



News Notes

#1112 A weekly bulletin for residents of Auroville 1 January 2026



Happy New Year!

Let this year bring you the power to smile in all circumstances.
For, a smile acts upon difficulties as the sun upon the clouds—it disperses them.

*The Mother, Some Answers from the Mother,
Letters to a Sadhak (1935—1940)*

Pondering



We surrender to Thee this evening all that is artificial and false, all that pretends and imitates. Let it disappear with the year that is at an end. May only what is perfectly true, sincere, straight and pure subsist in the year that is beginning.

*Words of the Mother—III,
Messages, 1935*

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	4
TOWNHALL SPEAKS	5
Public Land Beyond Private Claims	5
Tree planting	5
Notice from HRT	5
COMMUNITY NEWS	5
Matrimandir News & Schedules	5
Evening Program @ Amphitheatre	5
Day Change: Amphitheatre, Meditations at sunset with Savitri	5
Matrimandir Access Information	5
For Your Information	6
Opening of Park of Harlequin	6
Upasana: A Next Phase—Conscious Clothing and Design Residency	6
Awakening Spirit	7
Savitri Bhavan Schedule, January 2026	7
Bharat Nivas program	9
Bhagavad Gita in daily life	9
Bhagavad Gita Chanting	9
Learn the 1008 Namas (Sacred Names) of the "Divine Mother"	9
Laboratory of Evolution Library	9
Education	9
AV Library closed for Holidays	9
Lilaloka	10
Learning Space opens doors for kids	10
Supportive Learning Satellite: SLS team	10
Satori: Educational services	10
Sri Aurobindo and Mother's Thought in Last School	11
STEAM Holiday Camp	11
Auroville Consecration Programme	11
Tuition Classes Available	11
AI classes are back	11
Health Care	11
Santé Services Schedule	11
Morning Star Office Open House	12
Childbirth and Pregnancy education	12
Maatram	12
Aurodent Clinic	12
Aurokiya Integral Eye Centre	12
Alcoholics Anonymous	12
Auroville Health Center new phone number	12
Little Red Feet	13
Festivals	13
Invitation to the Auroville Festival 2026	13
International	13
Tibetan Pavilion	13
Hungarian Pavilion	13
Unity Pavilion presents	13
French Pavilion presents	14
Brotherhood House	14

theatre, Music & Arts	14
Inner Courage	14
A double exhibition @ Centre d'Art	15
It Matters: Art Exhibition Nature's Whispers	15
Open Call for Exhibitions, Activities, Artist Residencies	15
The Golden Future	15
Arpanaa presents Anubhuti	15
Vanaver Caravan	15
Exhibition: As in the Great, so in the Small	16
Exhibition in Pitanga: Touch Wood by Adil Writer	16
Bharat Nivas presents	16
Programs	16
Auroville Magarshi Festival	16
Dance Activities	17
Dance Classes by Mani	17
New Regular Sessions of Dance for Children	17
Auroville Tango	17
Bharatnatyam Dance Classes	17
Theatre, Music & Art Activities	18
Svaram Activities	18
CREEVA	18
Theta Healing Sessions	18
Public Speaking Course	18
Karaoke @ Bella Vita	18
Photo Circle meets again	19
Sports & Martial Arts	19
Abhaya Martial Arts	19
The Art of Chi: Stevanovitch Method	19
Aikido Classes	19
Bharat Nivas Classes	19
Kalaripayattu Regular Class	19
Regular Silambam Class	19
Grappling and Rudiments of Martial Arts for kids	19
Kshetra Kalari @ Aspiration Sport Ground	20
Swimming Class	20
Morning swimming classes for children	20
Auroville futsal/ football club	20
Bioregion, Crafts & Nature Activities	20
Enlight	20
Activities at AuroOrchard	20
Solitude Farm Activities	21
Mohanam program	21
Inside India activities	22
Wellpaper Workshop	22
Auroville Bamboo Centre	22
Egai: Learn from Artisans	22
Activities by Rupavathi	23
Sadhana Forest	23
Plant based Saturday	23
Multiple Activities	23
Bojagi Workshop	23
It Matters Activities	23

Looking For	23
Donations of Kitchen Utensils—MDJ	23
Taxi Sharing	23
To Chennai Airport, Sunday, 11 January, 9pm	23
Office Spaces	24
It Matters: Space Sharing for creative people	24
Kinisi Cowork	24
Hive Coworking Space Open House	24
Aurelec Spaces Available	24
Office Space Available: Auromode	24
Honorary Voluntary	24
Dog Shelter	24
Website & IT support (holistic)	24
Botanical Gardens	24
EcoService	24
Aarambham Learning Space	25
Gau Seva at Sadhana Forest!	25
Work Opportunities	25
AWARE—Media & Comms	25
Experienced Web Designer	25
Yuvabe Education is hiring	25
New Era Senior Secondary School (CBSE)	25
Poetry	26
Weeping Weapons	26
The Light Beyond Light	26
Voices & Notes	26
Auroville Stories	26
Auroville Radio	27
Foods, Goods & Services	27
Pour Tous Water Free Service	27
Right Path Cafe	27
Sudha's Kitchen!	27
AV Bakery & Café will be open	27
Auroville Bakery Cafe in Town Hall	27
Bella Vita: Thursday 50% discount!	27
The Sprout Cafe & Restaurant	28
Neem Tree Cafe Offer	28
Goyo Korean Silent Restaurant	28
Living Room Café, Auroville	28
Auromode Restaurant is Open	28
Taste of Yoga: Vegan Café	28
Download or Access Dropzy App	28
FoodLink Market	28
South Indian Breakfast	28
Integrated Transport Service	28
Kinisi e-Mobility	29
Sunrise Taxi Service	29
Qutee Electric Scooter Service	29
UTS Transport Service	29
Inside India	29
Rapid Care Services	29

Prakrit	29
Hemplanet	30
Annapurna Farm Baskets	30
Surabhi Supplies	30
AVDzines moves from Townhall	30
Sarvam Computers	30
Eco Femme Workshops	30
Classes, Workshops & Healing Arts	30
Voice Sound Healing	30
Mindfulness with Helen in January	31
Weekly Half-day Vipassana Meditation Course	31
Auroville-Jiva	31
Oracle card reading	32
Sitara Munay-Ki Yoga	32
Vedic Astrology: Preparing for the Month Ahead	32
Activities by Lakshmi	32
Leela Therapy	32
Quiet Healing Center	33
Pitanga Cultural Centre, January	34
Yoga and Classes	34
Classes by Prior Registration	35
Youth Activities	35
Healing Space	35
New Activities	35
World Game for Adults and Children	35
Authentic Relating	35
Arka Wellness Center Program December	36
Treatments	36
Services	36
Classes	36
Integral Unfoldment	36
Activities by Grace Gitadelila	36
Vérité Program, January	37
Classes	37
Therapies	37
Workshops	37
Auromode Spa Offers Cosmetology Services	38
Body Awareness & Relaxation with Hans	38
Languages	38
News from Auroville Language Lab	38
Cinema	39
Eco Film Club: Every Friday @ Sadhana Forest	39
From Amazon to Ganga	39
Cinema Paradiso	39
Mauri	39
Be part of the story: Support	
Multimedia Center Auditorium—Cinema Paradiso (MMC-CP)	39
Film Program 5—11 January	40
Emergency Services	41
About N&N	41
Accessible Auroville Public Bus	41

House of Mother's Agenda



The next day she returned to the subject: "I was like that. It was myself. I did not see myself in a mirror: I saw myself like the (*Mother bends her head down*) ... I did not look to see how it was because everything happened quite naturally, so I cannot give a detailed description. Simply, it was neither the body of a woman nor the body of a man, that much is clear. And the outline, the silhouette, was almost the same, as of a very, very young person. There was as it were the remembrance of the human forms: there was a shoulder and a waist. The remembrance of a form, as it were ... I saw it in the way one sees oneself. And there was a kind of veil that I had put on, like this, to cover myself. It was not surprising to me: it was a natural way of being. It must be like that in the subtle physical."⁶¹

Without going into details, let us consider the following. A transitional body, generated as all bodies are now, is not sexless. As the body the Mother saw was sexless, it must have been a supramental body, for this is how she said the supramental body would be. At the time she saw her new body, "as of a very, very young person", she was ninety-four. What she called "the subtle physical" in her conversations, she sometimes also called "the true physical" and used this term to locate "Sri Aurobindo's abode" in the supramental. Putting these elements together—and there are more—there is little doubt that the Mother had built a supramental body that would be the prototype or archetype of the supramental bodies to come. With the descent of the Supermind, the establishment of the Overman Consciousness and the realisation of the prototype of the supramental body all the foundations were laid for the development of the New World.

This also means that, like Sri Aurobindo, the Mother lives in an immortal body. Hers is even more fully supramental than Sri Aurobindo's because not only the mental and vital sheaths of her adhara were supramentalised, but also part of the material sheath. (This is what most of her conversations from 1958 till 1973, recorded in the Agenda, were about.) Consequently she, like him, is omnipresent in a supramental form, doubtlessly always there to ensure the progress of the Work and help the souls who are dedicating their present incarnation to it.

⁶¹ The Mother: Notes on the Way, pp. 302 ff.

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

PUBLIC LAND Beyond Private Claims

A Reflection on Land, Law, and Authority in Auroville

Over the past few years, questions have been raised and articles written by anyone with a pen (or a keyboard) about land consolidation within Auroville's Master Plan area. While questioning processes and authority is healthy in any evolving community, it is equally important that such questions rest on accurate readings of law, institutional mandate, and factual context.

When conjecture is presented as legal analysis, and personal grievance is framed as public doctrine, clarity becomes essential.

This article therefore seeks to restore that clarity.

- **Paper Version:** Please read full article at the end of the issue.
- **E-Versions:** [Please read full article here.](#)

Sindhuja

TREE PLANTING

Thursday, 1 January 10am



Auroville
Town
Development
Council

L'avenir d'Auroville

This is to inform you of a **change in the location** of the tree planting scheduled for **Thursday, 1 January 10am**.

The tree planting will now take place along the Inner and Outer Crown Road, in front of the Mahalakshmi Park entrance, instead of the previously announced location near the Solar Kitchen parking area.

This change has been made as the current SK parking area is planned for future residential development. In order to avoid planting trees that may later need to be removed or transplanted, ATDC has identified this new location along the park, where the trees can grow and thrive permanently.

We are grateful to the Nursery of the Sri Aurobindo Ashram for graciously gifting six Service Tree saplings, grown from saplings originating at the Sri Aurobindo Samadhi.

All community members are warmly invited to join us. Please feel free to come with friends and family and take part in planting these six Service Trees together.

Your participation will mark the beginning of the year with a shared act of care, intention, and collective purpose.

ATDC—*L'avenir d'Auroville*

Active members: Hemant, Jaya, Ponnusamy, Prasad,
Sindhuja & Toby

Member-Secretary: Dr. G. Seetharaman
From Mass Bulletin

NOTICE FROM HRT

We would like to kindly remind you that all Aurovillians, Indian and Non-Indian, have to inform HRS when they leave Auroville. This meets the Residents' criteria.

- Mail to hrs@aurville.org.in (or)
- Kindly [fill the Departure Form](#) for ease and efficiency update (or)
- You can also access it from our Aurnet profile page: <https://aurville.org.in/group/human-resources-service-hrs>

Human Resources Service—HRS,
From Mass Bulletin

Community News

Matrimandir News & Schedules

EVENING PROGRAM 1.1.2026

@ 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 day change

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

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



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with 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 Aurovillians and registered Newcomers daily, 6am—7:30pm.
- Aurovillians may bring close family and friends to the Gardens only daily, 9am—3:30pm.
- **Aurovillians 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.**
- Aurovillians wishing to bring close family to the Gardens at any other time should inform mmconcentration@aurville.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 Aurovillians, 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

For Your Information

OPENING OF PARK OF HARLEQUIN

9:30am—6:30pm, every day except Sunday

We are pleased to inform you the opening of Park of Harlequin, a 2,000 m² urban park located in the city centre, between Citadines and Sunship.

Among the many 'Work trees' that were found and preserved, around one hundred new trees have been planted to provide shade, along with 500 shrubs and a variety of plants.

To make access and visits easier, 500 meters of pedestrian pathways are available for peaceful walks.

For children, a playground with a protective rubber surface offers swings, a merry-go-round, and a slide. A plant labyrinth is also available for those who enjoy new and unique adventures.

In addition, thanks to Jean Jean, an area with 54 water jets provides a refreshing and fun experience during hot periods.

For adults, there is a badminton court and an athletic gymnastics frame.

For those who prefer calm and relaxation, many benches are available, spread throughout the green space, in secluded corners or around the zen garden.

In a small structure, inspired by Harlequin, you will find Aquadyn filtered water and toilet facilities.

This park was designed by the Auroville landscaping unit Progress (Kalya and Nivedha). The concept, implementation, and funding were carried out by the "City Center Common Facilities" group for the well-being of all Auroville residents. **Welcome Everyone!**

- **Opening hours:** 9:30am—6:30pm, every day except Sunday.
- **For safety reasons,** adults must accompany children.
- **Shivakumar**, +91 9486340513, is responsible for the badminton area.
- **Kumar**, our gardener, can activate the water jets upon request.
- **Purushothaman**, +91 9787768702, the administrative manager of Sunship, is available for any additional information.

Louis for City Center Common Facilities

PS: Please leave your vehicles in the parking area before Sunship, which is a few meters from the first entrance to Park of Harlequin.

UPASANA: A NEXT PHASE—CONSCIOUS Clothing and Design Residency

A rumour has been circulating that Upasana has been closed by the Auroville Foundation and that Uma has been asked to step down. This is not the case.

Upasana continues its work from its campus in Auroville and is being carried forward by a capable and committed young team. The practice of conscious clothing remains central to its work, rooted in care for the body, respect for materials, dignity of labour, and responsibility toward the planet.

After twenty-five years of continuous work and contribution, Upasana has entered a phase of conscious realignment. Uma has stepped back from day-to-day operations by choice, moving into a quieter phase of mentoring, and research, while remaining connected to the larger vision and direction.

The ongoing work is now held by a new generation of leadership, with space intentionally created for continuity and new ways of working to emerge.

Alongside its work in conscious clothing, Upasana has initiated a design residency program titled **Designing the Self**. This residency represents a new form of output for Upasana. It is not product-driven, but centred on inner inquiry and self-awareness, using design as a process for reflection and transformation.



In parallel, Uma is available to serve the wider Auroville community, engaging in collective processes and town-hall work where her experience may be of use.

Upasana continues as a living experiment—rooted in Auroville, shaped by time, and oriented toward depth, responsibility, and conscious evolution.

Happy New year 2026

Uma for Upasana, Auroville

Awakening Spirit

SAVITRI BHAVAN SCHEDULE



January 2026

Exhibitions

- **Meditations on Savitrī:** 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

- **5 January: About Savitrī—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 1—read and commented by The Mother.** From January 1968 to August 1970, The Mother, together with Huta, took up the project About Savitrī. The Mother read lines from Sri Aurobindo's epic poem Savitrī and gave her commentaries that were tape-recorded. Her reading and commentaries on *The Issue, Part 1*, are under the headings: *Savitrī,—a Conscious Birth, The Usefulness of Crisis and Tragedy, Foresight and the Human Spirit, The Power of Love*. The texts of Savitrī and of The Mother's commentaries are displayed on the screen.

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

The Mother remarked that beings like *Savitrī*—who came upon earth conscious of their entire being and Origin—experienced that their consciousness got veiled for some time due to physical birth and life and their body-consciousness. Most often, only when, through dramatic events, the outer crust of ordinary life was violently broken, the inner consciousness of such conscious beings had the opportunity to come forward and govern the whole being.

Savitrī's true self belonged to the Eternal Consciousness. When she came to know that her companion Satayavan must die and Death had to be conquered, she had the wisdom that only the highest Spirit and its Power could intervene directly in order to counteract the laws of destiny.

The Mother said the following about *Savitrī*'s immense task to change the old world: "By the Power of Her Origin and the legacy of the One, She must overcome all the laws established in manifestation and conquer the resistance of all that has been organised since centuries and millenniums and show that the Supreme is All-Powerful over His own creation.

In all the world as it is now, death and dissolution reign. She wants to abolish their law in order to establish the Su-

preme Life and Consciousness."

In Sri Aurobindo's epic *Savitrī*, it is revealed that Divine Love is the way to overcome Death and to establish the Supreme Life and Consciousness on earth. The falsified and deformed love of the human consciousness cannot do this because the manifestations of love in the world have always been distorted and reduced to needs and desires.

Only Divine Love—in its essence and its pure Origin that is entirely and totally Divine—has the Supreme Power to conquer Death and is capable of transforming the world. Through *Savitrī*, an incarnation of the Divine Mother, Divine Love manifested: "For the first time a human consciousness was capable of manifesting Love in its simple and magnificent purity—the Love that is entirely and totally divine, free from all desire and all selfishness, all narrowness and all egoism; the Love that exists for the joy of loving and it's at once giving and receiving at the same time in the same vibration. This is the Supreme Power that is capable of transforming the world and making it ready for the Divine Manifestation." *Duration: 44min.*

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

From the website is also a connection to every video of the series on YouTube: [About Savitrī: The Mother's Commentary | B1C2-1 Savitrī—A Conscious Birth.](#)

- **12 January: About Savitrī—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 2—read and commented by The Mother.** The Mother reads lines of *Savitrī* and gives her commentaries to these lines under the headings: *The Divinely Human Savitrī, A Conscious Divine Birth, The Promise and Certitude of Victory, The Ordinary Human and the Missioned 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 Savitrī 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.

- **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 Savitrī 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

Savitri Satsang with Narad @ Savitri Bhavan

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

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

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

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

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

OM Choir

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

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

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

OM is the signature of the Lord.

OM: I implore the Supreme Lord.

Listening into Presence

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

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

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

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

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

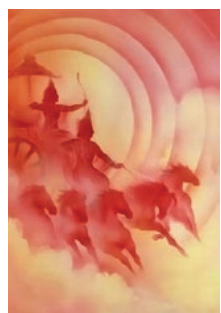
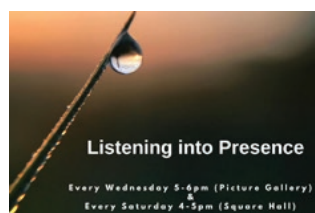
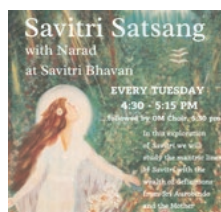
Guided Yoga Nidra session

- 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.

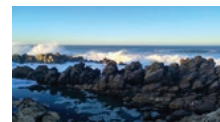
Things to bring: A yoga mat if can or cushions are available to lie down. Conducted by Sunny and Team.



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



Somatic Movements



- 8 Consecutive Fridays @ Garden Room
- 4—5:30pm, starting 9 January

[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 Misha

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 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 aged 5+**

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

Afternoon Activities

- **Twice per week, age: 3–6 years**

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

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

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

Occupational Therapy and Individual sessions

- **By appointment**

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE

opens doors for kids

of guests, volunteers and newcomers

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

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

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

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

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

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

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

Parents of students are welcome to participate in various ways. For admission/visit, please make an appointment at aarambham@auroville.org.in. Alexey



SUPPORTIVE LEARNING SATELLITE: SLS TEAM

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

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs. Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

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

The support provided may focus on: Academic or behavioral aspects. Referrals for children requiring further medical support or assessment. Advise and help to implement family support. Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity

- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura for SLS Team

SATORI:

Educational services

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

Sergei, 9442934078,
satori.auroville@gmail.com

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

STEAM HOLIDAY CAMP

Monday—Friday, 29 December—2 January

@ Deepanam School (No camp on 1 January)

Get ready for an exciting STEAM adventure with Yuvabe 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

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



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: adminSanté@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 Arun @ Santé

From 5 January we are welcoming Arun back into our team in Santé. Arun is certified physiotherapist with a special experience in sports medicine and geriatric care.

- You can book an evaluation slot through Santé reception by calling 2622803 and a treatment plan may be suggested for your needs.

We will also launch home visits by Arun for elderly and immobile patients after injury and surgery. Please phone Santé to book a slot.

Helena for Santé Services

MORNING STAR OFFICE OPEN HOUSE

Every Saturday, 10am—12pm

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

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

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

Savithri

CHILDBIRTH AND PREGNANCY EDUCATION

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

- In both English and Tamil
- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light

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

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us.

If you would like more information or to join the class, please contact Savithri through only +918940571774 WA or email us at morningstar@auroville.org.in

Paula for Morning Star Team

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



AURODENT CLINIC

For appointment:

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

Working Hours: Monday to Friday: 9am—5:30pm

- Saturday: 9am—1pm @ Auromode

Jayasutha for Aurodent



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*



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

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.

**Janmejaya and Kamala for
Bharat Nivas Trustees**

International

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



HUNGARIAN PAVILION

Homely Cultural Gathering

10 January @ European House

Violin music, Folkdance and Veg Goulasch

- AVI Hungary Presentation, 5:30pm
- Dinner Served from 6:30pm
- Volunteers welcome from 3pm onwards

**AuroBende, Barney, Bogi, Zsolti
+919884744739**



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**

Date	Venue	Event Details
Monday, 3pm	Hall of Peace	Peace Tea Ceremony by Jaya and Isha
Tuesday, 5pm	Hall of Peace	12 Qualities and the Mother's Symbol by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.
Thursday, 3pm	Oneness Hall	Tao of Tea—Sencha Style Tea Ceremony by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul.

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!

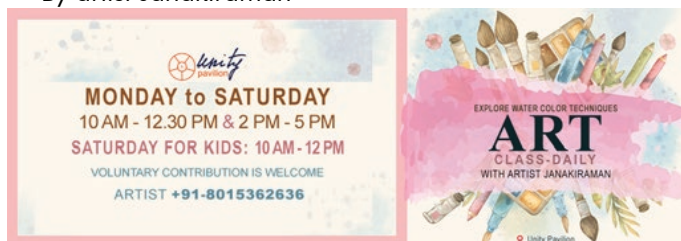
Presented by The Unity Pavilion Research Team:

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



Inviting students to form a new group.

- Age: 8 and above, every Saturday, 10:30am—12pm
- Contribution based
- Contact: Janakiraman, 8015362636
 - Unity Pavilion: 0413 2623576, unitypavilion@auroville.org.in

Tao of Tea—Sencha Style Tea Ceremony



Preeti

FRENCH PAVILION PRESENTS:

@ Pavillon 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 : ouverture, 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, decorations and pastry.

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



Marie pour le Pavillon de France

Games

Sunday Pétanque

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

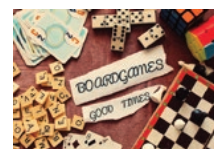
Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun.



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, languages and levels.



Submitted by Vivekan

BROTHERHOOD HOUSE

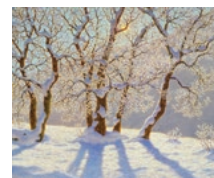
of International Zone presents

13 December—extended till 30 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.



- Wednesday, 7 January, 5 pm, Christmas celebration (Gregorian Calendar) with music, games and treats
- Wednesday, 14 January, 5pm: Soviet animation movie (1952) Snegurochka—The Snow Maiden, tale based on the 1873 Slavic-pagan play of the same name by Aleksandr Ostrovsky and Music from Nikolai Rimsky-Korsakov's 1882 opera The Snow Maiden.

Helena for International Pavilions

Theatre, Music & Arts

INNER COURAGE

New show @ Maji gallery
29 December—4 February



Inner Courage brings together the work of three artists whose practices reflect years of dedication, refinement, and quiet strength. United by a dialogue with nature, as it exists in our everyday life, each artist interprets it through their preferred medium and visual language, with observation, material, and gesture.

Together, these practices reveal inner courage as a quiet yet powerful force—one that emerges through material, language, and an attentive dialogue with nature.

Supriya Menon Meneghetti.

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 handmade 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

The GOLDEN FUTURE
aurelec Restaurant & Art Gallery.
 DECEMBER 2025 and JANUARY 2026 | OPEN 9 AM TO 5 PM

We are living in turbulent times, as we all know. However, the good news is that we are moving towards a new fifth-dimensional Golden Age that will be a time of peace and happiness when the world will have changed beyond recognition for the better.

What is a golden age?

A Golden Age is when every person, animal, tree, plant and the land itself radiates a golden aura. Gold is the colour of love and wisdom, so a Golden Age is a time of peace, harmony and abundance, when everyone co-operates for the highest good.



In the coming Golden Age, the air and water will be pure and there will be nutritious food for everyone. New spiritual technology will support us, providing limitless ecological and free power.

In fifth-dimensional consciousness, everything we need will come to us automatically and effortlessly. We will all be attuned to the angelic and spiritual worlds.

Submitted by Franz

ARPANAA PRESENTS ANUBHUTI:

Sarod concert by Abhishek Borkar

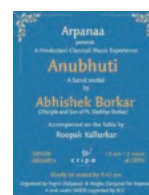
Sunday, 4 January, 10—12pm @ CRIPA

(Kindly be seated by 9:45 am)

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

We welcome you all to a Sarod concert by Abhishek Borkar who will be accompanied on the tabla by Roopak Kallurkar.

Abhishek Borkar is one of the leading young musicians of his generation. A child prodigy he was first initiated into vocal music and tabla at the young age of 4 before anchoring himself on the sarod, under the tutelage of his father and Guru Pt. Shekhar Borkar, under the Maihar Senia Gharana.



He performed his first concert to much appreciation at the age of 10 and there has been no looking back since then. His natural instinct for aesthetic music coupled with his incredible control over sur and laya have enthralled audiences in various parts of the world.

Having performed at some of the most prestigious festivals in India and abroad, Abhishek is also a recipient of many awards and accolades.

Come immerse yourself in magical morning ragas!

Kindly be seated by 9:45am.

Laura for CRIPA

VANAVAR CARAVAN

Saturday, 3 January, 5pm @ CRIPA

The Vanaver Caravan and Strawberry Hill Fiddlers are New York-based nonprofit 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



EXHIBITION: AS IN THE GREAT, SO IN THE SMALL

As in the Great, so in the Small
Fractal mountain landscapes printed from granite boulders and tree bark.



Mountain Landscapes by Birgitta Volz
Opening 07 DEC 4.00 PM

07 DEC 25 to 27 JAN 26

UNITY PAVILION International Zone, Auroville
MONDAY - SATURDAY 9.30 AM to 5 PM

Scan for location



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

Priya for Unity Pavilion

EXHIBITION IN PITANGA

Touch Wood by Adil Writer

Ongoing till 24 January 2026, @ Pitanga
Monday to Saturday,
8:30am—12pm & 2:30pm—5:30pm

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."

- Closed on Sundays and public holidays.

Aandamay

BHARAT NIVAS PRESENTS

Programs

Shakti Pravaham





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Shakti Pravaham
The life line of Energy
by Vimmi B eswar

07:00 pm, Saturday,
03rd January 2026

Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Kalaripayattu performance





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

In collaboration with

Presents

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





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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
Violin by
Nishanth Chandran
Mridangam by
Sri. Praveen sparsh

Isai Payanam





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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)
violin, Kishore (Violin)
violin thilai suryanarayanan (mridangam)
Venkatraman (Keys)
Pradeep (Tabla)

Sound of the Bamboo





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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.



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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





BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville

Presents

Auroville Margazhi Festival 2026
In collaboration with Bharat Nivas Bhavan and Kanti 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
Coaristates:
Akshay Anantapadmanabhan - Mridangam
V S P Gayatri Shree - Violin

Anniiyal



Harmony in Diversity



Sringara Leela



Submitted by Monisha
for BN Team

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: I 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 Bharatanatyam 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 Bharatanatyam 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

SVARAM ACTIVITIES

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

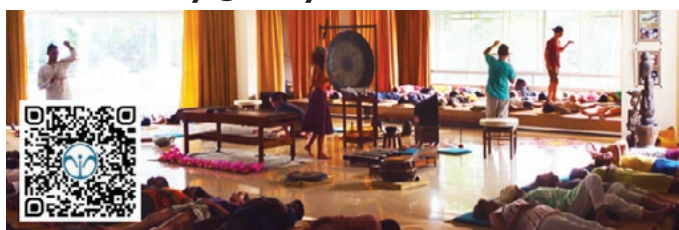
Sound Healing Session



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

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

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

KARAOKE @ BELLA VITA

2 Friday, from 7pm onwards

Join us for a relaxed karaoke evening where everyone is welcome, whether you want to take the mic, sing along from your seat or simply enjoy the atmosphere. **Martina**



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



ABHAYA MARTIAL ARTS ACADEMY

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



The first official MMA—Self Defense course is coming to Auroville!

- 24 & 25 January @ Bharat Nivas

After more than 10 years of successful workshops across India, Abhaya is proud to bring to Auroville an intensive 10-hour training, to learn technical skills, theory, and pedagogical principles to become basic MMA—Self Defense instructors.

- An official certification will be provided upon completion.
- For info and registration: 9487340778 or abhaya@auroville.org.in.

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

Giacomo for Abhaya

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

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

Bioregion, Crafts & Nature Activities

ENLIGHT
Light of Auroville

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



Explore Auroville



Bioregion Tour



Art & Craft Workshops



Fireside Drumming



Cycle Tour



Cooking Class

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

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 gathering for spiritual practice. Often using drumming, chanting or guided meditation



Sound bath 5 Element:

- 13, 27, January, 5—6:30pm by Satyaguga

To balance earth, water, fire, air, space energy within you for holistic wellness, promoting emotion.

New and Full moon Circles

- 5—7pm, Every New Moon and Full Moon

Sacred song and Drum circle

- 24 January, 5—7pm

Dia shares sacred medicine songs from around the world, weaving voice, mantra, and sound to open hearts and guide collective singing into unity and peace.



Awaken the heart: Cacao & sound journey

- 2, 16, 30 January, 6—8pm

A sacred space to soften, to listen, together we'll sip ceremonial cacao and to return home to your Heart by Lakshmi.



10th Auroville pongal & Bhakti Mela

- 15 January, Thursday,
10am onwards
@ Mohanam Campus

Pongal Ceremony, 10—10:30am

- Traditional Games for Kids
- Tamil connection to Asia & world (sharing circle with five dreams of Sri Aurobindo)
- Kolam Competition
- Bhakti Offering
- Singing circle, Kirtan, Stories and songs from the Soil: Kabir Baul Folk songs.
- Whistling towards the heart Sufi whirling performance
- Special Steam Food Lunch, Pre-Booking is required.

Come and enjoy

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



INSIDE INDIA ACTIVITIES

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

WELLPAPER WORKSHOP

10am—4pm, every day except Sunday

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

Wellpaper:

- +91 9385744722, 0413 2969722

Viji



AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

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

Bamboo tour with bamboo tea

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

Special bamboo lunch @ Auroville Bamboo Centre

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

Enjoy the Special Bamboo Lunch.

Make and take workshops

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



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

One day workshops: Pre-book in advance

- Monday—Saturday, 9am—5pm



Furniture Workshop—2 days

- 9, 10 January, 9am—5pm

Pre-book in advance. Discover the time-lines Charm of bamboo by crafting a hand-built seater Using traditional joinery techniques. Include refreshment.



Construction workshop-3 days

- 29, 30, 31 January, 9am—5pm

Pre-book in advance: Join has for a 3-days Bamboo workshop. Discover the amazing potential as bamboo as you learn about the material experience it in practice.



Pre-booking is necessary for registration

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

Balasundaram

EGAI: LEARN FROM ARTISANS



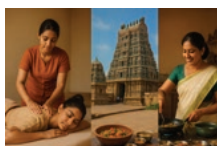
Instrument Making Workshop
Contact Anand : +91 9791896488 / egai@auroville.org.in

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

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

BOJAGI WORKSHOP

Learn the beauty of Korean traditional wrapping art

Every Tuesday, 6, 13, 20 & 27 January, 10:30am

+919489904112 WA
Mint



IT MATTERS ACTIVITIES

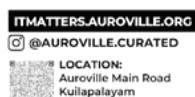
A/C room @ It Matters,
Auroville Main Road

More info on instagram:

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

Workshop pre-registration required:

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



It Matters ART EXHIBITION	SATURDAY January 03 4 - 6 pm	RULES (OPEN TO ALL): • Bring 1 artwork produced by you on the opening day • Framed / ready to hang / be displayed • Once the wall space is covered, we'll use tables, floor ect. • Come with the title/year/size/ material list/price: you'll have to fill out a tag	CONCEPT: Empty walls, bring one original art work ready to hang! You're part of the show, we're counting on you!
	OPENING: NAILED IT! The exhibition no one sees coming...	Any questions? Send us an email/whatsapp to: itmatters@auroville.org.in +91 93440 87925	• Pick up your art on Thursday 15 th Jan

Date	Workshops this week
31 December, Wednesday, 4—5pm	Sound Healing Nada Yoga (a recurring activity on Wednesdays) with Satyayuga, fixed price 400Rs and 50% discount for AV/ Newcomer/ SAVI
2 January, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satyayuga, fixed price 500Rs and 50% discount for AV/ Newcomer/ SAVI
3 January, Saturday, 10am—12pm	Nature, Self & Reality: Entering the Upanishads with Vaneeza, Contribution-based
3 January, Saturday, 3—5pm	Visualising Oral Traditions: Interaction with the creators of Loksutr with Apoorva & Achyut, Free Sharing, Non-commercial
4 January, Sunday, 10am—12pm	Soap Making Workshop with Juthika, fixed price: 2500Rs
Exhibition Opening—Free	
3 January, Saturday, 4—6pm	Nailed It! The exhibition no one sees coming... there will be snacks!

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

Sandra & Bhakti for It Matters

Looking For

DONATIONS OF KITCHEN UTENSILS—MDJ



As we step into the new year, we're lovingly working on refreshing our kitchen at MDJ and are reaching out with a small request for support. If you have any kitchen items or utensils you no longer need, we would be deeply grateful to receive them.

At the moment, we're especially looking for plates, cups, spoons, cookware, storage boxes, and small electronic appliances such as mixers. Items in good condition (or those that can be easily repaired) would be perfect.

La Maison des Jeunes (MDJ) is a small, experimental 12-house community in Auroville, located next to Citadines. It offers affordable housing and shared spaces for young volunteers and Newcomers, creating a nurturing environment where they can contribute their energy, ideas, and idealism to the ongoing development of the city.

Thank you for considering supporting our shared space and the young people who call it home.

Ivy for MDJ, 9176122030

Taxi Sharing

To Chennai Airport, Sunday, 11 January, 9pm

To stay eco friendly am very willing to share a taxi from Auroville to Chennai airport on Sunday 11 January 2026. Departure from Auroville Town Hall at around 9pm.

Contact: +34685673777 WA or srimala221@gmail.com.

Sunny

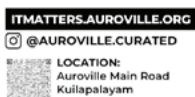
Office Spaces

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, 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

DOG SHELTER

Join Us as a Volunteer/ Newcomer—Dog Shelter Opportunity. We are looking for volunteers and newcomers to help at our dog shelter. Tasks include taking photos, helping the dogs get food, and assisting with organizing activities across different sectors whenever needed.

- For more information or to volunteer, please contact us at aurovilledogshelter@auroville.org.in.

Dr.Kumar & Sugar (Executive)



WEBSITE & IT SUPPORT (HOLISTIC)

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

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

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

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

- Contact: sandyra@auroville.org, 9443619403

Sandyra

BOTANICAL GARDENS

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

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

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

Noel Parent

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!

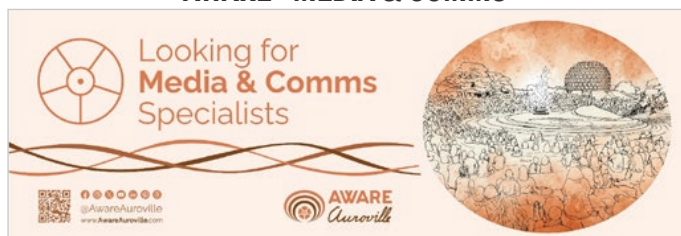
You are most welcome to join us on any day from **7am onwards**, and have a vegan breakfast at **8:45am**. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

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

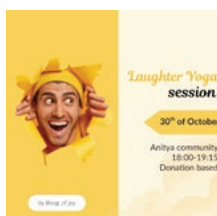
- Instagram: [@AwareAuroville](#)
- Website: www.AwareAuroville.com

Sajiv, co-ordinator

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



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

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

WEeping WEAPONS

The cry for battle
seeps into human minds—
through cracks in human hearts—
from tainted warlords
who paint the world
with stains of blood,
shed or slain,
drop by drop.

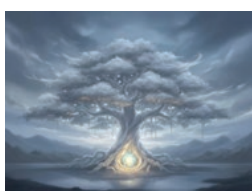
History recycles.
Humans strive to survive,
and suffer again,
licking the open wounds
cut by weeping weapons—
by words that incite,
by swords that spite.

In the humdrum of it all,
few have paused to wonder:
in cutting the cord of connection
with the Mother's womb,
what utter separation we suffer
from the Source,
from the siblings of our own blood.

The evil once vanquished
has risen again—
so close, closer than breath—
ready to feed the fire
that may drug us into night,
or light the house from inside.

With joyful Gratitude,
Anandi Z.

THE LIGHT BEYOND LIGHT



I have searched for You in the break of dawn,
In the stillness of stars before they were born,
In the river's silver sigh at dusk,
In the breath between thunder and hush.
I have sought You where shadows end,
Where the last veil trembles, thin as wind.
I have walked through fire,
through nights unlit,
Waiting for You at the edge of the slit.

Are You the glow
in the eye of an unborn child?
The peace that falls when all is reconciled?
The golden thread in a dream half-spoken?
The light in the heart
when the heart is broken?
O Light, not of sun nor moon nor star,
Not of lamps that flicker from near or far,
But the Light that knows the Light alone,

A silence brighter than the sunlit stone.
Where are You, if not in the cry for flight,
The ache for truth, the thirst for sight?
Where are You, if not in the womb of creation,
In the stillness where nothing
and all is found?

Only a wanderer am I
With many missteps and many stains,
Yet with eyes wide open
And the heart forever longing for something
That may just be beginning to gleam—
A flicker, a whisper, a trembling dream.

Perhaps You were never far nor near,
But always the pulse that silences fear.
Not a vision beyond, not a sign from above,
But the Light that always shines,
And is forever here.

Sehdev Kumar

Voices & Notes

AUROVILLE STORIES



How has Auroville changed your life? What are your most hopeful visions for our collective future?

Last March, a packed Cinema Paradiso witnessed a dozen deeply personal short stories — reflections on why we came to Auroville and glimpses of our best imagined futures. Watch some at:

- <https://www.youtube.com/@AurovilleStories>

Please register at bit.ly/AurovilleStories2068 to join a new cohort of storytellers who will craft and share short (3–5 minute), realistic and hopeful “future memories” from Auroville’s 100th anniversary in 2068. Our intentions are to...

- **Inspire each other and the world**, at a time when many are yearning for hope, solidarity, and reminders of what Auroville and humanity are destined to become.
- **Rise above internal divisions and “find truth in the balance,”** remembering The Mother’s words: “If you are on one side, you are necessarily wrong.”
- **Give narrative form to Auroville’s evolving Master Plan**, illuminating inner, social, cultural, and planetary dimensions alongside physical development.
- **Have a lot of fun along the way!**

This is an **apolitical project**. Aurovilians, Newcomers and non-Aurovilians are welcome—from all perspectives and statuses. Our intention is to create a **safe space for dreaming, not diatribe**.

Daniel Greenberg, Ph.D. (daniel@ic.org), long-term Friend of Auroville (along with a few others) will facilitate the series and use story circles, guided visualizations, and creative exercises and prompts (including characters from his SciFi novel-in-progress) to help participants move beyond habitual frames and dream into lived possibilities.

Let’s imagine—and remember—our future together.

Daniel

AUROVILLE RADIO

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



Last published Podcasts:

- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 18: "Mind and Supermind" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.521 \(Integral Yoga\)](#)
- [Savitri—Ep.31: Introductory Comments in Tamil by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 17: "The Divine Soul" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.520 \(Integral Yoga\)](#)

Latest Youtube Video

- [EP. 1 : Journeying stars with 'Marie-Claire Barsotti'- Interviewed by Anandi Zhang.](#)
- [Christmas Concert by Auroville Youth Choir | Live from Cripa](#)
- [Integrating Vedatic Wisdom into Daily Life—Dr. R Rangan | Auroville Literature Festival](#)
- [Udaya Shreyas—Discovering Sanskrit through the Mother's Verses | Auroville Literature](#)
- [Dr Sampadananda Mishra—The Wonder that is Avadhanam | Book Launch at Auroville Literature Festival](#)
- [15-year-old girl chanting Chapter 12 verse from Bhagavat Gita | Auroville Literature Festival 2025](#)

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

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

Sai Priya for AurovilleRadioTV

Foods, Goods & Services

POUR TOUTS 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

RIGHT PATH CAFE



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

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

AV BAKERY & CAFÉ WILL BE OPEN

Thursday, 1 January, 7am—1pm

AV Bakery & Café will be open on Thursday, 1 January, 7am—1pm offering croissants, cakes, and cookies. The café will serve the usual menu.

- Please collect your Thursday (1 January) orders on Wednesday (31 December).
- **Town Hall Café will remain closed on 1 January 2026.**

AV Bakery & Café Team,
ffrom Mass Bulletin

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

will remain closed on 1 January 2026

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

BELLA VITA:

Thursday 50% discount!

- **Naturellement Garden Café:** Thursday 50% discount paused
- **Bella Vita: Thursday 50% discount!** 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



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

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

Monica for The Sprout team, www.thesprout.in

NEEM TREE CAFE OFFER

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

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

Come and enjoy!

Parthasarathy Krishnan



@ 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

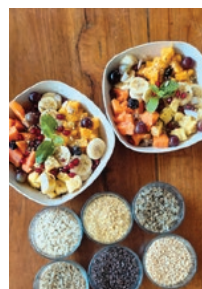
AUROMODE RESTAURANT IS OPEN

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



Vérité
Integral Learning Center
VEGAN CAFE
TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat
08:30 - 16:30

Kathir for Vérité programming



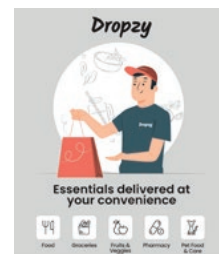
DOWNLOAD OR ACCESS DROPZY APP

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

Monday—Saturday, 9:30am—12:30pm



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

For more info: call/ WA +91 8300268804 or pass by.

Isabelle

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



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



KINISI

25%

LOOKING FOR
A NEW WAY
TO GET AROUND?

Rent an
e-cycle or e-scooter
from Kinisi

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

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

SCAN ME

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

Laure



SUNRISE TAXI SERVICE

Book A Taxi 24/7

+91 9843880591

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

RAPID CARE SERVICES

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



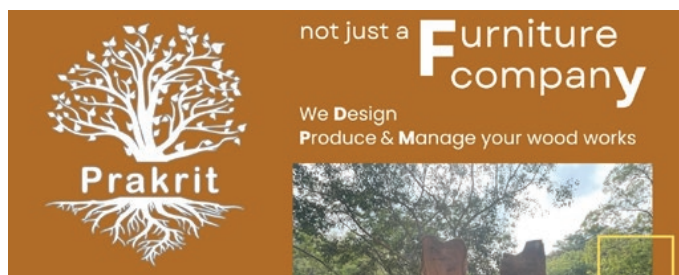
Services offered

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

- Contact: + 91 8270071581
 - Primary Email: rapidcare@auroville.org.in
 - Secondary Email: rcsrapidcareservice@gmail.com
 - Instagram handle: @rapidcare1

Balaji & Arun
for Rapid Care

PRAKRIT



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

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

Mehul for Prakrit,
+91 9634424066

HEMPLANET

Explore the Benefits of Hemp!

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



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

Davide

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

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:** surabhisupplies@auroville.org.in
+91 9843846458 WA, Phone, lyyappan

AVDZINES MOVES FROM TOWNHALL

AVDzines (Graphic section) is moved from Townhall to the AVDzines building at Mangalam campus. The place is next to Wellpaper & Bamboo centre. From there I provide the same service. You are also welcome to send your job via email and WhatsApp, see the data below.



- **Service starts** 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



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

ECO FEMME WORKSHOPS

Eco Femme is happy to announce a series of workshops being offered in the month of January. Each is a distinct experience looking at different aspects and lived experiences connected to menstruation. They can be joined as a series or feel free to pick and choose what calls to you.



Revolutionise Your Period! Healthy period, healthy body, healthy spirit! Join Eco Femme for a Series of Workshops:

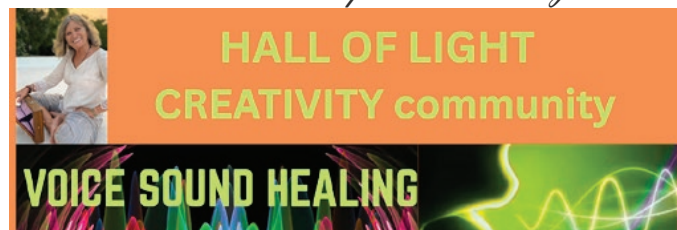
- **Saturday, 10 January, 9am—12:30pm:** Reconnecting to your Period and Breaking Taboos + Get rid of Endocrine Disruptors: a focus on disposable pads.
- **Saturday, 17 January, 10am—12pm:** Women's Circle: Eco-sisterhood in action.
- **Saturday, 24 January, 9am—12:30pm:** Reconnect to your Inner Cycle: Understand and Integrate the 4 Phases of your menstrual cycle.

Prior registration a must:

- Reach out to Mila at mila@ecofemme.org for registration form and pricing details.

Mila for Eco Femme Team

Classes, Workshops & Healing Arts



Saturday, 3 January, 9am—12pm & 3—5pm

Voice healing is an ancient practice used to harmonize body, mind and spirit.

The basic principles of voice healing are:

- Breathing and vocalization techniques to release tension.
- The power of harmonics and healing frequencies.
- How to use chanting, mantra and improvisation for personal healing.
- The connection between voice, emotions and energy centers (chakras).

This class is for all people who wish to explore the healing potential of their voice, regardless of their musical or vocal experience. It just takes an open mind and the willingness to connect with the sound itself.

- **Facilitator:** Lola Pardo

Register: +919443069335 WA, Lola

MINDFULNESS WITH HELEN IN JANUARY

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness. Mindfulness Coaching packages & bespoke groups sessions are also available.

- For details & bookings: 7094753054 WA or visit innersightav.org.

Wednesday, 7 January, 2:30—4:30pm	Introduction to Mindfulness	Workshop
Wednesday, 14 January, 2:30—5pm	Miksang—Mindful Photography	Workshop
Saturday, 17 January, 9:30am—12:30pm	Mindfulness Kindfulness	Half Day Retreat
Wednesday, 21 January, 2:30—4:30pm	Introduction to Mindfulness	Workshop
Monday, 26 January, 5—7pm	Mindfulness Based Stress Reduction	8 week course

Introduction to Mindfulness workshop

- Wednesdays, 7 & 21 January, 2:30—4:30pm

Discover how to find inner calm in the chaos of everyday life! Join this Introduction to Mindfulness workshop and learn simple techniques to bring awareness, richness, and joy into your life. Perfect for anyone wanting a calmer, more present existence or a deeper understanding of what mindfulness is.



Miksang—Mindful Photography workshop

- Wednesday, 14 January, 2:30—4:30pm

Miksang is a contemplative photography practice. Meaning 'Good Eye' in Tibetan it is a practice to synchronise the heart, mind & inner being. Miksang invites us to see the world with fresh eyes, to let go of our conditioning, our stories, our techniques.



The session includes mindfulness practices to attune & time for practice. It is suitable for all. You just need something to take photos with (phone is fine).

Mindfulness Kindfulness—half day retreat

- Saturday, 17 January, 9:30am—12:30pm

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—beginners, experienced practitioners & those whose bodies need to sit on a cushion, mat or chair. Participants will hold silence throughout the retreat to provide everyone with the space & opportunity to go deep within.

Mindfulness Based Stress Reduction 8-week course

- Mondays, 5—7pm, from 26 January

This evidence-based course can help you navigate life's challenges with greater ease & resilience. It blends ancient mindfulness practices with cutting-edge neuroscience, providing practical ways to work with stress, overthinking, burnout, physical & emotional pain and develop resilience, connection & presence.



Whether you're facing work pressure, relationship struggles, health concerns, or want to see deeper into your patterns, mind & true nature, the course offers practical tools to help in everyday life. It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

Helen

WEEKLY HALF-DAY

Vipassana Meditation Course

4 January, Sunday, 9am—12pm

@ Udavi school, near tank, Edayanchavadi,

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



- First building to the left near the parking.
- Location: <https://maps.app.goo.gl/4fu6Besiyw9vzsVy7>
- No registration is required.

You can come for the whole course or just drop in for some time whenever you want.

Please keep your cell phones off or in airplane mode for the duration of the course.

Laure, 0033 695651145

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

ORACLE CARD READING

with Carmen

Would you like to know the future and the outcome from a situation, come to me for having a reading.

The cards tell you what to do, so you know what to do.

Aurovillians are free.

Carmen

SITARA MUNAY-KI YOGA



With Sitara:

Meditation Yin Yoga Sound Journey

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

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

With Munay:

Surya Kriya Yoga Tibetans Rites

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

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

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, Aurovillians Rs200
- In Vérité: Guests Rs400, Volunteers Rs200
- Check our website for more info and updates:
sitaramunay-kiyoga.org

Munay (Giovanni)

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**

ACTIVITIES BY LAKSHMI

Cacao Ceremony & Sound Healing

- Friday, 2 January, 6pm—8pm
@ Mohanam Village Heritage

You are warmly invited into a sacred space of heart opening and deep relaxation.



Guided by the gentle medicine of Cacao, we come together in circle to soften, feel, and reconnect with our true essence. As the heart opens, a Sound Healing journey begins with drums, bowls, chimes, and voice allowing vibrations to move through the body, releasing what is ready to go and restoring inner harmony.

This ceremony offers:

- Heart opening & emotional release; Deep relaxation & grounding; Nervous system balancing; Inner clarity & connection; A feeling of unity and love

No experience needed: just come as you are.

Let the medicine of cacao guide you home to your heart.

Full Moon Alchemy: Ritual & Sound Voyage

- Saturday, 3 January, 5:30—7pm
@ Creativity Community, Hall of light

Dear beautiful souls, you're warmly invited to join our Full Moon Ceremony, a sacred sound journey to release, realign, and awaken your heart. Under the luminous energy of the full moon, we'll gather in circle to open a space of healing, connection, and intention through sound and stillness. Bring your presence, an open heart, and let the vibrations guide you home to yourself.

Lakshmi, +918489764602

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

QUIET HEALING CENTER



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

+91 9488084966, Mobile & WA

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
- Prerequisites: Watsu 1 or equivalent course

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.

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?

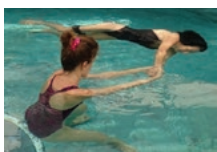
- Module 2 focuses on chest, belly, pelvis which are sensitive and important.
- Work with specific vital internal organs with sensitivity and care.
- Work supporting the body sideways, suitable and important for pregnant woman and physically challenged situations.
- Additional Tibetan pulsing energetic 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.

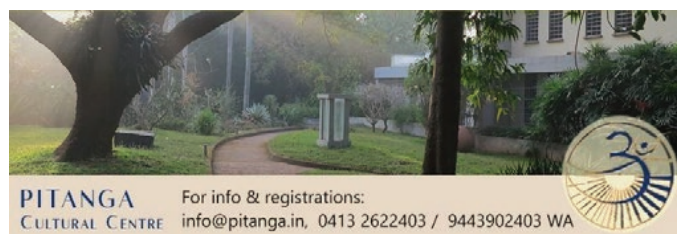
This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice.

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

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.monicamarinoniashtangayoga.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, Auro-card or UPI payment. Thank you for letting your guests know!

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

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

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

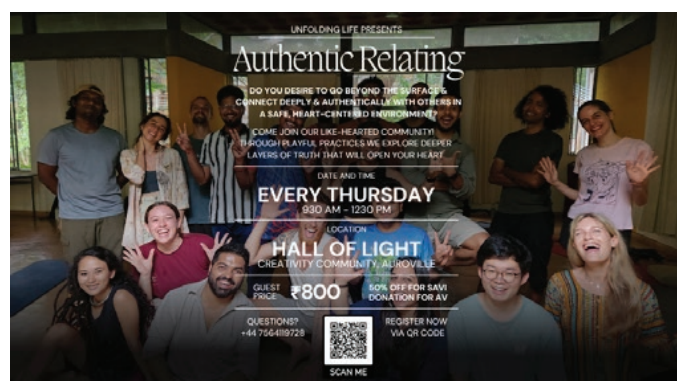
Details:

- 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



Dave

ARKA WELLNESS CENTER PROGRAM

December

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	- Yoga of Mother and Sri Aurobindo - Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) - Mother's Flower Medicine (vibrational remedy) - Individual Sessions and Groupwork - Psychosomatic Therapy and Breath Therapy - Consciousness/ Energy/ Body Work based on Integral Yoga Only by appointment baritam@auroville.org.in
Pepe	- Body Logic, Soft Massage, Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana	- Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage - Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English & French</i>	- Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I ching oracle - Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice By appointment only, +91 7904769496 auroshruthi@auroville.org.in

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

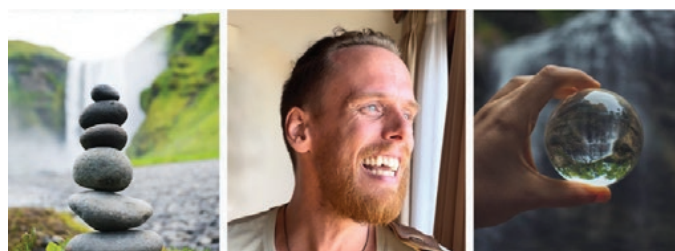
Classes

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

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

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

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

Workshops: Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
3 January	Introduction to Shamanic Practices	9:15am—12pm	Auromira
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

Introduction to Shamanic Practices with Auromira

• 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.

Prana: Life Energy Mastery with Ananda

• Friday—Sunday, 9—11 January, 9:15am—4:30pm

Prana Energy Mastery is a transformative course designed to awaken, strengthen, and skillfully channel your life energy. Through breathwork, yogic techniques, meditation, and energy science, you learn how to build vitality, clear energetic blocks, enhance immunity, and align your mind and body with your true potential. It is not just physical training—it is a holistic awakening of vitality, clarity, and inner freedom.

Pawanamuktasana Series: Energize the Joints with Mani

• Saturday, 10 January, 9:15am—12pm

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

Face & Eye Yoga with Mamta

• Saturday, 10 January, 2—4:30pm

Learn simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve the efficiency of our sense organs, and tips on preventing eye damage caused by screen time.

Hon

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

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

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@aurovillelanguagelab.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@aurovillelanguagelab.org
or call 0413 2622467 or 3509932

Current Schedule of Classes, 1 January

	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
Man- darin 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, Starts 6 January	3:30—5pm, Tuesday
Ger- man	Beginner with Alex	36-Hour, 3 months, Started 28 November	4—5:30pm, Tuesday & Friday
Ko- rean	Advanced with Mint	4-Hour Monthly, Started: 13 August Open to registrations	11am—12pm Wednesday

Courses: See details here

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

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

- [Language Lab Brochure](#)

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.

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

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, 2 January

Cuba—The Accidental Eden

2011, 53 mins, Doug Shultz

This small island's varied landscape, its location and its place at the centre of geopolitics have all combined to preserve some of the richest and most unusual natural environments of the hemisphere.

Aviram

FROM AMAZON TO GANGA

Screening @ Centre d'Art
Friday, 9 January 4—5:30pm



Spiritual Journey across the Ages in the light of the myth of Churning of the Milky Ocean. Set in Kumbh Mela in Prayagraj, Auroville and the Amazon Rainforest.

- Q/A with the Director. Everyone Welcome

Sehdev Kumar

CINEMA PARADISO: Mauri



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



Mauri
USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 70mins, English w/ English subtitles, Rated: NR (PG)

A moving journey into Māori ancestral healing, this film follows the voices of Tohe Ashby, Atarangi Murupaenga, and Donna Kerridge as they share profound wisdom rooted in tradition, confronting the scars of colonial trauma while celebrating resilience and cultural continuity. Through intimate storytelling and breathtaking imagery, it immerses viewers in practices that honor land, spirit, and community. Visually stunning and deeply evocative, it reveals how the life force binds all beings, offering a restorative path of memory, identity, and cultural survival.

With gratitude to Science and Non-Duality (SAND) for this generous sharing, the second in a continuing series that invites us into stories of remembrance, renewal, and our shared humanity.

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

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 5—11 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, 5 January, 8pm

Idly Kadai (Idly Shop)

India, 2025, Writer-Dir. Dhanush w/ Dhanush, Arun Vijay, Sathyaraj, and others, Drama, 148mins, Tamil w/ English subtitles, Rated: U (G)

Murugan's glittering life in Dubai collapses after tragedy, drawing him back to his village and his father Sivanesan's humble idli shop. With Kayal, Meera, and Ashwin shaping his journey, he discovers that dreams may take you afar, but home gives them meaning—a moving story of family, food, and fresh beginnings.

Potpourri—Tuesday 6 January, 8pm

Monty Python's the Meaning of Life

UK-USA, 1983, Dir. Terry Jones w/ John Cleese, Terry Gilliam, Eric Idle, and others, Satire-Musical, 107mins, English w/ English subtitles, Rated: R

From birth to death, Fish #2, Gunther, Bert, and the Grim Reaper lead outrageous sketches lampooning love, war, religion, and mortality. With biting satire and musical absurdity, this award-winning tale hilariously unravels humanity's quest for meaning—life distilled into laughter, chaos, and madness; *an irresistible combination not to be missed!*

Selection—Wednesday, 7 January, 8pm

Tancuj, Matyldo (Waltzing Matylda)

Czech Republic, 2023, Writer-Dir. Petr Slavik w/ Karel Roden, Regina Rázlová, Antonio Sposki, and others, Comedy-Drama, 113mins, Czech w/ English subtitles, Rated: NR

Debt collector Karel grapples with his bohemian mother Matylda and estranged son Pavel. When Matylda's Alzheimer's worsens and she loses her home, the family must face old wounds. As Pavel becomes her unexpected caregiver, love, resentment, and duty collide in a poignant tale of memory, reconciliation, and fragile bonds in this award-winning heart-wrenching yet uplifting film.

Interesting—Thursday, 8 January, 8pm

Mauri (Life Force/ Vital Essence)

USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 70mins, English w/ English subtitles, Rated: NR (PG)

Where ancestral wisdom heals the wounds of history, the voices of Tohe Ashby, Atarangi Murupaenga, and Donna Kerridge guide a visually stunning journey into Māori healing traditions. Confronting colonial trauma and celebrating resilience, it reveals how the life force binds all beings, offering a restorative path of memory, identity, and survival. *We thank SAND for this generous sharing, the second film in a series that will continue to move and inspire in the months ahead. Can you miss watching this film?!*

**Your generous support to help sustain
 and grow this community space.
 Every Contribution Counts!**

International Film Saturday, 10 January, 8pm

Hiver À Sokcho (Winter in Sokcho)

France-SKorea, 2025, Writer-Dir. Koya Kamura w/ Bella Kirsch, Zem, Park Mi-hyeon, and others, Drama, 104mins, Korean-French-English w/ English subtitles, Rated: NR

At a seaside guesthouse, Sooha drifts between routine chores and her mother's fish stall, her life marked by repetition and unanswered questions. The arrival of French artist Yan Kerrand unsettles that stillness, stirring memories of her absent father and a search for identity. As winter deepens, fragile bonds emerge, carrying Sooha through longing, discovery, and a journey of subtle awakening and delicate metamorphosis. Acclaimed worldwide, the film already holds six major award nominations pending.

Children's Matinee—Sunday, 11 January, 4pm

Kina Et Yuk, Renards De La Banquise (Kina & Yuk)

France-Canada-Italy, 2022, Writer-Dir. Guillaume Maidatchevsky w/ Virginie Efira, Veronique Boileau, and others, Animal Adventure, 85mins, French w/ English subtitles, Rated: NR (PG)

This film is being brought to you in collaboration with Alliance-Française. In this acclaimed film, Kina and Yuk, two Arctic foxes, face the shifting dangers of melting ice as they prepare for their first litter. Separated by drifting floes, their struggle for reunion becomes a tale of endurance, love, and survival across dazzling yet fragile landscapes reshaped by climate change.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 11 January, 8pm

Le Retour De Martin Guerre (The Return of Martin Guerre)

France, 1982, Dir. Daniel Vigne w/ Gerard Depardieu, Nathalie Baye and others, History-Drama, 112 mins, French w/ English subtitles, Rated: PG

During the middle of the 16th century, Martin Guerre returns to his village in southwestern France, after being away in the war for almost a decade. The villagers who knew him as a young man suspect he is not Martin, but he seems to know all about his friends, his family and his wife, even the most unusual things. Is this man really Martin Guerre?

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.

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

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:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108



About N&N

NEWS AND NOTES GUIDELINES

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

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

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katia (AgniJata) & 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