



News Notes

#1094 A weekly bulletin for residents of Auroville 28 August 2025



The Ascent to Truth. Photo by Alexey

You see us together here because a common aspiration has linked our lives ...
One single preoccupation dominates our existence: to find the Truth.

Mother, The Ascent to Truth

Pondering



In the first place, there is a great difference between uttering as truth what one believes or knows to be false and uttering as truth what one conscientiously believes to be true, but is not in fact true. The first is obviously going against the spirit of truth, the second does homage to it. The first is deliberate falsehood, the second is only error at worst or ignorance.

This is from the practical point of view of truth-speaking. From the point of view of the higher Truth, it must not be forgotten that each plane of consciousness has its own standard—what is truth to the mind, may be only partial truth to a higher consciousness, but it is through the partial truth that the mind has to go in order to reach the wider more perfect truth beyond. All that is necessary for it is to be open and plastic, to be ready to recognise the higher when it comes, not to cling to the lower because it is its own, not to allow the desires and passions of the vital to blind it to the Light or to twist and pervert things. When once the higher consciousness begins to act, the difficulty diminishes and there is a clear progress from truth to greater truth.

Sri Aurobindo, Letters on Yoga—IV

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House of Mother's Agenda

(continued from last week)

My dreadful hands laid on thy bosom shall force
 Thy being bathed in fiercest longing's streams.
 Thou shalt discover the one and quivering note,
 And cry, the harp of all my melodies,
 And roll, my foaming wave in seas of love.
 Even my disasters' clutch shall be to thee
 The ordeal of my rapture's contrary shape:
 In pain's self shall smile on thee my secret face:
 Thou shalt bear my ruthless beauty unabridged
 Amid the world's intolerable wrongs,
 Trampled by the violent misdeeds of Time
 Cry out to the ecstasy of my rapture's touch.
 All beings shall be to thy life my emissaries;
 Drawn to me on the bosom of thy friend,
 Compelled to meet me in thy enemy's eyes,
 My creatures shall demand me from thy heart.
 Thou shalt not shrink from any brother soul.
 Thou shalt be attracted helplessly to all.
 Men seeing thee shall feel my hands of joy,
 In sorrow's pangs feel steps of the world's delight,
 Their life experience its tumultuous shock
 In the mutual craving of two opposites.
 Hearts touched by thy love shall answer to my call,
 Discover the ancient music of the spheres
 In the revealing accents of thy voice
 And nearer draw to me because thou art:
 Enamoured of thy spirit's loveliness
 They shall embrace my body in thy soul,
 Hear in thy life the beauty of my laugh,
 Know the thrilled bliss with which I made the worlds.
 Il that thou hast, shall be for others' bliss,
 All that thou art, shall to my hands belong.
 I will pour delight from thee as from a jar,
 I will whirl thee as my chariot through the ways,
 I will use thee as my sword and as my lyre,
 I will play on thee my minstrelsies of thought.
 And when thou art vibrant with all ecstasy,
 And when thou liv'st one spirit with all things,
 Then will I spare thee not my living fires,
 But make thee a channel for my timeless force.
 My hidden presence led thee unknowing on
 From thy beginning in earth's voiceless bosom
 Through life and pain and time and will and death,
 Through outer shocks and inner silences
 Along the mystic roads of Space and Time
 To the experience which all Nature hides.
 Who hunts and seizes me, my captive grows:
 This shalt thou henceforth learn from thy heart-beats.
 For ever love, O beautiful slave of God!

O lasso of my rapture's widening noose,
 Become my cord of universal love.
 The spirit ensnared by thee force to delight
 Of creation's oneness sweet and fathomless,
 Compelled to embrace my myriad unities
 And all my endless forms and divine souls.
 O Mind, grow full of the eternal peace;
 O Word, cry out the immortal litany:
 Built is the golden tower, the flame-child born.
 "Descend to life with him thy heart desires.
 O Satyavan, O luminous Savitri,
 I sent you forth of old beneath the stars,
 A dual power of God in an ignorant world,
 In a hedged creation shut from limitless self,
 Bringing down God to the insentient globe,
 Lifting earth-beings to immortality.
 In the world of my knowledge and my ignorance
 Where God is unseen and only is heard a Name
 And knowledge is trapped in the boundaries of mind
 And life is hauled in the drag-net of desire
 And Matter hides the soul from its own sight,
 You are my Force at work to uplift earth's fate,
 My self that moves up the immense incline
 Between the extremes of the spirit's night and day.
 He is my soul that climbs from nescient Night
 Through life and mind and supernature's Vast
 To the supernal light of Timelessness
 And my eternity hid in moving Time
 And my boundlessness cut by the curve of Space.
 It climbs to the greatness it has left behind
 And to the beauty and joy from which it fell,
 To the closeness and sweetness of all things divine,
 To light without bounds and life illimitable,
 Taste of the depths of the Ineffable's bliss,
 Touch of the immortal and the infinite.
 He is my soul that gropes out of the beast
 To reach humanity's heights of lucent thought
 And the vicinity of Truth's sublime.
 He is the godhead growing in human lives
 And in the body of earth-being's forms:
 He is the soul of man climbing to God
 In Nature's surge out of earth's ignorance.
 (to be continued next week)

Sri Aurobindo, Savitri

Book Eleven: The Book of Everlasting Day
 Canto I: The Eternal Day: The Soul's Choice and the
 Supreme Consummation

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

Townhall Speaks

A PROPER MAINTENANCE of our houses

As the monsoon is approaching, we are reaching out to members of the community to remind us of precautionary maintenance and care for avoiding damage or worsening of the condition.

- Always keep terraces free of dead foliage; these accumulations promote rainwater stagnation. This is essential to prevent the formation or worsening of leaks, which are extremely expensive to repair.
- Pruning of branches that are too close to the house or over the roof.
- Check for termite mounds close to the house and check for signs of termites.

Apart from the above, this is a reminder as well, that the daily maintenance of our homes is a duty of all residents. We must monitor any problems that arise and, where possible, resolve them immediately, before they become unsolvable or difficult to resolve.

In general:

- If you notice moisture infiltrations on interior walls, don't wait until they are irreparable to contact Housing Services. You run the risk of having repairs denied or delayed due to the high costs.
- Preventing termites from proliferating is usually simple if you take care to immediately identify breeding sites and periodically inspect wooden elements such as furniture, door and window frames, and the exterior perimeter of your home if you live on the ground floor.
- Never flush paper towels, sanitary napkins, kitchen scraps, or used oil down the toilet.
- Any prolonged neglect would only demonstrate personal negligence, a total lack of sensitivity toward the community as a whole, and could jeopardize any intervention we can make.

We hope you understand.

Piero for Housing Service

Community News

Obituary

ANANDA'S 4th year death Anniversary is falling on 26 August



Michiko and Deepa

EUGEN LIVEN D'ABELARDO

This is to inform the community that Auroville's friend and conductor, Prof. Eugen Liven d'Abelardo, passed away on the morning of 18 August in the Netherlands.

From Mass Bulletin



Matrimandir News & Schedules

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 to the Gardens daily, 9am—3:30pm.
- 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.
- Savi 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 Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

Access to the Inner Chamber of the Matrimandir

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 SAVI registered Volunteers:

- Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate.

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 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—8:35am. 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.

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 cost. Free passes 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 the 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.

Visiting Matrimandir with Family and Friends

Kindly note the following points regarding bringing family and close friends to the Matrimandir.

- **The Park of Unity:** Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens: 9am—3:30pm.
 - 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.
- **The Inner Chamber of Matrimandir:** Aurovilians with close family and friends (max. 3, not guests):
 - **Monday to Saturday** (Tuesday morning Closed) 8—8:35am. Arrival 7:45am at the Office Gate with prior booking to mmconcentration@auroville.org.in
- **Thursday Meditations at sunset with Savitri:** The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

The Petals of the Matrimandir

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

Antoine
for Matrimandir Executives Team

AMPHITHEATRE

Meditations at sunset with Savitri

6—6:30pm, every Thursday
weather permitting

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are 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 Aurocard** wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheatre only** from 5:45pm. Guests are requested to bring along their Aurocards. **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

Velmurugan for Access team

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, SEPTEMBER 2025



Exhibitions

- **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

Films: Mondays, 4pm

- **1 September: The Offered One—Remembering Huta on her Birthday, 1 September.**

Huta (1931-2011) was trained by The Mother in painting and illustrating passages from Sri Aurobindo's epic Savitri. Duration: 20min.

Followed by **The Yoga of the Earth. Extracts from 'About Savitri'**—with reading and comments by The Mother and paintings by Huta. A meditative film produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. Duration: 32min.

Huta was born as Savita D. Hindocha into a wealthy Gujarati family in East Africa and was drawn to The Mother eventually joining the Sri Aurobindo Ashram in 1955. The Mother gave her the name "Huta" meaning "The Offered One". During her work with The Mother and training to paint, Huta developed a deep faith that: *All can be done if the god-touch is there* (Savitri, p.3).

This visual compilation on Huta's life, her remarkable dedication, and learning to paint under The Mother's guidance also contains film clips showing The Mother.

In 1956, The Mother began training Huta in oil painting, and in late 1961, she asked Huta to start illustrating selected passages from Sri Aurobindo's epic Savitri under her careful guidance. This project was named *Meditations on Savitri* by The Mother and culminated in a series of 472 paintings. As part of the project, Huta also tape-recorded The Mother's recitations of the corresponding passages from the poem.

In 1963, as documented in Mother's Agenda, The Mother clearly explained the colours of the twelve worlds so that Huta could paint the picture illustrating the following lines:

A Will, a hope immense now seized his heart, / And to discern the superhuman's form /

He raised his eyes to unseen spiritual heights, / Aspiring to bring down a greater world. (p.76)

The project *Meditations on Savitri* ended in 1966. It resulted in four publications and 18 films made by Manohar based on Huta's material. The 472 paintings are on permanent display in the Picture Gallery of Savitri Bhavan.

Huta was also inspired to make illustrations to Sri Aurobindo's poems, and she recited the chosen lines from them. The Mother approved her selection, her recitation, and paintings. From this material, Manohar made two films titled *Pictures of Sri Aurobindo's Poems*.

Then, The Mother decided to explain Savitri 'in its true sense'. This project, named *About Savitri*, started in 1968. The Mother read out the passages from Savitri and, after a short meditation, gave Her comments that Huta tape-recorded and later transcribed. Inspired by The Mother's comments, Huta painted her inspirations. The Mother saw the transcriptions and all the paintings. This work continued till August 1971 and covered Book 1 of Savitri—The Book of Beginnings, Cantos 1 to 4. The project *About Savitri* resulted in four publications and one film by Savitri Bhavan.

In 2002, Huta entrusted all her paintings and many other related materials to the care of Savitri Bhavan.

Huta's creativity and dedication to The Mother and Sri Aurobindo's work have given us many spiritual treasures. As she herself put it, "I am happy to share these gifts with everybody in the Mother's consciousness, truth, and love".

The film about Huta by Aravind Akki is available on YouTube under the title:

[Remembering Huta on her Birthday 1 September](#)

- **8 September:** The Divine Mother as Avatar—Alok Pandey speaks about the Divine Mother's purpose of Her embodiment that to work out together with Sri Aurobindo the radical evolutionary step from mind to supermind where man can collaborate and choose between 'truth or abyss'. Duration: 35min.
- **15 September:** Sri Aurobindo's "The Mother", Chapters 1, 2 and 3, read by The Mother—The introduction says: "There are two powers that alone can effect in their conjunction the great and difficult thing which is the aim of our endeavour, a fixed and unfailing aspiration that calls from below and a supreme Grace from above that answers." Duration: 32min.
Followed by Adoration of the Divine Mother—A small film with the self-portrait by The Mother. Duration: 5min.
- **22 September:** Sri Aurobindo's "The Mother", Chapter 4 and 5, read by The Mother—Chapter 4 is about money as the visible sign of a universal force which belongs in the origin to the Divine; Chapter 5 describes the processes to be a true doer of divine works and become an instrument of the Divine Shakti. Duration: 27min.
Followed by Durga surrenders to the Supreme—The Mother speaks about Durga Puja days and Durga's surrender to the Supreme. Duration: 12min.
- **29 September:** Four Great Aspects of The Mother—Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati—In this film The Mother reads the texts from "The Mother—Chapter 6" by Sri Aurobindo. Duration: 52min.

*Margrit
for Savitri Bhavan*

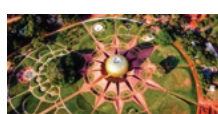
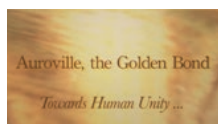
Full Moon Gathering

- **Sunday, 7 September, 7:15—8:15pm**
in front of Sri Aurobindo's statue

Dream Divine Series

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.

- **Friday, 29 August, 4—5pm**
@ Sangam Hall:
Auroville, the Golden Bond:
Towards Human Unity
A recorded video.
- **Friday, 5 September, 4—5pm**
@ Sangam Hall:
Matrimandir—The Twelve Gardens.
A recorded Presentation by Marie,
2011
- **12 September:** Auroville the Ideal of Human Unity,
Video by Ameeta Mehra
- **19 September:** Narad's Interview with Shraddhavan,
Part 1
- **26 September:** Narad's Interview with Shraddhavan,
Part 2



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

Contemplative study of Savitri exploring consciousness, evolution, space & time.

- **Starts 15 and 29 August, 8—9pm IST**
fortnightly sessions

Recorded talks by Shraddhavan, interactive discussions

Open to scientists, philosophers, & researchers from the following fields: space science, quantum physics, neuroscience, metaphysics & more.

Register:

- integral.mathematics0@gmail.com
- savitribhavan@auroville.org.in

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.

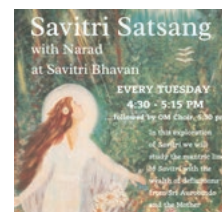
The Mother's words on Savitri:

"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."

"The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted."



OM Choir

- **Fridays at 6pm @ Ashram School, Pondicherry**
- **Tuesdays at 5:30pm @ Savitri Bhavan, Auroville**

*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.

Regular Activities

- **Sundays 10:30—12pm:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** How to find the soul—Theory & Practice led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays 4—5pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:30pm** OM Choir led by Narad
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **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 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

*Margrit & Dhanalakshmi
for Savitri Bhavan*

BHAGAVAD GITA CHANTING

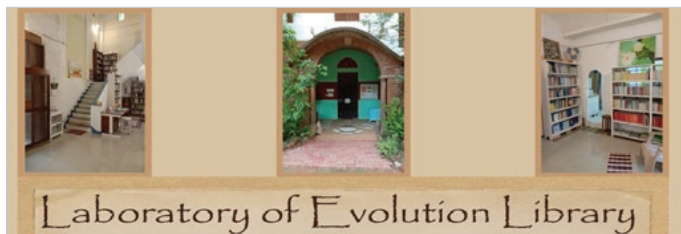
- Every Sunday morning, 7—8am
- @ The Mother's Flower Garden

All are welcome to join the Bhagavad Gita Chanting sessions

For queries, please write to

- vidyamandir@auroville.org.in

Deven
for Vidyamandir Auroville Team



Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health... etc.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, CD & DVD, films & lectures.

- **Open** Monday to Saturday 9am—12pm
Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building.

Kalyani

PAVILION OF TIBETAN CULTURE: EXHIBITION on Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)

On the occasion of the 90th Birthday of His Holiness the Dalai Lama, the Pavilion of Tibetan Culture presents an exhibition on "Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)"

- **Open every day except Sunday.**

Starting right from Auroville's inauguration day in 1968, when soil of Tibet was put into the urn by a young Tibetan girl, continuing in 1971, when the Mother took 12 Tibetan children into the Auroville school and in 1973 when the Dalai Lama spent two days in Auroville and Pondicherry (on January 17, he met the Mother in the Ashram), the exchanges between the community of Auroville and Tibetans have been frequent and regular.

In December 1991, the Pavilion of Tibetan Culture became a unit of Auroville Foundation through a resolution of the Governing Board under Dr Karan Singh and Dr Kapila Vatsyayan, the famous Art and Tibetan scholar.

In January 1993, His Holiness agreed to be the Patron of the Pavilion. Later in the year, he came to Auroville to lay the Foundation Stone of the Pavilion and in January 2009, he returned to inaugurate the building.

I appreciate the development occurring constantly

I pray this place will be of immense benefit to others.

*His Holiness the Dalai Lama
in the Matrimandir's Guest Book, January 20, 2009
Kalsang for Pavilion of Tibetan Culture*



Bharat Nivas presents A WEEKLY STUDY CIRCLE

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



Monisha

BRAHMANASPATI KSHETRAM

Work only for The Divine No.3/134, Kalathu Mettu Street Edayanchavadi, Auroville kshetram2014@auroville.org.in	Calendar of regular events of August 2025 Every Tuesday 6:45 - 7:30pm Savitri Reading Every Thursday & all Sri Aurobindo Ashram Darshan days 6:00 - 6:30pm Meditation Every Friday 6:00 - 7:00pm, reading "The Mother's Questions & Answers- Vol-7" in English 8th, Friday at 7:15 - 7:45pm full moon, reciting Sri Aurobindo's Gayatri Mantra
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Rajan

Education

FREE AI MASTERCLASS FOR ALL

AI CLASSES ARE BACK! Restarting with fresh energy FREE	• Prompt Engineering • Generative AI (GenAI) • AI Development • Data Science • Every Saturday: 10am to 11am • Location: Hive, Auroville Registration: RSVP to +91 9886740850 Join us on this journey once again
--	--

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.

+91 9886740850, Dhesh

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

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

ILAINARKAL EDUCATION CENTRE

Vanakkam! In line with our motto—**Supporting the workers and children of Auroville through shared learning and holistic empowerment**—we invite you to engage with our team of resource experts. As part of our Further Learning Programs, these specialists help strengthen vocational skills—from tailoring and craftsmanship to wellness and cultural arts—and foster holistic development across our learning community. Please feel free to share this information with your teams, workers, and networks across Auroville to co-create research-based initiatives for the future of Auroville as envisaged by The Mother.



Activities

Name	Expertise	Availability
Anandou	Yoga & Wellness; Spoken English	Monday—Saturday Afternoons, 3:30—6pm
Drupad	Performing & Visual Arts Specialist	By appointment
Harshini	Women & Children Welfare Consultant	By appointment
Monika	Bharatanatyam Dance Instructor	Sundays, 3—4:30pm
Prabha	Tailoring & Textile Design Mentor	Monday—Friday, 9—3pm
R. Meenakshi	Tamil Culture, Poetry, Language & Village Social Dynamics	Thursdays Session 1: 3:30—4:30pm; Session 2: 4:45—5:45pm
Ramesh Karunakaran	Editorial Support; Tamil Language Typing & Tamil Poetry	By appointment
Sivakumar	System Design & Research in Technology and Social Entrepreneurship	By appointment
Vatchala	Library In-charge & Reading Circle Facilitator	Monday—Friday Mornings, 10am—12pm

To Enroll: Please call us at 0413 2623773 to book your slot in advance.

Sivakumar & R. Meenakshi for IEC

GREETINGS FROM YUVABE EDUCATION!

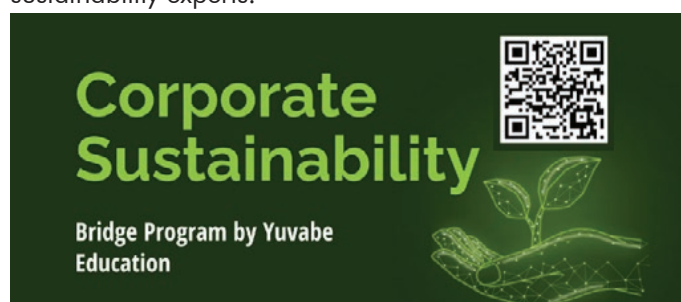
September 2025, Duration 3 months

@ Saracon, Near Svaram, Auroville

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 2025:

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 is free. For more details: [Flyerlink](#).
- **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

SUPPORTIVE LEARNING SATELLITE: SLS TEAM

We are happy to share with the entire Auroville community that the Supportive learning Satellite (SLS) is now becoming an official unit under SAILER. Our service began in 2015 under the umbrella of the Teachers' Center, SAILER.

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs.

Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

- Children requiring specialized education and IEP/ICP (Individual Educational or Counseling Plans)
- Students facing specific learning challenges such as ADD, ADHD, ASD, ODD, Dyslexia, Dyscalculia, and other learning difficulties

The support provided may focus on:

- Academic or behavioral aspects. Referrals for children requiring further medical support or assessment
- Advise and help to implement family support
- Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity
- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura for SLS Team

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 com-



munities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15 to 8:45 am
- Pick up time 3:30 to 4:40 (depending on 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 Dehashakti, 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 for Aarambham Team



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 Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday (11 August onwards)
Physiotherapy & Massage with Galina: Monday—Friday	Homeopathy with Michael: TOS
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminsante@auroville.org.in	

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.

New Orthopaedics Special Consultation @ Santé

- Every Saturday, 3—4:30pm

We are excited to inform you that **Dr. Sanjay K Pal** (Orthopaedic Surgeon—Bone, Joint, Spine Specialist) with over 45 years experience, graciously offered to provide his services & Consultation at Santé & will be available every **Saturday from 3—4:30pm** starting from 9 August 2025.

Anyone with Bone issues, Bone Fractures, Minor Accidents, Joint Pain/Arthritis/Injuries of Knee, Hip, Shoulder, Ankle, Wrist, Back Pain, Neck Pain, Weak Bones/Osteoporosis, Postmenopausal bone problems etc can consult him at Santé. Please bring your discharge papers and images if any.

- You can get an appointment by calling Santé reception at 2622803 or write to sante@auroville.org.in

Dasha for Santé Services, sante@auroville.org.in, <http://sante.auroville.org.in>

ADDICTION RECOVERY SESSIONS @ MAATRAM

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**. **Raam & Palani**

AURODENT DENTAL CLINIC

For Appointment:

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

Working Hours:

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



Jayasutha

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 through only WhatsApp +918940571774 or email us at morningstar@auroville.org.in

Paula for Morning Star Team

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm @ Lilaloka

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Lilaloka!

We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one. Here's what to expect:



- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can't wait to welcome you and your baby into this circle of love and support. Let's grow together!

Rotem

MARIKA HOME:

Company to the seniors needed

We are looking for a person who likes to be on one or two afternoons per week for two hours, 2:30—4:30pm in Marika Home, Samasti, opposite Pitanga, to give company to our seniors.

- If you would like to try this, please contact 9787626452.

Mechtild

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovillian born and brought up in Auroville. I have completed my Masters degree in Physiotherapy (MPT) and I am specialised in Orthopaedics. I am ready to provide home care visits at your place.



Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care, Myofascial massage (Head&Neck/ Back)

- Pain is a sign that has to be taken care of.
 - Kindly get in touch with me if you need my service.
- +91 7904769496 WA, auroshruthi@auroville.org.in
Sruthi Sundaram

Animal Care

MONSOON IS APPROACHING: We need your help!

As the monsoon season approaches, the Auroville Dog Shelter is once again facing a critical challenge. For over three years, the shelter has been hoping to build and move to a new, more suitable facility. However, nothing has happened in all this time, leaving the shelter and our dogs in the original "mud-hole" location, which is breaking down more and more every day. We don't know how to get through yet another monsoon season.



The shelter is dealing with several difficulties, including the cessation of crowdfunding in Auroville, we still only receive Rs 50,000 per month in funding from Auroville. This has forced the shelter to let go of many staff members, and we are operating with a minimum staff, and had to temporarily pause vital community services like our annual 1,000-dog sterilization project and rabies prevention to keep Auroville and its residents and thousands of visitors safe.

The shelter is still facing continuous attacks, including orchestrated mob actions and coercion of our workers to leave. To this date, Arthur still has not received his visa recommendation letter. However, thanks to your support, along with our partner organizations and wonderful animal-loving individuals, we continue to stand strong in our commitment to serve the AV Community and ensure all animals are cared for.

Please donate!

The shelter is in urgent need of materials to prepare for the upcoming monsoon. The current facility lacks a proper water drainage system, which has led to severe flooding in previous years, with water levels reaching dangerous heights. We are seeking donations of building materials, including:

- Large plastic sheets
- Metal pipes
- Bricks and floor tiles, cement, sand
- Cloth, rice are best deposited in the donation barrel in front of Pour Tous

Our shelter is also looking for forever homes for some of its dogs. Due to our limited resources, we must reduce the number of dogs in our care. This includes healthy rescued dogs and teenage puppies who have yet to be adopted, which will be released in the coming days. If you are able to adopt, please contact us directly. Many adorable dogs are available and waiting for a family.

Donate Materials: If you have any of the materials listed above, please contact Arthur:

- 8122225266 WA message or
- aurovilledogshelter@auroville.org.in

Donate Financially: You can contribute to FS 251391 or visit www.aurovilledogshelter.com for more donation options.

Auroville needs its dog shelter! Please support us in our ongoing efforts to provide services to the AV Community and get all dogs safely through the upcoming monsoon time!
Arthur

International

COUNCIL DAY:

An alle Deutschen in dieser Region

Für die zweite Septemberhälfte ist ein Sprechtag mit dem neuen Generalkonsul aus Chennai, Herrn Michael Hasper sowie konsularische Beratung durch Herrn Siemens geplant.



- <https://india.diplo.de/in-en/ueber-uns/chennai/cv-eng-2001126>

Hier eine Liste der Services

- <https://india.diplo.de/in-de/service/2439592-2439592>

Anmeldung bitte bis zum 31.8.25 mit Angabe des vollen Namens und der gewünschten Themen.

Herzlichen Gruß

Karin@auroville.org.in, Julietta

Unity Pavilion presents

UNITY PAVILION REGULAR EVENTS

Day Time	Venue	Event Details
Mondays, 6pm	Hall of Peace	The Synthesis of Yoga —Reading Circle by Debashish.
Tuesdays, 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.
Wednesdays, 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.
Thursdays, 3pm	Oneness Hall	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.
Thursdays, 5pm	Hall of Peace	Silent Meditation by Pierre—Tune into your psychic self and experience deep inner peace and calm for awakening within.
Fridays, 5pm	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.
Saturdays, 10am	Garden	Kids Art Class by artist Janakiraman—A playful exploration of watercolor techniques for children.

Priya for Unity Pavilion

TOGETHER BY P.SARAVANAN

5—24 September @ Centre d'Art Auroville

- Tuesday—Friday, 2—5:30pm
- Saturday, 10am—12:30pm, 2—5:30pm
- Morning by appointment
- **Opening** on Friday, 5 September, 4:30pm

"My paintings are filled with people, simple folks yet very colorful beings, who are only bothered in the moment but also celebrating the small gifts from nature and god, in every fleeting moment.

I live near the sea and hence my paintings usually describe small hamlets near the sea or the fishing villages. I use bold colours, mainly the vivid yellows, whites, blues, reds and oranges to fill the people. I try to blend the harmony between man and nature in all my works.

I am a loner, working in my home cum studio, recalling all the images from my cultural space. I do not have knowledge on theories or the different school of thoughts, but my work, as critics say, is original and instinctive.

I feel motivated when people find joy in my paintings and I recreate the same theme in a hundred different ways, the girl kissing a cat, or chasing geese or the fisherwoman and the fish all merging together to make a small world. The world around me, the world I believe in." P.Saravanan

Marco



BHARAT NIVAS PRESENTS

The Mystic Blue Lord



Prathibimba



Kalaripayattu Performance



Monisha

Dance Activities

NEW REGULAR SESSIONS OF DANCE 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

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

DANCE CLASSES BY MANI

Choose your Dance:
Bachata, Kizomba, Salsa, Tango
Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

- Tuesday: Salsa class, 6:30pm
- Saturday: Workshop, 7pm

@Bakisata_dance



Tango Dance @ CRIPA

Monday

- Beginner, 6:30—7:30pm
- Intermediate, 7:30—8:30pm

Friday

- Workshop, 6:30—7:30pm
- Open practice, 7:30—8:30pm

Contact: +91 8637633696



Mani

DANCE WITH DANIEL

Open Style

- Saturday, 4:30—6pm @ CRIPA Small Hall

Hiphop

- Sunday, 5:30—7pm @ Harmony Hall, Bharat Nivas

Contacts: +91 2557732584

- Instagram: @daniel.helman.lee

Daniel Lee



Music & Art Activities

SVARAM ACTIVITIES

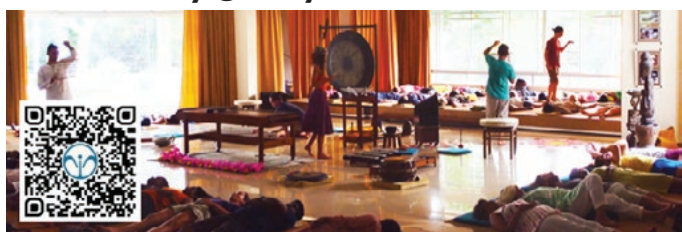
Sound Healing Session



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: <https://svaram.org/sound-healing-sessions/>

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

- Every Wednesday from 6 August, 5:30—6:30pm
- For details and booking: <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: <https://svaram.org/sound-garden-art-installations/>

Aurelio for the SVARAM Team



Weekly Art Workshops & Sessions

- Watercolour Painting Workshop by Sathya
 - Every Monday, 5—7pm.
- Life Model Drawing Session:
 - Every Tuesday, 5—7pm.
- Live Portrait by Sathya:
 - Reach out to schedule a session.
- Open Studio: A space for everyone to explore their artistic potential: Every day, 9am—5pm,
 - Contact Abi: +91 90420 58981.

For info contact Sathya: +91 9486145072,
sathyacolour@auroville.org.in

Sathya
for CREEVA Art Studio, Creativity

Sports & Martial Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

- Monday to Friday
 - Morning: 6—7am, Evening: 5—6pm
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium



Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



Monisha for BN Team

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

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!



Changes regarding Aikido activity

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 want to feel more grounded.

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

8300643963 WA, Philippe G.
9952812843 WA, N. Murugan,
+ 33622053932 WA Michaël B.

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



THE ART OF CHI:

Stevanovitch Method

Classes with Hans

Tai Chi Quan & Chi

- **@ Dehashakti outside**
- **Tuesday and Friday,**
- **6:30—7:45am**

Body awareness & Relaxation

- **@ Budokan Dojo, Dehashakti**
- **Wednesday, 5—6:15pm**

For more info:

- 8110848123 WA.



Submitted by Hans

ABHAYA MARTIAL ARTS



Abhaya Martial Arts is proud to have trained over 500 students of all genders, ages, and experience levels. We've hosted expert Muay Thai coaches, Brazilian Jiu-Jitsu (BJJ) black belts, and introduced our students to a 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.



Our regular classes for adults @ 5:30pm

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Muay Thai/K1 with Coach Ruben, Coach Tanguy and Coach Giacomo

Please note:

- Contribution required
 - Be punctual. Short nails, sportswear and no jewelry
 - Stay home if you're unwell or have open wounds
- For updates and participation: +91 9487340778 WA msg.

Brazilian Jiu-Jitsu classes for kids!

- **Tuesdays & Thursdays, 3:30—4:30pm**
for kids aged 4 to 13.
- Contribution required
- **For more info or to join the kids' WA group:**
+91 8448077070

Send your child in sportswear, with a water bottle—and a big smile!

Classes are led by **Monica**, an experienced assistant instructor beloved by the kids. At Abhaya, we teach Brazilian Jiu-Jitsu in a **non-competitive way**, focusing on **discipline**, **self-control**, and a solid, practical foundation in martial arts. BJJ is one of the most effective real-life self-defense systems and is proven to enhance **cognitive skills** and **fine motor development**, especially in young children.

Giacomo for Abhaya

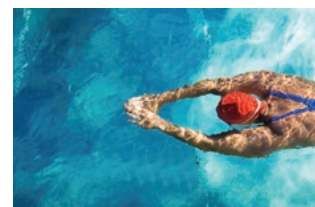
MORNING SWIMMING CLASSES for children

Limited spots available!

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 8940 288090 WA



Sonia and Ana

AUROVILLE ULTIMATE FRISBEE



6 and 7 September

Dear Auroville Community, we're very thrilled to invite you to an exciting event!

Auroville Ultimate Frisbee will be hosting our second annual Under 24 and Beginners Women's Hat tournament at the lovely Gaia Field!

Whether you're an Ultimate Frisbee fan, just curious about the sport, or a foodie who loves home-made cakes, this is a fantastic opportunity to come out for the weekend, cheer on the players, and enjoy a lively atmosphere filled with food stalls, fun activities, and the chance to connect with fellow community members.

Bring your friends and family to make a day of it, and let's celebrate sport and community together.

Mark your calendars, and we can't wait to see you there!

If you have any questions, feel free to reach out to us on

- Instagram: [@rhinos.ultimate](#)
- Email: avultimate.womens@gmail.com

Evdokia

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book now:

- +91 8637633696

Package swimming class



Mani

Bioregion & Nature Activities

ENLIGHT



Bioregion Tour



Canyon Tour



Forest Walk



Cooking Class



Fireside Drumming



Painting Workshop



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034
enlight@auroville.org.in / www.enlight.org.in

Arun, Anand and Balaji for Enlight Team

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 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 lifestyle 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 the Solitude farm & café

MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

mohanamprogram@auroville.org.in

Call/WA: 8300949079

Office: 10am—4pm,
Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.

Make & Take Workshop @ Mohanam Campus

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewellery	2 hours
Dreamcatcher	2 hours
Henna	2 hours



- The Make & Take workshops can be booked for any day Monday—Saturday, 10am—12:30pm or 2—5pm.

Auroville Bioregional Experience with Mohanam

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluvelli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

Activity	Time	Description
Cooking Class	Monday to Saturday, 10am—12:30pm	Learn to cook traditional South Indian food and snacks.
Saree Draping	Monday to Saturday, 10am—4pm	Learn how to drape a saree and model your look in an optional photoshoot.
Siddhar Ongara Five Elements Chanting	Every Saturday, 3:30—4:30pm	Chanting calms the mind, boosts energy, and fosters inner peace—join our class to experience its transformative power.



Tours inside Auroville with Mohanam

Tour Activity, Time	Description
Auroville Northwest Tour Monday to Saturday, 10:30am—1pm	Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville.
Mohanam Campus Tour Monday to Saturday, 10am—4pm	Visit Mohanam Bio-region Cultural Centre to experience Tamil culture with all your senses—taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services. Arunachala—Auroville. Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening/spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

For more information, contact us:

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

Balu for Mohanam Program

AUROVILLE EARTH INSTITUTE

Upcoming On-Campus Training Courses



We are pleased to announce our upcoming training programs at the Auroville Earth Institute. These hands-on courses offer a unique opportunity to explore sustainable construction techniques with a focus on earth-based technologies.

Below are the details of our upcoming sessions:

Months	Dates	Category	Details
September	1—6	CSEB	Design
	8—13	CSEB	Intensive
	15—20	AVD	Masonry
October	6—9	Special	Ferrocement

- For more information and to register: www.earth-auroville.com
- Contact: training@earth-auroville.com

T. Ayyappan

AUROVILLE BAMBOO CENTRE EVENTS

Bamboo Centre Campus Tour

Bamboo Centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

Special Bamboo Lunch for Groups in week days

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

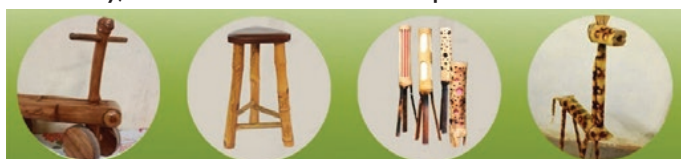
Trainings and workshops

- Every day except Sunday

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

Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops:



- 9am—12:30pm, 1:30—5pm
- Registration one day in advance.
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.



3 Hours Make and Take Workshops:



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

- Walk-in registration available
- 9am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen and take home your own hand-made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
- 10am—12:30pm or 2:30pm—5pm
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

Upcoming Program

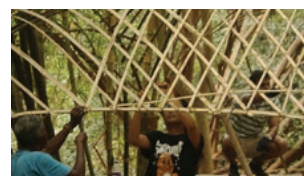
World Bamboo Day 2025: 18,19 & 20 September

We warmly invite everyone to join us for Bamboo Days at the Auroville Bamboo Centre. Join us for three exciting days of creativity and sustainability with our **Make & Take workshops** featuring bamboo toys, bamboo jewellery, and pottery. Alongside these, enjoy the vibrant **bamboo market**, delicious **bamboo food stall**, and **bamboo lunch** available all three days. We'll also be conducting a three-day bamboo construction workshop. Make sure to pre-book your spots in advance! We invite collaborators for Bamboo Days who are passionate about promoting green living and sustainable practices.

Construction Workshop

- 18,19 & 20 September, Thursday, Friday & Saturday

Come and experience the Magical Grass in Earth—Bamboo. Learn cutting and joineries, splitting, bending and straightening theory about bamboo and its uses, wood with Bamboo combination.



Come, learn and experience how to build a large-scale bamboo cabin, explore the possibilities of bamboo, and discover its endless potential.

- 4500 Rs. For registration: prebook in advance

For more information, special requirement, and pre-booking contact:

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +91 8300949081, voice call & WA
- 0413 2623806/ 2964727
- Flexible training dates offered to groups
- www.aurovillebamboocentre.org

Balu for Bamboo Centre Team

SADHANA FOREST: PLANT BASED SATURDAY

Every Saturday

Join us every Saturday 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:

- 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

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.

Wellpaper: +91 9385744722, 0413 2969722



Viji

EGAI GIVING

Arts and Crafts



Toys Workshop: Craft simple toys made of wood and bamboo.

Finger Painting Workshop: Tap into your inner child and learn how to paint with your fingers.

Coconut Shell Workshop: Make and take earrings, keychains, bowls, and pendants.

Incense Workshop: Come and make your own agarbatties.

Products



We make craftwork out of eco-friendly materials such as coconut shell. All our products are unique by design and sustainable.

- **Contact Anand:** +91 9791896488,
egai@auroville.org.in

Anand

Multiple Activities

IT MATTERS ACTIVITIES A/C ROOM

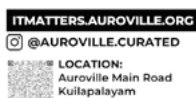
@ It Matters, Auroville Main Road

More info on instagram:

- [@auroville.curated](https://www.instagram.com/auroville.curated)

Workshop pre-registration required:

- itmatters@auroville.org.in or
- +91 9344087925 WA



Date	Workshops in August
Saturday, 30 August, 10am—12pm	Photography & Trekking in The Himalayas: Sharing How-To & Preparation with Ashwin, Contribution Based

Sandra & Bhakti

BHARAT NIVAS

August 2025



BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville



Celebrating the 150th Birth Anniversary of Sri Aurobindo

Presents

PROGRAM SCHEDULE OF AUGUST 2025

Programs	Fire Silambam Showcase by Hariharan and Team Venue: Kala Kendra Open Amphitheatre 06:30 pm Tuesday, 05 th August 2025
	Sanskrit Chanting and Philosophy with Balaganesh Siva Venue: SAWCHU 06:30 pm Friday, 08 th August 2025
	Chanting with Suchi Om Venue: SAWCHU 06:45 pm Saturday, 09 th August 2025
	Bharatnatyam Arangtrium by Triveni Kalakendra Venue: Sri Aurobindo Auditorium 04:00 pm - 06:00 pm Sunday, 10 th August 2025
	Tamil Philosophy Talk by Raman Venue: SAWCHU 06:30 pm Monday, 11 th August 2025
	Story Sessions about Sri Aurobindo by Vatsla Sharma Venue: Sri Aurobindo Center For Studies 10:30 am 11 th & 12 th August 2025 Venue: Sri Aurobindo Center For Studies 02:30 pm 13 th August 2025 Venue: Sri Aurobindo Center For Studies 10:30 am 18 th & 19 th August 2025
	Kirtan & Philosophy with Balaganesh Siva Venue: SAWCHU 06:30 pm Tuesday, 12 th August 2025
	Baul Music with Adhi & Sri Chaya Venue: SAWCHU 07:00 pm Wednesday, 13 th August 2025
	Musical Homage to Sri Aurobindo with Dr. Shobha Ramesh Venue: Sri Aurobindo Auditorium 06:45 pm Thursday, 14 th August 2025
	Amazon to Ganga (Movie Screening) by Sehdev Kumar Venue: Sri Aurobindo Auditorium 10:30 am - 12:00 pm Friday, 15 th August 2025
Workshop & Courses	Yoga Course with Bala Venue: Bhumi hall 01 st - 06 th August 2025
	Tango Boot camp Venue: Harmony hall 02 nd - 03 rd August 2025
	Eye Yoga & Wellness Retreat by Auro Perfect Vision Venue: Progress hall 04:00 - 05:00 pm 06 th - 10 th August 2025
	Freedom of the Body - Workshop Venue: Harmony hall 09:00 am - 01:00 pm 22 nd - 24 th August 2025
Regular class & Performance	Kalaripayattu Class - Ancient Martial Art of India Venue: Bharat Kalari (Opp. Sri Aurobindo Auditorium) Monday to Friday 06:00-07:00 am & 05:00-06:00 pm
	Kalaripayattu performance - Ancient Martial Art of India Venue: Bharat Kalari (Opp. Sri Aurobindo Auditorium) Every Friday & Saturday 06:00-07:00 am & 05:00-06:00 pm
	Vinyasa Flow Yoga with Bala Venue: Progress Hall, Bharat Nivas Every Thursday, Friday & Saturday 05:30-07:00 pm
	Auroville Tango Venue: Harmony Hall, Bharat Nivas Every Monday : 07:00 pm - Introduction to Tango 08:00 pm - Improvers Every Wednesday : 07:30 pm - Guided Practica 08:00 pm - Long Practice
	Study Circle: The Synthesis of Yoga Venue: Resource Library, Bharat Nivas Every Tuesday 04:30 - 05:30 pm
	Book Reading Circle & Meditation Program by Debashish Venue: Harmony Hall, Bharat Nivas Every Tuesday & Thursday 05:00 - 07:00 pm
	Hiphop Open Style - Dance class by Daniel lee Venue: Harmony Hall, Bharat Nivas Every Tuesday 04:30 - 05:30 pm
	Kala Kendra Art Gallery - Exhibition center Venue: Kala Kendra, Bharat Nivas
	Speed Live Caricatures Venue: Opposite of Kala Kendra, Bharat Nivas
	Souvenir Shop - Gifts with Meaning Venue: Near Sri Aurobindo Auditorium
Stalls & Exhibitions	Bharat Nivas Café - The Pathway to Flavour Venue: Pathway Café
	Marketplace Stalls - Auroville Made
	• Hemplanet - Hemp-based wellness and skincare
	• Deepam Candles - Hand-poured artisan candles
Everyday 10:00 am - 04:30 pm	• Taste of Nature - Herbal teas, jams, snacks
	• La Boutique - Ethical clothing and crafts
	• Egai - Workshops: incense, jewellery, coconut shell
	• Auroville Explore - Guided tours of Auroville
	• Svaram - Sound Journey

Enquiry Contact: Krishna at +91 97878 80211
Parking available outside at the Main Gate

- Contact: bharatnivas@auroville.org.in

Monisha, BN Team

Help Needed

REQUEST for Donation in Kind from Mirra Women's Group

Warm greetings from the Mirra Women's Group.

Established in 2002 as part of AVAT, Mirra Women's Group brings together women of Auroville, the surrounding bio-region, and newcomers through music, art, dance, sports, and educational activities. Our goal is to foster unity, healing, and empowerment across all walks of life.

In response to the emotional and physical challenges brought about by the pandemic, we have redoubled our efforts to create safe spaces for healing and well-being. Currently, we are conducting yoga classes and readings based on *The Mother* and *The Ideal of Auroville* at Wellpaper and Kottakarai School.

To continue and expand these sessions, we are in need of the following items:

- 4 grass mats
- 15 bowls
- 15 small plates
- 15 glasses

(Used items in good condition are also very welcome.)

We also gratefully welcome donations in the form of juice or edible items to share during our gatherings.

If you are able to support us with any of the above, please feel free to reach out. Your contribution will go a long way in nurturing a space of connection and care for women in our community.

Grace, Madhi, Suryagandhi
for Mirra Women's Group,
grace@auroville.org.in

Office Spaces

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

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 sports 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 sports 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

Cowork, kindly @ Marc's Cafe



Matilde

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.

- Opening hours: 7am—11pm

- Flexible Passes & Validity:

- 1 Day Pass
- 5 Days Pass (Valid 14 Days)
- 25 Days Pass (Valid 60 Days)
- 60 Days Pass (Valid 120 Days)

- Conference Room: As Booked (4 hrs)

- Amenities: Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).

- Community & Connection: Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.

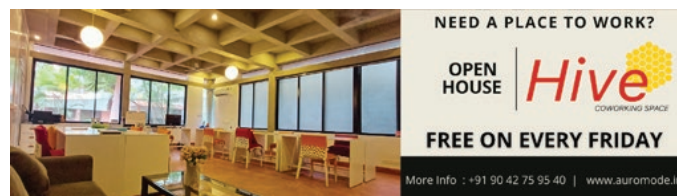
Ready to join? Learn more and book your spot:

- +91 9429690049, hello@cowork.kinisi.in
- CSR Campus, Auroshilpam, Auroville—605101
- cowork.kinisi.in

Laure

Hive Coworking Space Open House

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



Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—All for Free on our weekly Open House from 9am to 7pm.

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

All are Welcome!

Dhesh for Hive Team

It Matters—Space Sharing for creative people

Do you need an art studio or an office space? Whether it's computer work or artistic practices, we'd like to invite 5 to 10 people max that are committed to using the space for at least 1 month and up to 6 months and more. The monthly contribution will be adapted to the space you need and how long you commit. Interested?

- Send us your info, creative practice and motivation at: itmatters@auroville.org.in We'd love to meet you :)

Bhakti & Sandra

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED

LOCATION:
Auroville Main Road
Kuilapalayam



Looking For

Looking for Refrigerator

I just returned from studying yoga abroad, and my refrigerator is broken. The repair is very expensive. If you have a fridge that you're not using and would be willing to donate, please let me know. +91 8903641845 WA, Ivana

Urgently Seeking a Long-Term Housesitting

My name is Dhruvi, and I am an architect working at Unitary Design Studio with Omar Rabie. I have been living in Auroville for over a year now and am currently in the volunteer process to become a Newcomer.

I am urgently seeking a long-term housesitting opportunity or a rental, with a stay of at least 4 months or longer. I am a responsible, quiet, and clean individual who has had the privilege of housesitting in several communities over the past year, always with care and gratitude.

+91 8879151241, Dhruvi

Looking for a new place

This is Sajiv, a New-comer. For the past two years, I've been living and serving in Auroville and this beautiful community has truly become my home. My current house-sitting opportunity ends in September, and I'm now looking for a new place to care for starting October—ideally for the long term, though I'm happy to help for shorter periods as well.

Being a responsible and caring person, I will look after your home with love, attention, and respect, ensuring its care and security while you're away.

If you or someone you know is looking for a trustworthy house-sitter, I would be grateful to connect.

Sajiv, +91 73965 57993 WA, sajiv@auroville.org.in

Available

Few house items for selling

Small and big cane shelves, queen size bed, food dehydrator, electric keyboard/ piano, power stabilizer.

8531012459 WA, Vega

Taxi Share

From Chennai Airport, 2 September, 1am

Looking for cab travel sharing from Chennai Airport to Auroville on 2 September 2025 at 1am. Anyone interested kindly contact 8270512606 WA, Ashwini.

Empty, from Chennai Airport, 19 September, 7am

Empty taxi coming back to Auroville from Chennai Airport around 7am on the Friday 19 September. Taxi can wait till 9am. 8940231613 WA, Fanny.

Honorary Voluntary

VOLUNTEERS NEEDED to spend time with Mary

We are looking for volunteers who can spend about an hour a day with Mary (former Transition School teacher). The idea is to visit her at her home in Invocation in the late afternoon or early evening (5—6) to keep her company—whether by playing cards, going for short walks, or simply spending time together.

Former students are especially welcome, though this is not required. What matters most is consistency in timing and frequency.

- If you're interested, please contact Vikas at vikas.k.kapur@gmail.com or +1 5309334682 WA. Akash and Vikas

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
for Sadhana Forest team

VOLUNTEERING @ ECOSERVICE

Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.

**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**
for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.



B for Ecoservice,
7598911090 WA

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



Work Offering

LOOKING FOR SMALL JOBS and work assignments

My name is Ajeeth Rajaram. I have been working in Auroville in different places. Presently I finish my studies in medicine, cardiology. Besides the courses and days/nights in the hospital on duty, I am looking for work to support myself and pay for transport. I have a driving license and experience with driving; I have helped in management of a taxi unit in the past. I can repair and fix things. I could do errands or take up watchman duties in off hours. If you need a handyman please call me.

- Contacts: +91 70940 95766, SMS, WA or call.

Ajeeth. Submitted by Shivaya

BABYSITTING

Hello my name is Padmashree. I am a 16 year old Aurovillian. I've done babysitting last year and had to stop because of my school schedule, now that the new year has started I would like to continue to work with kids.

- I've done babysitting with 4—5 years old, I'm willing to try any other age groups.
- I'm free every afternoon. I'm also open to do occasional evenings for you parents to have nice time without kids.

If you would like or need my help please message me for further details.

+91 8015086448, Padmashree

Work Opportunities

JOB OPENINGS AT AUROYALI, AUROVILLE

We are looking for motivated and passionate professionals to join our team in Auroville.

Project Manager

- **Experience:** 0–2 years
- **Skills:** Planning and Estimation
- **Qualification:** B.E / B.Tech in Civil Engineering
- **Preference:** Women candidates are encouraged to apply

Civil Engineer (Site Supervision)

- **Experience:** 0–2 years
- **Role:** Site supervision and coordination
- **Qualification:** B.E / B.Tech in Civil Engineering
- **Preference:** Male candidates are encouraged to apply

Interested candidates may send their CVs to:

◦ auroyali@auroville.org.in

Mohan J

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Seeking for qualified candidates: Assistant professor

Auroville Institute of Applied Technology (<https://aiat.edu.in/>) is currently seeking qualified candidates for the position of Assistant Professor in the field of Electrical and Electronics background. Applicants must hold a Master's degree in a relevant discipline. Interested candidates are invited to send their CV to info@aiat.edu.in.

Amarnath

eco ♀ femme

is looking for a communications lead

Eco Femme is seeking a dynamic and passionate Full-Time Communications Lead to drive our growth and brand awareness. We are looking for an experienced candidate in marketing strategy, leadership, and project management to guide our team to meet organizational and programme goals.

Proven experience required: Minimum 1 year of experience leading a team, including cross-functional coordination; Marketing strategy development and implementation; Basic understanding of performance marketing and analytics; Platform-specific expertise in Instagram, Facebook, LinkedIn, YouTube, Google Business, website, and email marketing; Project management/ campaigns

We are based in Auroshilpam.

Starting date: Immediate. This position requires the candidate to be present at our office on a daily basis.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Mahalakshmi Prabhakar,
+91 7094278777

CONTENT CREATION, RETREAT LOGISTICS, proofreading, website updates

Hello, I am looking for people who can support the different areas of my work—content creation, retreat logistics, proofreading, website updates etc.

- Some roles are ideal for interns or volunteers,
- and others could be paid.

If you feel you can contribute to the field of Vedic Astrology, or know someone who might be a good fit, please take a look at this page: <https://www.allthingsvedic.in/work-with-us>. You'll find all the details there, along with a short form to be filled.

Vikram Devatha, 9843948288,
Submitted by Megha

Foods, Goods & Services

EXCITING NEWS FROM SUDHA'S KITCHEN!

What's new on the Menu?

- Red Rice & Millet Mixed Dosa
- Red Rice & Millet Mixed Idly
- Chapati every evening
- Dosa & Idli available for breakfast too!



Healthy Plate monthly scheme for Aurovillian Volunteers & Guests

- Wholesome, balanced meals every day
- Easy monthly booking option
- Special Offer: Aurovillians get 20% Discount



Group Bookings Welcome: Planning a gathering or arriving with a big group? We'll be delighted to serve you fresh & healthy meals.

Contact Us

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

NATURELLEMENT GARDEN CAFE DISCOUNT

50% every Thursday

We're happy to share that our 50% discount every Thursday has received such great feedback that we are now extending the offer through August as well. Most welcome!



Chitra for the Naturellement Garden Cafe team

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

Auroville Bakery Cafe is excited to announce the opening of its new branch in Town Hall!

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



PourTous பூர் தூஸ் For All

- Canteen is now offering an In-Kind Lunch Scheme (Tiffin Service)

We are happy to announce that PT Purchasing Service—Canteen is now offering an in-kind lunch scheme (Tiffin service). If you are interested in subscribing to the monthly lunch scheme, please send an email to: ptps@auroville.org.in.

- PT Purchasing Service closing time: 5:30pm

From Mass Bulletin

BHARAT NIVAS CAFE

Daily, 9am—4:30pm

Bharat Nivas Cafe serving Pongal, Red rice idli, Ragi dosa, Brown rice meals and home made pani poori every day starting from 9am till 4:30pm

Aravind



@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo



Kyonghyon Lee for Right Path Cafe

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

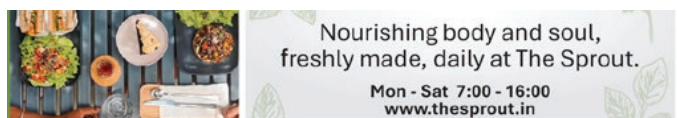
Come and enjoy!

Parthasarathy Krishnan



Kathir for Vérité programming

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team, www.thesprout.in

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
for Auromode Restaurant



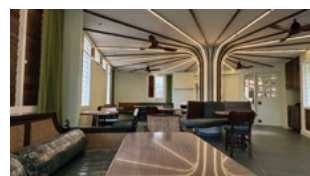
LIVING ROOM CAFÉ

Open every day, 8am—9pm

Come enjoy delicious meals and coffee in our cozy space, located on The Crown across from the Auroville Library.

We serve breakfast, lunch, and dinner for Aurovillians, newcomers, volunteers, and guests. We look forward to seeing you!

Debo for The Living Room Cafe Team



SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



TAMIL NADU BASMATI RICE @ SIDDHARTHA FARM

At Siddhartha Farm, we have introduced Tamil Nadu Basmati rice, which we have been successfully cultivating here. It is now available at the following outlets: PourTous Distribution Centre (PTDC), PourTous Purchasing Service (PTPS), Farm Fresh, and Hers.

This aged, semi-polished Basmati raw rice is available in both whole grain and broken grain forms.

- Direct bulk orders are welcome, with a 25% discount offered on the following minimum quantities:
 - Whole grain rice, 25 kg
 - Broken grain rice, 15 kg
- Door delivery within Auroville will be provided as part of our service.

If there is a positive response from the community, we look forward to continuing its cultivation.

- For pricing and orders, please contact us at: siddhartha.farm@auroville.org.in, +91 8838012456

Available for immediate supply.

Suha from Siddhartha Farm



FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

For more info:

call/ WA +91 83002 68804 or pass by.

Isabella for FoodLink

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

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: EXPLORE THE BENEFITS OF HEMP!

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*

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

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.

Rajesh for ITS

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 for Shared Transport Service

KINISI E-MOBILITY

At Kinisi we are passionate about making sustainable, electric transport accessible and convenient for everyone in Auroville. Whether you're a guest, long-term volunteer, newcomer, or Aurovilian, we have tailored solutions to get you moving quietly, cleanly, and efficiently.



Our Services Include:

- E-Cycle, E-Scooter & E-Bike Rentals:
- Flexible pricing depending on the duration of rentals for guests. <https://app.kinisi.in/>
- Special discounted rates for SAVI registered for long-term volunteers—ask about our volunteer scheme! <https://app.kinisi.in/volunteer/>
- KIM Scheme: Exclusive benefits for Aurovilians and Newcomers. <https://app.kinisi.in/kim/>

Repair & Service:

- Comprehensive repair and maintenance for all models of e-cycles, e-scooters, and e-bikes—no matter where you bought it!
- General Service, Battery, Motor, and Controller check, parts replacement, and recycling services.

Contact Us:

- +91 8300460679/ 680, info@kinisi.in
- <https://bit.ly/2Jl4Q9Z>, <https://kinisi.in/>

Debo



SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592
Office cell: 8610915429
sunrisetaxi@auroville.org.in
www.aurovillesunrisetaxi.in



Sathish for Sunrise Taxi

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

INSIDE INDIA



inside india
DREAMS & MEMORIES

Vanakam, Bonjour and Hello
from Inside India

Launching Our Kolam Workshop every Friday

- Every Friday, 2—4pm

Inside India is excited to announce our Kolam Workshop. Join us to learn and experience the traditional South Indian art of Kolam, where intricate patterns are created with rice flour, blending creativity, culture, and mindfulness. Open to all skill levels.

Auroville Bio-Region Tours by Inside India

Join our tours as we take you through the powerful, ever-evolving Auroville bio-region. Catered to your niche and interests; explore where forests are still growing, communities are still dreaming, and where the land speaks if you listen.

- **Tours run from 10am—3pm**, with a hearty Auroville-style lunch. Available **only** on request, with a 24-hour heads up.

Cycle Tours through Auroville

Ride into the green lungs of Auroville on our newest bicycles partnered with KINISL. 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.

- **Tours run from 10am—3pm.**
Please book 36 hours in advance.

Off-Road Cycling & Half-Day Rides

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. Available on request, with a 36-hour heads up.

Special Flights and Offers

- **Etihad Airways:** From Chennai to Paris, Frankfurt, London, Amsterdam, Munich, Zurich.
- **Air India:** From Chennai to Paris, Frankfurt, Zurich, Seoul.
- **Gulf Airways:** From Chennai to Paris, Frankfurt,
- **Kuwait Airways:** From Chennai to Paris.
- **Cathay Pacific:** From Chennai to San Francisco, Melbourne, Seoul.
- **Malaysian Airways:** From Chennai to Seoul, Perth, Bali.

Complimentary Stay in Brunei by Royal Brunei Airlines

Get a complimentary hotel stay in Brunei for layovers over 8 hours from Chennai to Melbourne, Manila, Tokyo, Ho Chi Minh City, Taipei.

Individual Travel Insurance by Bajaj Allianz

Inside India is now offering Travel Insurance to ensure safe travels and a smooth journey for you from the start till the end! Travel comes with risks—delayed baggage, lost passport, or sudden illness. Individual travel insurance ensures financial protection, quick assistance, and peace of mind wherever you are.

- **What is Individual Travel Insurance?**

It's a policy that protects solo travelers, families and any traveler against unexpected events like medical emergencies, trip cancellations, or lost baggage while traveling abroad.

- **Key Features of Bajaj's Travel Insurance:**

Global 24/7 assistance, Covers medical emergencies, trip delays/cancellations, lost belongings, and even home burglary while you're away. Quick and hassle-free claims with fast settlement.

Inside India Timings and more

- Inside India is open for your next journey **Monday to Friday, 10am—5pm**
- We are open **this Saturday, 23 August.**
- **For urgent matters or emergencies**, you may contact our ticketing agent **Ganesh: +91 9894598686.**

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 to us at** tours@insideindiaauroville.com to start planning.

We are open Monday to Friday, 10am to 5pm, at our Office in Kalpana Community (Opp. Auroville Library).

Happy Travels!
Shaheen for Inside India Team

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

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 set-up, monthly and annual maintenances etc.



Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

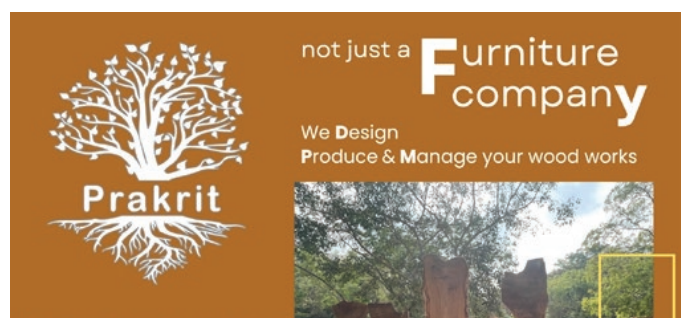
• 0413 2622050, 9443211891, 9786953603

• FS account: 251263

• sarvamcomputers@auroville.org.in

Bala

PRAKRIT



Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

Head over to our website www.prakrit.org.in to check out our portfolio of projects done in collaboration with various architects and businesses over past years. Reach out to us for enquiries and collaborative opportunities.

Mehul for Prakrit,
+91 9634424066

FREE STORE working hours

Mornings: Monday to Saturday, 9am—12:30pm

Afternoons: Tuesday & Thursday, 2:30—4:30pm

You're welcome to bring clean items to the Freestore.

We kindly ask that you come during open hours when someone is around, and avoid leaving things outside the door.

Kamala for the Free Store team

RUPAVATHI JOY ACTIVITIES

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 from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.



South-Indian Cuisine: Cooking class: Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage & Tailoring: We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact:

• 8098845200 WA/ ph.,
rupavathijoy@gmail.com

Rupavathi

AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store

(auroville.com) in Aurosarjan Complex

Hands-on workspace for AV units and individuals to work on specific AI projects. Bring your problem, attempt a solution, and get support. Technical expertise not required. Drop-ins welcome, but advance notice appreciated. A collaborative space to explore and work on AI projects.

Please join the AV GenAI User Group on WhatsApp to be updated on any changes in Location and Timing.

- WhatsApp:
<https://chat.whatsapp.com/BY0sIYI38DwFFdAffBsCRJ>

AL Majumdar, +91 9843941207 WA

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



- Contact us for all your procurement needs:
surabisupplies@auroville.org.in

+91 9843846458 WA, Phone, Iyyappan

Voices & Notes

AUROVILLE RADIO TV

Dear Aurovilians, your favourite radio is always working for you. Stay tuned!



Last published podcasts

- [Soul Tracks S.6, Ep.20: Thank You and Goodbye!](#) (Music)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 2: "The Two Negations-1: The Materialist Denial"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.506](#)

Latest Youtube video

- [Savitri Ep.7: Introductory Comments in Tamil | An Introductory Commentary on the Epic of Savitri...](#)

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

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

Sai Priya for Auroville RadioTV Team

IT IS WOMAN THAT CAN BUILD A BRIDGE

Between the Old World and The Supramental World

Mother's Agenda of April 26, 1972

(Satprem rests his forehead on Mother's lap. Sujata approaches)

I am beginning to understand why Sri Aurobindo always said it was woman (Mother caresses Sujata's cheek with her finger) that could build a bridge between the two. I am beginning to understand. One day, I'll explain. I am beginning to understand. Sri Aurobindo used to say: it is woman that can build a bridge between the old world and the supramental world. Now I understand.

Yes, I understand too.

Then it's all right. We must have patience.

(Mother presses her index finger against Sujata's chest:)

Will you remember what I said?

- <https://incarnateword.in/agenda/13/april-26-1972>

Submitted by Gangalakshmi

WHERE ARE WE NOW?

Going beyond the clinging mental-vital-emotional myopia of the transitional human being, still unfortunately widespread on Earth and also here in the Avatar's Auroville, I posited to Gemini the question. Here's the transcript of our Q&A, recommended for the wide open-minded solution-oriented future-looking, as in the first necessity of **To Be a True Aurovilian**:

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville."

...

Q: 29 Feb 1956: beginning of the global transformation to the New Supramental World:

<https://incarnateword.in/agenda/1/february-29-1956>

Human being > > > transitional stages > > > Supramental being

"Little by little it will be revealed to us what this new species must be..."

<https://auroville.org/page/a-true-aurovilian>

69 intense years on, circa 25 August 2025:

Where are we now as aspiring True Aurovilians?

...

Gemini: As of August 25, 2025, the situation for "aspiring True Aurovilians" is complex and marked by both continued aspiration and significant challenges.

Drawing from the provided context and recent information...

Note: To continue reading the full transcript, please click [HERE](#) or for readers of the printed version, please scan the QR Code or go to this blogsite and open the post of the same title: <https://zechjoya.blogspot.com/>



Zech

Classes, Workshops & Healing Arts

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday only by appointment call or WA: 9443635114.

Meha for Auromode SPA



AN INTRODUCTION TO VIPASSANA MEDITATION

Saturday, 30 August, 10—11am

@ Pavilion of Tibetan Culture

Discover the Path of Inner Clarity and Peace, join us for a one-hour session designed to introduce the practice of Vipassana meditation. Vipassana means "to see things as they really are". It is a profound method of self-observation that cultivates insight, emotional balance, and deep inner transformation.



This introductory gathering will offer:

- A clear overview of what Vipassana is and how it differs from other meditation styles
- Reflections on the purpose and benefits of the practice—from reducing mental clutter to fostering equanimity and compassion
- A walk-through of the process taught in 10-day retreats
- Practicing Anapana, the first step of Vipassana Meditation
- Space for Q&A where you can ask questions, share reflections, or simply listen

Whether you're curious or already exploring meditation, this session welcomes all with open hearts and open minds

Vallari

MANTRAS & STOTRAS

Traditional Chanting Class

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

☒ Friday - 5 pm (regular class)

☒ Drop-in classes available

for individuals or groups - book your session

Info: serendipityauroville@gmail.com | +91 8940288090

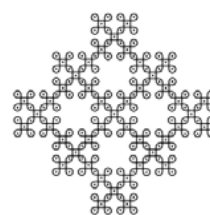
Friday, 5pm (regular class) @ Serendipity Community

+91 8940288090, serendipityauroville@gmail.com

Sonia

ACTIVITIES BY GRACE GITADELILA

KolamYoga offers One off Introduction sessions and /or Initiation sessions into the Integral 12 sessions foundation course. Develop power, beauty and knowledge in gestures guided through ancient symbolic scripts made contemporary. Return to deep relationship with yourself and Nature. Learn how to place yourself in its protection.



- <https://youtu.be/IErbDiGJVTa?si=z5yoS-chugMMnM6a>
- www.kolamyoga.com
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Kotree Yoga: Private one on one sessions with Grace Gitadelila. Who has four decades of experience working with the body as a vehicle of expression, a carriage, a house, a temple in infinite manifestations of creations aspiration.

Gentle, strong movements, in chain sequence, held poses, alternated with rest and active guided recovery pauses, are fueled by conscious breathing. Each session inviting more and more a conscious integration of a whole beingness into the present moment. Activating wellbeing in a flowing liquid body.

- <https://youtu.be/DvxK5KR6u3M?si=cOdDK2YbtPs-ErYG>
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Grace

QUIET HEALING CENTER



www.quieth healingcenter.info, quiet@auroville.org.in

+91 9488084966, Mobile & WA

WaterDance 1 with Roberto

- 2—7 September, 8:45am—6:30pm, 50 hours
- **Prerequisites:** WaterDance Fundamental

WaterDance (also known as WATA or WasserTanzen) is a dynamic, mind- and playful movement therapy. In this course, we explore the art of connecting with the breath and establishing a deep, trusting relationship with our partner to guide them underwater with confidence and care.



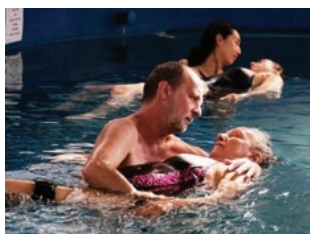
While guiding our partner underwater by using kumbhaka (breath retention) we invite them into deep states of relaxation, inner silence, freedom, and joy. Any fears related to immersion are welcomed with presence, adjustment, and compassion.

In this course, you'll learn the "short form," comprising more than 20 distinct positions and movements. Special emphasis will be placed on creating a safe, gentle, and fluid environment to foster a sense of freedom and joy.

Watsu® & OBA Basic with Fred & Roberto

- 9—12 September, 8:45am—6:30pm, 31 hours
- **Prerequisites:** No previous experience required.

In **Watsu Basic**, during which the receiver's face remains always on the surface, you'll learn the qualities and body mechanics required to work with someone in water. During the OBA Basic part you'll bring your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Woga® (Yoga in Water) Class

- Saturday, 13 September, 4:30—6pm
- Monday, 22 September, 4:30—6pm
- **Prerequisites:** no previous experience required, also no need to know how to swim!

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and



a relaxation period. The difference is that you are in a warm water pool (35°C).

The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

OBA 1—Fluid Body with Fred

- 14—19 September, 8:45am—6:30pm, 50 hours
- **Prerequisites:** OBA Basic or WaterDance Fundamental or Watsu 1 or Healing Dance 1.

In this 50-hour OBA course, we will continue to approach water in a playful, friendly and secure way. You'll build upon the basic movements you already learnt in OBA Basic and further explore the various techniques of this wonderful aquatic bodywork.



You'll learn the three phases of an OBA session: working on cushions and floats and working both on the surface and under water.

Upon completion of this course, you'll have acquired enough material to offer a basic OBA practice session to family and friends.

Woga® 1 & 2 (Yoga in Water) with Dariya

- 20—21 September, 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.

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.

Watsu® 1 (Transition Flow) with Dariya

- 23—27 September, 8:45am—6pm, 34 hours
- **Prerequisites:** Watsu Basic.

In this 34-hour course, you'll learn to connect the basic movements and positions you've learnt in Watsu Basic with long, gracefully flowing transitions.



You will also learn to adapt this bodywork to people of different sizes, shapes, and dispositions, and to adjust your own body mechanics in order to support and move each person as effortlessly as possible.

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

Watsu® Yoga Round with Tamara

- **Monday, 29 September 3:00—6:30pm**
- **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.



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!

OBA 2—Aquatic Body with Fred & Dariya

- **30 September—5 October, 8:45am—6:30pm, 50 hours**
- **Prerequisites:** OBA 1.

Building on the experience of OBA 1, this course allows you to deepen your practice while using neck and knee cushions and exchanging various new underwater techniques that are deeply relaxing and energizing.



We will discuss the body's water balance in relation to warm water and delve into the benefits and contraindications of the OBA 2 techniques.

Integration of the water experience and background knowledge are taught through both theory and practice.

Guido

HYBRID/ ONLINE WORKSHOP: Radical Transformational Leadership for Here and Now 2025

Everybody can choose to be a radical transformational leader and contribute to addressing our challenges be it in our society, home or workplace. Our challenges of today need new transformations that source our inner capacities, and new design to make a difference.

Note: It consists of a series of 4 hybrid/ online workshops over 9 days, spaced apart by four to five weeks each. New capacities are introduced in each session and practiced in-between sessions to put these in action including weekly peer learning and coaching calls between each workshop session.

All participants must commit to participating in all the days in the four sessions.

- **Session 1:** 20—22 September, Saturday, Sunday, Monday
- **Session 2:** 18—19 October, Saturday, Sunday
- **Session 3:** 22—23 November, Saturday, Sunday
- **Session 4:** 20—21 December, Saturday, Sunday

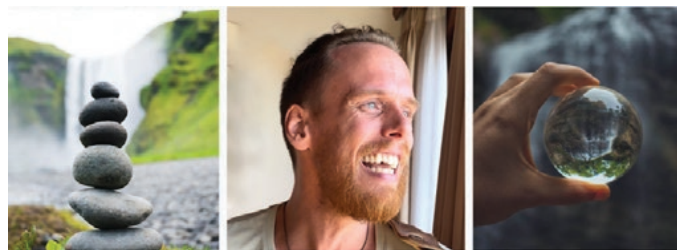
The program will be held 8am to 5pm in person in Unity Pavilion or participants can attend online

- **Towards contribution**
- **To register:** [please fill in the form here](#) or email stewardship4newemergence@auroville.org.in by 23 August.
- Saranya: saranyaa2991995@gmail.com +91 8098938696
- Vishnu: vishnuwaiting4urmail@gmail.com +91 8300328846

<https://www.radicallytransform.org/>

Saranya, Vishnu

INTEGRAL UNFOLDMENT Transformational Coaching



Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

Whether you're navigating life changes, seeking purpose, or feeling called to reconnect deeply with yourself, I offer 1:1 sessions grounded in presence, parts work, and embodied wisdom.

Curious to explore what's unfolding in you? Let's have a conversation...

By Dave (JOI Anitya),
+44 7564119728 WA

WORLD GAME SUMMER SPECIAL



World Game Summer Play!

Here is an opportunity to create 'your World' in a box filled with sand. This simple activity, known as 'Sandplay' opens up imagination and intuition, and reveals your own unique living soul.

What people say: "It was a very fluid, immersive and spontaneous experience, with all that one can choose from, play with and place in one's world. What was being built revealed a lot about my life trajectory and future orientation."

The duration of a session is 1.5 hours. It can be individual or together with a good friend. (A parent and child are welcome too.)

- Click to know more: [Adults](#) or [Children](#)
 - <https://spiritandnature.org.in>
- Contact Aikya: +919488084952 WA
 - spiritandnature@auroville.org.in

Submitted by Aikya

BODY AWARENESS & Relaxation with Hans

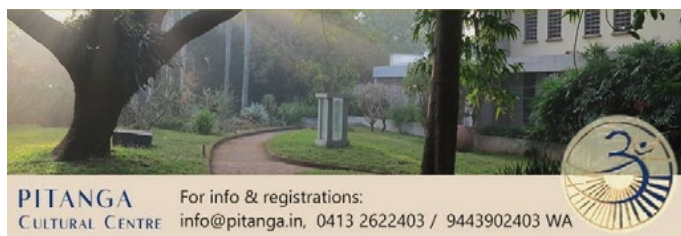


Wednesdays, 5—6:15pm
@ Budokan Dojo, Dehashakti

For more info:
8110848123 WA

Hans

PITANGA CULTURAL CENTRE



Program, September 2025

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Yoga Therapy	8—9:30am	Gala
	Listening Within	4—5pm	Mike
	Iyengar Yoga, starts on 8/9	5—6:30pm	Olesya
Tuesdays	Yoga: Restore & Relax	4—5:30pm	Florina
	Kundalini Yoga for beginners, starts on 2/9	5:30—7pm	Bel
Wednesday	Yoga Therapy	8—9:30am	Gala
	Vinyasa Flow Yoga	5:30—7pm	Florina
Thursday	Iyengar Yoga, starts on 4/9	6:45—8am	Olesya
	Prana Kriya	7:30—9am	Florina
	Aviva Exercise—for women only	4:30—5:30pm	Suriya-gandhi
	Iyengar Yoga, starts on 4/9	5—6:30pm	Olesya
	Yoga: Restore & Relax	5:30—7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	6:45—8am	François & Namrita
	Yoga Therapy	8—9:30am	Gala
	Readings of The Life Divine, starts on 5/9	4:30—5:30pm	Balvinder
	Feldenkrais, starts on 29/8	5:15—6:15pm	Shari
	Vinyasa Flow Yoga	5:30—7pm	Florina
Saturday	Iyengar Yoga, starts on 6/9	6:45—8am	Olesya
	Breathing & Mudras	8—9:30am	Gala
	Truth Based Relationships, practical sessions	2:30—4:30pm	Juan Andres
	Iyengar Yoga, starts on 6/9	5—6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Pre-senters
Thursday	Neurographica®—Art Therapy for adults	3—5pm	Gala
Friday	Neurographica®—Art Therapy for families	3—5pm	Gala

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine) Chiropractic
Auromira	Shamanic Healing
Heidi S	Acupuncture
Juan	Thai Yoga Massage
Patricia G	Shiatsu (for Auroville residents only). Contact directly via WA message to schedule an appointment: +91 948 7230 399

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	4pm—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.

New Activities

Iyengar Yoga—with Olesya

- Mondays 5pm— 6.30pm
- Thursdays 6.45am— 8am, 5pm— 6.30pm
- Saturdays 6.45am— 8am, 5pm— 6.30pm

Iyengar Yoga is a form of Hatha Yoga, which works wonders with your body, mind and breath in observation and awareness of yourself in different postures through stability, mobility and alignment.

Kundalini Yoga—Beginners welcome!—with Bel

- Tuesdays 5:30—7pm

This month, we'll focus on building a strong foundation by exploring the essential tools of the practice—including Breath of Fire, Mulabandha, and the beginning and ending mantras that anchor each session.

Kundalini Yoga is more than just movement—it's a powerful way to reconnect with your inner joy, awaken your energy, and return to a sense of balance and clarity in daily life. Whether you're completely new or returning to your mat, these classes are designed to support your journey from the very first breath.

Workshop Professional Training: Advanced Massage and Bodywork. Module 1, with Shari

- Twice Weekly, for 6 weeks, 48 hrs
- 3 September to 10 October
- Wednesdays, 2—5pm & Fridays, 10am—1pm



We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/mind/spirit as the vehicle for doing bodywork, moving deeply into the essence of healing. This will include deep listening, integration, and loving/compassionate touch.

We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions, and contraindications.

This is the first in a series of 4 six-week courses with the intention of going deeply into what it means to be a successful professional in this field.

- Contribution requested.
- Certificate of Completion will be offered at the end of the 4 units in April 2026.
- There are some seats still available in this course.

New interested persons will be interviewed by Shari before the beginning of the classes.

- For registration: contact Shari: +91 7305941614

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard 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

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	- Yoga of Mother and Sri Aurobindo - Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) - Mother's Flower Medicine (vibrational remedy) - Individual Sessions and Groupwork - Psychosomatic Therapy and Breath Therapy - Consciousness/ Energy/ Body Work based on Integral Yoga Only by appointment baritam@auroville.org.in
Pepe	- Body Logic - Soft Massage - Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana TOS	- 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 Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Saturday, 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, Sports 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 TOS	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

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
adiitva@auroville.org.in

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

PRANAYAMA COURSE:

The Art of Living, Part 1

with François & Namrita

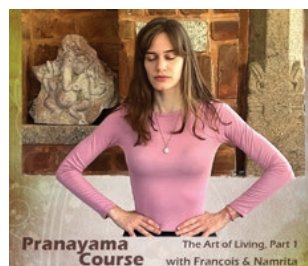
Thursday, 11—Sunday, 14 September, 4 days

Daily, 6:30—8:30am

@ Pitanga Cultural Centre

The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.

Attendance on all 4 days is compulsory. Please come in loose, comfortable clothing and on empty stomach. Limited places available. Prior registration required.



info@pitanga.in,

0413 2622403, 9443902403

Anandamayi

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits: By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.

By performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself.

These exercises can be continued as a Self-Healing practice at any time in the future.

- **Contact** 9385428400 call/ WA to book your session today!
- Donation Based

Submitted by Isha



VÉRITÉ PROGRAM

www.verite.in

Regular Events September

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



Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Creative Voice Sound Healing	5—6pm	Lola
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yoga to Improve Flexibility, no class on 30 September	9:15—10:15am	Kalidas
	Yoga Nidra, no class on 30 September	5—6pm	Radha
	Dance of the Chakras, no class on 2 September	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yin Yoga: Deep Stretch & Relaxation	9:15—10:15am	Jivitesh
	Hatha Vinyasa Yoga, no class on 24 September	5—6pm	Andres
	Taralaya Flow Dance	5—6:30pm	Vera
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Prana Vidhya	9:15—10:15am	Kalidas
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Free Flow Dance & Movement	5—6:30pm	Vega
	Hatha Vinyasa Yoga, no class on 26 September	5—6pm	Andres
Saturdays	Balancing Asanas, no class on 27 September	7:30—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays, Wednesdays & Fridays, 7:30—8:30am

Mindful movement to help release tension from the body and mind. We start with Pranayama (breath work), then gently progress to Asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyana (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Mondays, Thursdays & Saturdays, 5—6pm

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, xylophone, and drum along with mystical chanting.

Creative Voice Sound Healing with Lola

- Mondays, 5—6pm

We sing to discover the heart's voice. Using a variety of vocal techniques, (breathing, toning, singing, rhythmic dancing, and more) to promote relaxation, free expression and happiness, we will explore how different sounds affect our energy, and create a singing circle that integrates voice and instruments. The aim is to create a safe space for healing self-expression and joy through the voice. Open to all; no singing experience is necessary.

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Tuesdays & Thursdays, 7:30—8:30am
- & Saturdays at 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.

Yoga to Improve Flexibility: Stretch and Strengthen with Kalidas

- No class on 30 September
- Tuesdays, 9:15—10:15am

An asana sequence designed to improve the range of motion of the joints & mobility of the muscles.

Yoga Nidra: A Journey to Stillness with Radha

- No class on 30 September
- Tuesdays, 5—6pm

In this Guided Yoga Nidra class, you'll be guided into a state of deep relaxation while remaining consciously aware. Through breath awareness, body scanning, and visualization techniques, we'll move into a place of stillness and inner calm. This practice helps release physical tension, quiet the mind, and supports emotional balance. Yoga Nidra is known to improve sleep, reduce stress, and restore energy, offering profound rest for both body and mind.

Dance of the Chakras: Movement for Health & Clarity with Lakshmi

- No class on 2 September
- Tuesdays 5—6:30pm

A vibrant movement journey, combining rhythmic motion, intentional breathing, and energy alignment to activate and balance the seven chakras. Through guided movement and music, we attune to the unique frequency of each chakra, grounding with earthy steps for the root chakra, flowing with creative expression for the sacral, and rising into empowerment, love, and clarity as we ascend through the energy centers. No dance experience is required, just your willingness to connect with your inner energy.

Yin Yoga: Deep Stretch & Relaxation with Jivitesh

- Wednesdays, 9:15—10:15am

Poses are held for longer periods to gently stretch the deeper connective tissues, promote stillness in the body, and quiet the mind. An evening practice that helps to unwind, release stress and sleep deeply.

Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres

- No class on 24 & 26 September
- Wednesdays & Fridays, 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

Taralaya Flow Dance: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

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

Prana Vidhya: Energy to Insight with Kalidas

- Thursdays, 9:15—10:15am

A yogic practice to liberate energy & use it for healing. Prana is not only about physical vitality; it is the force that gives rise to flashes of wisdom & life-transforming insights.

Open Heart Space Meditation with Samrat

- Thursdays, 3:30—4:30pm

Simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

Peace with Pranayama: Mind Body Breath Alignment with Mamta

- Thursdays, 5—6pm

Pranayama, which uses breathing exercises to nourish Prana, the vital force which keeps both body and mind functioning at their healthiest. The session concludes with a brief guided relaxation in Shavasana.

Free Flow Dance & Movement: Expressing Freedom with Vega

- Fridays 5—6:30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

Balancing asanas: Focus and Flow with Kalidas

- No Class on 27 September
- Saturdays, 7:30—8:30am

Challenge your stability, focus, & concentration, improve coordination, strengthen muscles, & enhance overall body awareness.

Therapies

Pre-registration required

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Ashok	Cupping Therapy
	Deep Tissue Massage Therapy
	Acupressure Therapy
Mamta	Face & Neck Massage

Mani	Yoga Chikitsa: Personalized Yoga Therapy
	Thai Yoga 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
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Thai Yoga Massage Bodywork with Andres

Combining acupressure to balance meridians and boost circulation, stretching to enhance flexibility and reduce tension, pulling techniques to decompress muscles and joints, and rocking movements to promote relaxation and overall circulation. Together, these methods provide a holistic approach to enhancing physical well-being and energy flow.

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.

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.

Face & Neck Massage with Mamta

Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce deep relaxation for the body & mind.

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 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.

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 w/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.

Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channeling 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.

Holistic Rebalancing Massage with Vyshnavi

A full-body treatment integrating elements of deep tissue massage, joint release, & energy balance. Rhythmic strokes & deep yet gentle pressure release tension from muscles & fascia, improving circulation & enhancing the body's natural ability to heal.

Workshops

Pre-registration required

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

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, 5 September	Breathe to Restore: Exploring Pranayama for Holistic Well-Being	9:15am—12pm	Dharani
Saturday, 6 September	Restorative Yoga	9:15am—12pm	Kalidas
Saturday, 6 September	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Friday, 12 September	Inner Harmony: A Journey Through Breath & Stillness	9:15am—12pm	Swetha Shri
Friday, 12 September	Harness Your Inner Strengths: a Self-Awareness Journey	2—4:30pm	Lakshmi
Saturday, 13 September	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Saturday, 13 September	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 13 September	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 19 September	Surya Namaskar: Awakening Your Inner Sun	9:15am—12pm	Jivitesh
Saturday, 20 September	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 20 September	Yoga Nidra: Deep Relaxation	2—4:30pm	Kalidas
Friday, 26 September	Union in Motion: Yoga for Two	9:15—11:15am	Swetha
Saturday, 27 September	Cultivating Cohesion and Clarity: Energy Practices for challenging times	9:15am—12:15pm	Auomira
Saturday, 27 September	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta

Why Yoga Works: An Experiential & Scientific Exploration with Dharani

- Friday, 29 August, 9:15am—12pm

Explore how mindful movement, breath, & attention influence our musculoskeletal, nervous, respiratory, circulatory & endocrine systems. Gentle yoga practices, simple scientific models, & guided reflection to bridge intellectual understanding with embodied awareness. Open to all; no prior knowledge of anatomy or physiology required.

Exploring the various yogic tools for enhancement in breathing capacity with Mani

• Saturday, 30 August, 9:15am—12pm

A structured sequence of breathing techniques, as designed by the Gitananda yoga tradition, to enhance the efficiency and capacity of the lungs. The series includes kriya, asana, nada pranayama and mudra, and can, with regular practice, substantially increase the vital capacity of the lungs. We begin with Surya namaskar (sun salutation), followed by sectional breathing techniques in four stages (low, mid, upper and complete chest breathing and chanting), and conclude with guided relaxation. Suitable for all levels of practice.

Perimenopause, Portal to Power: Renewal for Women in Transition with Auromira

• Saturday, 30 August, 9:15am—4:30pm

A nourishing retreat for women who are entering perimenopause or have recently become menopausal. Gentle movement, lifestyle insights, reflective exercises, guided visualization, energy balancing, & renewal practices that support you to focus on yourself & embrace the power of this transformative phase of life.

Yoga Nidra: Deep Relaxation with Kalidas

• Saturday, 30 August, 2—4:30pm

Our modern lifestyle often interferes with the ability to experience deep rest and sleep. Yoga Nidra facilitates a state of deep relaxation, where the mind can become quiet and the body can heal, repair, rejuvenate and recharge itself. Learn to consciously relax the body and mind.

Breathe to Restore: Exploring Pranayama for Holistic Well-Being with Dharani

• Friday, 5 September, 9:15am—12pm

Explore pranayama (yogic breath) through traditional wisdom, modern scientific research, & guided practice. Experience how balancing, energizing, & calming breaths affect the brain, heart, & nervous system. Learn accessible tools to integrate into your daily life. Open to all — no prior experience needed.

Restorative Yoga with Kalidas

• Saturday, 6 September, 9:15am—12pm

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

Introduction to Ayurveda and its Lifestyle with Dr. Geeta

• Saturday, 6 September, 2—4pm

Ayurveda, the ancient Indian medical system, offers simple lifestyle practices for self-care and healing. Learn the principles and practices of diet, exercise, sleep and relaxation which help to detoxify, rejuvenate, and restore balance to body, mind and spirit, according to your own nature.

Anandhi



Languages



NEWS FROM Auroville Language Lab, 28 August

Tomatis:

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguage.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguage.org. Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

• Resonance, the book!

Check it out at <https://books.aurovillelanguage.org>

• To enquire or register:

- tomatis@aurovillelanguage.org
- or call 0413 2622467 or 3509932

Courses: Current Schedule of Classes

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

Spanish Course with Mila

Beginner classes: Starting Monday, 1 September, provided a minimum number of registered students.

- Mondays and Wednesdays, 2:30—4pm

This will be a special program which will span three blocks of 3 months each (36 hours) and ultimately take the students up to conversational fluency.

Please register soon by contacting the Language Lab

- info@aurovillelanguage.org or
- online: <https://aurovillelanguage.org/registration/>

Intermediate classes: Also planned are classes that will interest students who already have gone through beginner levels in the past and are looking to deepen their Spanish proficiency in its various aspects (speaking, reading, writing and grammar). If this fits your profile, you are invited to register as soon as possible; this will help get minimum registration numbers up quickly and confirm a starting date and times.

German—online private classes:

Our German class teacher Verena is back offering online private classes. Please contact the lab to register.

<https://aurovillelanguage.org/registration/>

Beginner and Advanced Korean classes

On Saturday at 3pm we have started beginner Korean language classes led by Mihong. Registration is still open with seats left to fill up!

<https://aurovillelanguage.org/registration/>

Also, Mint has started **advanced Korean classes** on Wednesday, 13 August, 11am—12noon for those who already have a basic level.

Italian classes starting again with Karuna

We're happy that Karuna has returned to re-start her excellent classes in Italian for all levels. Please register as soon as you can; the sooner we have a sufficient number of students, the sooner we can start!

- When starting, classes will be held from 4—5pm, Tuesdays and Fridays.

<https://aurovillelanguage.org/registration/>

French Classes

Beginner French with Jean-François: This 16-hour, 2-month course, is ideal for those who want to discover the French language. The classes are highly interactive, covering vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, in a simple way.

- Course started on 11 August.
- Classes on Mondays and Wednesdays, 2:30—3:30pm.

French Conversation (Pre-Intermediate level) with Jean-François

This 16-hour, 2-month course, is ideal for those who possess a little knowledge of French but are not yet comfortable conversing. The course will focus on day-to-day topics and will be a good mix of grammar, verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Course started on 12 August.
- Classes on Tuesdays and Thursdays, 2:30—3:30pm

For more information or to register, please contact the Language Lab at info@aurovillelanguage.org

English Classes

Next-Gen English: AI, Projects & You with Rupam

Ready to take your English to the next level? Join us for a fun and flexible language course where learning is anything but boring! Get customized English classes designed around your communication goals. Contact the lab to learn more.

Private and group classes for English

- **Rupam** : Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.
- **Vismai**: offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual's level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

Intermediate English w. Ashwini

- Wednesday and Thursday, 4:30—5:30pm

Head on over to the Lab's online form and complete your registration: <https://aurovillelanguagelab.org/registration/>

Other Languages

Tamil Beginner w. Saravanan

- Started 1 July, Tuesdays and Fridays, 9:30—10:30am.

Especially suitable for those who have gone through a beginner level, this course will help you apply the fundamentals acquired earlier while gaining confidence in conversational Tamil. Our fun, interactive lessons and supportive environment will make it easy and enjoyable.

Call for Arabic Language Teacher

We are seeking a dedicated Arabic teacher with a native-level command of the language for one-on-one lessons. If you are enthusiastic about sharing your expertise, we would love to hear from you! Please send a brief cover email outlining your experience to info@aurovillelanguage.org.

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time:

- Mondays 5—6pm:
 - French with Isabelle, 1st, 3rd and 5th week of the month
 - French w. Coco and Gaspard, 2nd and 4th week of the month
 - Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- We are still looking for native speakers to facilitate German, Italian and English conversation. Actually, any weekday from 5—6pm is open for people to offer their language.

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.

Current Schedule of Classes, 28 August

Language	Level	Time	Days of Class
English	Next-Gen English: AI, Projects & You	10:30—11:30am	Tuesday & Thursday with Rupam
	Creative Writing	9:30—10:30am	Monday & Wednesday Monthly, with Rupam
	Intermediate with Ashwini	4:30—5:30pm	Wednesday & Thursday
	Kids with Ashwini	5:30—6:30pm	Wednesday & Thursday
French	Beginner—Adults Starting September	3—4:30pm	Wednesday & Friday with AuroAsha
	Beginner Started 11 August	2:30—3:30pm	Monday and Wednesday with Jean Francois
	Intermediate Started 12 August	2:30—3:30pm	Tuesday & Thursday with Jean Francois
Korean	Beginner Started 9 August	3—4pm	Saturday with Mihong
	Advanced Started 13 August	11am—12pm	Wednesday with Mint
Spanish	Starting 1 September	2:30—4pm	Monday & Wednesday
	Intermediate TBC	TBC	TBC with Mila
Tamil	Beginner	9:30—10:30am	Tuesday & Friday with Saravanan
German	Beginner Intensive	8:48—10:15am	Monday to Friday with Benedict
Italian	Beginner	4—5pm	Tuesday & Friday with Karuna

*Mita, Mano, Louis & Vismai
for Auroville Language Lab*

LEARN ENGLISH AND HINDI

- Learn spoken/ written English and Hindi language for fluency and confidence!
- For more information contact Ashwini: 8270512606.

Ashwini, Aspiration



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
1—7 September 2025

Cinema Paradiso—Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/ beverage to be taken inside the hall.

Indian—Monday, 1 September, 8pm
Kaalidhar Laapata (Kaalidhar is missing)

India, 2025, Writer-Dir. Madhumita Sundararaman w/ Abhishek Bachchan, Nimrat Kaur, Anngad Raaj, and others, Comedy-Drama, 109mins, Hindi w/ English subtitles, Rated: NR (PG)

Some disappearances reveal more than just absence—they expose everything. In this film much praised for its stellar performance and storytelling, tells the story when Kaalidhar vanishes without a trace. His family is left grappling with secrets that refuse to stay buried. As Vikram, Mu, and Abhishake unravel the mystery, parallel stories collide, exposing hidden truths and redefining relationships. A quietly intense drama with unexpected twists, it explores the fragile threads that hold families together.

Potpourri—Tuesday, 2 September, 8pm
Steamboat Bill, Jr.

USA, 1928, Writer-Dir Charles Reisner & Buster Keaton w/ Buster Keaton, Tom McGuire, Ernest Torrence, and others, Comedy-Drama, 70mins, Silent w/ intertitles in English, Rated: NR (G)

When the wind rises, heroes are born. Young William Canfield Jr. returns to help his gruff father run a struggling steamboat business, facing skepticism, rivalry, and a whirlwind romance with Kitty, the daughter of their fiercest competitor. As a raging storm hits, William must prove his courage in the most jaw-dropping way imaginable. This silent-era classic, preserved by the National Film Registry in the USA, is celebrated for its cultural and cinematic significance.

Selection—Wednesday, 3 September, 8pm
Enola Holmes

USA, 2020, Dir. Harry Bradbeer w/ Millie Bobby Brown, Henry Cavill, Sam Claflin, and others, Drama-Mystery, 123mins, English w/ English subtitles, Rated: PG-13

When her mother vanishes, Enola Holmes, sharp-witted sister of Sherlock — defies Victorian norms to uncover the truth. Dodging her brothers' control and unraveling a conspiracy tied to young Lord Tewkesbury, she discovers that being a detective means rewriting the rules. Adventure, danger, and independence collide in this spirited coming-of-age mystery. A mystery is only the beginning when rebellion runs in the family.

Interesting—Thursday, 4 September, 8pm
The Work

USA, 2017, Dir. Jaius McLeary & Gethin Aldous w/ Brian Nizarof, James McLeary, Chris Renton, and others, Documentary, 87mins, English w/ English subtitles, Rated: NR (R) Inside Folsom Prison, a four-day group therapy retreat shatters emotional walls as outsiders and inmates confront raw trauma, rage, and redemption. This gripping documentary won the Grand Jury Prize at SXSW and has been hailed for its unflinching intimacy and transformative power. A rare cinematic experience that leaves no soul untouched. This film has been shared with us by Nikethana, a member of the community.

International—Saturday, 6 September, 8pm
Feng Liu Yi Dai (Caught by the Tides)

China-France-Japan, 2024, Writer-Dir. Jia Zhang-ke w/ Tao Zhao, You Zhou, Zhubin Li, and others, Drama, 111mins, Mandarin-English w/ English subtitles, Rated: NR (PG-13)

Qiaoyun's life unfolds across decades of sweeping change in China, as she searches for Haoyang—the man who vanished with her heart. Through shifting landscapes, fleeting encounters, and echoes of a fading past, her journey becomes a haunting reflection on love, memory, and the passage of time. Love drifts, memory anchors.

Children's Matinee—Sunday, 7 September, 4pm
Red Shoes and the Seven Dwarfs

South-Korea, 2019, Dir. Hong Sung-ho, Moo-Hyun Jang & Young Sik Uhm w/ Chloë Grace Moretz, Sam Claflin, Gina Gershon, and others, Action-Animation, 92mins, English w/ English subtitles, Rated: PG



When Snow White stumbles upon a magical pair of red shoes, she transforms into a princess and joins forces with seven cursed dwarfs—once handsome princes—on a quest for truth, courage, and self-acceptance. A witty twist on classic fairy tales, blending charm and adventure that reminds, beauty is only skin deep—real magic lies within.

Classic World Cinema @ Ciné-Club

Ciné-Club, Sunday, 7 September, 8pm
LA 137 é Section (The 137th Platoon)

France-Spain, 1965, Dir. Pierre Schoendoerffer, w/ Jacques Perrin, Bruno Cremer, and Others, War, 100mins, French-Vietnamese w/ English subtitles, Rated: R

In 1954, the Indochina War begins to come to a close following France's defeat by the Viet Minh at the deadly Battle of Dien Bien Phu. French forces are in full retreat Their survival depends on completing a trek through the dense, jungle-laden, expanse of enemy territory that stands between them and the safety of the nearest French outpost.

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 kindly email us at mmcauditorium@auroville.org.in. We kindly request you to set up a recurring contribution for "MMC-CP" or "Film-maker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

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

Cinema

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, 29 August

Grounded—The Earthing Movie

2019, 48 minutes, Rebecca and Joshua Tickell

This documentary reveals the scientific phenomenon of how we can heal our bodies by doing the simplest thing that a person can do—standing barefoot on the earth. The Earthing Movement is one of reconnecting people to our wonderful planet.

Submitted by Aviram

About N&N

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

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katiya (AgniJata) & Alexey
News & Notes, Media Centre, Town Hall,
NewsAndNotes@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 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

	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

	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

Below link to join
WhatsApp group
of Auroville Bus

to get the regular updates of the bus:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>