



News Notes

#1111 A weekly bulletin for residents of Auroville 25 December 2025



Christmas Bloom

Long before the Christian religion made December 25th the day of Christ's birth, this day was the festival of the return of the sun, the Day of Light. It is this very ancient symbol of the rebirth of the Light that we wish to celebrate here.

More Answers from the Mother

Pondering



When Christ came upon earth, he brought a message of brotherhood, love and peace. But he had to die in pain, on the cross, so that his message might be heard. For men cherish suffering and hatred and want their God to suffer with them. They wanted this when Christ came and, in spite of his teaching and sacrifice, they still want it; and they are so attached to their pain that, symbolically, Christ is still bound to his cross, suffering perpetually for the salvation of men.

Mother, On Thoughts and Aphorisms

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House of Mother's Agenda



The presence of the Mother. From 1950 till 1958 the Mother worked at realising the surhomme: overman. Let us recall what she said close to the achievement of this realisation: "It is quite obvious that intermediary beings are necessary, and that it is these intermediary beings who must find the means to create beings of the Supermind. And there is no doubt that, when Sri Aurobindo wrote this, he was convinced that this is what we have to do. I think—I know—that it is now certain that we shall realise what he expects of us. It is no longer a hope, it is a certainty." Towards the end of 1958 she withdrew to the second floor of the central Ashram building in Rue de la Marine in order to take up the following phase of her sadhana: the transformation of her human body into a supramental body. What this attempt meant, we have a glimpse of in the volumes of *Mother's Agenda*, her conversations with a French disciple, and in *Notes on the Way*, extracts from these conversations published in the *Ashram's Bulletin of Physical Education* from 1965 onwards.

On 24 March 1972, the Mother reported: "For the first time, early in the morning, I saw myself, my body. I do not know whether it is the supramental body or—how to say it?—a transitional body. But I had a body completely new in the sense that it was sexless: it was neither a woman nor was it a man. It was very white, but this is because my skin is white, I think, I don't know. It was very slim. It was beautiful, really a harmonious form. So, this was the first time. I did not know at all. I had no idea how it would be like or whatever, and I saw: I was like that, I had become like that."

Georges Van Vrekhem

Patterns of the Present: From the Perspective of Sri Aurobindo and the Mother

Chapter 6: The Supramental "Catastrophe"

<https://incarnateword.in/other-authors/georges-van-vrekhem/patterns-of-the-present-from-the-perspective-of-sri-aurobindo-and-the-mother/6-the-supramental-catastrophe>

Gangalakshmi HOMA



Townhall Speaks

TENDER NOTICE/ EXPRESSION OF INTEREST

Ref no: T/AVF.VIRMUS/01/2025 Date:11/12/2025

Sub: Invitation for Tender—Appointment of Consultant & Execution Agency for Setting up Auroville Virtual Museum-Reg.

Under the celebration of the 150th Birth Anniversary of Sri Aurobindo, the Auroville Foundation invites sealed tenders from reputed and experienced consultants/agencies for the design, development & installation of a Virtual Museum at Auroville.

Scope of Work:

The nature of work may include, but is not limited to:

- High-end Virtual Reality (VR) and Augmented Reality (AR) systems Interactive projections and immersive environments
- Spatial audio technology integration
- Supply and integration of required hardware and software
- Content creation and custom software development using intuitive UI elements, infographics, and rich multimedia incorporating authenticated archival materials. Installation, testing & commissioning, and initial operation & maintenance

Minimum Eligibility Criteria (MEC):

1. The bidder should be a Company registered under Indian Companies Act, 1956/2013 or a Registered Society under Society Act with their registered office in India or a Partnership registered under the India Partnership Act 1932 or Limited Liability Partnership Firm registered under the Limited Liability Partnership Act 2008 or Proprietary firm with their registered office in India. Copy of valid PAN and GSTN register shall be submitted.
2. The bidder should have had a minimum annual turnover of Rs.2 Crores in any one of the last three financial years (2022–2023, 2023–2024 or 2024–2025).
3. The bidder should have executed similar types of Immersive Digital Experience projects with an average value of at least Rs.1 Crore during the last two financial years (2023–2024 & 2024–2025), including at least one project for the government clients in India, either directly or as a subcontractor with a value not less than Rs.1 Crore, either directly or as a subcontractor.
4. The bidder must currently be operating and maintaining at least one Digital Museum Experience Center project for the government clients in India, either directly or as a subcontractor, which has been in continuous live operation for a minimum period of the last two years.
5. The bidder should have established support centers within India.
6. For the above conditions bidder should attach the document proof fulfilling the eligibility.

Submission Format:

Interested bidders shall submit their offer in Two-Cover System:

- **Cover 1—Technical Bid:** Company profile, work experience, technical approach, compliance, manpower details, etc. Document proof to all MEC should be enclosed.
- **Cover 2—Financial Bid:** Detailed cost estimate including all taxes, charges, and fees.

Both covers should be sealed separately and super-scribed appropriately. They must be placed inside a single sealed envelope addressed to:

- **The Officer on Special Duty, Auroville Foundation, Auroville—605101, Tamil Nadu.**
- **Last Date for Submission:** 30/12/2025 till 5.00 pm
- **Tender Opening Date:** 05/11/2025 at 11.00 pm
- **Venue:** Conference Hall, Auroville Foundation office.

Tenders will be opened in the presence of the bidders or their authorized representatives in Auroville Foundation, Conference Hall.

The Auroville Foundation reserves the right to accept or reject any or all tenders without assigning any reason thereof.

*Officer on Special Duty,
Auroville Foundation
Submitted by Dominique*

NEW CONTACT NUMBERS

FAMC & BCC

Please note the new contact numbers
for FAMC office: 2623649
BCC office: 2910997

William, FAMC admin

APPLICATION ANNOUNCEMENT

25-12-2025



Auroville
Town
Development
Council

L'avenir d'Auroville

The following Building Application has been received and is approved— (feedback requested before the 8 January 2026 to be sent to: avenir@auroville.org.in)

Mother's Flower Garden—Temporary toolroom

- **Applicant/s:** Rabindra & Narendra
- **Location/area:** City Area / Mahalakshmi Park
- **Estimated Cost:** 1,18,000/-
- **Area for which approval is sought:** 18 Sq.m

Project brief: The existing hut space at the Mother's Flower Garden is insufficient to store tools and the expanding quantity of garden materials. Therefore, the applicant applied for a temporary toolroom, and ATDC has granted temporary approval for the same.

Clarification on Project Feedback Process

In Auroville, we aspire to a way of life guided by inner values—free from personal desire, preferences, and the sense of ownership. In this spirit, the practice of requiring or prioritizing subjective approval from immediate neighbours for development projects is no longer part of the application process.

When projects are published for community feedback, personal or subjective comments such as "neighbours choosing neighbours" or "neighbours setting development guidelines" will not be considered. All other constructive and relevant feedback is welcome and will be reviewed as part of the evaluation process.

We recognize that some projects may evoke personal opinions or attachments. We respectfully invite all Aurovilians to share their views in a spirit aligned with the ideals of Human Unity, Progressive Harmony, and The Spirit of Auroville.

- **For more information** on specific projects or to schedule a meeting, please contact L'avenir d'Auroville (ATDC) at: avenir@auroville.org.in.

Joel

Community News

Matrimandir News & Schedules

NEW YEAR AT MATRIMANDIR

31 December 2025

*At the head she stands of birth and toil and fate,
In their slow round the cycles turn to her call;
Alone her hands can change Time's dragon base.
Savitri, p.314*

- **4:30—9pm:** the Inner Chamber will remain open for Aurovilians and Newcomers for their concentration before the New Year. **Newcomers need to show their Newcomer Card.**
- **5—5:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree.
- **5:30—6:15pm:** *the three dragons: the dragon of the Earth, of the mind region and of the sky meet to manifest the truth...*
Deep Listening—Aspiration—Resonances: Sound Reflections by Svaram Team at the Unity Garden.
Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15pm.
- **11—12:15am:** Matrimandir will remain open for midnight meditation for Aurovilians and Newcomers only. Newcomers need to show their Newcomer Card. All are requested to be seated in the Inner Chamber latest by 11:45pm.

1 January 2026

- **6:30—7am:** **New Year Meditation** under the Banyan Tree. Entrance from the Office Gate, open at 6:15am. Guests are requested to carry their Aurocard with them. Last entry for guests at 6:30am.

Evening Program at the Amphitheatre:

- **5:30—6pm:** Savitri Music

Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15pm.

Antoine for Matrimandir Executives

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

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

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, JANUARY 2026



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

- **29 December: Home—the Earth:** our home is a miracle and a beauty—four billion years ago life on Earth started, and a subtle, fragile harmony of living substances and beings gradually developed. All organisms are linked to each other in a natural, delicate, and crucial balance.

Mankind is 200,000 years old. But over the last 60 years, it has brought about enormous changes and destroyed the equilibrium of life.

The documentary by Yann Arthus Bertrand shows the diversity of life on Earth from the sky through beautiful aerial footage from 54 countries. It also demonstrates how Earth's problems are all interlinked due to the pressure humanity has placed on the environment. Human activities and especially the burning of fossil fuels threaten the delicate ecological balance on our planet and cause climate changes with its shifts in temperatures and weather patterns.

The film attempts to make us more conscious and to care for our beautiful blue-and-green home. Since the documentary was released in 2009, efforts have been made to grow in conscious awareness about the environment and save nature. But as always, much remains to be done.

Special thanks to the 88,000 employees of the Performance, Planning and Review (PPR) Group who supported the making of HOME. Duration: 94min.

On YouTube the film is accessible under the title: HOME by [Yann Arthus Bertrand—Full Movie \(English version\)—Documentary](#).

- **5 January: About Savitri—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 1—read and commented by The Mother.** From Sri Aurobindo's epic poem *Savitri*—The Mother reads line after line and gives her commentaries under the headings: *Savitri*,—a Conscious Birth, The Usefulness of Crisis and Tragedy, Foresight and the Human Spirit, The Power of Love. The texts of *Savitri* and The Mother's commentaries will be on the screen. Duration: 35min.
- **12 January: About Savitri—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 2—read and commented by The Mother.** The Mother reads lines of *Savitri* and gives her commentaries to these lines under the headings: The Divinely Human *Savitri*, A Conscious Divine Birth, The Promise and Certitude of Victory, The Ordinary Human and the Missed Soul. The transcription of The Mother's voice will be on the screen. Duration: 43min.
- **19 January: Alexandra David Nèel—1911-1924 Journey through India, China and Tibet—**This remarkable woman (1868-1969) was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1911. The film is in French with English subtitles. Duration: 104min.
- **26 January: Interview with Kireet Joshi in 2013—**Kireet Joshi shares his experiences of regular meetings with The Mother from 18.5.1969 until 8.3.1973 in an interview by Christine. Duration: 43min.

Dream Divine Series

- **Fridays, 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.

- **26 December:** On *Savitri*, A recorded video talk by Udar Pinto
- **2 January:** Four Aspects of the Mother & New Year Messages in Mother's Voice, a recorded video film
- **9 January:** Matrimandir—House of New Creation, a video
- **16 January:** The History of Savitri Bhavan, a recorded video by Helmut
- **23 January:** Interview by Shraddhavan given to a Russian TV crew in 2013
- **30 January:** Divine as a Friend, a power point presentation



Full Moon Gathering

- **Saturday, 3 January, 7:15—8:15pm** in front of Sri Aurobindo's statue

Somatic Movement 8 Session Course

- **8 Consecutive Fridays, 4—5:30pm, Starting 9 January @ Garden Room**
- [Prior booking required](#) due to limited spaces:

"Reawakening the Mind's Control of Movement, Flexibility, and Health" a stretching sequence taught by Thomas Hanna. We will practice moving and sensing from within to strengthen our Mind-Body connection. Somatics helps the nervous system to restore itself by releasing deeper inner layers of holdings in the fascia, called a "nervous system reset". We will end by listening deeply into our bodies to allow our system to truly rest, recalibrate, recharge and harmonise itself.

By the end of the course you will have a daily 15 minute somatic sequence consisting of 11 somatic movements.

- **Further info:** misha@auroville.org.in

Savitri Yajna

You are warmly invited to participate in the Savitri Yajna 2025—26, a collective and continuous recital offering of Sri Aurobindo's *Savitri* to welcome the New Year with a deeper opening to a new Consciousness.

The yajna will be held

- from 5am IST on 31 December 2025 to 11:30am IST on 1 January 2026. Both online via Zoom and in person at Savitri Bhavan, Auroville.

Savitri will be read in an unbroken Akhand Path over about 28—30 hours, with each volunteer reading for 10 minutes, creating a shared field of aspiration and silence around the Mother's and Sri Aurobindo's mantric Word.

Those who wish to read **online @ Zoom** are requested to [choose a convenient 10-minute slot in the shared time-sheet](#).

Zoom details:

- Meeting id: 487 345 8811
- Passcode: MAA, [Zoom Link](#)

Those who wish to **come at Savitri Bhavan**, Auroville in person offering are requested [to choose a convenient 10-minute slot](#) in the shared time-sheet below:

Note: For editing Google sheet App may require.

And those who wish **simply to listen** are welcome to join at any time, online or in the Sangam Hall at Savitri Bhavan.

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 symbolled OM, the great assenting Word. *Savitri*

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

OM is the signature of the Lord.

OM: I implore the Supreme Lord.

Listening into Presence

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

- Wednesday, 4—5pm: 17 December @ Sangam Hall of Savitri Bhavan



Guided Yoga Nidra session

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

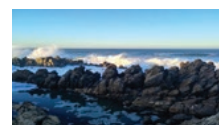
You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

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

Reading on Nature

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



- Wednesdays, 10:30—11:30am, starting January 7, 2026 @ Savitri Bhavan Library area

Invitation: A poetic stillpoint...

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

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

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

- chetana@auroville.org.in

Light and Delight

- Thursdays 5—6:15pm @ Savitri Bhavan



Meditate on Huta's paintings with lines from *Savitri*. Write & share your inspired poetry.

Facilitated by Anandi Zhang & Neel Adhiraj Kumar

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

- The first session is on Christmas Day—a Day of Light—25 December 2025;
- The 2nd session is on New Year's Day, 1 January 2026.

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

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

Gentle reminders:

- Bring paper and pen
- Come on time or 5-10 minutes earlier
- Meet at Sri Aurobindo's statue
- Voluntary contribution to the venue

Anandi Z.

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 Shradhdhavan'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
- **Mondays to Saturdays, 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **Tuesdays, 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays, 5:30—6:15pm:** OM Choir led by Narad
- **Wednesdays, 5—6pm & Saturdays, 4—5pm:** Listening into Presence led by Misha (Mike)
- **Thursdays, 4—5pm:** Videos of The English of *Savitri* led by Shradhdhavan
- **Thursdays, 4—5:30pm:** Reading *Savitri* in Russian with Anatoli
- **Fridays, 3—4pm:** Reflections on Sri Aurobindo's *Isha Upanishad* led by Dr. Jai Singh
- **Saturdays, 5—6:30pm:** Satsang led by Ashesh Joshi

New Activity from 7 January 2026 onwards

- **Wednesdays, 10:30—11:30am:** Reading on 'Nature' with Aikya
- **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



BHAGAVAD GITA IN DAILY LIFE

25 December—14 January 2026, 21 days

5—6am, every day @ Online Zoom Call

We warmly invite you for a collective learning journey with daily practices to integrate the teachings of *Srimad Bhagavad Gita* in our day-to-day life. We will be referring to all 700 shlokas in Sanskrit and excerpts from Sri Aurobindo's *Essays on the Gita*.

- For more details and registration click: tinyurl.com/gitainlife
- Feel free to write to us on: vidyamandir@auroville.org.in

Deven and Shaalini for Vidyamandir



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



Laboratory of Evolution Library

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

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

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

Open for Aurovilians, Newcomers, Volunteers, & Guests

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



Kalyani

Education

AV LIBRARY CLOSED FOR HOLIDAYS



For the holidays!

CLOSED

THURSDAY 25 DECEMBER, 2025
THURSDAY 01 JAN - SUNDAY 04 JAN 2026

REOPENING

MONDAY 5 JANUARY AT 9:00 AM

Wishing you a wonderful next chapter!

Ayesha

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



BHARAT NIVAS

Monisha

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 age 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

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

PYTHON BASICS

Learn to Code from ZeroLearn
using AI Companion

Offline/ Free Course

Starting 27 December, 10am—4:30pm



- Anyone interested can join (Beginners welcome)
- @ C3STREAM Land—Udavi School campus
- Last Date to Register: 25 December 2025

<https://www.auroauro.com/>

Poovizhi for STEM land

13TH DECEMBER TO REMEMBER



27 December, 9am—4pm

@ Mohanam Campus (Opposite Imagination)

Age group: 10—13 years

AV Outreach Board School Members,

We are glad to inform you that Mohanam is organizing our yearly one-day camp continuously for the 13th time called December to Remember. This will help the children to reflect on the past year and build their intention for the future. As the kids are having their vacation it will be convenient for them also to attend the event.

- Please Register before 26 December 2025
- We will provide food and refreshment
- Contact: 8300949079
- A One Day Camp for Reflecting on the Past Year & Dreaming for the Future:** Dance and Dream Catchers, Snacks, Lunch, Dream Maps (A time to get visions, hopes and goals for 2019 on paper), Dream Box (Kids gather to craft an intentional space, a bamboo cup to place bright intentions for the years)... etc.

Here is [video link of the event](#)

Rajaveni

STEAM HOLIDAY CAMP

Monday—Friday, 29 December—2 January

@ Deepanam School
(No camp on 1 January)

Get ready for an exciting STEAM adventure with Yuva Education, where children explore, invent, and solve challenges through hands-on projects, story-based missions, and creative role-play. Designed for different age groups, the camp brings science, technology, engineering, art, and math to life in a fun and meaningful way.



- Morning Session:** 10am—12:30pm (Ages 8–10)
- Afternoon Session:** 2—4:30pm (Ages 11–12)

Contact Dina to register: 9894868865 WA

Abilash

AUROVILLE CONSECRATION PROGRAMME

Saturday, 10 January, full day



Auroville
Human Resources Service
Town Hall complex, Administrative Area, Auroville

*No life can be successful
without self-discipline*

The Auroville Consecration Programme is a collective, full-day space for Aurovilians to pause, realign, and consciously reconnect with the purpose of Auroville.

Consecration is not an orientation or a discussion forum. It is a shared practice—to remember why we are here, and to renew the inner alignment required to serve the collective work of Auroville.

- Programme Schedule:**
 - 07:00am: Gathering at Matrimandir
 - 07:45am: Breakfast
 - 08:55am: Invocation (MMC)
 - 09:00am: Aspiration: Dialogues & Conversations (MMC)
 - 10:30am: Tea Break
 - 11:00am: Living Word: Collective Reading (Various venues @ Townhall Campus)
 - 12:30pm: Lunch
 - 01:45pm: Energy & Expression: Experiential Sessions (Various venues @ Townhall Campus)
 - 03:30pm: Tea Break
 - 04:00pm: Moving Forward MMC)

Sessions will run in parallel during parts of the day.

- Participation:**

To ensure depth, quality, and meaningful participation, registrations will be limited to 101 Aurovilians. This is a space for those who are willing to be present, reflective, and engaged throughout the day.

- Registration:** [Please register using the link](#)

Once registrations reach capacity, the form will be closed. Further logistical details will be shared with registered participants closer to the date.

Sai Suresh for
Human Resources Service—HRS

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

AI CLASSES ARE BACK

FREE

AI CLASSES ARE BACK!

RESTARTING WITH FRESH ENERGY

Every Saturday: 10am to 11am

Location: Hive, Auromode

Registration:

RSVP to +91 98867 40850

Join us on this journey once again!

- Prompt Engineering
- Generative AI (GenAI)
- AI Development
- Data Science

Are you looking to transform your future and career with AI? Come Join our Free AI Masterclass at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.



Open for all, no prior experience needed. [Location](#)
Contact: +91 9886740850, auromodehive@auroville.org.in

Dhesh

Health Care

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.

Auromode, Auroville.

WhatsApp: 9629199328 - Landline: 0413-2622063

Email: aurodent@auroville.org.in

Working Hours: Mon to Fri: 9:00 AM to 5:30 PM Sat: 9:00 AM to 1:00 PM

20% Offer

Christmas Best Offers

In December

for All Aurovillians & Guests

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

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



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
Holistic Therapy with Louis Patric—Monday to Friday	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.

Welcoming Louis Patrick:

Holistic Balance & Energy Work

Santé is delighted to expand our offerings with the introduction of Louis Patrick and his unique approach to Holistic Therapy.

Louis aims to restore deep balance within the body's energy and physiological systems. His sessions integrate precise ancient modalities, such as Acupuncture, with a highly intuitive approach to energy work. This combination helps address the root cause of imbalances, promoting profound healing and well-being.

Dasha for Santé Services

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—Aurovillians, 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

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

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

Warm Christmas and holiday greetings from Aurokiya Integral Eye Centre

As we reflect on the season of giving, we are reminded that the gift of clear sight can change a life. Aurokiya continues to serve Auroville and nearby villages through school screenings, village camps, workplace programs, and eye yoga, reaching those who need eye care.

Our vision is Eye Care for All by 2030, ensuring no one is left behind, in alignment with the United Nations Sustainable Development Goals.

This holiday season, you can help us share the gift of vision. You may support or simply share this message with others. Much has been done—and much more remains.

Matching Grant available through Auroville International USA: **International Donations** (matched):

- <https://give.aviusa.org/page/aurokiya?fundraiser=NUBSMSLW>

India Donations:

- <https://donate.auroville.org/?project=aurokiya>

Every act of kindness helps bring eye care to those who need it most.

*Aurosugan
for Aurokiya Integral Eye Centre*

Alcoholics Anonymous

Meeting (open)
every Saturday, 6 pm

Center Guesthouse

Merriam Hill Center

welcome

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



Ingrid T.

AUROVILLE HEALTH CENTER

new phone number

Please note Auroville Health Center new phone number
0413 2910005.

This number will also connect you with the Health Center Pharmacy and on Tuesday and Thursday mornings with the Health Fund Office.
Peter AvHC

LITTLE RED FEET



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*

Festivals

FESTIVE SEASON

@ Auroville Visitors Centre

23—30 December



Celebrate the festive season at Auroville Visitors Centre: Holiday special at the turn of the year with a live music, diverse food and desserts, open boutiques, and festive lights.

- **Boutiques:** Open throughout the day
- **Food:** National and international cuisines, cafés, snacks
- **Desserts:** Cakes, ice cream, and seasonal treats
- **Opening hours:** 9am—9pm
- **Live Music**

27 December, Saturday

- 11am: Live Music, Handpan
- 7pm: A Line Meant to Be: Shamanic Ambient, World, Downtempo Meditation by Nadaprem, Tommaso & Dhruv

28 December, Sunday

- 7pm: Ronny Singing & Guitar Performance

An open space to explore, know more about Auroville and its culture, enjoy music, share food and smiles, and welcome the new year together.

Submitted by Elena for Hibiscus Art Village

UNITY PAVILION INVITES YOU ALL

to Celebrate Christmas

25 December, 3pm onwards @ Unity Pavilion

Unity Pavilion invites you all to celebrate the joy, warmth, and togetherness of Christmas at Unity Pavilion, Auroville—a day filled with creativity, music, movement, and festive cheer for children, families, and friends.

Morning Activities

(for Children)

From 10am: Paper star cutting and creative activities, let little hands create stars of hope, joy, and light as we begin the day in a playful Christmas spirit.

Afternoon Celebrations

From 3pm onwards:

- Tibetan bowls and interactive Xmas & Interactive sound-scaping session for kids by Slava
- Open mic, sound painting, dance & Christmas carols with kids by Iyataka
- Dances of universal peace by Premshakti and Rose
- Country dances by Kumud's (Postman) group
- Puppet show for children and families
- Special Xmas DJ set by Sergei
- Refreshments

Let us gather to celebrate love, unity, and the spirit of Christmas, where cultures meet, hearts connect, and joy flows freely.

All are warmly invited — bring your family, friends, and festive spirit.

Preeti for Unity Pavilion

INVITATION TO THE AUROVILLE FESTIVAL 2026

21 to 28 February

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.

Janmejay and Kamala for Bharat Nivas Trustees

International

BROTHERHOOD HOUSE

of International Zone presents

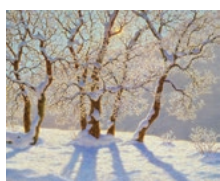
13 December—7 January
@ Pavilion of Tibetan Culture

Exhibition of Art Prints:

Winter Magical

A glimpse of Nordic Winter—a session whose severity, stark Beauty, and artistic depth have for centuries provided immense inspiration to creative souls.

Helena for International Pavilions



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.

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

Kids Art Class

- By artist Janakiraman



Tao of Tea—Sencha Style Tea Ceremony



Preeti

TIBETAN PAVILION presents

Pavillion 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

FRENCH PAVILION PRESENTS:

@ Pavilon de France, opposite the Visitor Center

Discussions: Le Choix

- Vendredi 2 janvier 2026 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 : ouver-
ture, respect et quête de sens.

Après les discussions sur la religion, la propriété, l'argent,
le courage et la confiance, cette fois questionnons.

Children: Learn French

- Every Thursday, 3:15pm—4:30pm
@ French Pavillion, free

Learn more about French culture and
language while doing crafts: gifts, dec-
orations and pastry.

It is open to children, between 4 to 12
years old, interested by learning or prac-
ticing French! You can bring your own
pencil case or supplies will be avail-
able in the French Pavilion.

Marie pour le Pavillon de France



Témoignage de Bhaga—Volume 3

- Vendredi 26 décembre 2025 au Pa-
villon de France

Le Pavillon de France vous invite au
visionnage des enregistrements vidéo
de Bhaga: Témoignage de Bhaga—
Volume 3. Son travail intérieur.

Bhaga est arrivée à Auroville en 1972
et a quitté son corps en mai 2022.

Après les deux premières vidéos, qui
retracent sa rencontre bouleversante
avec la Mère, ce troisième volet revient
sur le travail intérieur de Bhaga et son
exploration du travail avec les cellules.

Namah, Aurovillienne et l'une de ses proches collaboratri-
ces, sera présente pour apporter son témoignage.



Games

Sunday Pétanque

- Every Sunday, 4—5:30pm
- Cancelled on 28 December

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 preci-
sion. Open to all levels, it's a great way to
socialize while having fun.



Board games:

- Wednesdays, 4—5:30pm

French Pavilion welcomes you every
Wednesday, 4 to 5:30pm for Board-
games. 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, lan-
guages and levels.



Submitted by Vivekan

Theatre, Music & Arts



7 December—27 January @ Unity Pavilion

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 be-
fore our time—alongside tree-bark impressions that reveal
nature as a living archive.

Priya for Unity Pavilion

A DOUBLE EXHIBITION @ CENTRE D'ART:
Fieldnotes by Madhuri K.
Marking Luminescence by Sameer Rao
 26 December—10 January
 Opening: 26 December, 4:30pm



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

Although they work with different media, the two artists reveal many affinities. Madhuri's photographs and Sameer's wooden cuts draw their inspiration from an imagination shaped by images of nature, reinterpreted through the lens of emotion and inner experience.

Their artistic practice seeks to reclaim space in order to create memories within a geography close to abstraction. They favor refined techniques, such as silver photographic paper prints for Madhuri, and wooden cuts prints on hand-made paper, cotton, and silk for Sameer.

Marco

IT MATTERS: ART EXHIBITION NATURE'S WHISPERS

20 December—2 January, open every day
 except Tuesday/ Sunday, 9am—5:30pm



Five artists are showcasing their creative expressions from lived ecological experiences.

- Contact: It Matters for more info: +91 93440 87925.
- Location: It Matters, Auroville Main Road

Bhakti



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

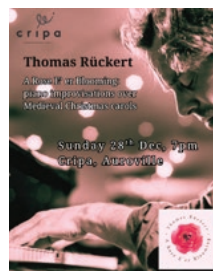
A ROSE E'ER BLOOMING BY THOMAS RÜCKERT

Sunday 28 December, 7pm @ CRIPA

A Rose E'er Blooming is a musical embodiment of prayer. It serves the spirit of medieval sacred German melodies and lyrics with the freedom of improvisation and a well balanced variety of piano and composing techniques.

Thomas Rückert combines the original melodies with musical structures from different genres. In this performance you'll find aspects of jazz, gospel, folk, classical western contrapunct and even Indian and African traditional music.

They blend sweetly with the historic German muse spirit in service of the sacred.



Laura for CRIPA

VANAVER CARAVAN

Saturday, 3 January, 5pm @ CRIPA

The Vanaver Caravan and Strawberry Hill Fiddlers are New York-based non-profit organizations using live music and dance to promote peace, shared humanity, and youth transformation.

Their performance weaves together music and movement from traditions spanning the Southern Appalachian Mountains to North India.

The second half of the program invites the audience to participate in group dances, celebrating global traditions such as American Square Dance, Italian Tarantella, Irish Ceilidh, Greek Hora, and more.



Laura for CRIPA

ARPANAA PRESENTS ANUBHUTI:

Sarod concert by Abhishek Borkar

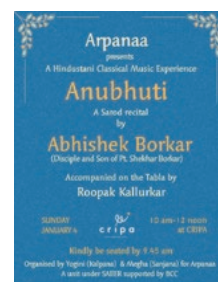
Sunday, 4 January, 10—12pm @ CRIPA

(Kindly be seated by 9:45 am)

Hindustani Music Concert,
 ushering in the New Year on a harmonious note.

Join us for a Sarod concert by Abhishek Borkar, accompanied on tabla by Roopak Kallurkar.

A leading young musician of his generation, Abhishek Borkar who trained under his father, Guru Pt. Shekhar Borkar of the Maihar Senia Gharana—has captivated audiences worldwide with his mastery of sur and laya since his acclaimed debut at age 10. Come immerse yourself in magical morning ragas the perfect start to the New Year.



Laura for CRIPA

EXHIBITION: THE WHITE DRAGON @ AURELEC

The White Dragon: Artwork by Carla Lee Morrow

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.



Franz, Aurelec, Prisma

EXHIBITIONS IN PITANGA

Touch Wood by Adil Writer

- 26 December 2025—24 January 2026, @ Pitanga Monday to Saturday, 8:30am—12pm & 2:30pm—5:30pm
- Exhibition Opening: 26 December 2025, 3—5pm

Touch Wood brings together salvaged carpentry beams—rescued from Auroville workshops and weathered by South India's monsoons, sun, and wind—with pristine white porcelain forms, soda-fired in Dana at Studio Mandala.

These weathered timbers, meet porcelain surfaces stamped with ancient scripts, or scribbled with text from Savitri, creating a dialogue between what one salvages, and what one creates.

Following The Mother's observation that nothing is ugly if it finds its rightful place, these works celebrate the marks of transformation where opposing natures rest in unexpected harmony, "...the sun-eyed children of a marvellous dawn."

Aandamayi



KALABHUMI Goes LIVE! FRIDAY 26/12/25 7-9:30 PM
A live concert event powered by Shakti Arts - Unit of Auroville Foundation
KALABHUMI MUSIC STUDIO

Contribution based entry av/nc/vi Rs 150 guests Rs 300

PIZZAS BY OFF-GRID BAKERY

BLACKCURRENT original hard rock from Auroville

THE TRIO classic rock nostalgia

drugs/alcohol prohibited

Parking only at Gaia field / CRIPA back entrance

Friday, 26 December, 7—9:30pm
@ Kalabhumi Music Studio

A live concert event powered by Shakti Arts:
Unit of Auroville Foundation.

- Contribution-based entry: Av/ Nc/ VI Rs 150, guests Rs 300, kids free!

Featuring Auroville music bands:

- Blackcurrent, original hard rock from Auroville
- The Trio, classic rock nostalgia

Pizzas by Off-Grid bakery

Disclaimer: drugs/alcohol prohibited!

Parking only at Gaia field / CRIPA back entrance. Edoardo

BHARAT NIVAS PRESENTS

Programs

Guru Samarpanam series by students of Dr. Ramesh Srinivasan

GURU SAMARPANAM SERIES
by Students of
Dr. Ramesh Srinivasan
All Are Welcome

Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
05:30 pm, Friday, 26th December 2025

Namasankeerthanam

by Dr. Jayanti Ravi

NAMASANKEERTHANAM
Offering by
Dr Jayanti S Ravi (IAS)
Secretary Auroville Foundation
All Are Welcome
06:00 pm, Friday,
26th December 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Guru Samarpanam series

GURU SAMARPANAM SERIES
All Are Welcome
07:15 pm, Friday,
26th December 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Vid. C.S Sajeev (Vocal)
Vid. T.V Ramanujachariu (Violin)
Dr. Ramesh Srinivasan (Mridangam)
Vid. Sathya Ramesh (Mridangam)

Nrityanjali

Nrityanjali
an evening of Bharatanatyam
with
Aditi Lakshmi Bhat
06:45 pm, Saturday,
27th December 2025
Venue:
SAWCHU, Bharat Nivas, Auroville

The Voice of Bamboo

THE VOICE OF BAMBOO
A FLUTE CONCERT IN THE CARNATIC TRADITION EXPLORING RAGAS ACROSS THE INDIAN SUBCONTINENT
07:00 pm, Sunday
28th December 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

A Carnatic Flute Concert by Srikar Satish
Mridangam by Naren Pullala
Tabla by Pransav Pravan

Shakti Pravaham

Shakti Pravaham
The life line of Energy
by
Vimmi Reswar
07:00 pm, Saturday,
03rd January 2026
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Kalaripayattu performance

KALARIPAYATTU PERFORMANCE
Entry : 300 per person
Every Saturday
11:00 am - 11:30 am
Venue:
Bharat-Kalari,
Near Sri aurobindo Auditorium,
Bharat Nivas, Auroville

Auroville Magarshi Festival

Margazhiyil Magizhvom



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Margazhiyil Magizhvom
Drench ourselves in margazhi classics!

07:00 pm
04th January
Sunday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

By
Dr. K. Gayatri

Voice by
Nishanth Chandran

Mridangam by
Sri. Praveen sparsh

Isai Payanam



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Isai Payanam
Classical meets Film

07:00 pm
05th January
Monday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

By
Dr. Charulatha Maril (Vocal)
Vid. Kishore (Violin)
Vid. Thillai suryan arayanan (Mridangam)
Venkatraman (Keys)
Pradeep (Tabla)

Sound of the Bamboo



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Sound of the Bamboo
VENUGANAM Carnatic flute concert

07:00 pm
06th January
Tuesday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

Flute by
Sri Sruthi Sagar

Violin by
Sri. Keshav mohan

Mridangam by
Sri. Praveen sparsh

Deva Madhargal

A group Bharatanatyam feature on the Celestial nymphs
Ramba Menaka & Oorvasi.



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

DEVA MADHARGAL
Bharatanatyam feature on the Celestial nymphs

07:00 pm
07th January
Wednesday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

by
Srekala Bharath
&
Thejas

Bharathanatyam Dance Drama



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Bharathanatyam Dance Drama
"Sabari Moksham and Sri Ramar Pattabhishekam"

07:00 pm
08th January
Thursday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

by
Sri Sai Nrithyalaya
disciples of
Aacharya
Smt H N Nandhini Suresh

sunAAdam



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

sunAAdam
Music beyond boundaries

07:00 pm
09th January
Friday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

By
Smt. Anahita &
Smt. Apoorva

Co-artists:
Akshay Anantapadmanabhan - Mridangam
V S P Gayatri Shree - Violin

Anniyal



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Anniyal
Tamil Adaptation of "Broken Images"

07:00 pm
10th January
Saturday

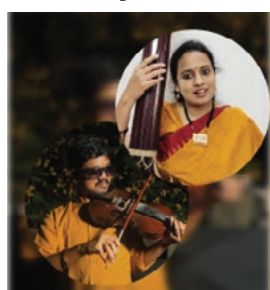
Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

Performed by
Lotha Venkat

Adapted into Tamil by
Prasanna & R Giridharan

Directed by
R Giridharan

Harmony in Diversity



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Harmony in Diversity

07:00 pm
11th January
Sunday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas, Auroville

Hindustani classical vocal by
Sugandha Upasani

Classical Carnatic Violin by
Dr. R.P. Jagan

Harmonium by
Lakshmi Santra

Tabla by
Shaswat Parhi

Sringara Leela



Auroville Margazhi Festival 2026
In collaboration with Bharat Vidyā Shiksha and Kārti Fine Arts
Supported by Ministry of Culture, Government of India

Sringara Leela
Bharatanatyam performance

06:45 pm
12th January
Monday

Venue :
SAWCHU,
Bharat Nivas, Auroville

by
Dilna Mani

All are welcome..

Submitted by Monisha
for BN Team

A TALK BY SOUMYA SANKAR BOSE

Tuesday, 30 December, 5pm
@ Centre d'Art Multimedia Room, Citadines



Soumya Sankar Bose works with long-term research, family histories, and community engagement. His practice explores subaltern lives in post-Partition India. Working across photography, film, and alternative archives, he builds hybrid narratives from archival fragments and oral histories. These works often become the only remaining traces of erased events and their afterlives. Moving between fiction and reality, his practice opens spaces of memory, desire, vulnerability, and identity.

Bose received the Magnum Foundation Social Justice Fellowship in 2017 for *Full Moon on a Dark Night*. He was named Hello! India's Emerging Artist of the Year in 2023. In the same year, he received the Louis Roederer Discovery Public Award at Les Rencontres d'Arles for *A Discreet Exit through Darkness*. From 2024 to 2025, he served as Artistic Chair at The Beaux-Arts Nantes Saint-Nazaire, Le Lieu Unique, the City of Nantes, and the Institut d'Études Avancées, France.

Marco

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

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



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

Theatre, Music & Art Activities

Upcycling
STUDIO AUROVILLE

Open Studio Mornings in December
Tuesday 2, 9, 16, 23, 30 from 10 AM to 1 PM

- 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!

Location : Ok Upcycling Studio, ReCentre
Tel : 6384043908

Tuesday, 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

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

L'Yssue Harp Concert



This concert features Lucie Letellier-Bertron aka Devadalucy playing her original compositions. The harp's vibrations and the musician's unique soundscape create a true sphere of silence within a bubble of melody. We invite you to an inner journey among the angels.

- 27 December, 6—7pm
- For details, visit svaram.org/events-booking-calendar or scan the QR Code

Sound Bath & Flower Mandala Creation



Begin the New Year with harmony and beauty. You are warmly invited for a sound bath immersion while creating your own flower mandala, focusing on sound, creativity, beauty, and flowers. "Flowers speak to us when we know how to listen to them."—The Mother

- Two Independent Sessions: 3 & 24 January
- For details, visit svaram.org/events-booking-calendar or scan the QR Code

Sound Journey Facilitation Training 2026



This 6-day immersive training is all about the art of sound journey facilitation. Designed for sound practitioners, yoga teachers, healers, space-holders, musicians, and wellness practitioners.

- 5—10 January
- For details, visit svaram.org/events-booking-calendar or scan the QR Code

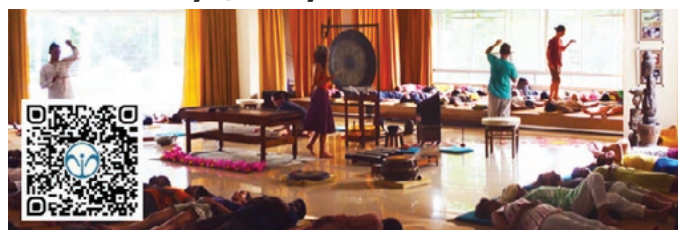
Sound Healing Session



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

THETA HEALING SESSIONS

@ Svaram: Calm, Release, Transform

A gentle practice that activates your theta brain waves to:

- Reduce stress & anxiety; Release fear and limiting beliefs; Heal past experiences; Break old emotional patterns; Open blockages

In this deeper state, you connect with your subconscious mind—the place where real change and healing begin.

For appointment please contact 9843191370 Niva

PUBLIC SPEAKING COURSE

8 weeks, Starting 8 January 2026

Thursdays, 2:30—5pm @ CRIPA

More information and register here:

- <https://publicspeakingcripa.eventbrite.co.uk>

A course for those who would like to improve their public speaking confidence. Whether you have a fear of public speaking or you'd like to brush up your existing skills. We will cover 8 key elements of speaking such as breathing, voice, body language etc. However beyond technique and 'external skills' we will prioritize authenticity, sincerity, presence. Structure will follow warm up's improvisation based exercise—lots and lots of practice.

16 spaces available.

Michael Sokolin

PHOTO CIRCLE MEETS AGAIN

Friday, 2 January, 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

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

Regular Adult Classes, 5:30pm:

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

Please note: Contribution required

- Be punctual; Short nails, sportswear, and no jewelry; Stay home if you're unwell or have open wounds
- **For updates and participation:** +91 94873 40778
- For more info contact us at abhaya@auroville.com

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

Giacomo for Abhaya



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.

BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

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



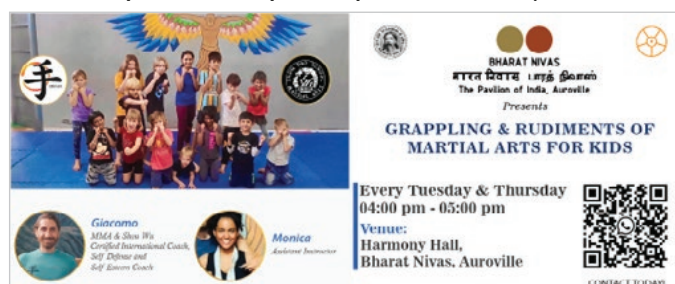
Regular Silambam Class

- **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

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**



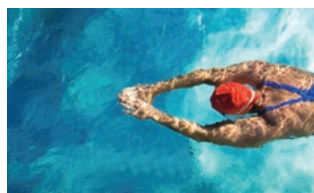
MORNING SWIMMING CLASSES FOR CHILDREN

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

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

Build confidence, improve technique, and enjoy the water!

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



Sonia and Ana

AUROVILLE FUTSAL/ FOOTBALL CLUB

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

Girls all age/ level are playing

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

Boys 16yo+ are playing

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

Submitted by Beber



THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

Tai Chi Quan & Chi @ Dehashakti outside

- Tuesday and Friday, 6:30—7:45am

Body awareness & Relaxation
@ Budokan Dojo, Dehashakti

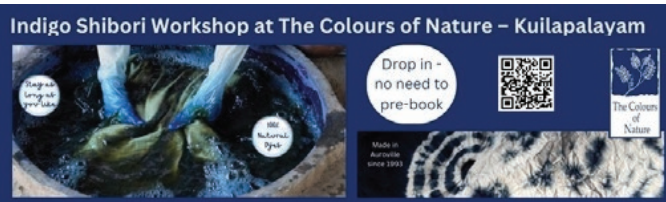
- Wednesday, 5—6:15pm **8110848123 WA, Hans**

Bioregion, Crafts & Nature Activities

INDIGO SHIBORI WORKSHOP

@ The Colours of Nature

Saturday & Sunday, 27—28 December
10:30—12:30 & 2—6pm



- 2 days on 2 weekends, Location in Kuilapalayam
- Drop in—no need to pre-book

Come fold, tie & dye, and discover the magic of shibori and indigo in a guided, hands-on dyeing experience. Working with a living, fermented natural indigo vat, this is a meaningful experience to share with visitors, families, and friends. And you will leave with a one-of-a-kind indigo textile—the perfect festive gift.

- All expert shibori & dyeing guidance and materials are provided. Only Rs. 100 per person to join.

Open to anyone curious about natural dyes and slow craft—including absolute beginners.

thecoloursofnature.com

Instagram: [@thecoloursofnature.in](https://www.instagram.com/thecoloursofnature.in)
Petra for The Colours of Nature



Arun, Anand and Balaji for Enlight Team

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



INSIDE INDIA ACTIVITIES

Workshop: The Integral Yoga of Sri Aurobindo and The Mother with Ela Thole

- 13 December 9am—12:30pm
@ Inside India Office, Kalpana

Contact us to book your spots:

- info@insideindiaauroville.org, contributions apply



Kolam Tamil Art Workshop:

- Fridays, 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

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!



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

- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm

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

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

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

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

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

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

Farm Fresh Basket Service

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

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

Lunch Scheme @ Solitude

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

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

Come, eat well, and feel well.

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

Krishna
for the Solitude farm & café

MOHANAM PROGRAM,

www.mohanam.org

Mohanam: 2 mins from Vérité, 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:** 30 December, 4:45—6pm
- **Deep Sound Bath:** 23 December, 4:30—6pm
Individual & small group on request
- **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
- Tuesday, 30 December, 4—6pm
- Saturday, 27 December, 9—11am
- Sunday, 29 December, 9—11am



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

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

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

Bamboo tour with bamboo tea

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

Special bamboo lunch @ Auroville Bamboo Centre

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

Enjoy the Special Bamboo Lunch.



Make and take workshops

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



Bamboo Jewelry

Bamboo Instrument

Bamboo Planter

Bamboo Toy

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

One day workshops: Pre-book in advance

- Monday—Saturday, 9am—5pm



Bamboo Cycle

Standing Lamp

Bamboo Giraffe

Furniture Workshop

Pre-booking is necessary for registration

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

Balasundaram

EGAI: LEARN FROM ARTISANS



Coconut Shell Workshop

Incense Making Workshop

Pottery Workshop



egai

Instrument Making Workshop

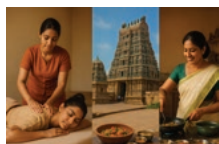
Contact Anand : +91 9791896488 / egai@auroville.org.in

Anand

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

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

SADHANA FOREST PLANT BASED SATURDAY

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

Schedule: Every Saturday

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

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

Aviram

Multiple Activities

IT MATTERS ACTIVITIES

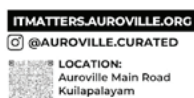
A/C room @ It Matters, Auroville Main Road

More info on instagram:

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

Workshop pre-registration required:

- itmatters@auroville.org.in or [+91 9344087925](tel:+919344087925) WA



Date	Workshops this week
24 December Wednesday, 4—5pm	Sound Healing Nada Yoga (a recurring activity on Wednesdays) with Satyayuga, fixed price Rs.400, 50% discount for AV/ Newcomer/ SAVI
26 December Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage, a recurring activity on Fridays with Satyayuga, fixed price Rs.500, 50% discount for AV/ Newcomer/ SAVI

27 December, Saturday, 10am—12pm	Women, Consent, and Political Power—Rethinking the Social contract with Vaneza, contribution-based
28 December Sun- day, 10am—12pm	Candle Making Workshop with La Theia, fixed price Rs.850
29 December Monday, 4:30pm	Art Walkthrough: 20 min guided tour of the ongoing exhibition with Krishna Sheth, free

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

Sandra & Bhakti for It Matters

Double your Support

DOUBLE YOUR SUPPORT FOR AVAG THIS DECEMBER

Auroville International USA has offered to support our rural development initiative this December through a matching campaign. For every donation we receive, they will contribute an equal amount, up to \$3,500.



This means your support can go twice as far! It can be supporting health camps in a village, offering safety and protection training for children, coaching an athlete to improve her/his skill set, or enabling a women's group to grow stronger.

We don't often speak about funds, but rather about the work, the village action. It is the slow, steady building of confidence, skill, and community. It happens in meetings under trees, in shared fields, and in the quiet courage of a woman starting her own enterprise.

This matching offer is a tool for that work. It's a lever to lift what we do together.

A recurring gift, no matter the size, is like a reliable friend in this process. It enables us to plan, take a breath, and concentrate on the long journey toward change. If you can start a friendship or share this opportunity with others who might be interested, it would mean a lot to us.

Thank you for being a part of this journey. Your belief is felt here. Your donations can be matched here:

- <https://give.aviusa.org/page/AVAG>

The AVAG team
(Auroville Village Action Group)

DOUBLE THE LOVE: KUILAI CREATIVE CENTRE

Matching Donation Fundraising Campaign through AVI USA for Kulai Creative Centre

2025/26 Regular Activities

- Evening Tuition from 1st grade to 9th grade
- Silambam—Martial Art Programme
- Bharat Naattiyam—Classical Dance Activities
- Hip-Hop
- Physical Fitness Activities
- Summer Camp in May
- Art & Craft
- Mother's 12 Quality Programme (Art & Craft, Book Making, Embroidery, Gardening, Painting, Calendar Making and Tailoring Activities).

Please contact us to inquire about class timings:

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

Double the Love

Matching Donation Fundraising Campaign

• 1—31 December

As we do every year, AVI USA is conducting a Matching Donation Campaign where all your donations will be doubled from 1—31 December, up to \$2500.

Your contribution will make a significant impact and we appreciate your support which will help and support our running expenses. Please consider making a generous donation this year to help us continue to grow and serve our neighborhood and the Auroville community.

• <https://give.aviusa.org/page/Kuilai>

We humbly request your continued support to maintain the park and sustain our programs. Your generous donations will help us achieve our goals consistently. Kindly share, forward and spread the words to your friends and families for more support and help.

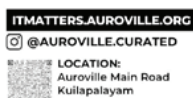


Selvam

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.



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. Ready to join? Learn more and book your spot:

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



Laure

Hive Coworking Space Open House every Friday

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



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

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

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

For inquiries: auromodehive@auroville.org.in

- +91 9042759540 WA, +91 7092197375 WA or drop by.

Dhesh for Hive Team

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

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.

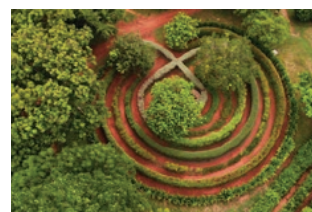
- Contact: sandya@auroville.org, 9443619403

Sandya

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 earthyyoga@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



Alexey

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

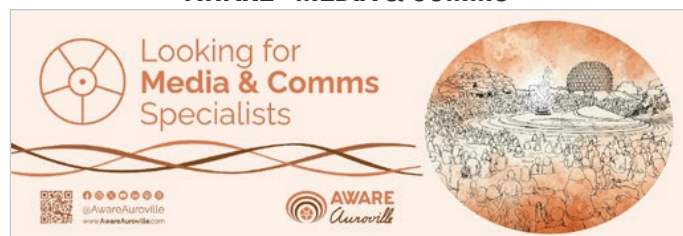
sadhanaforest@auroville.org.in,

8525038274 WA or call
8122274924

Aviram
for Sadhana Forest team

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
- Website: www.AwareAuroville.com

Sajiv, co-ordinator

YUVABE EDUCATION IS HIRING:

Lead facilitators for 3D Design & AI full stack development

Empower young learners and shape the future of Tech & Design in Auroville. Join our team!

Yuvabe Education's Bridge Program is now recruiting passionate, skilled educators to lead our hands-on learning tracks. If you believe in practical, purpose-driven education and want to make a real impact in the bioregion, this opportunity is for you.

Open Roles:

1. Lead Facilitator—3D Design & Printing

Guide students through 3D modelling, additive manufacturing, and product prototyping. Ideal for professionals skilled in Fusion 360, SolidWorks, Blender, Cura/PrusaSlicer and passionate about teaching.

[Refer the Job Description here](#)

2. Lead Facilitator—AI Full Stack Development

Teach full-stack development with AI/ML integration. Perfect for developers experienced with React, Node.js, Python, TensorFlow/PyTorch, and deploying intelligent web applications.

[Refer the Job Description](#)

Why Join Us?

- Full-time, on-site roles at Saracon Campus, Auroville
- Work with youth on real projects to build strong portfolios
- Collaborative, purpose-driven work culture
- Opportunity to contribute to grassroots innovation
- Access to mentor networks from top global institutions

Location: Yuvabe, Saracon Campus, Auroville, Tamil Nadu, India

How to Apply:

Send your CV (and portfolio, if applicable) to

- info@yuvabe.com / bridge@yuvabe.com
- Or contact 9677604467 for more details.

Stay Connected:

- Instagram: <https://www.instagram.com/yuvabe.education/>
- Facebook: <https://www.facebook.com/yuvabe.education>
- LinkedIn: <https://www.linkedin.com/company/yuvabe/>
- YouTube: <https://www.youtube.com/@yuvabe.auroville/>

More details on jobs: [Link 1](#), [Link 2](#).

Abilash

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



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

BRIGHT LAUGHTER

Bright laughter, surer than the Sun,
Shatters the last fort of illusions,
Shakes up the being in a half drowse,
Shapes anew the mode that holds
The promise and the play.

Anandi Z.

THE ETERNAL BANYAN

Beneath the sky's vast gaze,
a seed once fell into the earth's open palm.
A tiny promise, wrapped in silence, waiting.
And then—life stirred.

A slender shoot rose from darkness,
drinking deep from unseen rivers.
Roots reached downward, seeking
the whisper of ancient stones,
While branches stretched skyward,
weaving a song of light.

But the banyan is never one.
Its roots, like wandering pilgrims,
descend again to the soil,
Rising anew, as if each moment were a beginning.
What was once a single stem becomes many,
A great forest born from its own embrace.
So too are we—
Branches of time, roots of memory,
Entangled in the vastness of being.

The banyan stands at the confluence of earth and sky,
where the seen and the unseen intertwine.
As rivers carve the land, as galaxies unfurl in the womb of
space,
so does this tree weave its silent hymn of becoming.
What is a seed is also the flower.
What is the root is also the branch.
And the soil—
the dark, waiting soil—
is the grand womb of creation itself.
And so, like the banyan,
we grow, we return, we rise again—
Forever intermingling, forever becoming.
Here, beneath the banyan canopy,
We remember:
Nothing stands alone.
The river and the rain,
the earth and the stars,
the body and the spirit —
The Milky Way and the Milky Ocean
All are woven into an endless dance.

Sehdev Kumar

Voices & Notes

HOW CHRISTMAS WAS STARTED IN THE ASHRAM

by Sunayana Panda

Many people often wonder about the origins of the Christmas celebrations in the Ashram. Of course, to those of us who grew up here, having seen the Christmas tree since our early childhood we have never given a thought about how it all started. We all remember how we would wake up to find a present on top of our mosquito-nets on the morning of the 25th December and how Udar-da would come in his red Father Christmas costume and a big white beard, ringing a bell. There would be a nip in the air. We would come to school and spend the whole morning listening to stories or visiting the various boardings of the School to see their Christmas decorations. We could hardly wait for it to be evening so that we could go to the Theatre where we had a lot of fun. There were presents, games and music. It was the only day during school time when the students did not have sports. ...



The Mother was familiar with the ancient occult traditions of the West and was herself well-acquainted with the occult world. Long before Christmas came to be celebrated as the day of the birth of Christ there had been a festival which fell during the same week and was celebrated as the return of the Light to the Earth. It was in this spirit of remembering the new birth of Light that the Mother celebrated this day.

We don't have much information on how Christmas was celebrated in the 1930s in the Ashram. Maybe it wasn't celebrated at all. However, when children started coming to the Ashram, the organisation of the daily life of the community took a new turn. Mona Pinto, being an English-woman, used to bake a special cake for the Mother and send her presents on 25th December after she joined the Ashram, because in her country it was a day of festivities and gathering of friends and families and also of exchanging of gifts as a symbol of love and affection. In 1944, during the war years, when all of a sudden, there was an influx of children the Mother asked Mona to organise a little celebration for them. The ladies who were working with Mona at Golconde made fancy hats and little presents. Games were organised and these presents were distributed. All this was done in the house opposite the Ashram Library where Mona used to live then with her husband Udar and their daughter Gauri.

The children enjoyed the celebrations so much that it was decided to hold it the following year too. A couple of years later the Pintos shifted to their house on Rue St. Gilles. The first year after they moved, the Christmas celebration was held there, but it was decided right there that from then on the distribution of the presents would be for everyone in the Ashram and that it would be more convenient if it were held at the Playground. For the next ten years or so the Christmas tree was decorated and lit up at the Playground. It was a simple affair, and the young and the old participated in the cheerful mood of the celebration. The Mother herself sat near the tree and distributed the presents.

In those days the Ashram's finances were very limited so the presents which were given to the children were not new toys which were bought. What the children got in their little packets was mostly recycled material. The tennis balls with which the Mother played were afterwards passed on to the

other players and when they were completely worn out they were dyed in bright colours and distributed to the children at Christmas. For many years the only things the children got were these brightly coloured balls and a top made at Harpagon, most probably from left-over bits of wood, and a few walnuts. The special presents were the objects people made themselves and offered to the Mother on their birthdays. These beautiful things were sent to Mona to keep in her store and brought out at Christmas and given as presents. Many years later Manoranjan-da would go to Madras and buy little plastic toys. Even though everyone enjoyed this little celebration, the Playground, as it turned out, was not the ideal place. Sometimes it rained and everything had to be hurriedly taken into one of the rooms. At other times there was a strong wind and the decorations on the tree would get blown away.

In 1956 the Theatre Hall was constructed and was at that time the largest covered space of the Ashram, and perhaps it still is. From 1958 the Christmas tree was decorated at the Theatre and the Mother distributed the gifts there. Mona sat next to her, and one by one, handed her the packets to be given. Since then the celebrations have been held there, except for a couple of years in the seventies when the tree was brought to the School. This was because firstly, the Ashram had some financial constraints and secondly, during the Indo-Pak war the Ashram wanted to show its solidarity with the country and decided to keep things to an austere minimum.

Probably the last time that the Mother came to the Theatre for the Christmas distribution was in 1961. That year she did not sit and distribute the presents but only came and saw the decorations. It seems that that year she only distributed the packets to a few people and left. When the Mother stopped coming to the Theatre the distribution was done by Mona. On many occasions Mona said that had the Mother herself not insisted on this celebration she would not have done any of this planning and packing and counting and sorting, as it meant a lot of work for her and her team all through the year. But she did it with all her enthusiasm and all her cheerfulness because it was for the Mother.

At the beginning Mona would collect little things which she thought could make good presents, as and when she received them, and would keep them separately in a cupboard. Over the years the preparations for the Christmas distributions became more and more organised. As Mona was in charge of this distribution all the preparation and storing of the presents was done in the basement of Golconde, and is still being done there. Several people work all through the year to collect and sort things which eventually go into the packets which are distributed. Some things are made and some things come as donations in kind. Little objects are divided into different lots, depending on which age groups they might be suitable for. Some presents are bought with the money that is donated by well-wishers to the Christmas fund.

From 1959 until 1972 the Mother gave messages for Christmas which were put up on the Ashram notice-board along with a collection of beautiful cards. Those messages are a real indicator of the spirit in which this celebration was done. In all the messages the Mother refers to the day as "Noel" and speaks of the Light, of renewal and peace. Even though all over the world Christmas has become one big shopping season, we in the Ashram have had the privilege of knowing its ancient and occult significance. And it was with this idea of invoking the Light that the Mother had started this tradition in the Ashram.

- <https://www.facebook.com/watch/?v=1772637886805145>
- <https://overmanfoundation.org/photographs-of-the-mother-during-christmas-celebrations/>

Submitted by Paulette

SPIRITUAL-SUPRAMENTAL MORPHIC RESONANCE

I posited the following question to one of our Infocomm Assistants Gemini, with follow through elaborations:

Can you make the connection with the Morphic Resonance of Rupert Sheldrake to the similar views of Carl Jung and Sri Aurobindo?

Here, dive in and [continue from there](#).

Addendum:

The Object is Transformation

"There has never been here any real surrender, any giving up of yourself freely and simply into the hands of the Divine Mother. And yet that is the only way to succeed in the Supramental Yoga. To be a Yogi, a Sannyasi, a Tapaswi is not the object here. The object is transformation, and the transformation can only be done by a force infinitely greater than your own; it can only be done by being truly like a child in the hands of the Divine Mother."

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

"I count more on something awakening in the being through contagion rather than by a methodical, disciplined effort."

Perhaps, after all, something is being prepared and one day it will spring up to the surface."

<https://incarnateword.in/cwm/09/13-august-1958>

"And the thing is DONE."

<https://incarnateword.in/agenda/03/april-13-1962>

"I will soon have a dangerous contagion, you know! (Mother laughs)"

<https://incarnateword.in/agenda/11/april-4-1970>

55 years on circa 2025 onward: the Spiritual-Supramental Morphic Resonance exponentially continues to spread globally, unstoppably as CONTAGION, with the Dual Avatar Sri Aurobindo and the Mother's Auroville in the protected womb of Bharat Mata, the epicenter, reverberating as this City of Dawn's Conscious Proactive Vision-Goals, Prime Directive and Divine Purpose:

... *"Auroville will be a site of material and spiritual researches for a living embodiment of an actual human unity."*

... *"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent."*

Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine." ...

<https://auroville.org/page/core-documents>

"An actual human unity" = Unity or Oneness in Diversity is already, actually, always is and will be, eternally.

The false-separative ego-mind just has an illusion that Oneness is not, and thus experiences the painful karmic consequences of its false-separative actions.

An awakened human being has obliterated this ego-mind from within.

"For a living embodiment" = the eventual Divine Manifestation of this new species the Supramental being, a beingness beyond the ego-mind, that will spring up when the needed critical mass, the tipping point, of human beings awaken to Oneness and Divine Love.

It is happening, spreading, exponentially.

A Supramental Transformation by Contagion

Om Namo Bhagavate

Note: 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

AVDZINES TO MOVE FROM TOWNHALL

I understand from FAMC & ATDC that AVDzines (Graphic section) is to move from Townhall to the AVDzines building at Mangalam campus, on 24 December 2025. Please give your hand to move things.



The place is next to Wellpaper, & Bamboo centre.

From there I can provide the same service. You are also welcome to send your job via email and WhatsApp, see the data below.

- **Will start the service** from first week of January 2026.
- **Type of job that can given:** Printing, layout designing, package designing & manufacturing, photo framing & lamination and all kind of boxes & paper bags and screen printing.
- For Big works we can deliver to your place, Please come over and support it.

For location please scan QR code. See you there.

AVDzines@auroville.org.in or
AVDzines@gmail.com

9443459063 WA

Guna for AVDzines



LOOKING FOR THE PERFECT CHRISTMAS GIFTS?

Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovillians. Also some new stock and cheaper reject sales.

Looking for the perfect Christmas gifts?

Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovillians. Also some new stock and cheaper reject sales.

www.thecoloursofnature.com

100% Natural Dyes

The Colours of Nature
Production HQ
Next to the Production Village GH
Bamboo Centre, Auroville, Tamil Nadu
Contact: colnature@gmail.com

- www.thecoloursofnature.com
- 100% Natural Dyes

The Colours of Nature Production HQ next to Isai Ambalam Annex GH, Auroshilpam, Auroville.

- Contact: colnature@gmail.com

Petra

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

TANTO TUESDAY SPECIAL DISCOUNT

Please note that the Tanto Tuesday Special Discount will not be available

on Tuesday, 23 and Tuesday, 30 December

We appreciate your understanding

Tanto Team, from mass bulletin

COFFEE IDEAS WILL BE OPEN

31 December, 8am—5pm

Coffee Ideas will be open for the next two Wednesdays — the 24 and 31 December from 8am to 5pm

We look forward to seeing you there!

Matilde for Coffee Ideas Team

RIGHT PATH CAFE

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.

Please note: The special discount at The Right Path Cafe will **not be available on**

25 & 26 December and 1 & 2 January 2026

Non Veg Monthly Meal Scheme

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

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

- Rs 3700 per month. Open to 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:

- cafeteriaavc@auroville.org.in

- 9043004919 WA

Kyoung Hyoun Lee

NEW YEAR'S EVE

Vegetarian & Vegan Buffet

@ The Right Path Cafe (Cafeteria Visitors Centre)

31 December, 6:30—10pm

Welcome the New Year with a conscious, hearty and joyful meal. Join us for an organic intercontinental vegetarian and vegan buffet at the Cafeteria Visitors Centre, Auroville.

Enquiries and bookings:

- cafeteriaavc@auroville.org.in,
90430 04919 WA

Pricing: Guests: Rs 900/-

Aurovillians, Newcomers and Volunteers: Rs 630/-

Children below 12 years: 20% off

Wishing you a happy and nourishing New Year!

Kyoung Hyoun Lee for Right Path Café



SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovillian Volunteers & Guests

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

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun



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



NATURELLEMENT GARDEN CAFÉ

Thursday 50% discount paused
25 December until further notice

We will take a break with our Thursday 50% discount scheme at Naturellement Garden Cafe from 25 December until further notice, (most probably till the end of March). It will be too much for our staff to handle during the busy season.

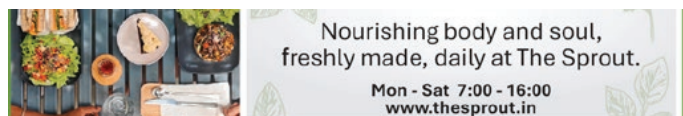


But the good news is that during that period
we will shift the scheme to Bella Vita!

On Thursdays we will offer a 50% discount on our already low prices. (Drinks and baked goods will be excluded.) So welcome to try our Pizzas, Tarts, Salads and Wraps!

Martina for Naturellement team

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team, www.thesprout.in

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

Parthasarathy Krishnan



@ 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

LIVING ROOM CAFÉ, AUROVILLE



+91 9566142115, Satyakam

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



TASTE OF YOGA: VEGAN CAFÉ



Kathir for Vérité programming

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

FOODLINK MARKET CLOSED FOR CHRISTMAS

Monday—Saturday, 9:30am—12:30pm



FoodLink closed for Christmas on Thursday, 25 December.

Milk orders can be collected at our distribution centre between 8:15—9:15am.

Merry Christmas, and see you on Friday!

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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and Millets Pongal, Coffee Rs.99

Submitted by Shiva



INTEGRATED TRANSPORT SERVICE



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

Shared Transport Service

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

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

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

Contact: 8098776644/ 9442566256

◦ its@auroville.org.in

Rajesh.D

KINISI E-MOBILITY



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

Laure



Book A Taxi 24/7

SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

+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



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



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.

Shaheen for Inside India Team

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

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.

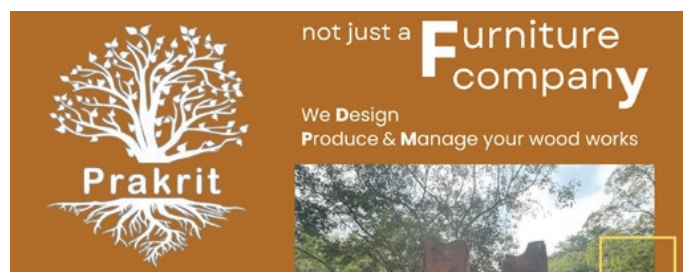


RAPID CARE SERVICES
One call to solve all your problem

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*



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, lyyappan

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

OPEN HOUSE

@ Eco Femme

Every Thursday, 10:30am @ office in Auroshilpam



Come join our Open House every Thursday at 10:30am. We hold these at our office in Auroshilpam, just behind Auromode.

We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and period underwear.

See you soon!

Mila for Eco Femme Team

Classes, Workshops & Healing Arts

VEDIC ASTROLOGY:

Preparing for the Month Ahead

Sunday, 4 January 7—8pm IST

I'm offering a live monthly session where we pause and look at the coming weeks through the lens of Vedic Astrology. We'll explore the Sun's new sign, key planetary transits, important lunar days, and to plan the month with more awareness.

No prior knowledge of Vedic Astrology is needed. And there are no predictions. The intention is to help you notice the larger patterns in nature, and see how we can align to that.

- The next session is on Sunday, 4 January 7—8pm IST.
- You [can read more and join here](#).
- For queries, pls message me on 9843948288.

Vikram

AUROVILLE-JIVA

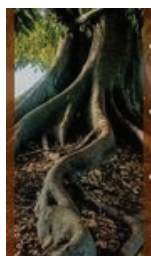
Register: contact@auroville-jiva.com,
or +91 9443619403 WA.

Ancestral Lineage Healing: 1 Day Intensive

- 15 January, 9am—5pm
@ Pavilion of Tibetan Culture

Connect with your innate wisdom. Ancestral lineage healing helps us to re-establish healthy relationships with our ancestors and to bring healing to the ancestral field.

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.



Body in Light: Energy Healing Workshop

- 9—11 January, Friday—Sunday, 9am—5pm
@ Pavilion of Tibetan Culture

Do you want to step into the harmonious frequency of the universe? 3 Days of radical Self-empowerment: Discover your Divinity & Awaken the Goddess within

Dive into powerful techniques for self-healing, and learn Fundamentals, Principles and Universal Laws of energy healing.

- [More information](#)



Flow Into Clarity

- Sundays, January 4 & 18 January, 3—6pm In Auroville

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.



The Flow Game is played around a special board inspired by the 7 directions found across multiple cultures. The players are invited to connect to infinite wisdom of the Universe. The game enables you to go deep into your own inquiry, while getting new insights through collective wisdom.

In-Person in Auroville:

- **Theme:** 'Birth of the New' (4 January) & 'Love' (18 January)
- **Host:** Sandhya, Venue will be revealed after registration, limited spots!

Sandhya

MINDFULNESS WITH HELEN IN DECEMBER

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness. To book your place whatsapp 7094753054 or visit innersightav.org

Mindfulness Kindfulness

- **Saturday, 27 December, 9:15am—12:30pm**
@ Creativity Hall of Light
- Half day retreat with Helen

This mini-retreat weaves together mindfulness & kindness practices, creating a tender pathway to self-compassion & opening our hearts to others. It offers an ease of being, an inner softening, & invites a deeper, more present way of living.

Everyone is warmly welcomed—whether you're beginning your meditation journey or have been practicing for years. During the retreat you can choose whatever your body needs—a chair, cushion, or mat. Participants will hold silence throughout the retreat to provide everyone with the space & opportunity to go deep within.



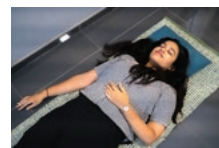
Letting Go—a year-end mini-retreat

- **Wednesday, 31 December, 2—4pm**
@ Creativity Hall of Light

This mini-retreat will gently support you to close the year by cultivating the profound & powerful attitude of letting go.

The retreat is a carefully curated session of mindfulness meditation practices interspersed by time for reflection & poetry for the soul. A perfect way to start the new year with a clear & present mind and an open heart.

Helen



MONTHLY 1 DAY VIPASSANA MEDITATION

Sunday, 28 December, 8:30am—2:30pm
followed by interviews.

Dear Meditators, you are all very welcome to the monthly 1 day Vipassana meditation course for "old students" **only** (meaning those who have completed at-least one 10-day vipassana course as taught by SN Goenka). There will be an assistant teacher conducting this 1 day course and will be available for interviews. Lunch will be served.



Note: Due to space constraints this course is being offered only for meditators attending the full day.

- **Venue:** 1 Vibrance, Vikas Radial rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage. [Location](#).

Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.

- Please contact vallari@gmail.com/ 9740322447 WA by Friday, 26 December, 9pm.

Laure

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

SITARA MUNAY-KI YOGA

Thursday class on 25 December is cancelled



With Sitara:

Meditation Yin Yoga Sound Journey

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

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

With Munay:

Surya Kriya Yoga Tibetans Rites

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

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

With Munay and Sitara:

Surya Kriya & Yoga Nidra with Live Music

- Fridays 5—6pm @ Vérité

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, followed by Yoga Nidra, with live handpan & flute music, to carry you into stillness & radiant presence.

Locations:

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

- Hall of Light is in Creativity Community, in the center of Auroville.
- [Vérité](#) is an Auroville project for integral learning, living & yoga.

Other details:

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

Munay (Giovanni)

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



ACTIVITIES BY LAKSHMI

Shamanic Breathwork

- Every Monday, 5pm @ Vérité

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 @ Vérité

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

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.

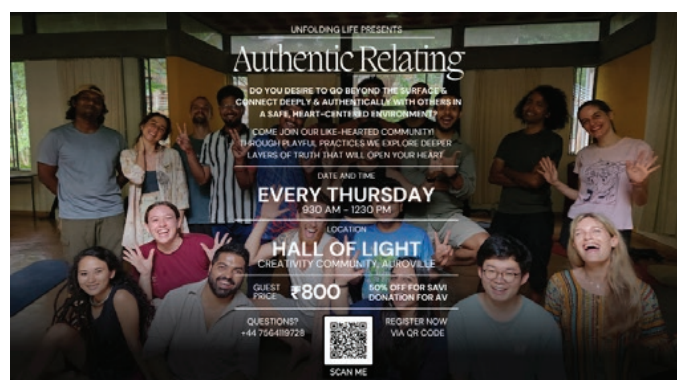
Meetings can be in-person in Auroville or online.

For more details see

- www.innersightav.org or
- contact Kardash +91 9940934875 WA

Kardash

AUTHENTIC RELATING



Dave

QUIET HEALING CENTER



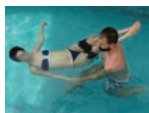
www.quieth healingcenter.info,
quiet@auroville.org.in

+91 9488084966, Mobile & WA

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.



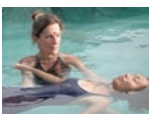
The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements.

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.

Watsu® & Breathing with Dariya

- 4—5 January, 8:45am—6pm, 15 hours
- **Prerequisites:** Watsu Basic

A 2-day journey of exploring your breath and its applications in Watsu. In this course, you'll learn to integrate the practice of Watsu with the power of working with your receiver's breath.



On land, several topics will be discussed, including the link between breathing and yourself as a giver, as well as your energetic connection with the receiver. You'll also gain an understanding of the anatomical basis of the respiratory system to better grasp its functioning.

Ayurvedic Birenda Massage Training with Jean-Louis & Sivacoumar

- 5—10 January, 9am—5pm, 36 hours
- **Prerequisites:** no previous experience required!

Ayurvedic Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience.



To facilitate the training, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage legs, arms and front of the body.

You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

Manual and certificate will be given upon completion of the course!

Watsu® & OBA Basic with Dariya

- 12—17 January, 8:30am—1:30pm, 31 hours
- **Prerequisites:** no previous experience required!

In Watsu Basic, you'll learn the qualities and body mechanics required to work with someone on the water surface. 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'll learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while 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.

Shiatsu for Watsu® with Ulrike & Prema Sankar

- 12—17 January, 8:45am—6:30pm, 50 hours

Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network — the energy system.



About 60% of this course is on land, during which you'll learn a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) along with some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock).

Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu or 50 hours of Tantsu, another modality of land-based bodywork.

Prerequisites: Watsu 1 or equivalent course

Holistic Reflexology Training with Ananda

- 17—22 January, 9am—5pm, 36 hours
- **Prerequisites:** no previous experience required

Holistic Reflexology is a deeply relaxing & healing tool for body-mind-energy. With meditative presence and loving energy & by activating nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal & lymphatic systems and boost overall immunity.



This course is open to anyone who wants to heal her/himself, work professionally with Reflexology, share love and healing touch with family & friends, learn ancient healing tools, or is already into healing and wants to make sessions more effective and effortless.

A certificate will be provided upon successful completion of this course.

Ancient Vedic Healing Workshop with Swami Omkar

- 24—25 January, 10am—5pm, 10 hours
- **Prerequisites:** no previous experience required!

In this workshop you'll be exposed to the ancient art of Vedic Healing through Prana Vidya or the Knowledge of Prana, the universal life force which permeates all creation.



Prana Vidya offers the knowledge of gaining, restoring and uplifting Prana in our body. It also explains how to transfer this life force to other people, as Prana can be given to others, who are sick or in an imbalanced state.

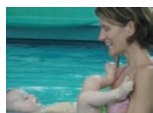
Advantages of Prana Vidya:

- Simple to learn and practice.
- All types of life styles can experience and practise Prana Vidya.
- Does not have any side-effects for the healer.
- Its healing power can already be experienced, while learning.
- All kinds of mental and physical problems can be cured.
- Character, memory power, and thought processes can be improved.
- Can be used for success in education, wealth, and relationships.
- Purifies our inner being and uplifts our spiritual life.

Watsu® for Babies with Dariya

- **25 January, 8:45—6pm, 8 hours**
- **Prerequisites:** Watsu Basic or a degree to work with babies in water.

Watsu for Babies is a beautiful and spontaneous way to experience the early years of childhood. It is open to anyone, who wants to share the joy of being in water with babies.



In this course, you'll discover that emotions arising from spontaneous movements in water can offer extraordinary experiences. These moments allow us to be in the present moment, simply listening to the baby's breathing while being supported by the healing power of water.

Thanks to the collaboration with Gianni De Stefani, a senior WABA instructor, Dr. Riccardo Palumbo has developed a new massage, which is introduced in this course to bring Watsu into the world of babies.

Through Tantsu and Ai-Chi exercises, you will begin to listen to yourself and to the baby you hold. You will also learn possible transitions of the Watsu sequence in order to expand it creatively for babies.

Holistic Rebalancing Massage Training with Ananda

- **30 January—8 February, 9am—5pm, 60 hours**
- **Prerequisites:** no previous experience required!

Holistic Rebalancing is a powerful healing tool for body-mind-energy through massage and touch.



- Module 1 focuses on developing expertise with spine, sacrum and neck.
- Techniques integrated from deep tissue massage, joint release, myofascial work, cranio-sacral, Tibetan pulsing, energy work, reflexology, vital Varma points, breath work and holistic science.
- Five ways of touch to balance the 5 elements: water, fire, air, earth, space.
- Daily practice of full body and energy preparation through meditations.
- Effective ways to give deep healing sessions effortlessly.
- Give professional sessions, understanding the need of your client, applying unique combination of tools with right intelligence and intuition, and completing a session with energy work & integrating back to self.

What do we learn in Module 2 of this training?

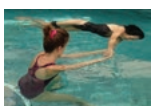
- Module 2 focuses on chest, belly, pelvis which are sensitive and important.
- Work with specific vital internal organs with sensitivity and care.
- Work supporting the body sideways, suitable and important for pregnant woman and physically challenged situations.
- Additional Tibetan pulsing energetic circuits and Varma points to open and heal the energetic and nervous system.
- Reading various body type and choosing the flow of session and techniques accordingly.
- Support people for deeper healing, inner journey and transformation.

A certificate will be provided upon successful completion of this course.

Liquid Flow Essence with Dariya & Daniel

- **31 January—6 February, 8:45—6pm, 50 hours**
- **Prerequisites:** Watsu & OBA Basic.

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Auroville, it is inspired and based on the forms and qualities of Watsu®, OBA®, Healing Dance®, and WaterDance.



With a complete sense of presence and attention, the practitioner moves, folds, stretches, and massages the receiver's floating body on the surface, inducing a profound state of both physical and mental relaxation. Depending on the choice of the receiver, a session can also include an underwater part (with nose clip), which offers a unique experience of being moved under water.

This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice.

In combination with practices on land, you'll experience the profound effects of this powerful, yet softening, work.

Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

Guido

WORLD GAME FOR ADULTS AND CHILDREN

"Where contemplation meets playfulness and transformation."



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

Details:

- Duration: 1,5 Hour,
- Individual session or together with a good friend.
- Price for 1 person: Rs 1500; for 2 people Rs: 2000
- Discounts available for Aurovilians, Newcomers and Savi Volunteers.
- The session can be done in English, Francais, Netherlands.

To know more or book an appointment:

- +919488084952 WA

Aikya

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.

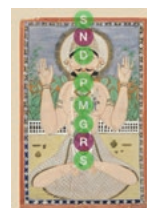
Vocal toning uses the vibration of the voice as a healing tool through humming and the vocalisation of vowel sounds.

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

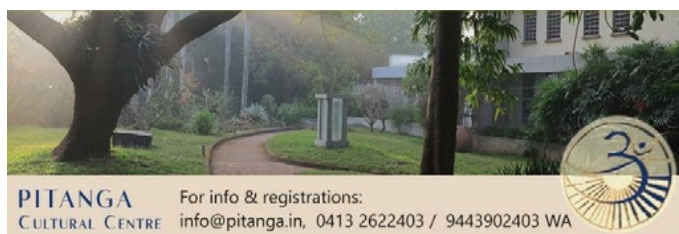
No experience required.

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

Anandamayi



PITANGA CULTURAL CENTRE



January

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

Holiday Closure: Pitanga will remain closed to the public on Thursday, 1 January 2026

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Doing No-Thing Consciously	4–5pm	Mike
	Iyengar Yoga	5–6:30pm	Olesya
	Vinyasa Flow Yoga	5:30pm–7pm	Dinagar
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
	Dynamic Yoga Flow	5:30–7pm	Florina
	Vinyasa Flow Yoga	5:30pm–7pm	Dinagar
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
	Dynamic Yoga Flow, not on 19/12	5:30pm–7pm	Florina
	Vinyasa Flow Yoga	5:30pm–7pm	Dinagar
Saturday	Iyengar Yoga	6:45–8am	Olesya
	Breathing & Mudras	8–9:30am	Gala
	Truth Based Relationships, practical sessions, not on 3/01	2:30–4:30pm	Juan Andres
	Iyengar Yoga	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3–5pm	Gala
Monday to Friday	Ashtanga Yoga (self paced)	9–11am	Monica M.
Saturday	Ashtanga Yoga (led primary series)	9:40–11:10am	Monica M.

Youth Activities

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

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga, paused during school term break. Will resume on 7/01.	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, NA
Jivatma	Sarga Bodywork®, NA
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

Ashtanga Yoga with Monica M.

- Mondays to Fridays, 9–11am (self-paced)
- Saturdays, 9:40–11:10am (led primary series)

Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual.

- Classes with prior registration only. No drop-ins.
- Booking with the teacher only: marinonimonica@gmail.com or scan QR code:
- More information: www.monicaamarinoniashtangayoga.com or +39 3917254083 WA



Dynamic Yoga Flow: Bhandas, Pranayama & Asana with Florina

- Wednesdays & Fridays, 5:30pm–7pm
- Class opens to all levels. Going deeper is a never-ending process.

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.

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.

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

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

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

ARKA WELLNESS CENTER PROGRAM

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</i> & <i>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
adiitva@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

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

VÉRITÉ PROGRAM, JANUARY

www.verite.in

- 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
	Tristhana Practice	9:15—10:15am	Keshav
	Restorative Yoga	3:30—4:30pm	Mani
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Pranayama & Vocal Toning	3:30—4:30pm	Nikki
	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
	Sivananda Yoga	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
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Somatic Yin Yoga (no class on 2 & 23 January)	9:15am—10:15pm	Radhika
	Hatha Yoga (no class on 9 & 23 January)	03:30—4:30pm	Ivana
	Ancestral Dancing Flow	5—6:30pm	Vera
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
Saturdays	Pranayama & Meditation (no class on 3 January)	7:30—8:30am	Radhika
	Deep Sound Bath	5—6:30pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandyra

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays, Wednesdays & Fridays, 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 Dhyan (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

Restorative Yoga with Mani

- Mondays, 3:30—4:30pm

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

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

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

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

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 (santosh), equanimity (śamatha), health, connection and well-being are established in daily life!

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).

Yogasana, Pranayama & Relaxation with Mani

- Tuesdays & Thursdays, 9:15—10:15am

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

Pranayama and Vocal Toning with Nikki

- Tuesdays, 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.

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.

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.

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Wednesdays, 9:15—10:15am

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

Hatha Yoga with Ivana

- No class on 9 & 23 January
- 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.

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.

Somatic Yin Yoga: Softening Into Self with Radhika

- No class on 2 & 23 January
- 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, 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 & 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.

Pranayama and Meditation with Radhika

- no class on 3 January
- Saturdays, 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.

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	Holistic Face & Neck Massage Therapy
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
Veermani	Physiotherapy & Rehabilitation
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.

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.

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.

Holistic Face & Neck Massage Therapy with Mamta

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

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.

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.

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

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

Healing Sound Bath with Tuning Forks with Satyayuga

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

Heart-Centered Resilience with Susan

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

Physiotherapy and Rehabilitation with Veeramani

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

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, 27 December	Yoga & Mindfulness: Graceful Self Acceptance w/ Anu	9:15am—12pm	Anu
Saturday, 27 December	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
3 January	Introduction to Shamanic Practices	9:15am—12pm	Auomira
Saturday, 3 January	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Friday—Sunday, 9—11 January	Prana: Life Energy Mastery	9:15am—4:30pm	Ananda

Saturday, 10 January	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 10 January	Face & Eye Yoga	2—4:30pm	Mamta
Saturday, 17 January	Seeing Clearly, Sharing Wisely	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 17 January	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
Friday—Sunday, 23—25 January	Self-Awareness & Love: Inner Mastery	9:15am—4:30pm	Ananda
Friday—Sunday, 30—1 January & 1 February	Vedic Astrology	9:15am—4:30pm	Swami Omkar
Saturday, 31 January	Holding the Fire Together	9:15am—12:15pm	Kaia, Munay & Radhika

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.

Introduction to Shamanic Practices with Auomira

- Saturday, 3 January, 9:15am—12:15pm

Explore the ancient practice of shamanic journeying—a powerful tool reconnecting us to Nature for healing, guidance, and self-discovery. Whether you're a complete beginner or an experienced practitioner, you'll gain practical insights to deepen your self-inquiry practice. This highly experiential workshop includes guided meditative live drum journeys, along with a step-by-step approach to ensuring a successful and safe practice. You'll leave with a deeper understanding of shamanic practices and the tools to continue your journey with clarity and confidence.

Introduction to Ayurveda and Its Lifestyle Techniques with Dr. Geeta

- Saturday, 3 January, 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.

Hon

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

HATHA YOGA FOR WOMEN'S HEALTH

4 weekly workshops with Nikki

Saturday, 3, 10, 24, 31 December, 4—5:30pm

@ Pitanga, Auroville

This class honors the cycles and stages of a woman's life through Hatha yoga practice.

Asana and Pranayama are used to support hormonal balance and promote physical and mental health.

We will work with the lunar cycle, through Asana and Pranayama to support hormonal balance and promote overall physical and mental health.

We will explore the connection between hormonal shifts and the endocrine and chakra systems.

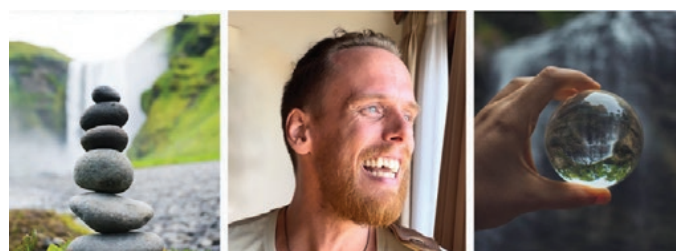
- For more information, please contact: info@pitanga.in, +91 9443902403 WA

Anandamayi



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

Languages

NEWS FROM

Auroville Language Lab



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.aurovillelanguagelab.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@auvillan-languagelab.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.aurovillelanguagelab.org>

- To enquire or register: tomatis@auvillan-languagelab.org or call 0413 2622467 or 3509932

Holiday Break! A quick heads up that, with regards to all language courses and Mediatheque use, the Auroville Language Lab will be closed on 25 December and 1 January. We'll be happy to welcome you back on the next open day. Thank you for your understanding—and warm wishes for a wonderful Christmas and a bright New Year!

Open House

- **Saturday, 27 December, 10am—12noon**



@ Auroville Language Lab

We'd love to invite you to our Open House—an uplifting, come-as-you-are gathering designed to inform, connect, and inspire. Whether you're a current or former student, part of our Tomatis program community, a valued donor, or simply curious to discover what we do, you're warmly 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: Spanish conversation with Joana 5—6pm
- Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- Thursdays: English conversation with Alex 5:30—6:30pm
- Wednesdays, 5—6pm, 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.

Current Schedule of Classes, 25 December

Courses: See details here

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

	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 Start date: TBA	5—6pm Wednesday & Thursday
	Intermediate with Alex	16-Hour, 2 months, Started: 4 November	5:30—6:30pm, Tuesdays & 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, 17 November	11am—1pm, Monday to Friday
Mandarin Chinese	Beginner with Shiju Hsieh	36—hours, 3 months, 18 November	Tuesday & Thursday, 10—11:30am

Tamil	Spoken Beginner with Saravanan	24-Hour, 3 months, Started 24 October	9:30—10:30am, Tuesdays & Fridays
	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	9:30—10:30am, Monday & Wednesday
Hindi	Beginner Hindi 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
	Intermediate with Joana	8-Hour Monthly, mid-January, TBC	Afternoons, TBC
German	Beginner with Alex	36-Hour, 3 months, Started 28 November	4—5:30pm, Tuesday & Friday
Korean	Advanced with Mint	4-Hour Monthly, Started: 13 August Still open to registrations	11am—12pm Wednesday

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

Beyond Language: Breath

- **Tuesdays & Thursdays, 4:45—5:45pm**

Didgeridoo classes by Sunny. Discover the Art of circular breathing and enhance this ancient practice. Instruments will be available. Duration is 3 weeks (6 classes). Please register a minimum of 2 hours prior.

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

BE PART OF THE STORY: SUPPORT Multimedia Center Auditorium—Cinema Paradiso (MMC-CP)

Be Part of The Story: Support

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance. We handle everything else ourselves, from fuel to upgrades. 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.

To cover ongoing expenses, we set a goal of 8 Auroville units. Three units already contribute ₹3,000/month each, and we are grateful for their support. We now invite 5 more units to join them. Individuals and film lovers are also welcome to contribute as well. Every bit of support helps.

Indian nationals and unit holders in Auroville (from any nation) can donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to MMC – Cinema Paradiso (FS Account #105106). Direct payments to our FS Account are not considered donations and will incur 18% GST for us. However, if that works better for you, please go ahead. Non-Indian nationals (from within Auroville or elsewhere) are welcome to contribute by contacting AV Unity Fund at Financial Service for guidance.

Your contribution 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



CINEMA PARADISO

@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 29 December—4 January

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.

Indian—Monday, 29 December 8pm

Hi Nanna (Hi Dad)

India, 2023, Writer-Dir. Shouryuv w/ Nani, Mrunal Thakur, Kiara Khanna, and others, Drama-Family, 155mins, Telugu w/ English subtitles, Rated: NR (PG)

When love hides in secrets, hope finds a way. Viraj lovingly raises Mahi, a child battling cystic fibrosis. His stories of her absent mother draw Varsha into their lives, transforming grief into hope. A moving tale of love, healing, and second chances, it captivated audiences and earned multiple awards.

Potpourri—Tuesday 30 December, 8pm

Ironiya Sudby, Ili S Legkim Parom! (The Irony of Fate, or Enjoy Your Bath!)

Soviet Union, 1976, Writer-Dir. Eldar Ryazanov w/ Andrey Myagkov, Marbara Brylska, Yuriy Yakovlev, and others, Comedy-Drama, 192 mins, Russian w/ English subtitles, Rated: NR (G)

Zhenya's drunken mix-up lands him in Nadya's apartment in Leningrad, identical to his own in Moscow. As Ippolit, Nadya's fiancé, fumes over the intrusion, sparks fly between Zhenya and Nadya. What begins as a farcical mistake evolves into a heartfelt New Year's tale of chance, love, and destiny.

Wednesday 31 December & Thursday 1 January :

No film scheduled : Happy holidays



Cinema Paradiso brings films nearly every day, pausing only two. Your support keeps this tradition alive. Every contribution counts!

Please consider recurring gifts
to MMC-CP (105106) via the Unity Fund.

EVERY CONTRIBUTION COUNTS

International Film Saturday, 3 January 8pm

À La Belle Étoile (Sugar and Stars)

France, 2023, Dir. Sébastien Tulard w/ Riadh Belaïche, Loubna Abidar, Marwan Amesker, and others, Biography-Drama, 110mins, French-English w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. From foster homes to Michelin-starred kitchens, Yazid Ichemrahen's true-life journey is a testament to resilience. Fueled by his passion for pastry, he battles hardship and prejudice to rise as a world champion, blending grit, artistry, and ambition to prove that even broken beginnings can lead to dazzling triumphs. With this, in Rilke's words, "we welcome the new year, full of things that have never been."

Children's Matinee—Sunday, 4 January, 4pm

Winnie the Pooh: A very merry Pooh Year

USA-France-Taiwan-SKorea, 2002, Dir. Gary Katona-Jamie Mitchell-Ed Wexler w/ Jim Cummings, Peter Cullen, John Fiedler and others, Holiday-Animation, 65mins, English w/ English subtitles, Rated: G

Pooh and Piglet rush to fix a missing Christmas wish, while Rabbit's New Year plans cause silly mix-ups. With Tigger's bounce, Eeyore's sighs, and Christopher Robin's help, the friends learn that the best gift is being together. A holiday of honey, hope, and hugs.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 4 January 8pm

Seven Years in Tibet

USA, 1997, Dir. Jean-Jaques Annaud, w/ Brad Pitt, David Thewlis and others, Biography-Drama, 136 mins, English-Tibetan w/ English subtitles, Rated: PG-13.

Heinrich Harrer is an Austrian mountaineer who is forced to be a hero for the Nazi propaganda. He leaves Austria in 1939 to climb a mountain in the Himalayas. Through a series of circumstances, he and fellow climber Peter Aufschnaiter become the only two foreigners in the Tibetan Holy City of Lhasa. There, Heinrich's life changes forever as he becomes a close confidant to the Dalai Lama.

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

ECO FILM CLUB: EVERY FRIDAY @ SADHANA FOREST

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
 - Note: Families and children are welcome! Dinner for children will be served at 19:00. :)



Friday, 26 December Children Full of Life

2003/ 40 minutes/ Noboru Kaetsu

Mr. Kanamori, a 4th grade primary school teacher in Kanazawa, Japan, gives his students lessons on what he considers to be the most important principles in life: to be happy and to care for other people. His lessons include discussion around teamwork, community, the importance of openness, how to cope, and the harm caused by bullying.

Aviram

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



About N&N

NEWS AND NOTES

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

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Multimedia Center,
Town Hall

Katiya & Alexey,

NewsAndNotes@auroville.org.in

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