktasana Series: Energize the Joints with Mani

• Friday, 3 April, 9:15am—12pm

A structured series focusing on gently and safely moving the joints, from the toes to the neck, to help release energy blockages and reduce stiffness and muscular tension. The practice enhances circulation and range of motion, supporting a balanced flow of prana (vital energy) throughout the body, which is often experienced as an increase in energy level and a sense of lightness in the body-mind.

Awareness Through the Body: Explorations with Amir

• Saturday, 4 April, 9:15am—12pm

Explore a variety of themes and objectives from ATB practices. An eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga, ATB facilitates a space for introspection, reconnecting with oneself, nurturing presence and inner

Introduction to Ayurveda and Its Lifestyle with Dr Geeta

• Saturday, 4 April, 2—4pm

Ayurveda, the ancient Indian medical system, includes Panchakarma, which is a set of five cleansing procedures. Learn the appropriate use of and principles behind these practices, which aim to detoxify, rejuvenate, and restore balance to body, mind, and spirit.

Relaxation & Deep Sound Bath with Satyayuga

• Friday, 10 April, 2—4:30pm

This session offers a deeply soothing experience rooted in the ancient art of sound healing. Using the unique frequencies of instruments such as Tibetan singing bowls, xylophone, and drums—accompanied by mystical chanting—it gently guides you into a state of profound relaxation. These vibrations work to awaken the inner being and align the body, heart, and soul with the universal frequency, promoting healing on a cellular level and restoring harmony within.

Yin Yoga Flow with Mani

• Saturday, 11 April, 9:15—11am

Explore your life through the lens of play. Instead of focusing on problems to solve, we’ll start with a different question: What kind of character do you want to be playing right now? Through guided visioning and a simplified character-design framework inspired by role-playing games, you’ll identify your natural strengths, tendencies, and areas for growth and use them to design a character that feels both aspirational and grounded. An interactive workshop designed as a starting point to unlock clarity, motivation, and momentum without pressure or overwhelm. The aim is for participants to come away with a designed “player character” representing their next phase; insight into how they naturally operate under pressure and ease; clarity on what to lean into and what to stop forcing; a playful, non-judgmental way to think about personal growth; and an enhanced sense of curiosity and readiness for deeper work.

Anandhi

DAILY PRANAYAMA CLASSES

with Ramesh

Monday—Friday, 7:30—8:30am
@ Hall of Light, Creativity

Drop in for a pranayama class Monday to Friday mornings 7:30 to 8:30am at Hall of Light, Creativity Community. We will be doing light asanas, guided breathwork and meditation.

Drop-in contribution:

- Rs. 400 for guests
- Rs. 300 for Creativity guests
- Rs. 200 for volunteers
- By donation for AV and NC

For more information, contact Ramesh:

- 9845168490, rameshbalasubramaniam@auroville.org.in

Ramesh



WORLD GAME FOR ADULTS AND CHILDREN

“Where contemplation meets playfulness and transformation.”



This is an opportunity to be creative, to be able to express your own individuality and your unique, living soul. Tradition of Auroville since its creation, the world game is used as a tool to “know oneself”, this being the core of all learning. Facilitated by Aikya.

- Duration: 1.5 Hour.
- Individual session or together with a good friend.
- Price for 1 person: Rs 1500; for 2 people Rs: 2000
- Discounts available for Aurovilians, Newcomers and Savi Volunteers.
- Languages: English, Francais, Nederlands.

+919488084952 WA,
Aikya

ARKA WELLNESS CENTER PROGRAM

April

arka@auroville.org.in,
0413 2623799



Treatments

Therapist	Treatments, When
Pepe	- Body Logic, Soft Massage, Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana	- Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage - Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English & French</i>	- Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I Ching oracle - Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral Reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice By appointment only, +91 7904769496 auroshruthi@auroville.org.in

Classes

Teachers	Classes	When
Damien	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Sunday, 7—8am By appointment only +91 8012305151/ 9704258709

For any details and queries, you can contact us at

- arka@auroville.org.in,
- 0413 2623799

Services

Aurokiya: Eye care center

- Monday to Saturday, 9am—12:30pm, 1:30—5pm
- +91 8012305151, aurokiya@auroville.org.in

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

- By appointment, +91 9087709434
maatram@auroville.org.in

Convalescence Facility: Post-surgical and care facility

- For Aurovilians only, max. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

- +91 9442224680, ambulance@auroville.org.in

Svasti: Homeopathic consultation

- By appointment, +91 9428429642
adititva@auroville.org.in

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

Languages

NEWS FROM AUROVILLE LANGUAGE LAB



Current Schedule of Classes, 2 April

<https://aurovillelanguage.org/current-schedule/>

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Intermediate Conversation with Riki	8-Hours Monthly Always ongoing	10:30–11:30am Tuesday & Thursday
	Beginner Conversation with Ashwini	36-Hours, 3 months, Starting 18 March	4–5pm Monday, Wednesday & Friday
	Beginner with Ashwini	24-hour 3 months Starting 3 March	5:45–6:45pm, Tuesday & Thursday
French	Intensive with Isabelle—NEW!	20-hours, 2 weeks Starting 20 April	11am–1pm Monday to Friday
Mandarin Chinese	Survival Conversation with Shiju Hsieh	24-hours 3 months, 2 March	Monday to Friday 11–12noon
	Mandarin Chinese through Art and Culture with Shiju Hsieh	16-hours 2 months, 10 March	2:30–3:30pm, Tuesday & Thursday
Tamil	Beginner with Saravanan	24-Hour, 3 months, Starting: 16 February	5:30–6:30pm Monday & Wednesday
	Intermediate with Saravanan	24-Hour, 3 months, 17 February	9:30–10:30am, Tuesday & Friday
Spanish	Intermediate with Joana	12-Hour, 2 months, Started 6 January	3:30–5pm, Tuesday
German	Beginner with Verena	36-Hour, 3 months Starting: 3 March	9–10:30am Tuesday & Friday
Hindi	Beginner with Ashwini	24-Hours, 2 months, Starting 18 March	5–6pm Monday, Wednesday & Friday
Gibberish	Beginner with Siddharth	12-Hour, 3 months Starting 7 February	4–5pm Saturday

Private one-on-one classes possible for all languages; please inquire.

Current Schedule of Classes as of 2 April, 2026

• <https://aurovillelanguage.org/current-schedule/>

Language Lab Building Tours with Mita

The Language Lab warmly invites you to discover the Auroville Language Lab building through a guided tour highlighting its thoughtful design and inspiring approach to sustainable, healthy, and conscious construction.

- Every Saturday, 3—3:45pm, by free contribution
- Registration mandatory by Friday, **no drop-ins**: +91 98430 30355
- **Drop-ins**: Also welcome, open to everyone

Come explore this stellar example of mindful architecture and learn more about the vision behind the building. We look forward to welcoming you!

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions usually happen weekdays from 5–6pm (barring exceptions) as follows:

- **Mondays**: French, 5—6pm
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Wednesdays**: Sanskrit chanting with Remesh 5:30—6:30pm
- **Thursdays**: English conversation with Alex, 5:30—6:30pm

Film Shows: Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website and at the Lab, where you are welcome to come and watch them. All are welcome.

Communication with the Lab:

Service through our BSNL phone numbers:

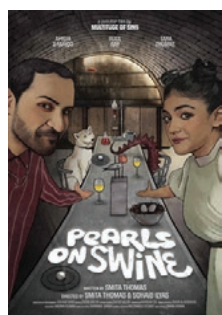
- 2623661 (Lab) and 2622467 (Tomatis).
- **For language-related matters**: +91 9843030355WA.
- **For Tomatis**: please use 0413 3509932.
- [Language Lab Brochure](#)
- **Register now**: info@aurovillelanguage.org or www.aurovillelanguage.org/registration

Mita, Mano, Louis & Enzo
for Language Lab

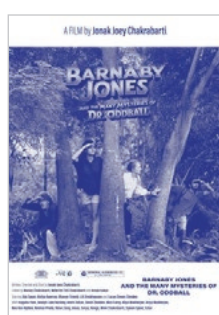
Cinema

SCREENING RESCHEDULED

Friday, 3 April, 7:30pm @ MMC Auditorium



After needing to reschedule the last time, I'm super happy to finally welcome you all to a special screening of 2 short films I had the chance of acting in. Made by 2 separate teams of highly creative



minds. I'm honoured to share with the community:

- **Barnaby Jones and The Many Mysteries of Dr. Oddball** by Jonak Joey
- **Pearls on Swine** by Smita Thomas and Sohaib Ilyas
Duration: 90 minutes

Ahilya

ECO FILM CLUB

Every Friday @ Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.



- For more information about the bus service please contact Sadhana Forest at 8525038274.
- Note: Families and children are welcome! Dinner for children will be served at 19:00.:)

Friday, 3 April

Amazing Animals with Unusual Superpowers

41 Minutes, 2017

This documentary highlights animals with incredible abilities, from the basilisk lizard running on water to the chameleon's rapid tongue and colour changes. It showcases unique adaptations like spider monkeys' tree-swinging and paradise tree snakes' aerial flight, illustrating nature's remarkable engineering in action.



Aviram

CINEMA PARADISO: Fuel Our Magic



Cinema Paradiso:
Fuel Our Magic – Last 3 Pledges!
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – FY 2025-26 Ends Soon. Your Gift Keeps Stories Alive!

Heartfelt thanks to 5 heroes at ₹3,000+/month! We urgently need 3 more units at ₹3,000, or several at ₹1,000+ to reach ₹9,000. This will restore our pre-COVID heartbeat. We can then chase external funds for vital equipment upgrades.

How to Give:
Auroville Units/Activities:

Easiest. Set up recurring specified contribution via FS to MMC-CP #105106.

Individual Contributions

Indian Nationals (Aurovillian or not):

FS Transfer, cheque, or NEFT to Unity Fund (A/c 10237876031). **Get guidance at Unity Fund, FS.** Write "MMC-CP general purpose". Please inform us by email at mmcauditorium@auroville.org.in

Foreign Nationals (Aurovillian or not):

Overseas cheque to Auroville Foundation (A/c 40106120526) facilitated by the Unity Fund at FS. In the form at Unity Fund write for recipient "MMC-CP", purpose "general". Inform us at mmcauditorium@auroville.org.in! Allow clearance time.

Pledge today—spark joy!

Grateful,

MMC-CP Team

MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in.
Submitted by Nina



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 6—12 April

At the Multimedia Center Auditorium for Cinema Paradiso screenings, doors open 15 minutes before showtime and close once the film begins. Please arrive on time, avoid crossing in front of the screen or using mobile phones, and note that food and drinks are not permitted.

We begin a new financial year this week. Until last week we screened 50 weeks of films, 350 titles, and hosted the weeklong 9th Auroville Film Festival for the community. This was achieved without a running budget. To continue we need you, those of us here in Auroville, to step up and help complete our recurring funding goal. We are close, we just need you!

Indian—Monday, 6 April, 8pm

Sabar Bonda (Cactus Pears)

India-UK-Canada, 2025, Writer-Dir. Rohan Kanawade w/ Bhushaan Manoj, Suraj Suman, Jayshri Jagtap, and others, Drama-Romance, 112mins, Marathi w/ English subtitles, Rated: NR (PG-13)

Two young men, Sabar and Bonda, discover a tender connection that quietly defies the traditions of their village. Their journey of intimacy and resilience unfolds against cultural pressures, revealing love's quiet strength. This much acclaimed and award-winning film offers a moving portrait of courage, tenderness, and the human spirit's defiance in unexpected places.

Potpourri—Tuesday, 7 April, 8pm

Umberto D.

Italy, 1952, Dir. Vittorio De Sica w/ Carlo Battisti, Maria Pia Casilio, Lina Gennari, and others, 89mins, Italian w/ English subtitles, Rated: NR (PG)

A man, a dog, a fight for dignity. Umberto D. an elderly pensioner in Rome, struggles to keep his modest room as his landlady Antonia threatens eviction. With only his loyal dog Flike and housemaid Maria offering solace, he confronts loneliness and despair. This award-winning neorealist masterpiece captures human dignity, resilience, and the quiet courage of survival against indifference.

Selection—Wednesday, 8 April, 8pm

Vor Der Morgenröte (Stefan Zweig: Farewell to Europe)

Austria-Germany-France, 2016, Writer-Dir. Maria Schrader w/ Josef Hader, Barbara Sukowa, Aenne Schwarz, and others, Biography-Drama, 106mins, Russian-German-English-Portuguese-French-Spanish w/ English subtitles, Rated: NR (PG-13)

Exiled author Stefan Zweig, traveling with his wife in South America, faces the collapse of Europe and displacement. Haunted by war and the loss of home, he struggles between despair and dignity. This award-winning film delivers a gripping portrait of exile, resilience, and the human cost of belonging.

Interesting—Thursday, 9 April, 8pm

Lost Queen

India, 2025, Dir. Saumya Sengupta w/ Indranil Biswas and others, Documentary, 68mins, Hindi-English w/ English subtitles, Rated: NR (PG)

Sultana Begum, descendant of India's last Mughal emperor Bahadur Shah Zafar, lives in poverty while fighting to reclaim her family's ancestral right to Delhi's iconic Red Fort. A forgotten crown, an unyielding spirit—this film reveals resilience, dignity, and history's quiet defiance. *This screening is made possible due to the generous sharing by the director, the film's producer and Theatre Play Entertainment. The director and the producer will be available for a brief online Q&A after the screening.*

Your generous support to help sustain and
grow this community space.
Every contribution counts!

International Film Saturday, 11 April, 8pm

Hamnet

UK-USA, 2025, Writer-Dir. Chloé Zhao w/ Jessie Buckley, Paul Mescal, Zac Wishart, and others, Epic-Drama, 125mins, English w/ English subtitles, Rated: PG-13

Agnes, a gifted healer, and her husband William endure the devastating loss of their son Hamnet. Grief reshapes their love and inspires William's timeless creation, echoing the tragedy behind Hamlet. Adapted from Maggie O'Farrell's celebrated novel, this moving drama captures resilience, family bonds, and the transformative power of art born from sorrow. *We thank Amy, a member of the community, for sharing the film with us.*

Children's Matinee—Sunday, 12 April, 4pm

Cloudy with a Chance of Meatballs 2

USA-Canada, 2013, Dir. Cody Cameron & Kris Pearn w/ Bill Hader, Anna Faris, Will Forte, and others, Adventure-Animation, 95mins, English-Chinese w/ English subtitles, Rated: PG

Flint Lockwood returns to Swallow Falls with Sam Sparks, Earl, Brent, and Steve the monkey to stop his food-replicating machine. Instead of shutting down, it has created living food creatures like tacodiles and shrimpanzees. Together, they must save their town in a colorful, hilarious adventure full of imagination and fun.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 12 April, 8pm

Jules et Jim (Jules and Jim)

France, 1962, Dir. François Truffaut w/ Jeanne Moreau, Oskar Werner, Henri Serre, and others, Drama-Romance, 105 mins, English w/ English subtitles, Rated: R.

In pre-WWI Paris, two friends, Jules and Jim, fall in love with the same woman, Catherine. But Catherine loves and marries Jules. When they meet again in Germany after the war, Catherine starts to love Jim. This is the story of three people in love, a love that doesn't affect their friendship, and about how their relationship evolves with the years.

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.

To organize a seminar/program at MMC Auditorium, kindly email us: mmcauditorium@auroville.org.in.

Support MMC-CP: Every Contribution Counts: Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106, or contribute directly at the venue.

If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Write to share your proposal and let us know how you'd like to be involved at mmcauditorium@auroville.org.in to.

MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in.
Submitted by Nina

PARADISO SPECIAL

Kato



Cinema Paradiso Presents
On Thursday, 2 April 2026 @ 8pm @ MMC Auditorium, Auroville
Zaya Benazzo & Maurizio Benazzo's



Katô: Dreams of Dark Earth
Brazil, 2026, Dir. Zaya Benazzo & Maurizio Benazzo w/the Mundurucu community leaders of Sawré Muybu, 76mins, Portuguese w/ English subtitles, Rated: NR (PG)

In the Amazon's Tapajós River basin, the Mundurucu people face mercury contamination and illegal mining that threaten their land, memory, and survival. Through intimate voices and haunting imagery, this award-winning documentary captures resilience and cultural strength, revealing how daily life becomes an act of resistance. A stirring portrait of courage and ancestral heritage, it invites audiences to witness a struggle that continues to inspire and demand attention.

Gratitude to Science and Non-Duality (SAND) for this generous gift—the sixth film in a continuing series, certain to move and inspire audiences in the months ahead.

A single screening. A truly unmissable experience.

Your generous support helps to sustain and grow this community space.
EVERY CONTRIBUTION COUNTS!

Lost Queen



Cinema Paradiso Presents
On Thursday, 9 April 2026 @ 8pm @ MMC Auditorium, Auroville
Saumya Sengupta's



Lost Queen
India, 2025, Dir. Saumya Sengupta w/ Indranil Biswas and others, Documentary, 68mins, Hindi-English w/ English subtitles, Rated: NR (PG)

Sultana Begum, great-granddaughter-in-law of India's last Mughal emperor Bahadur Shah Zafar, lives in poverty in Howrah. She fights a lonely legal battle to reclaim her family's ancestral right to Delhi's iconic Red Fort. Her struggle is not for riches but for dignity and remembrance. A forgotten crown. An unyielding spirit. This award-winning documentary reveals resilience, forgotten royalty, and the quiet strength of a woman confronting history.

Screening of this award-winning film is made possible due to the generous sharing by the director, the filmmaker and Theatre Play Entertainment. The director and the producer will be available for a brief online Q&A after the screening.

An extraordinary evening of cinema and conversation — not to be missed!

Your generous support will help sustain and grow this community space.
EVERY CONTRIBUTION COUNTS!

MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in
Submitted by Nina



About N&N

NEWS AND NOTES GUIDELINES

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

Visiting hours: Monday & Tuesday, 10am—12pm

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katia & Alexey, NewsAndNotes@auroville.org.in

Accessible Auroville Public Bus



Auroville TO PONDICHERRY

Monday to Saturday	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen—Roundabout	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

Monday to Saturday	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Roundabout	8:34	12:50	18:44
Town Hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

Submitted by Raju, avbus@auroville.org.in

Emergency Services

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

- Health Center—0413 2910005
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108