



News Notes

#1107/8 A weekly bulletin for residents of Auroville 4 December 2025



Christmasy, photo by Alexey

The aspiration is always the sign of the possibility
and perseverance leads to the certitude of realisation.

White Roses, June 15, 1957

Pondering



At first sight this insistence on a radical change of nature might seem to put off all the hope of humanity to a distant evolutionary future; for the transcendence of our normal human nature, a transcendence of our mental, vital and physical being, has the appearance of an endeavour too high and difficult and at present, for man as he is, (impossible. ... But) what is demanded by this change is not something altogether distant, alien to our existence and radically impossible; for what has to be developed is there in our being and not something outside (it. ... To that) call in the being there must always be some answer in the Divine Reality and in Nature.

Sri Aurobindo, The Life Divine, "The Divine Life"

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House of Mother's Agenda



(continued from last week)

But though these aims are of great importance in their own field, they are not the central thing; they can only be secure when founded upon a change of the inner human nature and inner way of living; they are themselves of importance only as means for giving a greater scope and a better field for man's development towards that change and, when it is once achieved, as an outward expression of the larger inward life. Freedom, equality, brotherhood are three godheads of the soul; they cannot be really achieved through the external machinery of society or by man so long as he lives only in the individual and the communal ego. When the ego claims liberty, it arrives at competitive individualism. When it asserts equality, it arrives first at strife, then at an attempt to ignore the variations of Nature, and, as the sole way of doing that successfully, it constructs an artificial and machine-made society. A society that pursues liberty as its ideal is unable to achieve equality; a society that aims at equality will be obliged to sacrifice liberty. For the ego to speak of fraternity is for it to speak of something contrary to its nature. All that it knows is association for the pursuit of common egoistic ends and the utmost that it can arrive at is a closer organisation for the equal distribution of labour, production, consumption and enjoyment.

Yet is brotherhood the real key to the triple gospel of the idea of humanity. The union of liberty and equality can only be achieved by the power of human brotherhood and it cannot be founded on anything else. But brotherhood exists only in the soul and by the soul; it can exist by nothing else. For this brotherhood is not a matter either of physical kinship or of vital association or of intellectual agreement. When the soul claims freedom, it is the freedom of its self-development, the self-development of the divine in man in all his being. When it claims equality, what it is claiming is that freedom equally for all and the recognition of the same soul, the same godhead in all human beings. When it strives for brotherhood, it is founding that equal freedom of self-development on a common aim, a common life, a unity of mind and feeling founded upon the recognition of this inner spiritual unity. These three things are in fact the nature of the soul; for freedom, equality, unity are the eternal attributes of the Spirit. It is the practical recognition of this truth, it is the awakening of the soul in man and the attempt to get him to live from his soul and not from his ego which is the inner meaning of religion, and it is that to which the religion of humanity also must arrive before it can fulfil itself in the life of the race.

(to be continued next week)

Sri Aurobindo,

The Human Cycle, The Ideal of Human Unity II, The Religion of Humanity

<https://incarnateword.in/cwsa/25/the-religion-of-humanity>

Gangalakshmi, HOMA



Townhall Speaks

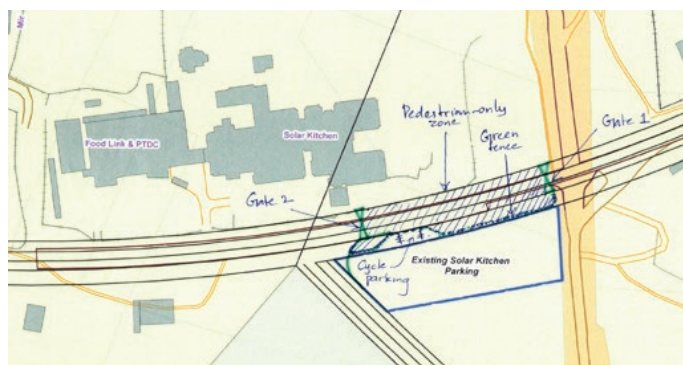
UPCOMING CHANGES TO CROWN ROAD in front of Solar Kitchen: a safer, vehicle-free zone



L'avenir d'Auroville

Dear Residents, the Auroville Town Development Council (ATDC) wishes to inform the community that a decision has been taken to cordon off the section of Crown Road in front of the Solar Kitchen. This stretch will be converted into a vehicle-free and cow-free zone.

As part of this initiative, we will be developing the area into a park space with street furniture, which will include a children's play area and pedestrian-friendly pathways.



The intention is to create a safer, quieter, and more harmonious environment for all.

Once the redevelopment is completed, residents are kindly requested to park their cycles, motorbikes, cars, and vans only in the designated parking areas.

Please refer to the attached map for detailed information on parking locations and access points.

We thank the community for your cooperation and understanding as we work towards enhancing the shared public spaces of Auroville.

There will be no more parking permitted in the area marked in the map as pedestrian only.

Auroville Town Development Council (ATDC), Joel

COMMUNITY INPUTS FOR THE 130-METER Solar Kitchen stretch development



L'avenir d'Auroville

Dear Residents of Auroville, we would like to inform you that the 130-meter stretch in front of the Solar Kitchen will be developed into a welcoming community space. We invite you to share your suggestions and support for this initiative.

You are welcome to send written ideas on how the space can be enhanced—such as seating, greenery, art installations, or any other community-friendly elements.

Those who wish to contribute in kind may do so. Plants suitable for this area, or other relevant materials, are most welcome.

If you are interested in volunteering for on-site work, please let us know. Your participation will help create a space that reflects the spirit of our community.

Please send your suggestions and expressions of interest by 5 December to communication-avenir@auroville.org.in.

Prasad and Doris,
L'avenir d'Auroville Communication Team
Submitted by Joel

STATEMENT FROM FAMC

Regarding the announcement by Auroville Today editors to stop publication

Dear Aurovilians and friends, the editors of *Auroville Today* have informed subscribers of their decision to cease publication. The responses that have followed—from concern to protest—call for clarity, responsibility, and a reaffirmation of collective values. These responses have been based on a narrative spun irresponsibly by the former editors of *Auroville Today*.

Auroville Today has for decades documented the life of this community with dedication. That contribution is acknowledged with sincere appreciation.

However, the sudden and unilateral closure of a long-standing community communication channel—one supported for years by voluntary contributions and community infrastructure—cannot be treated as a personal or private decision. Work undertaken in Auroville's name, with collective resources, is accountable to the collective.

Key clarifications

1. No directive to shut down was issued.

At the media coordination meeting of 10 November, the context and purpose of the new Media Policy were presented: to ensure that Auroville speaks as one body through its institutional channels, while always upholding the right of individuals to express personal views responsibly in appropriate forums.

Concerns were raised regarding the magazine's repeated publication of information, in the name of Auroville, that was either inaccurate or misrepresentative of Auroville's governance situation, creating confusion and undermining collective functioning. These concerns required a process of correction and alignment—not withdrawal.

Instead of engaging in this process, the editors independently announced closure. A constructive and mature approach would have been dialogue and transition, or stepping down while enabling continuation under new stewardship.

2. Community work does not end with individuals.

Editorial teams may change. But the publication—its mission, support base, and legacy—belongs to Auroville. The appropriate step would have been: "We are unable to continue. Who will take this forward?"

3. Facts must guide public discourse.

Claims of censorship or persecution are unfounded. They distort reality and inflame division. Evolution toward better governance of communication is not repression—it is responsibility.

4. Alignment is essential to coherence.

Auroville's media landscape must move toward a unified umbrella of communication—strengthening accuracy, accountability, and collective voice. Fragmented messaging harms Auroville's credibility and purpose.

The way forward

Residents who value documentation and transparent reporting are invited to take up the next chapter of *Auroville Today*. If new editors step forward and commit to working within the shared framework of the Media Policy, the publication can continue to serve the community meaningfully.

Let us move forward with maturity and unity. Communication in Auroville must strengthen the collective, not fragment it. Coherence in media is essential to our identity and to The Mother's vision for this city.

The baton is on the table. Whoever feels genuinely called to continue this work in the spirit of the collective is welcome to take it.

Chandresh,
On behalf of the FAMC

CITY SERVICES Contributions and Payments October 2025

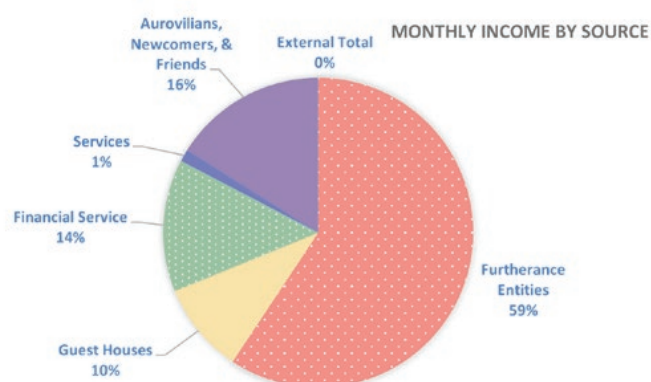
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	17,67,55,327	—	17,67,55,327
Monthly Contributions (Int. + Ext)	1,99,73,032	22,08,793	2,21,81,825
Total Contributions (OB+Monthly Inc)	19,67,28,359	22,08,793	19,89,37,152
Total Payments	1,85,77,969	22,08,793	2,07,86,762
CS Ending Balance (Includes BOB)	17,81,50,390	—	17,81,50,390

Internal Contributions

Source	Unspecified	Specified	Total
Furtherance Entities	1,16,07,316	15,49,838	1,31,57,154
Guest Houses	20,93,067	18,500	21,11,567
Financial Services	30,00,000	69,770	30,69,770
Services	2,84,807	—	2,84,807
Aurovilians, Newcomers, & Friends	29,87,843	5,70,685	35,58,528
Internal Total	1,99,73,032	22,08,793	2,21,81,825

External Contributions

Government of India for SAIIR	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	—	—	—
External Total	—	—	—



Paper version: Please read full report at the end of the issue.

E-versions: [Please read full report here.](#)

BCC Team
(Angurajan, Arthi, Kalaiarasi, Kalaimathi,
Kaileshvaari, Punniyakodi, Raji)

Community News

Obituary

TRIBUTES TO ROY

Roy was born in New Jersey on May Day 1949. From early on, he lived music and art. He grew up in Maplewood NJ, a pretty suburb whose main virtue was the nearby commuter train to New York City.

In high school he was encouraged by one his teachers to pursue art. He wasn't strong in academic subjects, although he was clearly very smart. But he had style and a sense of what was happening in the arts and music scenes from early on.

Roy loved going into the City to visit guitar stores and hang out in the Village. Guitar in hand and thanks to his hair and overall look, people would come up to him asking for an autograph, thinking he was Bob Dylan. He complied, always having had a wry sense of humor.

As a child Roy was sweet but also could be naughty. Once he and Justine, a cousin he was and remained close to, walked on their own many miles along a railroad track from their homes to our dad's outerwear factory. Roy was six and Justine was five years old!

Roy was in a jug band but also liked Bach organ music.

He was interested in spirituality and was a deep thinker but also a lot of fun to be with. Roy Lawrence Chvat will be greatly missed.

Carol (Roy's sister)

REMEMBERING ROY

In the early days, beginning 70's, Mother gave us permission to move from Silence (now Bharat Nivas) to start a new community in Kottakarai with Daniel, Iris and Mitra, Constance, Larry, Diane, Aurolovis and Auralice, Jaap, myself, Mukta and Chandrah, Bobby, Gerhard, Shastri and Suryan.

We were all young, strong and hard working: digging wells, building our own houses, community kitchen, small workshops, cowshed, working in the vegetable garden, rain-fed agriculture, planting trees, bunding, making check dams, starting the first bakery in a barrel next to our community kitchen in the Palmyra grove and tending the children. Working with the village kids and having a small Ayurvedic clinic in the village.

Amidst all these activities there was always Roy as a quiet, wise council, he read the books, meditated, played Go and always had time to listen to our tales of joy and woe, serving a Japanese tea in delicate porcelain bowls. He gifted friends with beautiful leather-bound books embossed in gold by Mother and Sri Aurobindo.

He built, together with Constance, the first kiln and the beautiful wooden Japanese-style pottery (still there).

Farewell dear Roy, you have been a true friend.

Lisbeth

In the early days, in the hot, dry months prior to the summer monsoon, we would be visited daily by Hari, a sweet, diminutive man. He was usually shirtless—wearing only a white lungi. Hari was the father of Velayadhum, a close friend from Kottakarai. Every year at this time he would go a little crazy (or that was Velayadhum's explanation for his behavior). He walked the land and occasionally stopped by where we were working. He would stand silently and watch—then at some point take an archer's stance, point upwards to the sun ("Suryan," he announced), bend an imaginary bow and loose an invisible arrow at it. "Naan Arjuna!" He thumped his chest with one hand. "Aurovilians—yellarum Arjuna!" For a few weeks, he would come each day to offer this dramatic message.

"Aurovilians are all Arjuna"—courageous warriors—in service of the Divine—one pointedly aimed at the sun.

Constance

Roy the dude, the Big Lebowski. A Go player who played for the aesthetic aspect of it, not to win. For many years a group of us (Vijay, Gerhard, Santo, Jan, Auroson, Shastri, Amrit...) used to play at his and Gillian's house every Sunday after lunch, while enjoying carefully prepared brews which he would make individually for each one of us as we arrived.

An uncompromising jazz, Pat Metheny-loving guitar player, casting his spell over Aurodam and Center Field with his warm Guru (homemade) tube-amplifier tone, never shy to turn up the volume.

A hippie, painting delicate water colours that evoke the spirit of Native America. A shaman in previous lives?

When you meet him you feel at ease, because he is at ease, all agendas take a back seat. An embodiment of surrender with a take-it-as-it-comes attitude. He once said to me that as you get older you get to the point where the only thing that matters is being peaceful. Years later, it speaks to me of a mature realisation of the psychic being, as I learn the need for more peace and presence in my life.

A man of few words but many stories and always encouraging. He was simple but refined, authentic, non-judgemental, kind, and cared little what people thought about him.

Thank you Roy for the gift of your being. I'll miss you! Until we will meet again :)

Suryan

ROY YOUNG

Roy young

the slight curly beard and hair

open half smile, mala hanging down who

came to the door of his house in Kottakarai when

I knocked and knocked again (why this do I remember)

opened and I knew he had

been meditating and said sorry for disturbing—

replied that if he had been disturbed

then his meditation was the fault

and he was not disturbed.

Roy making tea; Roy throwing pots,

frying community dosai; Roy the wry

who followed the call as far

as it would go and seemed at

home wherever he went

ready to rise up to answer the door.

Gordon

Matrimandir News & Schedules

5.12.2025

The day Sri Aurobindo left His body

6:30—7am,

Meditation under the Matrimandir Banyan Tree.

"Sri Aurobindo has not left us. Sri Aurobindo is here, as living and as present as ever and it is left to us to realise his work with all the sincerity, eagerness and concentration necessary."

The Mother, 15.12.1950

- Entrance from the Office Gate, open from 6am.
- Guests are requested to carry their Aurocard with them.
- Last entry for Aurocard holders at 6:40am.

Antoine for Matrimandir Executives

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

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

The Matrimandir is a place for silent individual concentration.

The Inner Chamber is open to Aurovilians and registered Newcomers:

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

The Inner Chamber is open to registered Volunteers:

- Wednesday—Monday, 8—8:35am.
- Arrival at 7:45am at the Office Gate.

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

- Any day except Tuesday & Sunday, 8-8:35am.
- 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.

Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders:

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point:

The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free pass can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

- Starting from 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.

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine
for Matrimandir Executives Team

AMPHITHEATRE

Meditations at sunset with Savitri

5:30—6pm, every Tuesday

weather permitting

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music is on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Aurocards. **Last entry for guests** at 5:30pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:15pm.

Velmurugan
for Access team

Acres for Auroville

LAND FUNDRAISERS' NEWSLETTER for the Landmark Date of 24 November 2025



*John Mandeem
on the in-construction Matrimandir in 1994*

24 November represents a special place in the evolutionary yoga of Sri Aurobindo & the Mother, and we are happy to present 7 inspiring articles for this new issue of the 'Acres for Auroville' newsletter. In the 12 years of the A4A campaign, together with you, we have made significant progress towards the building and protecting of an integral, unified physical base for Auroville. Over 230 once-missing acres have been added, with the most recent additions coming since August as land gift-deeded by Aurovilians and protectively legally registered paid with A4A funds. We thank all the land donors and supporters for your encouraging vital solidarity!

<https://land.auroville.org/25th-november-2025-the-acres-for-auroville-newsletter/>

1. Acres For Auroville Flier—24 November 2025

November holds the days of Sri Aurobindo's landmark spiritual realisation and The Mother's departure from earthly life—both bestowing on us a heritage, and for those who choose, a responsibility as keepers of the Flame. And what is this Flame? It is the Flame of Consecration for building a New World—envisioned by Sri Aurobindo and initiated into action by The Mother in what she named The City of Dawn, Auroville. And the tools for realizing the promise of this Flame, she said, are to be found in "The Twelve Powers" and incarnated in the Matrimandir. Version française en pdf & Tamil in pdf:

<https://land.auroville.org/acres-for-auroville-flier-24-november-2025/>

2. LFAU Letter—24 November 2025

Today 99 years ago, Sri Aurobindo reached a milestone in his quest for a new principle of evolution which he termed supramental. Then, on 29th February 1956, The Mother had that decisive experience of the "descent of Supermind" in the earth atmosphere. One characteristic of Supermind is instantaneousness and we see how communication around the world has now become instantaneous. In the light of Sri Aurobindo & The Mother, these developments that transcend human limits are signs of the urges of Nature—the evolving spirit of which humanity is a part. Version française en pdf & Tamil in pdf:

<https://land.auroville.org/lands-for-auroville-unified-letter-24-nov-2025/>

3. Returning Home in Auroville by Anandi Zhang

Anandi Zhang was born in China. A traveler at heart, she first discovered Auroville in 2014 and chose to belong to it even before setting foot here. Her love of Nature, encounters with human nature, and her aspiration to align with the Divine find expression through her poetry, stories, design, healing work, education, theatre, and more. Reconciling the dichotomies that shape human life, her process of integral growth is moulding an inner home within

her. Auroville, she feels, is a home for wandering souls. This article shares the depth and creative expressions of Anandi's path.

<https://land.auroville.org/returning-home-in-auroville-by-anandi-zhang/>

4. Inside the Living Curriculum of Auroville by Lalit Kishor Bhati. In his over 25 years in Auroville, the township became both teacher and mirror for Lalit, a lifelong living curriculum teaching through experience, churning, silence, service, and collective aspiration. Through his work in planning, youth engagement, bioregional collaboration, and institutional evolution, he has come to understand work as yoga, planning as consciousness, and community life as ongoing inner education. In this second and concluding article, Lalit shares his vision for personal and collective growth, and inner and outer sustainability for the next phase of Auroville's manifestation.

<https://land.auroville.org/inside-the-living-curriculum-of-auroville-part-2-by-lalit/>

5. John Mandeem: A commemorative photo Exhibition 'Capturing Life'

The photo of John on the in-construction Matrimandir, 'captures' part of John's life—using a word he privileged, for he viewed photography as 'capturing life'. Recently, a part of his immense work was honored at the exhibition 'Capturing Life' organised by Auroville's Prisma unit and held at Citadines's Centre d'Art this past August. We are happy to share some glimpses of this photo commemoration for those who could not attend, along with the videos made of his work by Arnab Chowdhury of 'Know Your Rhythm'. John Mandeem left for his onward journey on 7th July 2024.

<https://land.auroville.org/john-mandeem-a-commemorative-photo-exhibitioncapturing-life/>

6. The Matrimandir and the Twelve Powers of the Mother

The Mother stated that Unity is a fact of the new consciousness and it is there whether we feel it or not. So how do we build, manifest and live this underlying unity? To help us, Auroville has a unique tool—the energy of the Matrimandir, and its symbols. The Twelve Meditation Petals are based on the Twelve Powers of The Mother as incarnated in The Mother's Symbol. In 1927, Sri Aurobindo assigned colors with their corresponding energies to each quality in her symbol—qualities which should be understood as powers, which can help us in this vital inner and outer work.

<https://land.auroville.org/the-matrimandir-and-the-twelve-powers-of-the-mother/>

7. Inspiring Quotes—The Flame of Love and Oneness

The Mother made the connection between the inner flame, love, unity, and our purpose in the world. Here is a selection from the inspiring quotes which she communicated in messages to disciples and seekers, starting in 1912 with "The Supreme Discovery", written in her own personal writings in "Prayers & Meditations" and recorded in "Words of The Mother" and in the Agenda. They are followed by the profoundly moving section on unity, deep inner identification and universal oneness from Sri Aurobindo's "Savitri" Book XI: 'Built is the golden tower, the Flame-Child born'.

<https://land.auroville.org/inspiring-quotes-the-flame-of-love-oneness/>

We sincerely thank all the donors, artists, and supporters who have made our 12 years of land progress possible. May we continue on together till the job of land consolidation is done!

Contact: lfau@auroville.org.in and +91 413 2622657

Donating:

- <https://land.auroville.org/new-banking-information/>
- and <https://land.auroville.org/>

Mandakini

Awakening Spirit

SRI AUROBINDO'S MAHASAMADHI

Thursday, 5 December

On this day, the Sri Aurobindo Ashram opens Sri Aurobindo's Room for a Darshan.

- **No tokens for entry** are required.
- Please join the general queue from **5am—10am**.
- **For seniors or anyone** who may require additional physical ease or support, there will be a possibility to visit Sri Aurobindo's Room in the afternoon of the same day: Between **3—3:30pm**.



Andrea

SAVITRI BHAVAN SCHEDULE

Savitri
B H A V A N

December 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

- **8 December: About Savitri—Book 1: The Book of Beginnings, Canto 1—The Symbol Dawn, Part 4—read and commented by The Mother—**The Mother reads lines from Savitri and gives commentaries on these lines under the headings: *Foreknowledge, The Greatness of the Great & The True Spiritual Consciousness and the Ordinary Life, The Slow Gradual Working, Transition from the Sleep to Waking, The Shadow over Earth, The Question of Human Life*. The transcription of The Mother's voice will be on the screen. Duration: 40min.

Earlier, The Mother expressed her wish to explain *Savitri*. She said: "Savitri is occult knowledge and spiritual experience. Some part of it can be understood mentally—but much of it needs the same knowledge and experience for understanding it. Nobody here except myself can explain Savitri. One day I hope to explain it in its true sense."

In Sri Aurobindo's poem, *Savitri* knows one year in advance the fate of her companion, but she tells it to none. The Mother said the following about that: "The all-embracing Divine Consciousness is needed to have the knowledge and live in the present condition of the world and, at the same time, do what one is expected to do and act according to the Divine's Will.... A Supreme Wisdom governs all the world and each and every detail of this world. It is only through identification with the Supreme Consciousness that man acquires at once the power to know and the power to bear and the power to do."

There is much inertia in this material world. And all beings from on high that take birth here forget from where they came and have to make much efforts to recover their knowing and consciousness. In sleep, when the matter, the body, is at rest, the inner consciousness is freer, and knowledge can be perceived.

In addition, Avatars and Divine workers incarnating here have to handle a big challenge because: "All earth life is under the governing shadow of the vial beings. Even the

Highest Divinity, when coming upon earth, cannot escape the consequence of this shadow governing all the events of the earth. For the life upon earth to become entirely divine, harmonious, happy, painless, these forces and beings of the vital world must be conquered, ...transformed, ...or return to the Nirvana of their Origin."

Nevertheless, Higher Consciousness and Light are destined to wake up Matter little by little. This has already been going on, and will continue until the Matter is completely transformed and becomes capable of manifesting the Supreme Consciousness from which it derives. There is already in the world a constant fading of all that belongs to the past and the continuous growth of all that belongs to the future. Duration: 40min.

All videos of "About Savitri—The Mother's Commentary" are available on the AuroMaa website: <https://auromaa.org/about-savitri-the-mothers-commentary/>

One the website, one can find the link to every video from this series on YouTube, and to the title: **About Savitri: The Mother's Commentary | B1C1-16 Foreknowledge.**

- **15 December: Pictures of Sri Aurobindo's Poems—Part One**—A meditative film by Manohar illustrated with paintings by Huta. The poems are read by Huta and accompanied by Sunil's music. Duration: 36min.
- **22 December: Pictures of Sri Aurobindo's Poems—Part Two**—This is another beautiful meditative film by Manohar, illustrated with paintings by Huta. The poems are read by Huta and accompanied with music by Sunil. Duration: 35min.
- **29 December: HOME—the Earth:** our home is a miracle and a beauty—The film wakes us up to become more conscious and careful with our beautiful blue home. Duration: 94min.

Dream Divine Series

- **4—5pm @ Sangam Hall of Savitri Bhavan**

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, 5 December 4—5pm @ Sangam Hall**

On Sri Aurobindo's Maha Samadhi Day, 75 Years of Savitri—Origin and Timeless Message. A talk by Alok-da.



- **Friday, 12 December 4—5pm @ Sangam Hall**

To Thee Our Infinite Gratitude. A recorded video interview by Jhumur Bhattacharya



Savitri Satsang with Narad @ Savitri Bhavan

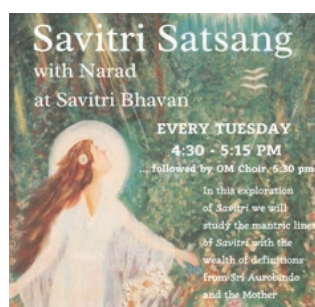
- **Every Tuesday, 4:30—5:15pm followed by OM Choir, 5:30pm**

In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

The Mother's words on Savitri: "Savitri, the Supreme revelation of Sri Aurobindo's vision."

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

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



OM Choir

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



The voice that chants to the creator Fire, The symbolised OM, the great assenting Word. Savitri
Please join us in this collective aspiration, in the form of a united prayer.

All are welcome, no prior singing experience required

OM is the signature of the Lord.

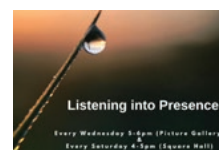
OM: I implore the Supreme Lord.

Listening into Presence

- **Every Wednesday, 5—6pm @ Picture Gallery**
- **Every Saturday, 4—5pm @ Square Hall**
- Guided by Misha (Mike).

Through stillness and silence, we will tune into the Presence, noticing its activity in our physical and subtle bodies.

Letting go of our mind and ego automatism we will open up into the deeper automatism that is beyond our doing and thinking. We will seek to enter into a state of receptivity by not doing, getting ourselves out of the way to allow the Consciousness to bring about the right organization and balance of particles and energies.



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

Wednesdays, 4—5pm:

- **3 and 17 December @ Sangam Hall of Savitri Bhavan**



Guided Yoga Nidra session

- **Every Tuesday 11am—12noon @ Sangam Hall of Savitri Bhavan**

You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

This is a sacred space for deep inner rest, alignment and receptivity. As part of the practice, we invite you to prepare a Sankalpa—a short, positive sentence that serves as a crystallization of your spiritual aspiration. Please arrive a few minutes early. This allows us to honour the stillness and depth of the practice together.

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

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

Savitri Bhavan, Auroville, invites scientists, philosophers, and researchers worldwide to an online contemplative study of Sri Aurobindo's *Savitri*. This epic poem offers deep insights into consciousness, evolution, space, and time, calling for exploration not only in literature but in science and metaphysics.

The program began on 15 August 2025, focusing on selected cantos from Part One of *Savitri*. Bi-weekly sessions will combine guided reflections (via Shraddhavan's recorded talks) with interactive discussions. Participants can choose to contribute actively or simply listen.

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

To register or learn more:

- savitribhavan@auroville.org.in, www.savitribhavan.org



Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:15pm:** OM Choir led by Narad
- **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
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch. 9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Fridays 5—6pm:** Hymn to the Earth (*Bhūmi Sūkta*) from the Atharva Veda—Invitation to a collective sharing by Nishtha.
- **Saturdays 5—6:30pm:** Satsang led by Ashesh Joshi

New Activities:

- **Wednesdays 5—6pm & Saturdays 4—5pm:** Listening into Presence led by Misha (Mike)
- **Tuesdays 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

*Margrit, Velmurugan & Dhanalakshmi
for Savitri Bhavan*

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



Scan for Location

WE BLOOM! TOGETHER

Saturday, 13 December, 4—5:15pm

@ The Mother's Flower Garden, near Solar Kitchen

Discover the spiritual significance of flowers with BloomO! the soulful flower card game of memory and reflection. BloomO! can be played in an engaging way as a group of 4 to 7 or individually for reflection and concentration within.

- Host: Purvi Bhanot
with Tamil co-facilitator Chitra Babu

Participation: If you are interested in volunteer experience to facilitate and/or host the monthly BloomO! play sessions, please reach out in the group—scan QR code provided and join "We BloomO!"

Context for playing BloomO!: The game can be as enriching, engaging experience as part of group activities including workshops, retreats, events. And also a recurring activity as part of school or learning institute classes.

Pavi for BloomO! team
mothersflowergarden@auroville.org.in

We BloomO! at Mother's Flower Garden
Sat, December 13th / 4-5:15pm



Playtime with a soulful flower card game
BloomO! also means for collective joyful experiences with and for the community. Play as you learn about the spiritual significance of flowers, a fun and creative way to connect with nature as well as yourself!



EXPLORE THE MAHABHARATA WITHIN



Since the beginning of 2023, a small group of Auroville residents have been working with Raghu Ananthanarayanan on the "Heartweaving" process and to deepen our work we are exploring a 6-day, residential program called the Mahabharata Immersion in January 2026.

We'd like to know if there are more Auroville residents who'd like to join this program and the Heartweaving process.

- If it interests you, kindly fill this form:
<https://tinyurl.com/avmahabharata>

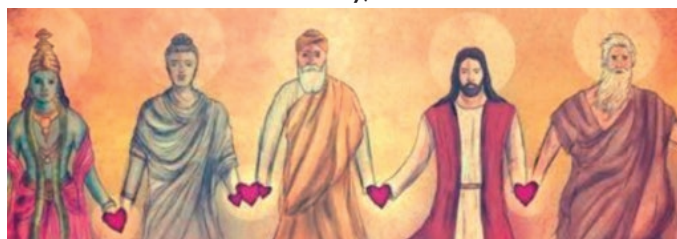
Feel free to share your questions and suggestions on:

- deven@auroville.org.in or
- heartweaving.auroville@gmail.com

Deven

INTERFAITH COMPASSION POD

Started on Sunday, 30 November



Welcome to Join the 'Interfaith Compassion Pod'! In a time when our world feels increasingly fragmented by polarization, digital echo chambers and accelerating change, we invite you to join us in exploring different ways to bring the timeless virtue of compassion into our lives and to weave together a tapestry of collective wisdom with kindred spirits from around the world. It's an online program and Auroville participants can also meet in-person for a deeper connection.

- For online Pod details + sign-up visit:
<https://pod.servicespace.org/apply/interfaith>
- For Auroville meetup, write to: deven@auroville.org.in

Deven

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: vidyamandir@auroville.org.in

Deven for Vidyamandir Auroville Team



LEARN THE 1008 NAMAS (SACRED NAMES) of the "Divine Mother"

Thursdays, 6—6:30pm @ Buvana's house, Certitude

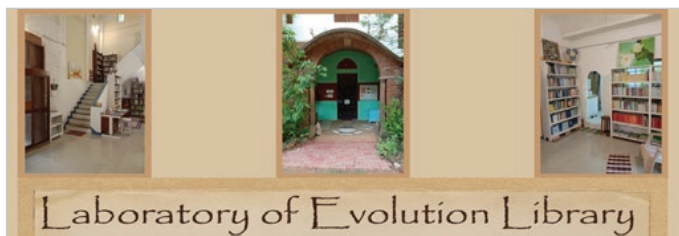
Dear Devotees of The Mother,

Here is an opportunity to learn the 1008 namas (sacred names) of the "Divine Mother", "Sri Lalitha Sahasranamam" weekly on Thursday evenings from 6pm to 6:30pm at Buvana's house in Certitude Community.

- Please contact Buvana 9443703287

Submitted by Grace

LABORATORY OF EVOLUTION



Library

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*

Education

OPEN HOUSE:

Nandanam Kindergarten & Nandanam Kindergarten Akash

Monday, 8 December, 12—2pm &
Tuesday, 9 December, 10am—2pm

Nandanam Kindergarten heartily invites you to join us for our Open House! Come and explore the work of the children and be a part of our joyful world!!!

*K.Lakshmi for
Nandanam Kindergarten
Team*



SAMYAG VYĀYĀMA: The Right Effort by AIAT

AIAT is happy to announce the launch of an initiative *Samyag Vyāyāma* (सम्यग्‌व्यायाम)—The Right Effort—an initiative where faculty and students engage in community projects in Auroville through their respective fields of knowledge and expertise.

This program enables faculty to continue being practitioners while mentoring students in real-life, hands-on projects that go beyond the classroom. It also provides meaningful opportunities for youth to develop practical skills in their areas of study, while receiving support that helps ease their college-related expenses.

The initiative is supported by a dedicated donation from a well-wisher who believes in learning through service and collaboration.

We are currently open to taking up IT-related projects, including web and mobile application development, for Auroville units and services.

- For enquiries, please write to samvya@aiat.edu.in.

Together, let's make the right effort—for learning, for community, and for Auroville.

Amarnath



NOTES FROM SAIER

Educational research: documenting our experiments

SAIER initiated a Research Program in July 2025, comprising 12 sessions. Six sessions have been completed so far, and we are glad to share some updates from the ongoing work.

The program aims to:

- Demystify research through collaborative exploration and discover deeper methods of enquiry that resonate with Auroville.
- Kickstart written and formal documentation of Auroville's educational practices, with the vision of presenting this work as an inspiration to the wider world.
- Encourage and support teachers and practitioners to undertake research independently.
- Reflect collectively on the educational work currently happening in Auroville.

We are deeply grateful for the encouragement from the community and for the enthusiasm of Auroville's teachers, who, despite their busy schedules, have committed themselves to research.

The program began with around 47 participants, and we continue to have a dedicated group of about 25–30 members actively pursuing research in their respective areas.

Across the six sessions completed so far, participants have explored and refined their research questions, undertaken literature reviews, developed tools for data collection, and some have already begun the process of data gathering.

Most recently one of the research projects on the practice of Morning Meetings at C3STREAM Land got selected for a presentation at the International Conference on Vedic Pathways to Mind, Culture, and Society that was held in association with Miranda house. ICVMCS is an academic forum that bridges ancient Vedic wisdom with modern behavioral science to generate evidence-based, contextually grounded insights across diverse disciplines.

We have four upcoming presentations at the International Conference of STEM Education in Bhutan.

We have also submitted a paper on Reimagining Education with Youth Practitioners who learn, grow, work, teach and how this helps them, to an upcoming conference at Azim Premji University, Bangalore. While we are yet to hear about the status of acceptance, we are happy to share that we completed writing the paper.

This is just a start! There is a deepening within research that we seek to co-create as we discover and learn more about spiritual research. Stay tuned for more.

Feel free to write to us at: saiier-research@auroville.org.in.

Sohela & Auroshree for SAIER

SRI AUROBINDO AND MOTHER'S THOUGHT in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

- +447515377896 WA or misha@auroville.org.in

Submitted by Jean Yves

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*



LILALOKA

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

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

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

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



Activities 2025–2026

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

Nesters:

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

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

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

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

Infants' Community

- **Daily mornings, age: 1½–3 years**

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

Free-Flow Mornings

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

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

Afternoon Activities

- **Twice per week, age: 3–6 years**

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

- **Once per week, children 6–11 Years**

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

Occupational Therapy and Individual sessions

- **By appointment**

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE

opens doors for kids

of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville.

Learning Space is an initiative of SAIER, offering a space for orientation, integration, and exploration of Auroville before school enrollment.

As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools.

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

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

- Drop off time 8:15 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



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 SAIER. Our service began in 2015 under the umbrella of the Teachers' Center, SAIER.

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

SATORI: EDUCATIONAL SERVICES

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

Sergei, 9442934078,
satori.auroville@gmail.com

Health Care



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

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

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday / Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday—Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
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.

Dasha for Santé Services

MORNING STAR OFFICE

Open House

Every Saturday, 10am—12pm

We are happy to announce that the Morning Star office will now be open to the community for an Open House.

You are welcome to drop in anytime during these hours to learn more about Morning Star's work, receive updates on the building progress, and book appointments to meet with the midwives during clinical days.

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



*Savithri
for Morning Star Team*

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous
Meeting (open)
every Saturday, 6 pm
Center Guesthouse
Merriam Hill Center
welcome

(Contact: Shankar +91 9442010573 or
Ingrid +91 9443843976)



Ingridt

AURODENT CLINIC

Dr Aravind Anto available at Aurodent Clinic

We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic.

He will be providing specialised treatments, including:

- Dental implant placement
- Wisdom tooth extractions
- Other complex extractions

Appointments can be booked directly at Aurodent Clinic.

December offers

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 for Aurodent

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovilian 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

Tuesday and Thursday, 2:30—4pm
@ Humanscapes Hall

Little Red Feet is a parent–baby play and support group for babies aged 0—2 years.

Each session has a gentle theme, with a joyful space for babies to explore and parents to connect. We also have baby-friendly snacks and tea/ coffee for parents. Join us for a nurturing way to celebrate early childhood together.

*Savithri for Morning Star,
+91 9130084284*

MAATRAM

Addiction Recovery sessions

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

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



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

Clinical Psychologist in Maatram

We are happy to welcome Beatriz to the Maatram team. She is a Clinical Psychologist who brings with her about 30 years of experience in the field.

As Spanish is her first and most natural language, Beatriz will be available and looking forward to offering support for Spanish-speaking community members.

Megha, Raam & Palani

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 +918940571774 WA or email us at morningstar@auroville.org.in

*Paula
for Morning Star Team*

AUROKIYA INTEGRAL EYE CENTRE

Eye Care Services @ Arka

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

Available services:

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



New services:

- Retina imaging,
- Intraocular pressure (glaucoma) monitoring,
- Red Light Therapy for Eyes,
- Dry Eye Therapy
- Timings: 9am—5:30pm,
- Contact: 9488005685

Aurosugan & Priyanka for Aurokiya

Animal Care

UPDATE FROM THE DOG SHELTER

Dear Community, You might have missed an update from the Dog Shelter.

But we are very busy taking care of approximately 180 adult dogs and 30 puppies. A big family indeed.

Every week we receive at least 8 to 10 puppies that need to be kept safe in quarantine as they might have been infected and are a threat to the other puppies. Abandoned puppies come in cardboard boxes or in bags thrown over the fence at night. Many have wounds as well.

They all receive treatment on arrival and are kept very warm and cosy until they get their first vaccination.

If they are very small, like less than a week, it's difficult to keep them alive. They need to be bottle fed every two hours!

Also, if young puppies have not had their mother's milk, they do not have immunity and are susceptible to the horrible virus of Parvo. Which will kill them in a few days. But the strong ones survive and become jolly company for the older young dogs once they have the full set of vaccinations.

Sterilisations: We are glad to report that this week, because of the gracious donation of some well-wishers, we were able to increase the number of sterilisations again. For this week 8 abandoned dogs. The work is done by an expert doctor from Pondy.

These dogs were waiting for quite some time and now we need to focus on the important after care. Then we could post them for adoption. They are truly beautiful dogs and very well mannered as we walk them on a leash every day.

Out patients: Every day we receive dog with their owners for vaccinations and special wound care. In this rainy season it is very important to give treatment immediately as maggots can do major damage in a very short time.

Rabid dogs: This month we needed to capture two times a rabid dog that was roaming in the center of Auroville.

Another dog, a labrador, that was caught as it appeared aggressive was taken into observation but was not rabid, but poorly got a maggot infection in and around her eye. It's getting daily treatment now. She is a very sweet girl and we hope to get her adopted once she is better.

Escaping dogs: We have a few clever escapist dogs who found a hole in a fence and they squeezed themselves out and wandered over the vast meadows in the back of the shelter. These clever ones come back for lunch and dinner for sleeping dry. As we received strong concerns about loose dogs, we have closed the hole and made the fence more solid.

There are some dogs that roam around the Shelter, returning "home" from previous times being released and still getting some food over the fence.

Administration: There are large funds belonging to the shelter which are sitting in the account with DMT. Before they can be released. The "taken by surprise" new executives have to write lengthy reports of all the spendings in the last months, of which we do not have all information and are trying hard to retrieve it, hoping for cooperation from the previous team. The executives hopefully complete that task soon as the shelter is using yet the last piece of funding.

We would like to call for support especially from the regular donors in AV. If this release of funds is not cleared we will be in dire straits.

Then there are some points:

The present management is having to face a storm of accusations on different WhatsApp groups and complaints to the Animal Welfare Board on a regular basis. There seems to be a campaign happening to bring us into discredit.

Without actually seeing the Shelter from the inside.

It is Fake news or malicious gossip.

And to be clear, we don't euthanize dogs daily. Only one time in 3 months as the dog was suffering unbearingly.

We do not dump dogs in the village. But as government regulations go, we cure, vaccinate and sterilize dogs and bring them back to their environment. Long time dogs we still hope to find good adoptions for. (A dog in a shelter longer than a year can not be released any more).

You are welcome to come and check us out yourselves. Just let us know a moment so we can receive you. The dogs give you a barking welcome concert if they don't know you. This can be a bit scary.

- If you have any questions please contact us directly.

And yes we still need lots of clothes and our gratitude for the dogs if you can **donate on our FS account 251391**.

Greetings from the Dog Shelter team:

Dr Kumar, Sugar, Vijyan (TOS), Sonja.

**And 3 fantastic caring ladies
and 3 strong boys.**

Submitted by Sonja

Festivals

INVITATION

to the Auroville Festival 2026

We are pleased to extend a warm invitation to the **Auroville Festival 2026**, taking place from **21 to 28 February** at various venues within Bharat Nivas.

It will be a week filled with moments of meditation, workshops, engaging discussions on diverse topics, and daily performances.

We kindly invite Aurovilians, Newcomers, and Volunteers to contribute some of their time and energy towards the organization of this event, assisting with its various facets.

Please email us with your availability:

- bharatnivas@auroville.org.in

Let us come together to joyfully prepare for this event, which will be part of our celebrations for the most precious week of the year: Mother's Birthday and Auroville Inauguration Day.

**Janmejaya and Kamala for
Bharat Nivas Trustees**

OPEN CALL TO PERFORMERS:

Auroville's Got Talent

**Friday, 12 December, 6:30—8:30pm
@ Yuva Sangha (Kailash)**

Auroville's Got Talent is an open mic for anyone young, old, or in-between to come and express what they love. Music, dance, poetry, stand-up, movement, or something completely your own... It's all welcome.

It's a warm, lively space where the crowd is on your side, cheering for you as you try something, share something, or simply step onto a stage for the first time.

To register, please scan the QR code provided.

We're gathering on Friday, 12 December, 6:30—8:30pm at Yuva Sangha (Kailash) to celebrate expression, confidence, and creativity together.

If you feel it, try it!

Gautam Prashast for YouthLink Team



For Your Information

WEB TEAM:

Requesting your community details with photos

The AV Web Services team is preparing/ updating a Auroville settlements page for the Auroville Website.

- Please email webcontent@auroville.org.in for sharing your community details (including the year when it started, significance of the name, etc.) and other background information that will help us represent our Auroville community accurately and beautifully.
- Here is the link to the Auroville Settlements section <https://auroville.org/page/auroville-settlements>

Specifically, we would like to request the following:

- Photographs
- History & Background
- Community Information (type of housing, number of residents)

If there are files too large for email, we will be happy to receive a link to a shared drive (Google Drive, Dropbox, WeTransfer, etc.).

- Or you can fill this [Short Google form](#).

If there are other updates that need to be done for any webpages please email us at webcontent@auroville.org.in

Web Team, from Mass Bulletin

International

UNITY PAVILION PRESENTS

Unity Pavilion Regular Events

Day Time	Venue	Event Details
Wednesday, 5:30pm	Unity Hall	Sound Bath by Svaram: Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursday, 5pm	Hall Of Peace	Silent Meditation by Pierre: Tune into your psychic self and experience deep inner peace and calm for awakening within.
Friday, 6pm	Unity Hall	The Flow: Chakra Meditation by Sergei & Preeti: Awaken your inner energy and activate your meridians and chakras through sound, mantras, and frequency for deep healing and balance.
Saturday, 10am	Garden	Kids Art Class by artist Janakiraman: A playful exploration of watercolor techniques for children.

By Appointment, Monday to Saturday

Venue	Event Details
Hall of Peace	Peace Tea Ceremony by Jaya and Isha
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.
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.

Kids Art Class by artist Janakiraman



Tao of Tea—Sencha Style Tea Ceremony



The Flow: Chakra Meditation

Connect with the Source and enter the Flow.

- Friday, 6—7pm @ Unity Pavilion



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

Presented by The Unity Pavilion Research Team:

Sergei—Electronic Musician, Specialist in Social & Musical psychology

Preeti—Author, Life coach, and Researcher with 25+ years in Integral Yoga & Human Development

Preeti

FRENCH PAVILION PRESENTS:

@ Pavillon de France, opposite the Visitor Center

Children: Learn French

The French Pavilion invites children 4—12 years old to learn French through fun and creative activities.

- Every Thursday of December, 3:15—4:30pm.
- Final exhibition on 23 December.

Come learn French language in a creative environment by doing Christmas decoration such as Christmas tree, baubles, bracelet and more...

It is open to every children interested by learning or practicing French **between 4 to 12 years old**.

You can bring your own pencil case or supplies will be available in the French Pavillon.

Vivekan



Discussions: La confiance

- Rendez-vous ce vendredi 6 décembre à 17h au Pavillon de France



Un rendez-vous en français, ouvert à tous, pour réfléchir ensemble à des questions de société, d'identité ou de sens.

- Chacun est invité à partager son point de vue,
- Ecouter celui des autres
- Et nourrir une discussion profonde,
- Dans un cadre bienveillant.

Un espace de parole libre, dans l'esprit d'Auroville : ouverture, respect et quête de sens.

Après les discussions sur la religion et la propriété et argent, cette fois questionnons :

Marie pour le Pavillon de France

Games

Sunday Pétanque

- Every Sunday, 4—5:30pm

Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun. Come and share a convivial moment and bond with others in a relaxed and welcoming atmosphere!



Board games:

- Wednesdays, 4—5:30pm

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



Submitted by Vivekan

TIBETAN PAVILION presents

Pavilion of Tibetan Culture: The Library

The Library in Pavilion of Tibetan Culture is open to the public:

- Monday and Tuesday, 9:30am—12:30pm

We look forward to seeing you in the Library.

Wednesday Lahkar lunch continues

A weekly Lahkar Lunch is happening on:

- Wednesday, 12:30—1:30pm

To reserve your seat: 8489067332.

Last request receive at 5pm on Tuesday evening.

*Kalsang
for Tibetan Pavilion*





7 December—27 January @ Unity Pavilion

Opening: 7 December, 4pm

Developed during Birgitta Volz's recent residency in Latvia, this new collection includes prints taken directly from large granite boulders—once part of a mountain range long before our time—alongside tree-bark impressions that reveal nature as a living archive.

We warmly invite you to the exhibition!

Priya for Unity Pavilion

KOOKURAL

Saturday 13 December, 7:30pm @ CRIPA

Kookural is an experimental verbatim theatre piece built from survivor testimonies and legal records of the 2011 Keeszathamangalam violence.

It exposes the gap between lived experience and institutional language, using silence, fragmentation and repetition to question how we listen—and what it means to witness.

- Dramaturgy, design & direction by Balasubramanian.G
- For more information contact: +91 9092179209 WA

Laura



OPEN CALL

for Exhibitions, Activities, Artist Residencies



Every year Centre d'Art organizes art exhibitions, workshops, collective projects, lectures, activities, and invites an artist for a two-month residency.

- Application deadline is 31 January 2026

Here you can find the info:

- for Exhibitions and Artist Residency: <https://centredart.in/artist-residency-auroville/>
- for Activities: <https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- centredart@auroville.org.in

Marco for Centre d'Art team



RESILIENCE

by Marie-Claire Barsotti

28 November—17 December 2025

@ Centre d'Art Auroville

Opening on Friday, 28 November, 4:30pm



- Tuesday—Friday, 2—5:30pm
- Saturday, 10am—12:30pm, 2—5:30pm
- Morning by appointment

For Marie-Claire, the artistic act is a living alchemical process, through which a transformation takes place in the creator and its creation simultaneously.

The time had undoubtedly come to let go of the certainties of the past and venture down unknown paths. To show resilience, to surrender. She used the destruction wrought by the insects to rebuild.

For nearly two years, she created, with Mother's words and her intuition, her own colours and shapes, poetic and shimmering collages like butterflies emerging from their chrysalis. In a second stage, the Matrices were born, representing a synthesis of the path travelled, an integration of the infinite realities of the world.

Dominique Jacques 2025

Submitted by Marco

EXIBITION: THE WHITE DRAGON

November 2025 onwards @ Aurelec

The White Dragon: Artwork by Carla Lee Morrow

Dragons are beautiful, wise, open-hearted etheric beings of the angelic realms who are sent here by Source to assist us. They are elementals, so they do not have all the elements in their make-up. They can be composed of earth, air, fire or water, or a combination of any three of them.

They operate on a different vibrational frequency from us, which is why most of us can't see them, but they are very willing to connect with us if we are ready to tune in to their wavelength. Dragons really love this planet and everyone on it, and are pouring out Earth now to help us with the transition to the new Golden Age.

For aeons psychic artists have drawn or painted dragons with remarkable consistency. What we see in dragon pictures is exactly what they look like!

Because they are of the angelic kingdom, with open, generous hearts, they have wings, for etheric wings are extensions of the heart centre.

Dragons can protect and care for us, be our friends and companions and help in a myriad of other ways.

They can physically clear lower energies round us and travel with us at night if we go through the astral realms. This means they can burn up frightening emotional memories so that we don't have to experience them again. By day, they can move in front of us, clearing and lighting up our path. They can help us to flow round challenging situations and people or they can transmute lower energies before we reach them. They can inspire us and ground our visions.

Franz, Aurelec, Prisma

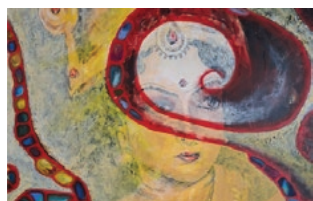


EXHIBITION IN PITANGA

Hindu Gods—Forms of the Great Goddesses by Beatrix Rother-Schwerdtfeger

28 November—20 December @ Pitanga
Monday to Saturday,
8:30am—12pm & 2:30pm—5:30pm

"This series explores the multifaceted expressions of the Divine Feminine in Hindu spirituality, focusing on iconic representations such as Kali, Durga, Lakshmi, Saraswati and mainly Radha, the Hladini Shakti, as mentioned by Sri Aurobindo in *The Mother with Letters on the Mother*.

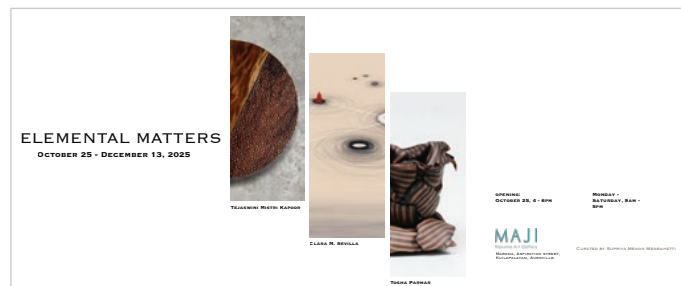


Through vibrant colors, symbolic forms, and meditative artistry, I aim to evoke the powerful, nurturing, and transformative essence of the Great Goddess. My work draws inspiration from my practice of Integral Yoga in Sri Dilip Kumar Roy's ashram in Pune and years of immersion in Indian spiritual traditions, offering a bridge between the sacred and the contemporary."

Anandamayī
for Pitanga Cultural Centre

ELEMENTAL MATTERS

@ MAJI, Maroma, on show till 13 December



Viewing hours: Monday—Saturday, 9am—5pm

Elemental Matters brings together three distinct artistic practices—two architects and a graphic artist—each working with a different material: wood, ceramics, and digital media. Presented at MAJI, this exhibition explores the fundamental forces of nature as expressed through form, process, and material. I am excited to present this harmony of diversity—three unique voices engaging in a shared conversation through their chosen mediums.

Supriya Menon Meneghetti,
curator, MAJI

Dance Activities

DANCE CLASSES BY MANI

Tango Dance Evenings @ CRIPA

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

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

- Please register before coming (registration only).

Bring your socks and water bottle.

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

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



Salsa Dance Classes @ CRIPA

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

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

- Please register before coming (registration only).

Bring your socks and water bottle.

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

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

8637633696, Mani



BHARATNATYAM DANCE CLASSES

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

My name is Caveri Suresh, I'm a Bharatnatyam Dance teacher for 27 years. I would like to share and teach my art form with you all. Dancing was always my great passion. Through the years, I became a skilled professional Bharatnatyam dancer. This form of traditional South-Indian dance art I would like to share with our community from all over the world.



Education: Here are my following education to teach this dance form:

- BPA (Bachelors in Performing Arts)
- MFA (Masters in Fine Arts)
- Tanjore Tamil University TDT (Teacher's Training in Dance).

I would like to offer this class to **Beginners, Intermediate and Advanced students**.

I am already conducting my dance class in Bharat Nivas. This class is an offering for the community; if you feel to make a contribution it is most welcomed. I have taken my students on trips where they experience performing in different venues and famous temples around Tamil Nadu and I intend to continue this. The first class starts this Saturday.

Caveri Suresh, *Diya Dance Studio*

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

3-MONTH GARBA IMMERSIVE



Tuesdays, 4:45—6pm. Limited slots

After our 3-month Garba Immersive that was so beautifully received, I'm thrilled to say... we're starting again!!

We will focus on starting with simple steps, exploring nuances, deepening body awareness, understanding movement flow and finally bringing it all together with grace and joy in a choreography.

- Contribution required, more details on sign up
Megha, 8870730567,
WA message only

Theatre, Music & Art Activities

UPCYCLING STUDIO MORNINGS IN DECEMBER

Tuesday 2, 9, 16, 23, 30, December, 10am—1pm
@ Ok Upcycling Studio, ReCentre

- Discover the fundamentals of upcycling



- Tour the studio
 - Purchase or place orders for upcycled items
 - Join our "Make Your Own Upcycled Item" workshops
- Come explore, learn, and get inspired!
Tel: 6384043908

Veronese Robin

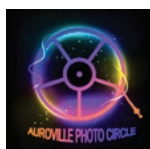
PHOTO CIRCLE MEETS AGAIN

Friday, 12 December, 5pm

@ Centre d'Art multimedia room, Citadines

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images. Everybody's welcome.



Marco

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

18—19—20 December

@ Centre d'Art Gallery, Citadines



Program & Timings:

- Thursday, 18 December, 2—5pm: Brief look at History of Photography & Introduction to Film Camera.
- Friday, 19 December, 9am—2pm: Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- Saturday, 20 December, 9am—12:30pm & 2—5pm (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

Participants are required to be present for all three days.

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

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 9159355809 WA

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

Sergey, Centre d'Art

AUROVILLE'S FIRST IN-HOUSE

longer-term training
in speech, drama, voice and movement

In collaboration with CRIPA we are launching Auroville's first in-house longer-term training in Speech, Drama, Voice and Movement.

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

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

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

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

Qualities participants will be developing throughout the training: inner silence and stillness, capacity for self-inquiry and introspection, deeper listening skills.

Additionally, from this training the participants can expect to improve their confidence, a more dynamic expression, performance skills, more flexibility emotionally and psychologically. There will be the optional possibility of working towards a performance towards the end of the 3 months.

Modules

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

To launch this initiative we are opening with a 3 month in-house training of 2 classes a week (after which a further continuation of 3 months will be discussed).

- The intake is for starting 8 December 2025.
 - We will be taking a batch of a maximum of 16 participants.
- Starting date 8 December. Finishing date 25 February.**

Contribution

- Contribution to be paid each month:
- 1000 rupees for guests.
- 750 rupees for registered volunteers, NC, Aurovilians.

If this interests you please email misha_nc@auroville.org.in or [fill in this short form](#).

Mikhail

CREEVA: CENTER FOR RESEARCH Education Experience in Visual Art

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 82206 12413



For info contact Sathya: +91 9486145072

- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio,
Creativity

SVARAM ACTIVITIES

Sound Healing Session

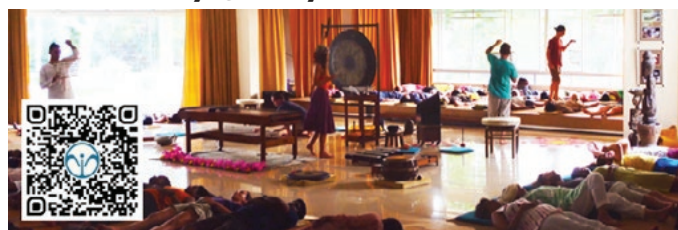


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

By Appointment Only

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

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

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

Sound Garden Tour



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

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

Aurelio for the SVARAM Team

Sports & Martial Arts

16TH EDITION

of Auroville Marathon Run for the joy of running!

Dear Community Members and Runners, we are happy to announce that preparations for the 16th edition of the Auroville Marathon 2026 are well underway.



This event has always been a celebration of togetherness, health, and the vibrant spirit of Auroville. We look forward to creating another memorable year with all of you.

Mark your calendars!

- **Auroville Marathon:** 8 February 2026
- **Online Registration:** Opens on 15 November 2025 and closes on 31 December 2025
- **To register online,** please visit: <https://www.aurovillemarathon.com/register/>

For Auroville Community Members and Residents of the Bioregion:

- The registration fee is waived, but a coupon is required to participate.
- To obtain your coupon, please send an email with your details to marathon@auroville.org.in, and we will share the coupon with you via email.
- Alternatively, you may visit the Saracon Office between 10am—12pm and 2—4pm to collect it in person.

Once you receive the coupon, you can complete your registration for the Auroville Marathon 2026.

Let us come together to celebrate the joy of running and the camaraderie that makes this event so special.

We eagerly look forward to your participation and support in making this marathon another resounding success.

Saravanan & Manikandan

ABHAYA MARTIAL ARTS



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

Regular Adult Classes, 5:30pm:

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Striking/Self Defence with Coach Tangyu 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, message us:

- +91 94873 40778

Abhaya Martial Arts Academy

Abhaya Martial Arts Academy is proud to share with you an exciting upgrade that will soon take shape.

For more than ten years, Abhaya has been active in Auroville with regular martial arts classes. The Academy was founded as the Indian branch of the Shou Dao School, where Shou Wu is practiced—a system that integrates internal martial arts and self-defence, while also engaging in MMA, the most demanding testing ground to guarantee real martial progress.

In addition to teaching children and adults—and accompanying some of them to important tournaments—Abhaya has been responsible for the training of the First Responders of the Security, and has long-standing collaborations with few NGOs, supporting orphans, underprivileged women and survivors of human trafficking.

Some of these women, after six years of training, have become instructors themselves.

Thanks to the excellent results achieved and the constantly growing number of students (up to 80 last month!), Abhaya is now ready to begin a new adventure, collaborating with highly skilled instructors—masters of Muay Thai, Shou Dao, BJJ and Boxing—offering even more classes and opportunities to learn not only how to defend oneself and understand one's own body, but also how to transmit this knowledge to others.

Starting from January, Abhaya will adopt a new belt system, and will open a clearer pathway for students and instructors to grow within the Academy.

And soon more exciting news will be shared.

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

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

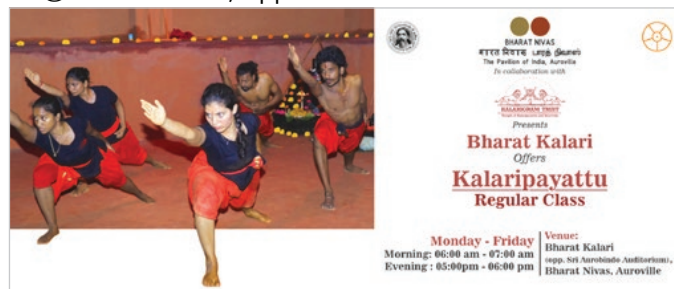
Giacomo for Abhaya



BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

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



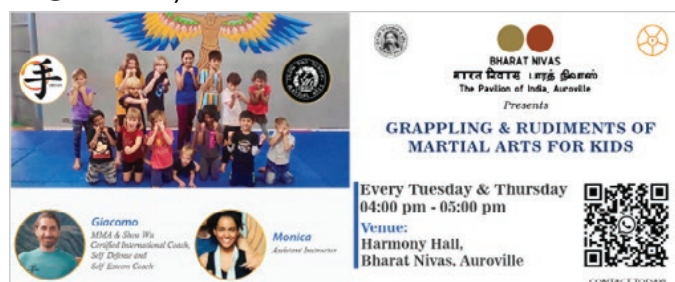
Regular Silambam Class

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



Grappling and Rudiments of Martial Arts for kids

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



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

MOVING MEDITATION:

Taichi & Qi-gong

Taichi is the art of change. Learning how to drive your energy. It is a mental & physical training method.

- **Every Monday & Tuesday 5:15—6:15pm**
@ Budokan, Dehashakti

Facilitated by Jiseong Park.

Contact: +91 7094339490 WA



Jisung for Youthlink

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 wants 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.

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

SWIMMING CLASS

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

What We Offer:

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

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

- Location: Auroville
- Flexible timings available

Dive in and discover the joy of swimming—safely, confidently, and at your own pace.

8637633696, Mani



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 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

Bioregion & Nature Activities

INSIDE INDIA ACTIVITIES

Launching Our Kolam Workshop

- **Every Friday 10am—12pm**

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 KINISI. 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. Timings are 10 am to 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.

Shaheen

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

AuroOrchard is Auroville's oldest farm, founded in 1968-69 under the guidance of the Mother with the vision of "growing food for Auroville." Spread over 25 acres of red earth on the eastern coast of Tamil Nadu, AuroOrchard has been a cornerstone of Auroville's food system for more than five decades.

Today, we produce over 50% of the fruits and vegetables and 90% of the eggs from Auroville farms.

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

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

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



CSA baskets

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

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



Volunteering

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

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

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

- Monday to Saturday, 7—9am and/ or 9:30am—12pm.
- We offer breakfast made with farm produce!

Link to [sign up for volunteering](#) here.

Anshul



SADHANA FOREST: PLANT BASED SATURDAY

Every Saturday

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

Schedule:

- 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

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!



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

- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm

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

- **3 days Intensive Permaculture Weekend Workshop**
 - View schedule and book here: <https://solitude.farm/workshop/>

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

• Mini Permaculture Workshop

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

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

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

Farm Fresh Basket Service

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

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

Lunch Scheme @ Solitude

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

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing 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

ENLIGHT



Bioregion Tour



Canyon Tour



Forest Walk



Cooking Class



Fireside Drumming



Pottery Workshop



E-Auto Tours



Visit Units



Cycle Tour

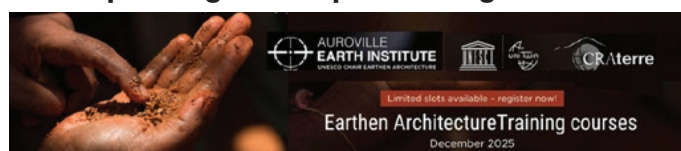
ENLIGHT

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

Arun, Anand and Balaji for Enlight Team

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
	08—13	CSEB	Intensive
	15—20	AVD	Intensive

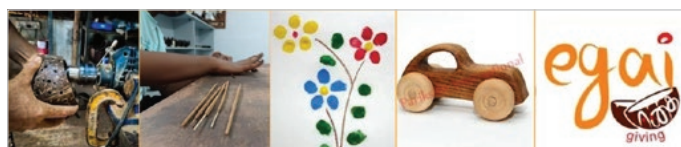
For more information and to register, please visit:

- www.earth-auroville.com
- Contact: training@earth-auroville.com

Ayyappan

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

FROM GARDEN WISDOM TO LIFE DESIGN, from Soil to Soul

PERMACULTURE & HUMAN PERMACULTURE

From Soil to Soul: Intro workshop

Explore how nature's principles can inspire harmony and abundance in your garden, your community, and your life

By JOI Anitya

Saturday October 11
Saturday November 8
Saturday December 6

Morning THEORY
from 9 AM to 12:00
Afternoon HANDS-ON
from 4 PM to 5:30

An Introduction to Permaculture & Human Permaculture Workshop.

Nature has spent 3.8 billion years perfecting the art of collaboration, resilience, and abundance. Now it's time to learn her secrets and apply them to your own life!

If you would like to discover how observing nature can guide us in creating thriving ecosystems and human organizations, join us in JOI—Anitya!

What to expect?

Morning Theory:

From Garden to Life Design, 9am—12pm

- Decode the 3 Ethics that govern all thriving systems (Earth Care, People Care, Fair Share)
- Discover how observing Nature can guide us in creating fair, resilient and balanced human organizations
- Learn how to apply some principles that turn problems into solutions
- **Extra:** Bernard Alonso's revolutionary "Human Permaculture"—discover your natural niche and how to design your life using nature's patterns

Afternoon Hands-On:

Garden Practice, 4—5:30pm

- Get your hands dirty! Apply permaculture principles in reality
- Learn practical techniques
- See theory come alive through direct action in nature

Your Date

- **Saturday, 6 December**

Choose Your Schedule (join for one or both) :

- Morning Theory: 9am—12pm
- Afternoon Practice: 4—5:30pm

Practicalities

- No experience needed
- Free for AV, NV & volunteers/ 250 INR contribution for guests
- Location: Anitya Community, Center Field (Follow the Anitya signs) in Maloka Hall

Ready to Transform?

Contact Camille: +33 677793514 WA

Mathilde

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

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

December 2025

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

Bamboo tour with bamboo tea

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

Special bamboo lunch @ Auroville Bamboo Centre

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

Enjoy the Special Bamboo Lunch.

Make and take workshops

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



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

One day workshops

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



Geodesic dome workshop

- 2 Days,
19 & 20 December, 9am—5pm

Pre-book in advance. You'll learn the hands-on geometry, joinery, and structural logic needed to build a precise, ultra-efficient geodesic dome



Pre-booking is necessary for registration

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

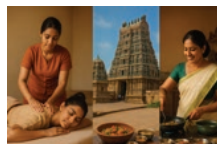
Balasundaram

ACTIVITIES BY RUPAVATHI

Bio-Region Temple Tour:

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

- Starting point from Solar Kitchen.
- Can be scheduled anytime throughout the week. Please contact 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: We give everyday morning

- 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes.

For any of the above services contact information below:

- Phone/ WA: 8098845200
- Email: rupavathijoy@gmail.com

Rupavathi

MOHANAM PROGRAM

www.mohanam.org

December 2025



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

For more information and registration: Advance booking is necessary for Workshops:

mohanamprogram@auroville.org.in, +91 8300949079

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

Make and Take Workshops

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



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

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

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



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

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

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

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



Tibetan Bowls, Gongs by Sathyayuga
Five Elements Sound Massage

- Shamanic Circle:**
16 & 30 December, 4:45—6pm
- Deep Sound Bath:**
9 & 23 December, 4:30—6pm
Individual & small group on request
- Full Moon Session:**
4 & 5 December, 7:15—8:45pm
Recharge your Gem Stones, Jewellery
- Christmas Special:**
Tibetan Bowl (crystals, xylophone, gong)
23 December, 4—5:30pm



Re-turn to your (Flower) Essence with Louise Rose

1 on 1 naturopathic consultation

- Every Tuesday, 4—6pm
9, 16, 23, 30 December,
- Every Saturday, 9—11am
6, 13, 20, 27 December,
- Every Sunday, 9—11am, 7, 14, 21, 29 December



New and Full moon Circles

- 5—7pm, Every New Moon and Full Moon

Turiya Kirtan, Sacred Songs and Sound Bath

- Every Wednesday, 5:30—7:30pm

A celebration of the divine through song, rhythm, and collective energy. Open your heart and immerse yourself in vibrations of love, joy, and devotion.



Awaken the heart: Cacao & Sound Journey

- 25 December, 6—8pm

A sacred space to soften, to listen, together we will Sip ceremonial cacao and return home to your heart by Lakshmi



Thiruvannamalai Services

Thiruvannamalai—Mohanam services. Arunachala—Auroville. Tour, retreat space, camping, temple visit, ashram, Girivalam full moon experience.

For booking and more information

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

Rajaveni

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



LOCATION:
Auroville Main Road
Kuilapalayam

Date	Workshops this week
3 December, Wednesday, 4—5pm	Sound Healing Nada Yoga (a recurring activity on Wednesdays) with Satyayuga, fixed price 400 Rs. and 50% discount for AV/ Newcomer/ SAVI
5 December, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satyayuga, fixed price 500 Rs. and 50% discount for AV/ Newcomer/ SAVI
6 December, Saturday, 10am—12pm	The Social Contract—The Moral Architecture Beneath Society with Vaneeza, contribution-based
6 December, Saturday, 2—3pm	Are we living, or just performing? with Daniel Raju, contribution-based
12 & 13 December, Saturday, 3:30—7:30pm	Playing the Role of Ourselves: Discovering Who wWe Are Through Expressive Arts with Sakina, contribution-based

* Pre-registration for Workshops required (if participants do not actually come after registration, the session might be cancelled)

Sandra & Bhakti for It Matters

Looking For

Somebody who can bring a suitcase from Bali

We have a large suitcase that we left in Ubud, Bali. Is anybody going to Bali the coming time and would be able to bring it to Auroville? I can arrange for the suitcase to be delivered to your hotel and I will pay your taxi from Chennai to Auroville besides any additional costs for bringing the suitcase. If you are help to help, please message me on +31657770922 WA.

Marnix

Taxi Share

From Chennai Airport, Tuesday, 15 December, 4pm

To stay eco friendly am very willing to share a taxi from Chennai airport to Auroville on Tuesday, 15 December, around 4pm. Please contact via +34685673777 WA or email: srimala221@gmail.com, Sunny

To Chennai Airport, Monday, 8 December, 9pm

Going to Chennai airport from Auroville, Citadines on Monday, 8 December at 9pm. You're welcome to join and share the cab. +33 679847076 WA, Laure

Office Spaces

It Matters: Space Sharing for creative people

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.

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED

LOCATION:
Auroville Main Road
Kuilapalayam

The monthly contribution will be adapted to the space you need and how long you commit. itmatters@auroville.org.in.

Bhakti & Sandra

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
- 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

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

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

Help Needed

LET'S HELP MURUGAN

Our dear Aikido teacher Murugan, who has guided us at Auroville Budokan for over 10 years, needs our support.

He's in need of a hernia surgery, and there's still Rs1 lakh left to cover the medical costs.

Let's come together as a community, every little bit helps.

If you want to Help Murugan, please contact Michaël on +91 8220610138 WA

Thank you for your kindness and support.

Michaël
for Budokan Auroville Family

Honorary Voluntary

VOLUNTEER NEEDED:

Website & IT support (holistic)

Holistic is looking for a skilled IT volunteer to support us with:

- Creating and setting up our website
- Managing domain, hosting, and email configuration
- Providing ongoing technical and systems support

We warmly welcome someone who also feels aligned with healing, holistic work, or inner growth, as it will help us work together with deeper understanding.

If you have experience in website development and IT and would like to offer your skills in service, we would be grateful.

- Contact: sandyra@auroville.org, 9443619403

Sandyra

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,

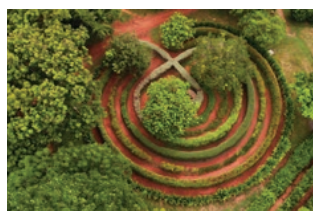
8525038274 WA or call
8122274924

Aviram
for Sadhana Forest team

VOLUNTEERS NEEDED

@ Botanical Gardens

A lot of work goes into caring for the Botanical Gardens to keep them looking beautiful and pristine. We invite new volunteers who are ready to help and dedicate some time to caring for the various parts of the Gardens. In particular, right now we need volunteers to help with the Japanese Garden and Labyrinth area, and would like to find one person who could be trained as a long term backup for all parts of the garden work, especially the watering system.



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

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

Noel Parent

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

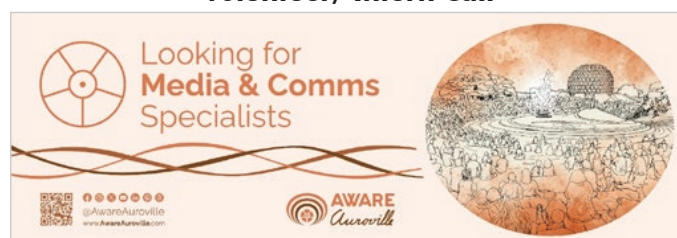
Submitted by Alexey



Work Opportunities

AWARE—MEDIA & COMMS

Volunteer/ Intern Call



We are opening opportunities for volunteers, interns, and newcomers to join AWARE in the following areas:

- Editors, Filmmakers, Photographers, Graphic Designers, Social Media Support, Writers, Web Developers, and Researchers.

Purpose: AWARE works to communicate Auroville's story with clarity and beauty, creating platforms for information and collective understanding.

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

- Instagram: [@AwareAuroville](https://www.instagram.com/AwareAuroville)
- Website: www.AwareAuroville.com

Sajiv, co-ordinator

LOOKING FOR AN EXPERIENCED

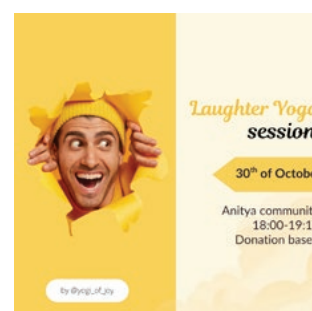
Web Designer

Looking for an experienced web designer to help me design a website for my services as a laughter yoga teacher.

Anybody with experiences designing websites, preferably for wellness practitioners, can send their info, portfolio and rates to me via:

- +31657770922 WA.

Marnix



PART-TIME VIDEO EDITOR FOR AURORA'S EYE FILMS

Aurora's Eye Films is looking for a creative and skilled video editor to join our team on a part-time basis in Auroville. We create documentaries, web series, and short films that explore human stories, spirituality, and transformative experiences.



What you'll do: Edit interviews, web series, short films, and documentary footage; Collaborate closely with the director to shape compelling visual narratives; Add graphics, subtitles, and basic motion design as needed; Ensure videos are optimized for multiple platforms (YouTube, Instagram, Facebook); Manage project files and deliver timely edits.

Who we're looking for: Proficient in Adobe Premiere Pro, Final Cut Pro, or similar editing software; Strong sense of storytelling, pacing, and emotion; Attention to detail and high-quality visual aesthetics; Ability to work independently and meet deadlines; Previous experience with short documentaries, interviews, or web series; Based in or able to work from Auroville.

Why join us:

- Work on meaningful, inspiring projects
- Flexible part-time schedule; Be part of a creative and collaborative team in the heart of Auroville
- Opportunity to grow your skills and gain exposure to international audiences

How to Apply:

- Send your CV, showreel, or sample edits with the subject line *Part-Time Video Editor Application*; serena_aurora@auroville.org.in

Serena for Aurorora's Eye Films

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulapalayam, Auroville

We are hiring: PGT-biology teacher

- **Qualification:** M. Sc. Biology B.Ed.
- **Experience:** 1—2 years
- **Description:** Seeking a qualified and enthusiastic PGT biology teacher to handle class 9—11. Strong communication skills and ability to motivate students.



Send your resume to our email address:

- ness@auroville.org.in, 8072627852 K. Venkatesh

Poetry

HEAVY DOSE OF LIGHT HUMOUR

With a heavy dose of light humour,
We managed to make our friend
Change course in the dire mire
Of heavily soaked, sullen seriousness,
And emerge with muddy mischief.

Anandi Z.

FREE LIVE POETRY WEBINAR

Every Wednesday, 4:30pm IST



To register message +91 9311041168

Alka Balain

Voices & Notes

GROWING UNFIT FOR THE ORDINARY WORLD

Sri Aurobindo's Siddhi Day. Intermittent showers, grey sky. Auroville, forty years later? Most of those who took the Pondy bus on Darshan Days are no more; others grow old. We do know, in tacit resignation. And yet we did believe. Believe what?

As my last incarnation proceeds through the last stage of life, memories of those who have preceded me vividly surface. They all searched for something, no matter how imperfectly. Even those from whom I kept a distance. Even those I disliked and mistrusted. Those who fought me and whom I fought. Those who went astray and betrayed and quit and came back; not necessarily better, but unable to give up, whatever 'Auroville', for better as for worse, may mean. Each one with his/her story and burden and path—his/her victories and defeats, hopes and dark nights of the soul.

Choosing to join in difficult material conditions, the way Auroville still was at the beginning of the new millennium, made them—us—different, as if coming from another planet. What's true for Auroville is true for the world at large; centuries passed by, aeons, lost civilisations that will never return but which configured the Dream in an eternal NOW, a forever unseizable mirage eternally present. For there is no other Reality but THAT, here and now. Even if not yet, it is.

Ten years ago, cycling on the nude earth of the still unpaved crown road, I had an experience. An amalgama of roots, intertwined, stretched underneath Auroville's land, filling every inch. Those roots were the Aurovilians who had come to build and were no more; indissolubly linked in death, as if dissolved into each other, linked throughout eternity since the beginning of time. When, attending some funeral or cremation of someone who represented something, somehow, of an indefinite Auroville, passing by the tombs in the burial ground I feel those people are alive: what they sought for, in their own way, never dies. So many gave their life to Auroville, which must and will happen, even if it happens in one thousand years Auroville will be, it is decreed: the Mother said.

We were and are different because embracing Auroville and living here, for years, in so difficult material conditions, necessarily makes one different, unfit to return to the ordinary world we abandoned for good. The more advanced is one's experience of Auroville, the more radical and complete—the more impossible to adjust somewhere else, to compromise to the non-living of ordinary existence.

There is an Avatar's circle, and there is an Auroville's circle: an amalgama of roots, intertwined, stretching underneath Auroville's land, filling every inch—and reaching the sky.

Paulette

AUROVILLE RADIO

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



Last published Podcasts

- [Savitri—Ep.29 : Introductory Comments in Tamil, by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 14: "The Supermind as Creator"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.517](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep.159](#) (Literature)
- [Savitri—Ep.28 : Introductory Comments in Tamil, by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 13: "The Divine Maya"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.516](#) (Integral Yoga)

Latest Youtube Video

- [Unity Resonances: An immersive concert by SvaramStreams](#)
- [Full Moon Musical Offering at the #Matrimandir](#)
- [Savitri Ep.9: Introductory Comments in Tamil, by Dhanalakshmi](#)
- [Elemental Matters | Art Exhibition at Maji, Maroma | Auroville](#)
- [Menstrual Wellbeing—Ep.4: Conversation with Kalvikarasi from Eco Femme](#)
- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1—Chapter 4](#)
- [Unity Resonances: An immersive concert by SvaramStreams](#)
- ["To Music" by Betty Bertaux performed by the Auroville Youth Choir 2025](#)
- [Savitri Ep.8: Introductory Comments in Tamil, by Dhanalakshmi](#)

....and more! on www.aurovillerradiotv.org

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

Sai Priya for AurovilleRadioTV

THE INTEGRATED VISION-GOAL & Prime Directive of Auroville

"Auroville belongs to nobody in particular. It belongs to humanity as a whole."

Everyone on Earth: Divine, undivine, anti-divine

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

The definitive choice for the consenting invited participants: a conscious rejection of the undivine and anti-divine

Here's Sri Aurobindo to clarify:

<https://incarnateword.in/cwsa/32/the-mother-i>

The rest of the integrated Vision-Goal—A Dream, The Auroville Charter, To Be a True Aurovilian—maps out the Adventure of Consciousness and Life of the Individual and the Collective engaging in Auroville

These must be lived, clearly communicated to everyone and implemented accordingly, legally, by the official members of Auroville as it has evolved as the legislated Auroville Foundation functioning within the Rule of Law and the Eternal Truth, the Sanatana Dharma of the Guru of Nations, Mother India who is Bharat Mata, with the Prime Directive: "The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent."

This advent of the new species the Supramental being is to be worked consciously through the Triple Transformation of the Integral Supramental Yoga of the Dual Kalki Avatar Sri Aurobindo and the Mother, visionaries and founders of Auroville. The easiest and most joyful path towards that transformation is the Sunlit Path of Surrender and Bhakti to the Supreme Divine Mother MahaShakti, symbolised by the Soul of Auroville, the Matrimandir

Research here to fully understand:

<https://auroville.org>

<https://incarnateword.in/cwsa/32/the-mother-ii> (continue on progressively to Chapter VI and onwards via footer hyperlink)

<https://incarnateword.in/>

To deeply understand what Sanatana Dharma means, here is Sri Aurobindo's Uttarpara Speech:

<https://incarnateword.in/cwsa/08/uttarpara-speech>

We consciously continue in the Avatar's City of Dawn...

Towards the Life Divine on this very Earth.

For readers of the print version please scan the QR Code to access the links or go to this blogsite and open the post with the same title: <https://zechjoya.blogspot.com/>



Zech

Foods, Goods & Services

POUR TOUS WATER FREE SERVICE

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

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

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

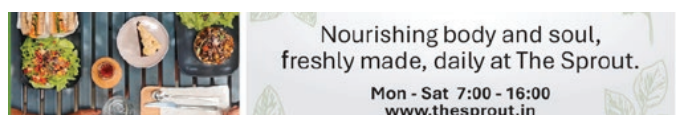
For the work, please contact us at Pour Tous Water office numbers: 2622899, 9843644308 WA and Call

• ptw@auroville.org.in

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

Danny, Grace for Pour Tous Water team

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team,
www.thesprout.in

NON VEG MONTHLY MEAL SCHEME

@ Visitors Centre Cafeteria (Right Path Café)

Cafeteria at Visitors Centre offers a South Indian Non Veg Lunch Scheme.

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

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

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

• cafeteriavc@auroville.org.in

• 9043004919 WA

Kyoung Hyoun Lee for Right Path Café

NATURELLEMENT GARDEN CAFÉ

50% Thursday discount

Dear friends, Aurovillians, Newcomers and Volunteers.

Getting so much positive feedback we will keep our 50% discount scheme on Thursdays until further notice.



The Naturellement Garden Café team, Martina

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 Aurovilian 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

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe.

The Cafe also hosts an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants.

In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.

Auroville Bakery & Cafe Team, from Mass Bulletin



@ 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

RIGHT PATH CAFE

ORGANIC RESTAURANT

FOR AUROVILLIANS & NEWCOMERS

Everyday - 50% off on Breakfast Dishes till 9AM

Thursday - 50% off on Korean Veg. Dishes (Lunch & Dinner)

Friday - 50% off on all Non Veg. dishes (Seafood, Fish and Organic Chicken)

We support Auroville farms and prioritize Auroville grown food and organic products.

Kyonghyon Lee for Right Path Café



+91 9566142115, Satyakam

TASTE OF YOGA: VEGAN CAFÉ



VEGAN CAFE

TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat
08:30 - 16:30



Kathir for Vérité programming

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



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

FOODLINK MARKET IS OPEN EVERY DAY



Fruits, vegetables, milk & eggs from Auroville farms



Monday—Saturday, 9:30am—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 8300268804 or pass by.

Isabella

SIDDHARTHA FARM

Basmati Rice & Ragi Malt now available

Rice and Ragi, naturally grown on Siddhartha Farm, are now available for bulk purchase at discounted rates.

Products & Bulk Order Details:

- **Whole Grain Basmati Rice**
(raw, unpolished or semi-polished)
Minimum order: 25kg, 20% discount
- **Broken Grain Basmati Rice**
Minimum order: 15kg, 20% discount
- **Ragi Malt**
Minimum order: 5kg, 15% discount



All products are available for immediate supply.

For pricing details and orders, please contact:

siddhartha.farm@auroville.org.in

Suha for Siddhartha Farm

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



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



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

Shared Transport Service

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

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

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

Contact: 8098776644/ 9442566256

• its@auroville.org.in

Rajesh.D for Shared Transport Service



**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

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) 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

**LOOKING FOR
A NEW WAY
TO GET AROUND?**

Rent an
e-cycle or e-scooter
from Kinisi

25%

discount at Kinisi Cowork
for the same duration

Offer valid till 30th November

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

SCAN ME

Contact us: +91 9429690049, hello@cowork.kinisi.in



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

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

FREE STORE IS NO LONGER ACCEPTING BOOKS

We would like to inform you that the Free Store is no longer accepting books. For any book-related needs, please turn to the Auroville Library moving forward.

Thank you for your understanding and cooperation.

Kamala for Free Store team



Inside India Timings

- Inside India is open for your next journey
Monday to Friday, 10am—5pm
- We are open the second & fourth Saturdays of each month
- **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.

Shaheen for Inside India Team

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.



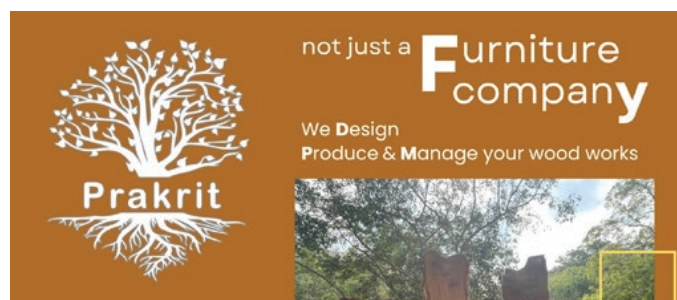
RAPID CARE SERVICES
One call to solve all your problem

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 for Rapid Care*

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

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.

Daive

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

SARVAM COMPUTERS offers reliable service

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

Contact Sarvam Computers

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

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



Bala

Classes, Workshops & Healing Arts

QUANTUM ENERGY UPGRADE: 1 DAY INTENSIVE

Friday, 12 December, 9am—5pm
@ Pavilion of Tibetan Culture

Be ready for a New World!

Unleash the magic inside you, raise your vibration, and awaken the Divine power within.

This powerful 1-day experience activates your inner light, clears old patterns, and fills your whole being with clarity, joy, and unstoppable energy.

In this workshop you will:

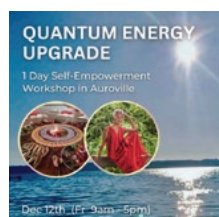
Charge your spirit with high-frequency energy; Release blocks & stagnant emotions; Raise your vibration instantly; Awaken your inner creator; Expand intuition, clarity & inner strength; Step into ease, joy & soul alignment. If you're ready to rise — this day is for you.

Your energy. Your power. Your new world.

- Register: contact@auroville-jiva.com, +91 9443619403 WA

More infos: <https://auroville-jiva.com>

Sandhya



ANCESTRAL LINEAGE HEALING: 1 DAY INTENSIVE

Sunday, 14 December, 9am—5pm
@ Pavilion of Tibetan Culture

Connect with your innate wisdom

Ancestral lineage healing helps us to reestablish healthy relationships with our ancestors and to bring healing to the ancestral field.

In this workshop you will be:

- Introduced to the ancestral lineage healing process.
- Assess the condition of your first four ancestral lineages.
- Connecting with a well and wise guide on one ancestral lineage.
- Set the foundation for profound ancestral lineage healing.

If you want to free yourself from intergenerational burdens, reclaim your personal power and re-connect with your innate wisdom, join us on the 1 day lineage repair workshop.

- Register: contact@auroville-jiva.com, +91 9443619403 WA

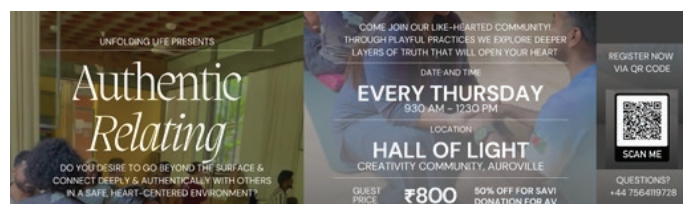
Sandhya



AUTHENTIC RELATING

Thursdays, 9:30am—12:30pm

With Dave @ Hall of Light, Creativity Community



This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.

- Register Now: <https://tinyurl.com/AuthenticRelatingAV>

Dave

CO-CREATING THE DREAM

Collectively clarifying our values and purpose
Saturday, 6 December, 9:15—12:15 @ Verite

A few Aurovilians have taken online ProSocial courses based on Nobel Laureate Elinor Ostrom's research, in which she identified eight core principles based on communities around the world that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution. The ProSocial training also included listening, communication and other internal skills. Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for enhancing interpersonal relationships, working in units, and collective life.

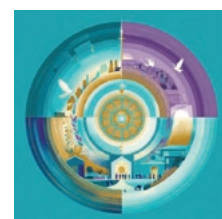
Each workshop is a stand-alone experience.

- The series continues on Saturday, 6 December, from 9:15-12:15 in Verite with our fifth workshop *Collectively clarifying our values and purpose*.

A group thrives when its shared purpose and values are clear and alive. Together we'll explore what makes a group cohesive and working—reflecting on the Dream, the Charter, and our lived realities. Through creative visioning and dialogue, we'll imagine Auroville at its most harmonious and inspired, exploring tools that any group can use to shape a shared understanding of values and purpose for collective evolution. New to Auroville? Read these three core writings: <https://auroville.org/page/core-documents>

- Register at Verite: +91 9363624083 WA.

Kaia, Munay and Radhika



ACTIVITIES BY LAKSHMI

Shamanic Breathwork

- Every Monday, 5pm @ Vêrité

Today we gather once again to breathe, release, and remember who we truly are. Through the sacred rhythm of the breath we journey beyond the mind into the spaces of healing, clarity, and deep connection.

If you feel the call to let go, to open your heart, to come home to your essence—join us! Bring your breath, your presence, and your courage to dive deep. Let's breathe together, transform together, and rise together! See you in the circle.



Dance of the Chakras

- Every Tuesday, 5—6:30pm @ Vêrité

Through movement we awaken, through rhythm we release, through dance we realign.

The Dance of the Chakras is an invitation to connect with your body, your energy, and your inner freedom. Each movement opens the flow of life force, dissolving blockages and awakening joy.

Come as you are—no steps to learn, just the dance of your soul. Let your body be the temple, your breath the guide, and your heart the drum.

Are you ready to dance yourself back into balance?

Lakshmi Prem

MINDFULNESS

Mindfulness Based Stress Reduction

- 1 week course, Monday, 1—Saturday, 6 December
7:15—9:15 Monday to Friday
& 9am—3:30pm Saturday @ Radiance, Aurodam

Mindfulness Based Stress Reduction (MBSR) is a secular, evidence based course which draws from practices of vipassana and zen. It synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, psychology and Mind-Body Medicine, and provides practical tools to look within.



Participants learn to observe internal experiences with gentle curiosity. This awareness helps us recognise our reactive patterns to everyday stresses, how these reactions manifest in our bodies and mind, and the impacts they have on our life. The course teaches practical tools and techniques that can help soften our inner knots, see with more clarity and offer the possibility of making healthier choices.

The course has been found to help with anxiety, stress, depression, chronic pain, diabetes, immune function and menopausal symptoms. It can improve emotional regulation, increase focus and attention, and provide deep insight to our minds and all parts of our being.

All are welcome—whether you're new to meditation, wanting to learn new tools, deepen your practice, integrate mindfulness into your work, or just curious. The course is guided by Helen, a qualified MBSR teacher certified in Trauma Sensitive Mindfulness.

Booking is required. To book or for more details WA Helen on 7094753054 or see:

- <https://www.innersightav.org/1weekmbsr> **Helen**

SITARA MUNAY-KI YOGA



With Sitara:

Meditation Yin Yoga Sound Journey

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

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

With Munay:

Surya Kriya Yoga Tibetans Rites

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

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

Locations:

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

Other details:

- Drop-in class, Guests Rs600, Aurovilians Rs200. Check our website for more info and updates:
sitaramunay-kiyoga.org

Giovanni

LEELA THERAPY

This therapy is for those ready to receive loving and skilful support in addressing personal challenges and discover their own resources of confidence, creativity, power, intelligence and self-love.



Offered by Kardash, a certified psychotherapist, whose training has been based on the wisdom and techniques of:

- Ericksonian Clinical hypnotherapy
- Neurolinguistic programming (NLP)
- The Enneagram of Character Fixation
- Nondual insights for ego transcendence

Leela therapy is a unique combination of true support for waking up from ego, and trauma informed private therapy. Meetings can be in-person in Auroville or online.

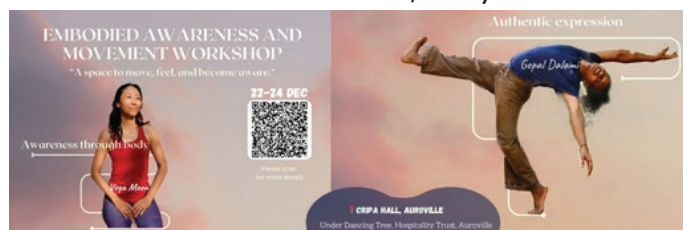
For more details see www.innersightav.org or

- contact Kardash +91 9940934875 WA

Kardash

EMBODIED AWARENESS & MOVEMENT WORKSHOP

22—24 December, 3 days



These three days are an invitation to slow down, reconnect with your body, move with honesty, and explore awareness through simple, organic movement.

We'll dive into authentic movement, contemporary flow, ATB practices, breath, play, and group explorations.

All gently guiding us back to presence and inner clarity.

If this calls you, we'd love to have you with us.

- [Registration](#).
- Let's move, unfold, and arrive together. **Vega**

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

QUIET HEALING CENTER



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

+91 9488084966, Mobile & WA

Woga® (Yoga in Water) Class with Friederike

- **Saturday, 6 December, 3—4:30pm**
- **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).

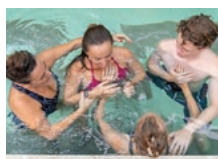


The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

Watsu® Round with Sheida

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

Watsu® 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!

Woga® (Yoga in Water) Class with Ellie & Sheida

- **Monday, 15 December, 3—4:30pm**
- **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.

Watsu® & OBA Basic

- **16—21 December, 1—6pm, 31hours**
- **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.

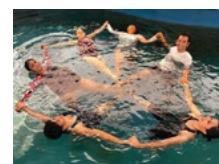


In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for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

Woga® (Yoga in Water) Course 1 & 2 with Pooja & Ankit

- **22—23 December, 8:45am—5pm, 12hours**
- **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.



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

- **24—28 December, 8:45am—6pm, 34hours**
- **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.

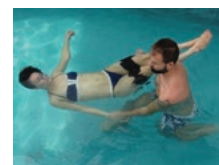


By the end of this course, you'll have learnt the complete Watsu 1 sequence for practice sessions till you feel ready to move on to Watsu 2.

WaterDance Fundamental with Roberto

- **29 December—3 January, 8:45am—6:30pm, 50hours**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

In this course, we'll focus on three fundamental aspects of WaterDance: vertical grounding, posture of both giver and receiver, and the breath.



The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements.

Throughout the course, you will also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will also be given for integrating fears or apprehensions to go under water.

Guido

AUROMODE SPA

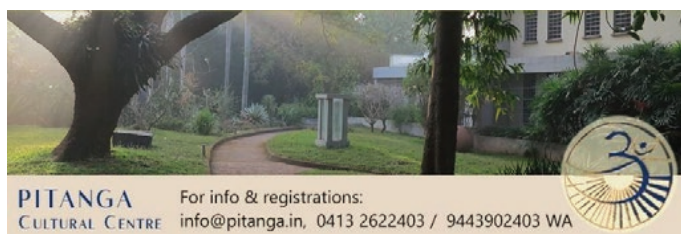
Offers Cosmetology Services

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



PITANGA CULTURAL CENTRE



December

Monsoon note: In case of heavy rain ½ an hour before the start of a class, please consider the class as cancelled.

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga, not on 15/12	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Doing No-Thing Consciously	4–5pm	Mike
	Iyengar Yoga	5–6:30pm	Olesya
Tuesdays	Yoga: Restore & Relax	4–5:30pm	Florina
	Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands	5:30–7pm	Bel
Wednesday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Vinyasa Flow Yoga	5:30–7pm	Florina
Thursday	Iyengar Yoga	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriyagandhi
	Iyengar Yoga	5–6:30pm	Olesya
	Yoga: Restore & Relax	5:30–7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	6:45am–8:15am	François & Namrita
	Yoga Therapy	8:15–9:45am	Gala
	Readings of The Life Divine	4:30–5:30pm	Balvinder
	Vinyasa Flow Yoga	5:30–7pm	Florina
Saturday	Iyengar Yoga	6:45–8am	Olesya
	Breathing & Mudras	8–9:30am	Gala
	Truth Based Relationships, practical sessions	2:30–4:30pm	Juan Andres
	Iyengar Yoga	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3–5pm	Gala

Youth Activities

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

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

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

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine) Chiropractic
Auromira	Shamanic Healing
Francesca	Antigymnastique®
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Jivatma	Sarga Bodywork®
Juan	Thai Yoga Massage
Olesya	Visceral Massage
	Neurology Massage
	Psychosomatic of diseases
	Women’s Health Therapy
Patricia G	Shiatsu (for Auroville residents only). Contact directly via WA message to schedule an appointment: +91 9487230399

New Activities

Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands with Bel

• **Tuesdays, 5:30–7pm**

This December, we will energize the Heart Center, strengthen the electromagnetic field, and balance the main glands — so love can flow freely, bringing clarity, intuition, and a deeper sense of connection.

Why Practice Kundalini Yoga

- Practice Kundalini Yoga if you are ready to meet your true self —beyond the roles, the expectations, the habits.
- Don’t come just to get stronger or more flexible.
- Come if you want to feel deeply.
- To cry because you’ve finally touched the beauty within you.
- To rest in the peace that rises when you hear the voice of your own soul.
- Practice Kundalini Yoga to remember who you really are.

How does it work?

- Through movement, breath, and awareness.

We use asanas, breathwork, pranayama, bandhas, mudras, and mantras to release old blockages — emotional, physical, and energetic. To free the memories that no longer serve you. Every week we explore a different kriya. Come and experience the inner silence within yourself. Beginners are always welcome!

Bach Flower Counselling with Rosalba

For almost a decade, Rosalba has been offering healing sessions combining Bach Flower remedies and Mandala art, inspired by C.G. Jung's teachings, as tools for self-knowledge and the harmonization of the different parts of one's being.

Many in Auroville have experienced the benefits of this unique blend of systems.

"Coming to Auroville marked the beginning of a journey in Consciousness, following the path of Integral Yoga of Sri Aurobindo and The Mother. It was here that I discovered the world of flowers and their subtle power—first by collaborating with a woman who had learned directly from The Mother, then with a homeopath who integrated Bach Flowers into her treatments, and later through formal training at the Bach Centre in England.

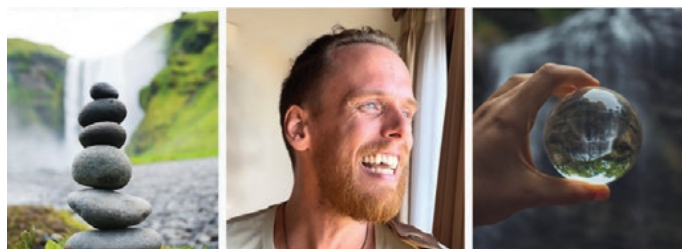
Today, I continue to offer these sessions at Pitanga, where I bring together drops of light, color, flowers, and fragrance to support inner balance and peace."

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*

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*

PRANAYAMA & VOCAL TONING

Weekly workshops with Nikki
Three Saturdays in December

Saturdays, 6, 20, 27 December, 4—5:30pm @ Pitanga

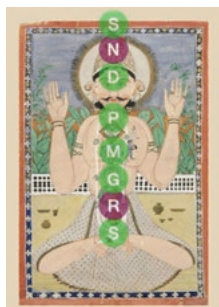
This class integrates Pranayama yogic breathing techniques with vocal toning exercises to promote physical and mental well-being.

Vocal toning uses the vibration of the voice as a healing tool through humming and the vocalisation of vowel sounds.

Pranayama develops our focus and awareness of breath, and prepares the body and breath for vocal toning.

No experience required.

- For more information, please contact:
info@pitanga.in, +91 9443902403 WA



Anandamayi

BORN FREE TO LIVE FREE

Wednesday, 17—Friday, 19 December,
12:45pm—1:45pm, 3 days @ Pitanga

**Born free
to live free**



A Three Day
Transformative Workshop
at Pitanga

Workshop by Ange Sabine Blanchflower

Ange invites, "Discover how you can deconstruct the Beliefs that keep you from living your best life and your Purpose."

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division.

Her mentor Bob Proctor is to this day the leading Teacher of Self Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.

- Registration required! Please contact Pitanga:
info@pitanga.in, + 91 9443902403 WA

Anandamayi

ACTIVITIES BY GRACE GITADELILA

KolamYoga: 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

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

VIPASSANA GROUP SIT

All old students of Vipassana meditation having completed at least one 10-day course as taught by S.N. Goenka (www.dhamma.org) and who is not meditating within any other tradition are welcome to attend a half-day Vipassana course at Udavi School in Auroville.



- Every Sunday, 9am—12pm @ Udavi School
- You can also drop in and join as long as you wish.
- No registration is required.

Location: [Udavi School](#) (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi.

- Contact Sanjay:**
+91 8790982210 WA, sanjay@aurauro.com

Laure

VÉRITÉ PROGRAM

www.verite.in

December

- 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
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Pranayama and Vocal Toning	3:30—4:30pm	Nikki
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yoga to Improve Flexibility	9:15—10:15am	Kalidas
	Restorative Yoga	3:30—4:30pm	Mani
	Yoga Nidra: A Journey to Stillness	5—6pm	Radha
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Hatha Yoga	3:30—4:30pm	Ivana
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Prana Vidhya	9:15—10:15am	Kalidas
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation (No Class on 26 December)	7:30—8:30am	Radhika
	Somatic Yin Yoga (No Class on 26 December)	9:15am—10:15pm	Radhika
	Hatha Yoga	3:30—4:30pm	Ivana
	Ancestral Dancing Flow	5—6:30pm	Vera
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
Saturdays	Balancing Asanas	7:30—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandhya

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays, Wednesdays, 7:30—8:30am

Mindful movement helps 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.

Yogasana, Pranayama & Relaxation with Mani

- Mondays & Wednesdays, 9:15—10:15am

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

Pranayama and Vocal Toning with Nikki

- Mondays, 3:30—4:30pm

Pranayama (yogic breathing) techniques with vocal toning exercises to promote physical and mental well-being. Pranayama develops our focus and awareness of breath and prepares the body and breath for vocal toning. Vocal toning uses the vibration of the voice as a healing tool through humming and the vocalization of vowel sounds. All welcome; no previous experience with pranayama or vocalization is required.

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

- Mondays & Wednesdays, 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 (*santosa*), equanimity (*śamatha*), health, connection and well-being are established in daily life!

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.

Sivananda Hatha Yoga with Nikki

- Tuesdays & Thursdays, 7:30—8:30am

Hatha yoga in the Sivananda tradition builds strength, flexibility and vitality in the body while calming the mind. The class will include Pranayama (Breathing), Surya Namaskar (Warm up), Asanas (Steady Postures) and Savasana (Corpse Posture).

Yoga to Improve Flexibility: Stretch and Strengthen with Kalidas

- Tuesdays, 9:15—10:15am

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

Restorative Yoga with Mani

- Tuesdays, 3:30—4:30pm

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

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

- 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.

Yoga Nidra: A Journey to Stillness with Radha

- 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.

Hatha Yoga with Ivana

- Wednesdays & Fridays, 3:30—4:30pm

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

Free Flow Wave: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

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

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.

Shamanic Breathwork & Free Movement: Clarity & Peace with Lakshmi

- Thursdays, 5—6:30pm

Shamanic breathwork is a powerful ancient practice that aims to free the mind, release energy blockages, and revitalize the entire being. Rhythmic breathing and drumming help us to become grounded, present and connected to our authentic selves. In this altered state of consciousness, we may access insights that can be transformative. The journey concludes with free body movement to release pressure and constriction.

Pranayama and Meditation with Radhika

- No Class on 26 December
- Fridays, 7:30—8:30am

Guided meditation & breathwork techniques, including Suka, Nadi Shodana, and Kapala Bhati, that help develop an inward focus, enhance breath awareness and meditation, and support grounding and rebalancing the nervous system.

Somatic Yin Yoga: Softening Into Self with Radhika

- No Class on 26 December
- Fridays, 9:15—10:15am

Conscious restorative movements through relaxing yoga asanas that help re-educate neuro-muscular coordination, guiding us in using our bodies intelligently and with minimal effort.

Surya Kriya, Yoga Nidra & Live Music with Munay & Sitara

- Fridays at 5—6pm

Surya Kriya is a sacred yoga sequence that aligns body, breath, & consciousness with the solar principle--the source of light & life. You will be guided through the traditional flow of Surya Kriya, accompanied by live hand pan s& flute music, & a deeply restorative Yoga Nidra, to carry you into stillness & radiant presence.

Ancestral Dancing Flow with Vera

- Fridays, 5—6:30pm

Let's come together and dance to the heartbeat of ancestral music. Celebrate community and shared energy as well as your own. Connect to the ancient memories stored in the body—moving beyond thought into instinct and spirit. Through free movements, we awaken our roots, lift our spirits. Honoring our life and the wisdom of those who came before us.

Balancing asanas: Focus and Flow with Kalidas

- Saturdays, 7:30—8:30am

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

Cosmic Dance Wave: A Healing Journey through Movement with Sandhya

- Fridays, 5—6:30pm

The Cosmic Dance Wave is a bodily experienced healing journey designed to elevate your frequency through joy and ease. Together, we dance into inner alignment, freeing ourselves from unhealthy patterns and embracing our Cosmic Soul.

Therapies

Pre-registration required

Therapist	Therapies (by appointment only)
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
	Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

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.

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.

Biodynamic Craniosacral Therapy with Mila

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Hair Care with Parvathi

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

Ayurvedic Massage: Detoxifying & Energy Balancing with Radha

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

Swedish Massage with Radha

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

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.

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.

Heart-Centered Resilience with Susan

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

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

Day & Date	Workshops, pre-registration required	Timings	Presenters
Saturday, 6 December	Collectively Clarifying Our Values and Purpose	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 6 December	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Saturday, 13 December	Integral Decision Making	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 13 December	Restorative Yoga	2—4pm	Kalidas
Saturday, 20 December	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani

Saturday, 20 December	Yoga Nidra: Deep Relaxation	2—4pm	Kalidas
Saturday, 27 December	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta

Collectively Clarifying Our Values and Purpose with Kaia, Munay & Radhika

- Saturday, 6 December, 9:15 am—12pm

Using Auroville as a living example, we'll explore tools—which can be used by any group of people—to shape a shared understanding of the values & purposes that guide collective evolution. Groups thrive when shared purpose & values are clear, alive, & deeply felt.

Introduction to Ayurveda and Its Lifestyle w/ Dr. Geeta

- Saturday, 6 December, 2—4pm

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

Integral Decision Making w/ Kaia, Munay & Radhika

- Saturday, 13 December, 9:15am—12pm

Through guided activities & reflection, we'll observe how awareness & participation shape intelligent, harmonious choices. Together, we'll deepen our understanding of what it means to make decisions with integrity & wholeness.

Restorative Yoga with Kalidas

- Saturday, 13 December, 2—4pm

Helps the body to elicit the relaxation response. Gentle and breath coordinated movements helps restores the body to its parasympathetic nervous system function.

Pawanamuktasana Series: Energize the Joints w/ Mani

- Saturday, 20 December, 9:15am—12pm

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

Yoga Nidra with Kalidas

- Saturday, 20 December, 2—4pm

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.

Yoga & Mindfulness: Graceful Self Acceptance w/ Anu

- Saturday, 27 December, 9:15am—12pm

Come home to yourself! Movement, breathwork, & mindful reflection that allows us to embrace our imperfections and honor our uniqueness. An invitation to simply be — without needing to fix or change.

Panchakarma : Ayurvedic Purification Techniques with Dr. Geeta

- Saturday, 27 December, 2pm—4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.

Hon

ARKA WELLNESS CENTER PROGRAM

December

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	• Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage • Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English & French</i>	• Psychospiritual Introspective Tarot Reading • Deconditioning Self Inquiry • I ching oracle • Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	• Integral Regression therapy • Integral reiki healing • Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	• Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, 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

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Classes

Teachers	Classes	When
Damien	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 Sunday, 7—8am By appointment only +91 8012305151/ 9704258709

For any details and queries, you can contact us at

arka@auroville.org.in, 0413 2623799

Ramana, Arka

Languages

NEWS FROM Auroville Language Lab 4 December



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

Current Schedule of Classes, 4 December

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Riki	8-Hour Monthly, Always ongoing	10:30—11:30am, Tuesday & Thursday
	Beginner with Ashwini	24-Hour, 3 Months TBA	5—6pm, Wednesday & Thursday
	Intermediate with Alex	16-Hour, 2 months Started 4 November	5:30—6:30pm, Tuesday & Friday
French	Beginner with Jean-François	16-Hour, 2 months, 10 November	2:30—3:30pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 11 November	2:30—3:30pm, Tuesday & Thursday
	Intensive with Isabelle—Full	20-hours (2 weeks) Started 17 November	11am—1pm Monday to Friday
Mandarin Chinese	Beginner with Shiu Hsieh	36 hours (3 months) 18 November	Tuesday & Thursday 10—11:30am

Tamil	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	9:30—10:30am Monday & Wednesday
	Spoken Beginner with Saravanan	24-Hour, 3 months, Starting 24-October	9:30—10:30am Tuesdays & Fridays
Hindi	Beginner with Ashwini	24-Hour (3 months) 1 December	3—4pm Monday & Friday
Spanish	Beginner with Mila	36-Hour (3 months) Presentation date: 1 December	4—5:30pm, Monday & Wednesday
Italian	Beginner with Karuna	8-Hour Monthly, Started 2 September	4—5pm, Tuesday & Friday
	Intermediate with Karuna	8-Hour Monthly, Started 4 November	4—5pm Tuesday & Friday
German	Beginner with Alex	36-Hour (3 months) Started 28 November	4—5:30pm Tuesday & Friday
Korean	Advanced with Mint	Started 28 November. Still open to registrations	11am—12pm, Wednesday

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

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.

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
 - Tuesdays: Tamil conversation with Abirami 5—6pm
 - Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
 - Thursdays: English conversation with Alex 5:30—6:30pm
 - Wednesdays, 5—6pm, Starting 12 November, open to all
- The Mother's *Entretiens*: A series of Reading and Discussion Sessions. Practice French and explore the Mother's vision. Facilitated by Jean-François, French teacher at the Auroville Language Lab.

We are still looking for native speakers to facilitate German and Italian conversation. Any weekday from 5—6pm is open for people to offer their language.

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.

Mita, Mano, Louis & Enzo



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 8—14 December 2025

Cinema Paradiso—Multimedia Center is open to the community. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time. Kindly refrain from running in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall. Screenings on Saturday and Sunday, earlier cancelled due to Cyclone Ditwah, are now rescheduled.

Indian—Monday, 8 December, 8pm
DAMaN

India, 2022, Writer-Dir. Lenka Debiprasad & Vishal Mourya w/ Karan Kandhapan, Babushan Mohanty, Dipanwit Dashamohapatra, and others, Adventure-Drama, 121mins, Odiya-Hindi w/ English subtitles, Rated: U/A (PG-13)

Named after a Malaria eradication program in the inaccessible areas, this National Award-winning film follows Dr. Siddharth's true-event inspired journey into Maoist-dominated villages of Odisha, where he battles disease, superstition, and danger to bring hope and healthcare to the forgotten. Join us to witness this special film of courage and compassion against impossible odds.

German-Film—Tuesday, 9 December, 8pm
Ich War Neunzehn (I was nineteen)

East-Germany, 1968, Dir. Konrad Wolf w/ Jaecki Schwarz, Vasily Livanov, Aleksey Eybozhenko, and others, Biography-Drama, 114mins, German-Russian w/ English subtitles, Rated: NR (R)

Home is not always where you left it. Gregor Hecker, a young German who fled the Nazis, returns as a Soviet officer in 1945. As he navigates a shattered homeland, he confronts identity, memory, and the haunting contradictions of liberation and belonging. A powerful coming-of-age story set in the ruins of war. Rescheduled due to earlier technical issue.

Selection—Wednesday, 10 December, 8pm
Da Chven Vitsek'vet (And Then We Danced)

Sweden-Georgia-France, 2019, Writer-Dir. Levan Akin w/ Evan Gelbarkhiani, Bachi Valishvili, Ana Javakishvili, and others, Drama-Romance, 113mins, Georgian w/ English subtitles, Rated: NR (R)

Winner of several awards and a Queer Palm nomination at Cannes, this film follows Merab, a devoted dancer in Tbilisi. He trains relentlessly for a place in the National Ensemble. Irakli arrives and changes everything. Rivalry turns into forbidden desire. Their relationship tests tradition, identity, and the strict boundaries of Georgian dance culture. Here, love and rivalry take center stage.

Interesting—Thursday, 11 December, 8pm
The Story of Film: An Odyssey

UK, 2011, Dir. Mark Cousins w/ Mark Cousins, Juan Diego Botto, Aleksander Sokurov, and others, History-Documentary, 62mins, English w/ English subtitles, Rated: NR (G)

This is episode #2 of a notable series. Here, the director, a film historian himself, explores the birth of cinematic language in the 1920s and 1930s. He shows how pioneers across continents shaped storytelling, sound, and visual style, revealing cinema's global evolution and its power to reflect society and ignite imagination. Winner of a major award for excellence in storytelling, the film invites you to journey deeper into cinema's past, where innovation first met artistry.

EVERY CONTRIBUTION COUNTS

German-Film Saturday, 13 December, 8pm
Roter Himmel (Afire)

Germany, 2023, Writer-Dir. Christian Petzold w/ Thomas Schubert Paula Beer, Langston Uibel, and others, Comedy-Romance, 102mins, German w/ English subtitles, Rated: NR
 A haunting summer unfolds as desire, ego, and nature collide. Leon, a brooding writer, joins his friend Felix at a seaside cottage to work on his manuscript. But unexpected guests and a looming forest fire unravel their plans. As tensions simmer and emotions ignite, deeper truths begin to surface. Winner of major international awards, this film is a masterclass in storytelling, exploring how empathy can emerge in the most unlikely places. A film that leaves a lasting impression.

German-Children's Matinee
Sunday, 14 December, 4pm
Pettersson & Findus—Kleiner Quälgeist, Grosse Freundschaft (Pettersson and Findus: A Little Nuisance, a Great Friendship)

Germany, 2014, Dir. Ali Samadi Ahadi w/ Ulrich Noethen, Marianne Sägebrecht, Max Herbrechter, and others, Animation-Family, 86mins, German w/ English subtitles, Rated: NR (G)

One grumpy man. One cheeky cat. One unforgettable friendship. Pettersson, a solitary old man, finds his peaceful life turned upside down when a mischievous talking cat named Findus moves in. Through playful chaos and unexpected adventures, their bond deepens, proving that even the most unlikely friendships can bring the greatest joy.

German-Film Sunday, 14 December, 8pm
Die Ehe Der Maria Braun (The Marriage of Maria Braun)

Germany, 1979, Writer-Dir. Rainer Werner Fassbinder w/ Hanna Schygulla, Klaus Löwitsch, Ivan Desny, and others, Drama, 120mins, German w/ English subtitles, Rated: R

This much-awarded film, set in postwar Germany, is a fierce and unforgettable portrait of ambition, love, and survival. Maria marries Hermann in the final days of World War II, only to lose him to the chaos of war. As she claws her way through Germany's economic boom, her choices blur the lines between loyalty and self-preservation. She built a future from the ruins of love.

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

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

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

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

Thanking You, MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in

Submitted by Nina

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. :)

Friday, 5 December

Let Us Be Heroes

2018, 41 minutes, Rebecca Cappelli

The film explores the impact of our food and lifestyle choices on our health, our home planet and our values. It shares inspiring stories from athletes, food and fashion entrepreneurs, a public speaker and an ocean environmentalist working to protect people, planet and animals.

Aviram

APPEAL TO SUPPORT MMC-CP



Appeal to Support MMC-CP

Multimedia Center Auditorium - Cinema Paradiso

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance—everything else, from fuel to essential upgrades, we manage together. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

We're looking for **at least 5 more Auroville units** to join the three already contributing ₹3,000/month each — **grateful to them**. That will bring us to the needed eight contributors. **Individuals and film lovers are welcome to support too.**

Indian nationals and unit holders can easily donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to Cinema Paradiso (MMC-CP FS Account #105106). Direct payments to our FS Account are not considered donations and will incur an 18% GST—but if that works better for you, please go ahead. *Non-Indian supporters, you're welcome to write to us or contact AV Unity Fund at Financial Service for guidance.*

Every contribution counts. It helps keep screenings alive and strengthens community spirit. **Be part of the story!**

Thanking you
MMC-CP Team

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



About N&N

NEWS AND NOTES

Hard deadline for submissions TUESDAY 3pm

Katiya & Alexey, newsandnotes@auroville.org.in,
 Multimedia Center, Town Hall

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

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



Pondicherry TO AUROVILLE

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