



News Notes

#1113 A weekly bulletin for residents of Auroville 8 January 2026



Zen garden. Photo by Alexey

At any rate, it's not a very philosophical way to put it at all,
it's very childlike, but it's much truer than metaphysical sentences:
When the Lord became conscious of Himself, that created the world.

The Mother, Agenda, Volume 7, 1966

Pondering

Existence is an infinite and therefore indefinable and illimitable Reality which figures itself out in multiple values of life... To exceed ego and be our true self, to be aware of our real being, to possess it, to possess a real delight of being, is therefore the ultimate meaning of our life here; it is the concealed sense of our individual and terrestrial existence.

Sri Aurobindo, The Human Cycle



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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

House of Mother's Agenda



"But who can show to thee Truth's glorious face?

Our human words can only shadow her.

To thought she is an unthinkable rapture of light,
To speech a marvel inexpressible.

O Death, if thou couldst touch the Truth supreme
Thou wouldst grow suddenly wise and cease to be.

If our souls could see and love and clasp God's Truth,
Its infinite radiance would seize our hearts,
Our being in God's image be remade
And earthly life become the life divine."

Then Death the last time answered Savitri:
"If Truth supreme transcends her shadow here
Severed by Knowledge and the climbing vasts,
What bridge can cross the gulf that she has left
Between her and the dream-world she has made?"

Or who could hope to bring her down to men
And persuade to tread the harsh globe with wounded feet
Leaving her unapproachable glory and bliss,
Wasting her splendour on pale earthly air?

Is thine that strength, O beauty of mortal limbs,
O soul who flutterest to escape my net?

Who then art thou hiding in human guise?

(to be continued next week)

Sri Aurobindo, Savitri
Book Ten: The Book of the Double Twilight
Canto IV: The Dream Twilight of the Earthly Real
<https://incarnateword.in/cwsa/34/the-dream-twilight-of-the-earthly-real>
Gangalakshmi HOMA



Community News

Obituary

PASSING OF IRINA ZHOVTAN

This is to inform the community that Irina Zhovtan (Ira) passed away peacefully at home surrounded by her family early in the morning of 6 January 2026.

The Farewell Team, from Mass Bulletin

Matrimandir News & Schedules

AMPHITHEATRE

Meditations at sunset with Savitri

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

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



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

Velmurugan for Access team

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

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

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

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

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

The Inner Chamber is open to registered Volunteers:

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

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

- Any day except Tuesday & Sunday, 8-8:35am.
- Arrival at 7:45am at the Office Gate

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point:

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

*Antoine
for Matrimandir Executives Team*

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, JANUARY 2026



Exhibitions

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

Films: Mondays, 4pm

- **12 January: About Savitri—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 2—read and commented by The Mother.** The Mother reads lines from *Savitri* and comments on them under the headings: *The Divinely Human Savitri, A Conscious Divine Birth, The Promise and Certitude of Victory, The Ordinary Human and the Missioned Soul.* The texts of *Savitri* and of The Mother's commentaries are displayed on the screen.

In the canto *The Issue* of his epic poem *Savitri*, Sri Aurobindo describes the nature of Savitri, her Divinity and her beauty. An incarnation of the Divine Mother, she has descended from higher and more perfect worlds and with a Higher Consciousness. On earth, she lived in undisturbed peace and happiness.

In contrast, life on earth is full of suffering and death. Human beings are pushed by circumstances and have only the force of their desires to guide them. Also, Love is mixed with many egoistic movements and selfish desires.

Savitri accepted the burden of all the *earths* suffering and misery but kept conscious of the Origin and the source from which She came. Even, "the influence of the Origin was so strong that it could not change in Her this constant Peace, this wide understanding, this universal Love, that was making of Her a Messenger of the Highest Consciousness."

Her being and Higher Consciousness is filled with Divine Love "as vast as the Universe, equal to all and to everything and asking nothing in exchange for what it gives".

Savitri brought—with her being and the Higher Consciousness—the processes and the certitude that this world of misery, death and suffering will become a world of Light and Divine Consciousness.

Each of the four small videos under different headings—compiled into one film—ends with the picture of The Mother and Sri Aurobindo with a zoom-in effect. Their coming closer gives us an opportunity to open our psychic and receive their support and blessings. It also helps us to live from within and with the inner Divinity. Duration: 37min.

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

The website also contains the links to YouTube, including this video: [About Savitri: The Mother's Commentary | B1C2-05 The Divinely Human Savitri](#)

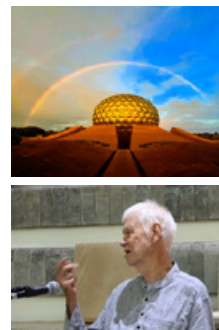
- **19 January: Alexandra David Nèel—1911-1924 Journey through India, China and Tibet**—This remarkable woman (1868-1969) was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1911. The film is in French with English subtitles. Duration: 104min.
- **26 January: Interview with Kireet Joshi in 2013**—Kireet Joshi shares his experiences of regular meetings with The Mother from 18.5.1969 until 8.3.1973 in an interview by Christine. Duration: 43min.

Dream Divine Series

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

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

- **9 January:** Matrimandir—House of New Creation, a video film
- **16 January:** The History of Savitri Bhavan, a recorded video by Helmut
- **23 January:** Interview by Shradhdhavan 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

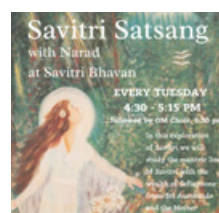
- **Every Tuesday, 4:30—5:15pm** followed by OM Choir, 5:30pm

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 symbolled OM,
the great assenting Word. Savitri

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

OM is the signature of the Lord.

OM: I implore the Supreme Lord.

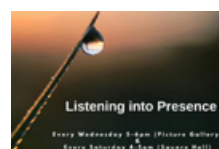


Listening into Presence

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

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

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



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

Wednesdays, 4—5pm @ Sangam Hall

- 21 January
- 4 & 18 February
- 4 & 18 March
- 1 & 15 April
- 6 May



Guided Yoga Nidra session

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

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.

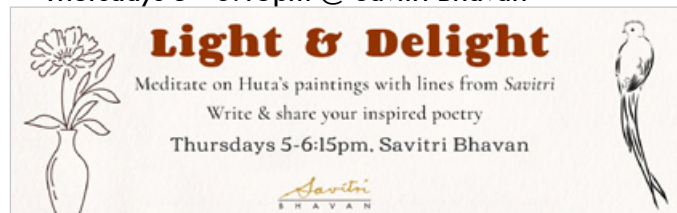


Located in the Savitri Bhavan Garden, open from 9—5pm. Jute mats and a granite bench are available for seating.

- chetana@auroville.org.in

Light and Delight

- Thursdays 5—6:15pm @ Savitri Bhavan



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

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

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

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

Anandi Z.

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

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



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

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

To register or learn more:

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

Regular Activities

- **Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** Finding the soul (Book 7 Canto 5 of *Savitri*) led by Dr. Jai Singh
- **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 Shraddhavan
- **Thursdays, 4—5:30pm:** Reading *Savitri* in Russian with Anatoli
- **Fridays, 3—4pm:** Reflections on Sri Aurobindo's *Isha Upanishad* led by Dr. Jai Singh
- **Saturdays, 5—6:30pm:** Satsang led by Ashesh Joshi

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*

BHARAT NIVAS PROGRAM

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

Monisha

INVITATION TO PARTICIPATE IN A RESEARCH PROJECT on Living the Bhagavad Gita in Auroville

We, at Samskritam Auroville, are working towards publishing a research paper on "Living the Bhagavad Gita in Auroville".

Purpose of the Study:

"Who am I?" and "What is the purpose of Life?" are amongst two important questions which can be explored from many perspectives, both spiritually and materially. For a few thousand years, the Bhagavad Gita has been a source of guidance in finding living answers to existential and mundane questions. How does engaging with Bhagavad Gita transform inner and outer life, especially in the context of Auroville? We are conducting research with a group of residents in Auroville who have been studying the Gita and bringing its wisdom into daily living. Through this paper, we intend to share some insights and transformative experiences that demonstrate the relevance of Bhagavad Gita in the present day and age.

Auroville is a living laboratory for spiritual and material researches based on Sri Aurobindo and The Mother's Integral Yoga. They have placed a great emphasis on integrating Karmayoga, Jnanayoga and Bhaktiyoga (Yoga of Works, Knowledge and Love/Devotion) in daily life. By presenting insights from Auroville's ongoing experiments, we aim to highlight the potential of the Gita as a means for personal transformation and collective evolution towards manifesting a Divine life on earth.

Inviting your Participation:

If this research is of interest to you and if you wish to participate in it, please write to us on this id:

- vidyamandir@auroville.org.in

We will email you the link for the online questionnaire.

Confidentiality:

All responses will be kept strictly confidential and anonymous. No personally identifiable information will be shared in any reports or publications. Your responses will be stored securely and used only for research purposes.

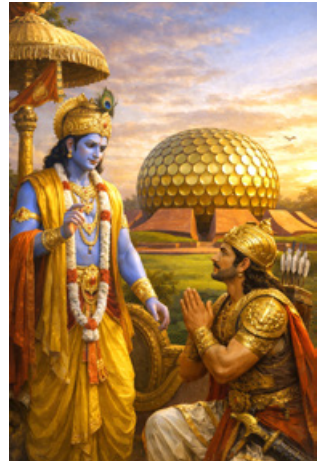
*Deven & Shaalini
for Vidyamandir/ Samskritam Auroville*

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

BLOOM!

A soulful flower card game



January 17, February 14, March 14
Saturdays, 4—5:15pm

@ The Mother's Flower Garden, near Solar Kitchen

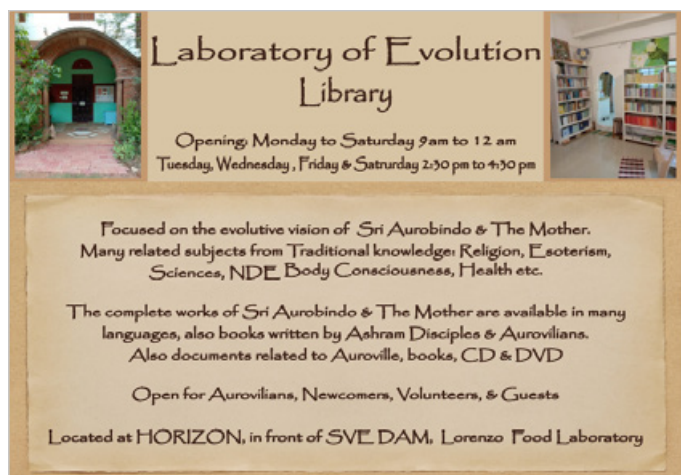
A soulful, collective experience sharing the spiritual significance of flowers. Enjoy a unique way to connect with nature while nurturing yourself.

Play groups hosts: Chitra (in Tamil) and Purvi (in English) and aiming for a group in French as well. [Join our WhatsApp group](#)

*Purvi, Chitra
for The Mother's Flower Garden*



Books



Kalyani

AUROVILLE LIBRARY

World Transformation, Creating New Worlds for the Future of Humanity

- Tuesday, 13 December, 6:30pm

Book reading by the author, Dr. Christopher R. Buchanan

Reading topic: What the World Is

This book introduces the new discipline of World Transformation, which provides us with the ability to create new worlds that are deliberately designed for our evolving needs and the current operating conditions. It is a powerful means to resolve our critical problems and drive forward the material, psychological, and spiritual development of humanity. The book readings will focus on the topic of "What the World Is."



About the author: The author of the book, Christopher R. Buchanan, is a visionary, creator, and teacher of many topics. He has over thirty years of professional work experience in academics, government, and the private sector and is the founder and principal investigator.

Auroville Library Book Giveaway

- Monday, 5—Saturday, 31 January
- Sri Aurobindo, The Mother, their disciples, and Auroville related

The Auroville Library will be giving away books by Sri Aurobindo, The Mother, their disciples, and Auroville related from 5—31 January. Most are in English and French, with a few in other languages.

Please pass by during our opening hours to have a look. If you have some related books at home that you would like to pass on to others, you are welcome to add them to our give-away.

Contacts

- Phone: 0413 262 2894
- Email: avlib@auroville.org.in
- Website: <http://library.auroville.org.in/>



Opening timings

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

Auroville Library team
(Kathrin, Amy, Ayesha, Kalaivani,
Vani, Doris, Devna, and Pushpa)

Education

LILALOKA

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

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



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

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

Activities 2026

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

Nesters

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

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

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

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

Infants' Community

- Daily mornings, age: 1½—3 years

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

Free-Flow Mornings

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

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

Afternoon Activities

- Twice per week, age: 3—6 years

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

- Once per week, children 6—11 Years

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

Occupational Therapy and Individual sessions

- By appointment

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE opens doors for kids

of guests, volunteers and newcomers

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

Learning Space is an initiative of 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



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

FREE

AI CLASSES ARE BACK!

RESTARTING WITH FRESH ENERGY

Hive COWORKING SPACE

Every Saturday: 10am to 11am

Location: Hive, Auromode

Registration:

RSVP to +91 98867 40850

Join us on this journey once again!

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

Open for all, no prior experience needed.

[Location](#)

Contact: +91 9886740850,
auromodehive@auroville.org.in



Dhesh

Health Care

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

Aurosugan for Aurokiya



SANTÉ SERVICES SCHEDULE



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



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

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

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

Savithri for Morning Star,
+91 9130084284

MAATRAM

Addiction Recovery sessions

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

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



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

Clinical Psychologist in Maatram

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

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

Megha, Raam & Palani



Ingrid T.

MORNING STAR

Office Open House

- Every Saturday, 10am—12pm

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

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

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



Childbirth and Pregnancy education

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

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

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

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

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

Savithri & Paula for Morning Star Team

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

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

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.

Tao of Tea—Sencha Style Tea Ceremony



Experience the power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

* Sessions are available as a one-on-one experience or for groups (4+ people)
* Children (5+ years) are welcome. Special kids birthday sessions available.

FOR INFORMATION & APPOINTMENT
Call/Whatsapp **+91-9385428400**

The Mother's Symbol, Matrimandir and 12 Qualities



- **Every Tuesday, 5pm**, Weekly Experiential Exploration

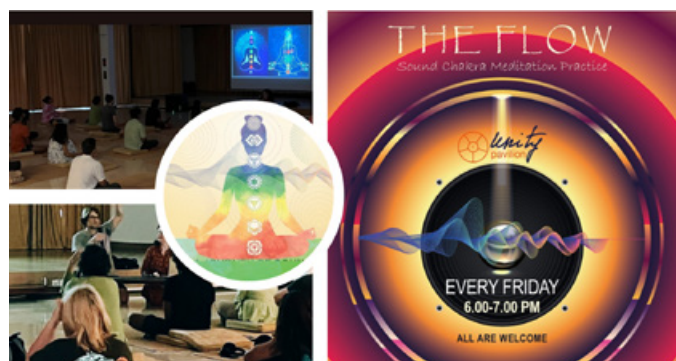
Join us for a reflective and experiential exploration of The Mother's Symbol and the 12 Qualities—inner attitudes that support conscious growth, harmony, and collective evolution. These sessions invite participants to engage not only intellectually, but through experience, reflection, and shared inquiry, allowing the qualities to be felt, understood, and integrated into daily life.

The sessions are facilitated by Jaya, who has been working with The Mother's Symbol and the 12 Qualities for many years through research, presentations, and interactive dialogues at Unity Pavilion. **Aurovilians, Volunteers and Guests/Visitors, All Are Welcome.**

The Flow: Chakra Meditation

Connect with the Source and enter the Flow.

- **Friday, 6—7pm @ Unity Pavilion**



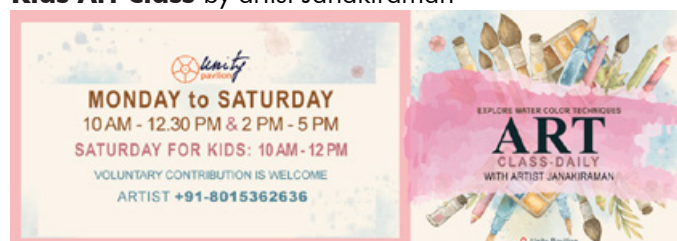
Through ancient Beej mantras and healing frequencies, this meditation awakens the chakras and opens the meridians, allowing prana to move freely through the body. As the energy flows, it releases emotional blockages, eases stress, and restores balance—leaving you with a deep sense of lightness, harmony,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

Preeti for Unity Pavilion,
0413 2623576, unitypavilion@auroville.org.in

FRENCH PAVILION PRESENTS

@ Pavillon de France, opposite the Visitor Center
 Le Pavillon de France en partenariat avec Ilion
Les mythes grecs, comme manuel de l'évolution
 Sont heureux de vous inviter

- **Le vendredi 9 janvier 2026 de 17h à 18h30**
 Au Pavillon de France

À un atelier d'échanges autour de: **Les mythes grecs, comme manuel de l'évolution. A-t-on réellement le choix?**

Que vous le vouliez ou non, vous empruntez le chemin spirituel, car c'est celui de l'évolution.

Cependant, vous pouvez participer consciemment... ou non. Et là, vous avez le choix.

Les anciens Grecs nous ont légué un extraordinaire manuel de l'évolution que Sri Aurobindo et Mère ont poursuivi. Venez échanger sur quelques grands mythes, ce vendredi 9 janvier à 17h au Pavillon de France avec l'équipe d'Ilion. L'atelier est **gratuit** et en français.



Soirée Indigo II

A Rock, Pop, and French Songs Concert

- **Sunday, 11 January, 6pm @ French Pavilion**

The French Pavilion is pleased to welcome **Geoffrey Grenier**, a professional guitarist with a rich and distinctive musical journey. A graduate of the **Music Academy International** in 2019, where he received the "Best Prospect" award, he has developed an original and complex guitar style, striving to make his instrument sound like a true voice in its own right. With **hundreds of concerts across France and Europe** and solid experience in **recording studios** (Abbey Road Studios, Rockfield Studios, etc.), he collaborates with numerous musical projects such as ØBLIQ, JEWLY, and a Rage Against the Machine tribute band, among others.



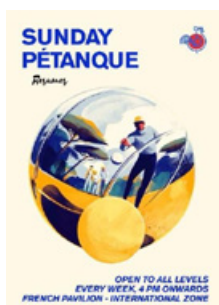
For this concert in **Auroville**, Geoffrey will perform **solo on stage**, accompanied only by his guitar. His repertoire will move between **pop, rock, and French chanson classics**, interwoven with his own instrumental compositions, reflecting his diverse influences.

Games

Sunday Pétanque

- **Every Sunday, 4—5:30pm**

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



Board games:

- **Wednesdays, 4—5:30pm**

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



Submitted by Vivekan

TIBETAN PAVILION PRESENTS

Pavilion of Tibetan Culture: The Library

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

- **Monday and Tuesday, 9:30am—12:30pm**

We look forward to seeing you in the Library.

Wednesday Lahkar lunch continues

A weekly Lahkar Lunch is happening on:

- **Wednesday, 12:30—1:30pm**

To reserve your seat: 8489067332.

Last request receive at 5pm on Tuesday evening.



Kalsang
 for Tibetan Pavilion

HUNGARIAN PAVILION

Homely Cultural Gathering

10 January @ European House

Violin music, Folk dance and Veg Goulasch

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

AuroBende, Barney,
 Bogi, Zsolti
 +919884744739



BROTHERHOOD HOUSE

of International Zone presents

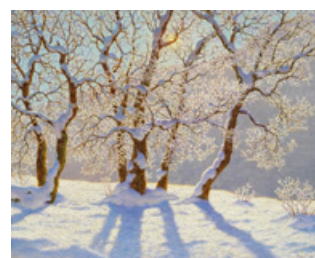
13 December—extended till 30 January
 @ Pavilion of Tibetan Culture

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*.

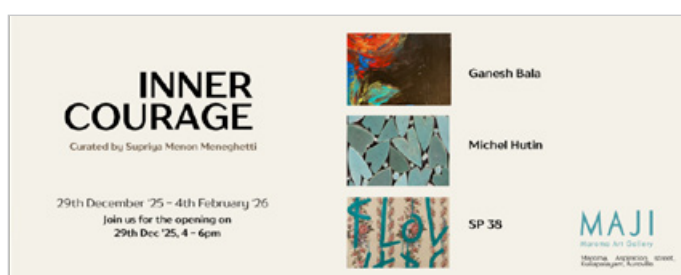
Helena
 for International Pavilions





Saturday, 10 January, 7—9:30pm

Edoardo



29 December—4 February @ Maji gallery

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



26 December—10 January

Opening: 26 December, 4:30pm

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

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

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

Marco

OPEN CALL

for Exhibitions, Activities, Artist Residencies

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

- Application deadline is 31 January 2026

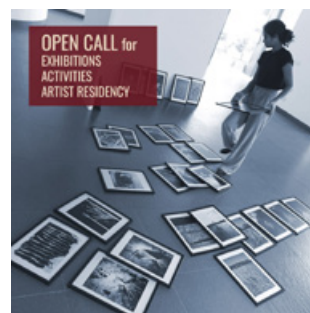
Here you can find the info:

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

- for Activities: <https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- centredart@auroville.org.in



Marco

THE GOLDEN FUTURE



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.

Diana Cooper
Submitted by Franz

EXHIBITION:

As in the Great, so in the Small



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

SONGS OF KABIR WITH RIVER



Friday 9 January, 7:30pm @ CRIPA

Expect a soulful, meditative solo performance of voice and guitar. See you there!

Laura

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 marvelous dawn."

- Closed on Sundays and public holidays.

Anandamayi



BHARAT NIVAS PRESENTS

Auroville Magazhi Festival

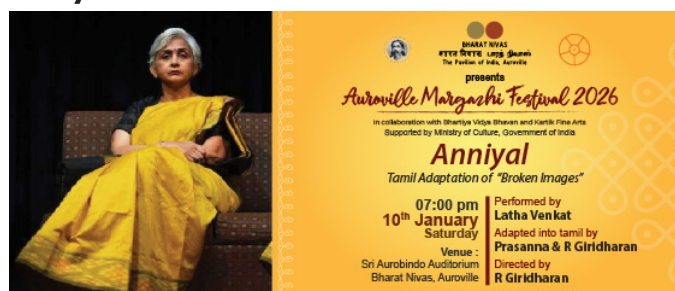
Bharathanatyam Dance Drama



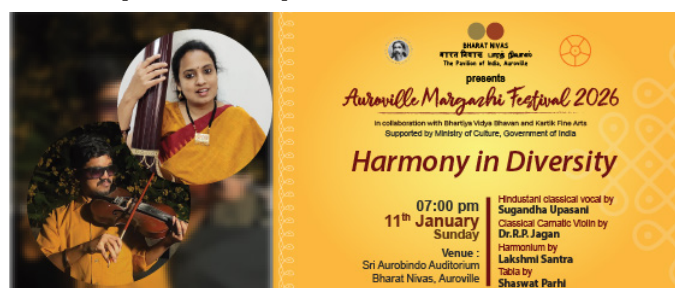
sunAAdam



Anniyal



Harmony in Diversity



Sringara Leela



Programs

Kalaripayattu performance



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
- **Twins' ballet class**
from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries:

- +91 9600225764

Fleur

BHARATNATYAM DANCE CLASSES

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

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

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

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

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

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

Caveri Suresh, Diya Dance Studio



AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

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

No partner required.

Bring socks or dance shoes.
And plenty of joy!

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



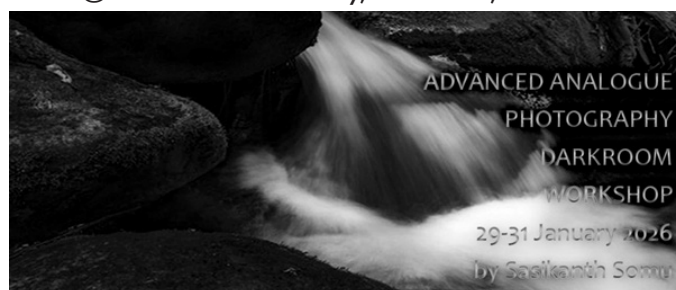
Theatre, Music & Art Activities

ADVANCED ANALOGUE PHOTOGRAPHY

Darkroom Workshop

29, 30, 31 January 2026 by Sasikanth Somu

@ Centre d'Art Gallery, Citadines, Auroville



Pre-requisite: Basic Analogue Photography Workshop

Program & Timings:

- **Thursday, 29 January, 2—5pm:** Exposure—Exploring light: exposure relationship.
- **Friday, 30 January, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 31 January, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Photo Printing: Exploring masking, multi-grade filters, burning & dodging.

Registration Contact: centredart@auroville.org.in

Participants are required to be present for all three days.

The workshop fee for Guests: Rs.3000 incl. GST. The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

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

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

The number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number.

Sergey, Centre d'Art

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

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

- **Session: 24 January**
- For details, visit svaram.org/events-booking-calendar or scan the QR Code

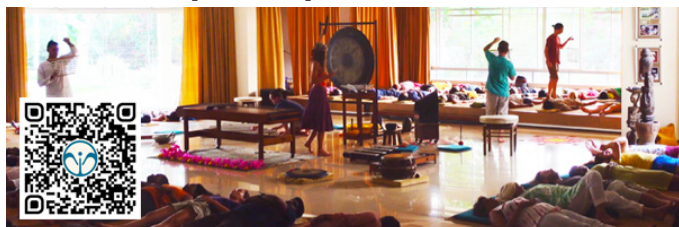
Sound Healing Session



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/>

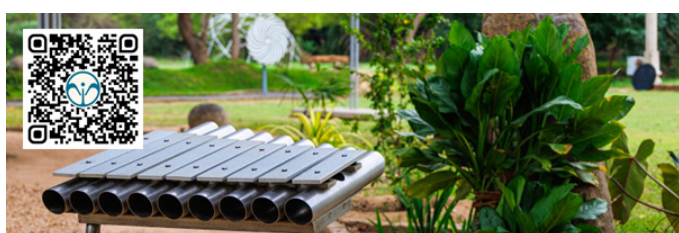
Sound Journey @ Unity Pavilion



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/>

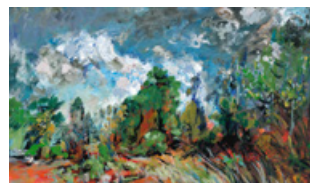
Aurelio
for the SVARAM Team

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



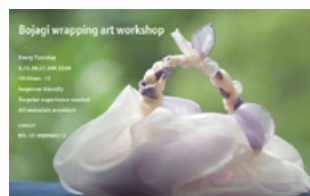
Sathya
for CREEVA Art Studio, Creativity

ACTIVITIES BY MINT

Bojagi Workshop

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

- **Every Tuesday, 10:30am in January**
- No prior experience needed, All materials provided, Limited seats

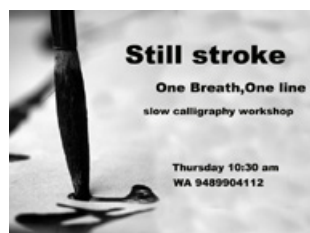


Still stroke

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

Slow calligraphy workshop

- **Thursday, 10:30am**
- Limited seats



+919489904112 WA,
Mint

PUBLIC SPEAKING COURSE

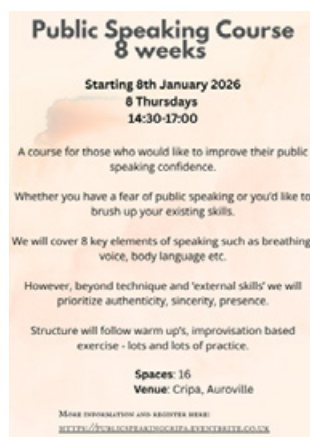
8 weeks, starting
8 January 2026

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

Sports & Martial Arts

ABHAYA MARTIAL ARTS



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

Regular Adult Classes, 5:30pm:

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

Please note: Contribution required

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

- For updates and participation: +91 94873 40778

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

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

Giacomo for Abhaya



AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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

Changes regarding Aikido activity

Monday to Friday:

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

Saturday:

- **Advanced:** 6—8am
- **Weapon:** 8—9am

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

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

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



BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

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



Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



Grappling and Rudiments of Martial Arts for kids

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



Monisha for BN Team

KSHETRA KALARI @ ASPIRATION SPORT GROUND

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



Maneesh

SWIMMING CLASS

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

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

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

- Location: Auroville, Flexible timings available

Dive in and discover the joy of swimming—safely, confidently, and at your own pace. 8637633696, Mani



MORNING SWIMMING CLASSES

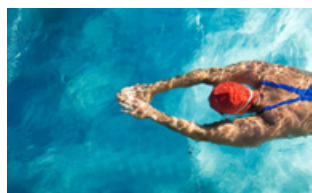
for children

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

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

Build confidence, improve technique, and enjoy the water!

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



Sonia and Ana

AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring. We play futsal in Dehashakti.

If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

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



Boys 16yo+ are playing

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



Submitted by Beber

THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

Tai Chi Quan & Chi @ Dehashakti outside

- Tuesday and Friday, 6:30—7:45am

Body awareness & Relaxation
@ Budokan Dojo, Dehashakti

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

Bioregion, Crafts & Nature Activities



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

WELLPAPER WORKSHOP

10am—4pm, every day except Sunday

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

- +91 9385744722, 0413 2969722



Viji

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

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

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

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

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



CSA baskets

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

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



Volunteering

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

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

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

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

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

Anshul



SADHANA FOREST Plant based Saturday

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

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



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

mohanamprogram@auroville.org.in, +91 8300949079

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

Make and Take Workshops

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



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

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

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



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

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

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

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



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 Elements

- 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

Join us for the 10th Auroville Pongal and Bhakti Mela 2026, a vibrant celebration of harvest, devotion, and unity. The day is filled with cultural programs, interactive games, music, and moments of reflection for all ages. Rooted in tradition yet open to all, the celebration invites connection and joy.

A special steamed food lunch adds warmth and nourishment to the festive day. **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



ACTIVITIES BY INSIDE INDIA

Pongal Special—Kolam Mandala Workshop

- This Friday, 9 January, 10am—12pm
- Open to all skill levels

Join us for our Tamil Kolam Workshop. Kolam is a special Tamil Mandala art that creates intricate patterns using rice flour. Join us this week, for our Pongal Special Edition.



Bio-Region Tours by Inside India

- Tours run from 10am—2pm with a hearty Auroville-style lunch. Available only on request, with a 24-hour heads up.

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.

Cycle Tours through Auroville

- 10am—2pm. Please book 36 hours in advance.

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.

Off-Road Cycling & Half-Day Rides

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

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

Shaheen for Inside India

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

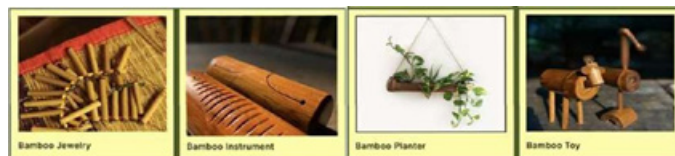
Special bamboo lunch @ Auroville Bamboo Centre

- 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. Includes refreshment.



Construction workshop-3 days

- 29, 30, 31 January, 9am—5pm

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



Pre-booking is necessary for registration

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

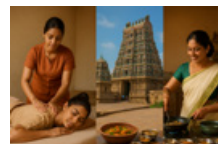
Balasundaram

ACTIVITIES BY RUPAVATHI

Bio-Region Temple Tour:

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

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



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

Thai Massage: We give everyday morning

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

Rupavathi

Multiple Activities

IT MATTERS ACTIVITIES

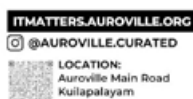
A/C room @ It Matters,
Auroville Main Road

More info on instagram:

• [@auroville.curated](#)

Workshop pre-registration required:

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



Date	Workshops this week
Wednesday, 7 January, 4—5pm	Sound Healing Nada Yoga, a recurring activity on Wednesdays with Satyayuga. Fixed price 400Rs. and 50% discount for AV/ Newcomer/ SAVI
Thursday, 8 January, 4—5:30pm	Revitalising & Relaxing Yoga: Intermediate Sivananda Sequence & Variations, a recurring activity on Thursdays with Lochan, contribution based
Friday, 9 January, 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
Friday, 9 January 10—12pm	Philosophy topics with Vaneeza
Saturday, 10 January, 3—5pm	Thiruvassagam: A spiritual journey with Ram, contribution based
Sunday, 11 January, 9am—2pm	Make & Take Soap Making Workshop with Juthika, fixed price 2500Rs.
Monday, 12 January, 10am—12pm	Holding Space for Grief, Paper & Patience

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

Sandra & Bhakti
for It Matters

MUSIC AND DANCE CLASSES

@ Bharat Nivas

Saturday, 3—4pm

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

The following classes are offered:

• **Bharatanatyam, Veena, Keyboard, Vocal Music**

Students of all ages are welcome to join. The class fees are minimal.

For further details and registration, please contact:

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

**A. Gunasundari, Kamala,
Palani, Selvi, Suriyagandhi,
Aurohamsadhwani Arts Team**

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

Seeking simple essentials for home

Hello my dear community,

I'm gently settling into a new space and putting out a small call to see if anything is ready to find a new home.

I'm looking for:

- A single bed with frame
- A single mattress
- A small cupboard/ shelf for kitchen appliances
- A cupboard or shelf for books
- Some spoons and forks

If you have any of these resting quietly and ready to be passed on, I'd be happy to receive them with love. I'm also open to offering a small contribution where needed.

Shaheen, +91 8056058269 WA
shaheen@auroville.org.in

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 srinaga221@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

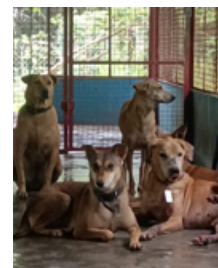
Join Our Dog Shelter Team!
Volunteers & Newcomers Welcome

We're looking for caring volunteers and newcomers to join our dog shelter team. Help is needed with daily shelter support and support in surgery as well in web design appreciated.

If you'd like to make a real difference and be part of a compassionate team, we'd like to hear from you!

- 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: sandya@auroville.org, 9443619403

Sandya

@ 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

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

@ 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.

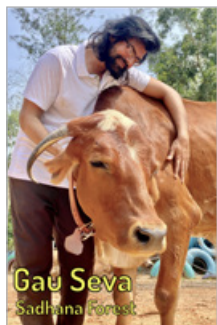
**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

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



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

TO BE TWO

WE'RE HIRING!
Join our team

OPEN POSITION:
FASHION BOUTIQUE STORE IN-CHARGE

EXPERIENCE IN:
BARCODING
STOCK MAINTENANCE
SYSTEM (EXCEL & WORD)

APPLY NOW
SEND YOUR CV TO:
+91 7639799590
tobetwo@auroville.org.in

WORKING TIME: MON TO SAT (8:30 AM TO 5:00 PM)

- **Open Position:** Fashion Boutique Store In-Charge
- **Experience in:** Stock maintenance, barcoding system (Excel & Word)
- **Apply Now, Send CV to:**
+91 7639799590, tobetwo@auroville.org.in
- **Working Time:** Monday—Saturday, 8:30am—5pm

Pavitra

AWARE—MEDIA & COMMS

Looking for
**Media & Comms
Specialists**

AWARE Auroville

Volunteer/ Intern Call

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

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

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

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

- Instagram: [@AwareAuroville](#)
- Website: www.AwareAuroville.com Sajiv, co-ordinator

YUVABE EDUCATION IS HIRING

**Lead facilitators for 3D Design & AI
full stack development**

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

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

Open Roles:

1. Lead Facilitator—3D Design & Printing

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

[Refer the Job Description here](#)

2. Lead Facilitator—AI Full Stack Development

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

[Refer the Job Description](#)

Why Join Us?

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

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

How to Apply:

Send your CV (and portfolio, if applicable) to

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

Stay Connected:

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

More details on jobs:

- [Link 1](#), [Link 2](#).

Abilash

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulilapalayam, 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.

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)
ASPIRATION, KULILAPALAYAM, AUROVILLE

WE ARE HIRING
PGT- BIOLOGY TEACHER

QUALIFICATION:

- 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.

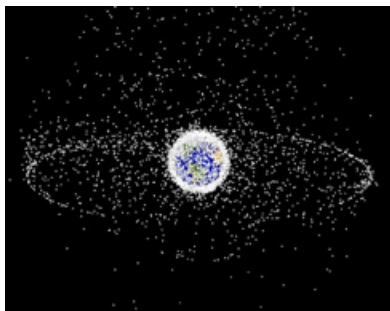
Send your resume to: ness@auroville.org.in
8072627852

Send your resume to our email address:

- ness@auroville.org.in,
8072627852

K. Venkatesh

THE FIRE OF SEEING



I have wandered through smoke and flame,
Through veils of gold and veils of dust.
I have searched for the Face behind the light,
For the silence where whispers turn to trust.

But what is this thirst, this hunger, this ache?
A wound that is fire, yet never burns?
A cry that is music before it is sung?
A longing that curves, but never returns.

O Light, not distant, not apart,
Not a lamp upon the mountain's crest,
But a fire in which I yearn to walk,
A cave where I long to rest.

I seek You not as sun or moon,
Not as vision, nor as sign,
But as the fire that consumes the self,
As the spark that undoes me and mine.

Let me fall into Your roaring depths,
Let me be burned, let me be blind—
Until I see with the Awakened Eye,
Until I am Light, undefined.

What world, what grain of sand remains,
When the seer and the seen are One?
What name remains, what form endures,
When the river dissolves into the sun?

The flute, the breath, the music merge,
The silence sings, the song is free.
No seeker now, no sought remains—
Only Light.
Only Thee.

Sehdev Kumar

LOST PARADISE OF AN ETERNAL FUTURE

As I go back the magic years
all seems unreal, a dream:
the pioneers' living, Auroville –
the comrades' struggle, the Ideal.

My life and theirs,
unvanquished, unscathed,

surreal perennial reverie
lost in the eternal present
Utopia only is.

To the birth of universe
there is no other reason
but Utopia, pure and free,
nothing and no one can tame.

Myriad of unfragmented spaces
lost into each other, unfathomed,
the Dream knows no surrender
but to the one Divine, intangible,
indivisible, forever and since ever.

That is the one Reality, there is no other.

Utopia only exists, ageless
and immortal through the racing time,
the Dream, the Ideal, Auroville.

Lost paradise of an eternal future
their children's Dream we are
taking birth through countless ages
Soul only is, the One and All.

Auroville, January 1—6, 2026
Submitted by Paulette

HOPPING AND HOPING

A child hopped down the lane,
Dashing like a daring dart.

I followed closely, hopping
And hoping to catch up
As the new year starts.

He paused at a turn,
Smiled back,
And went off
On another track.

I continued on my way,
Carrying the sweet burden
Of smiles exchanged,
And landed
In my already loaded heart.

When weight weighs softly like that,
Lightness of steps starts.

Hey, you—
Ready to dash
Into the future
Like a daring dart?

Ready?
Steady...
Go!

With joyful Gratitude,
Anandi Z.

Voices & Notes

A SELECTED FEW

This post that just popped up on 2026.1.4 feels to me an appropriate follow-up to my sharing of 2026.1.1 titled "Truth or the Abyss". Humans...

As we awaken today to the global news of the continuing hostilities of some humans and nations against each other, of how fiery the start of this new year 2026 is, with the awareness of the intense forewarnings, and hopes, associated with the coming "double-fire" Year of the Fire Horse, we are again starkly reminded of why Sri Aurobindo and the Mother insisted on "Man is a transitional being... not final.", and created Auroville this City of Dawn with the Prime Directive:

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

Sri Aurobindo and the Mother were so vivid of what was to come, which is what we are experiencing, and unequivocally prompted us to make the definitive choice ...

Note: To continue with the full post with linked references, please scan the QR Code or go to this blogsite and open the post with the same title: <https://zechjaya.blogspot.com/>.

Zech



Imagine Auroville fulfilling its vision of a city the Earth needs, cultivating human unity and conscious evolution. What will this actually look like? After all, aren't we here to imagine what we might become so that we can become what we imagine. Let's transcend our "sides" (that The Mother said were all inherently "wrong" anyway) and dream of futures we can all say YES to.

If this idea intrigues you, enlivens you, or perhaps even challenges or disheartens you, please join our second cohort of **storytellers** who will support each other to craft and share short (3-5 minute), realistic and hopeful "future memories" from Auroville's 100th anniversary in 2068. Our aims are to...

- Inspire each other and the world
- Rise above internal divisions
- Put flesh on the bones of our "Master Plan"
- Deepen connections and have fun along the way!

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

The project will culminate in a public screening/sharing in the MMC (cinema) on Sunday, March 8 — like last March when a packed MMC witnessed a dozen, personal reflections on why we came and glimpses of our best imagined futures. Watch some at:

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

Daniel Greenberg (daniel@ic.org), long-term Friend of Auroville (and a few others) will facilitate this project and utilize story circles, guided visualizations, and creative exercises (some involving characters from his visionary SciFi novel-in-progress) to help us step out of habitual patterns and dream into lived possibilities. Let's imagine and remember our future together. [Learn more and register](#)

Daniel

Foods, Goods & Services

LA TERRACE WILL BE CLOSED ON PONGAL

Friday, 16 January and Saturday, 17 January

We wish a happy Pongal for all

Angelika
for La Terrace Team

POUR TOUS WATER FREE SERVICE

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

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

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

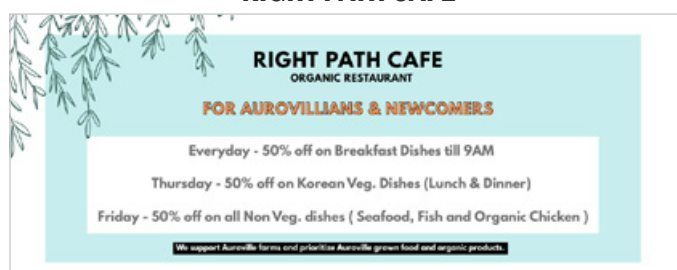
For the work, please contact us at Pour Tous Water office numbers: 2622899, 9843644308 WA and Call

- ptw@auroville.org.in

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

Danny, Grace
for Pour Tous Water team

RIGHT PATH CAFE



Non Veg Monthly Meal Scheme

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

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

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

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriavc@auroville.org.in
- 9043004919 WA

Conscious Catering for your Workshops!

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

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

- 9043004919 WA cafeteria, cafeteriavc@auroville.org.in

Kyoung Hyoun Lee
for Right Path Cafe team

Pour Tous பூர் தூஸ் For All

New timings

(Aspiration/ Shop)

Please be informed that the opening hours of the PT Purchasing Service (Aspiration/Shop) will be

8am—7pm,

effective from Friday, 2 January 2026, onwards.

Thank you for your continued support.

*Pour Tous Purchasing Service Team,
from Mass Bulletin*

SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovillian Volunteers & Guests

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



Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

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



*Auroville Bakery & Cafe Team,
from Mass Bulletin*

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

GOYO KOREAN SILENT RESTAURANT



@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo

LIVING ROOM CAFÉ, AUROVILLE



+91 9566142115, *Satyakam*

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

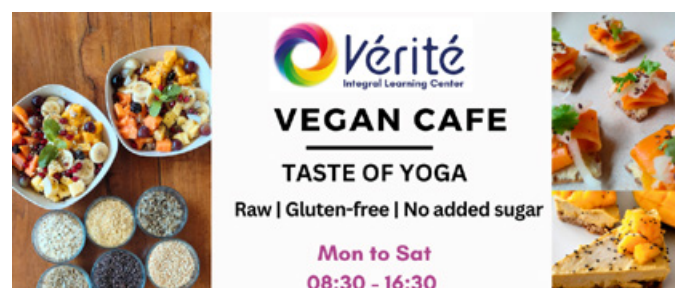
We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

*Pavithra
for Auromode Restaurant*



TASTE OF YOGA: VEGAN CAFÉ



Mon to Sat
08:30 - 16:30

Kathir for Vérité programming

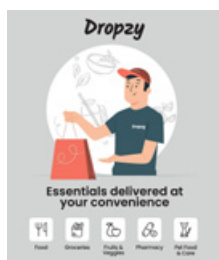
DOWNLOAD OR ACCESS DROPZY APP

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



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



**Book
A Taxi 24/7**

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish for Sunrise Taxi

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

*Govindaraj & B
for Qutee Electric Scooter Service*



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

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*

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, Iyyappan

INSIDE INDIA



Special Flights and Offers

Available offer fare International Flights from Chennai

- **Etihad Airways:** Paris, Frankfurt, London, Amsterdam, Vienna, Dublin, Brussels, Zurich, Munich, Milan, Madrid, Barcelona, Rome, Vienna
- **Air India:** Paris, Frankfurt, London, Amsterdam, Zurich, Milan
- **Emirates:** Paris, Frankfurt, London, Amsterdam, Dublin, Madrid, Milan
- **British Airways:** Dublin, Barcelona, Milan
- **Oman Airways:** Amsterdam

Travel advisory:

We strongly recommend that you check your domestic and international flight status 48 hours (two days) prior to your scheduled departure.

Indigo Gesture of Care

Inside India Travel Agency is Now Your Complete International Courier & Cargo Collection Center

We are thrilled to announce the expansion of our services to include comprehensive international courier and cargo solutions, bringing the world closer to your doorstep.

Our Services Include

Europe & UK Deliveries

- DPD Partnership—Duty & VAT Free shipping
- UK delivery in 6—7 days
- Europe delivery in 12—15 days
- Complete European Union coverage including Austria, Belgium, France, Germany, Italy, Spain, Netherlands, and 25+ more countries

Australia & New Zealand

- Specialized homemade food items shipping
- Third-party services available
- Competitive pricing with ZIP code rate checking
- Masala & spices delivery to both destinations

Southeast Asia

- Direct Malaysia & Singapore connections
- Fast 1-week delivery from Chennai
- No duty, no tax on selected items
- Reliable third-party partnerships

Individual Travel Insurance by Bajaj Allianz

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

Key Features of Bajaj's Travel Insurance:

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

Itineraries & Ticketing

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

- Write to us at tours@insideindiaauroville.com to start planning.

Inside India Timings

- Inside India is open for your next journey

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

- We are open the second & fourth Saturdays of each month
- **For urgent matters or emergencies**, you may contact our ticketing agent Ganesh: +91 9894598686.

Shaheen for Inside India Team

RAPID CARE SERVICES

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



RAPID CARE SERVICES
One call to solve all your problem

Services offered

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

- **Contact:** + 91 8270071581

- **Primary Email:** rapidcare@auroville.org.in
- **Secondary Email:** rcsrapidcareservice@gmail.com
- **Instagram handle:** @rapidcare1

Balaji & Arun
for Rapid Care

ANNAPURNA FARM BASKETS

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



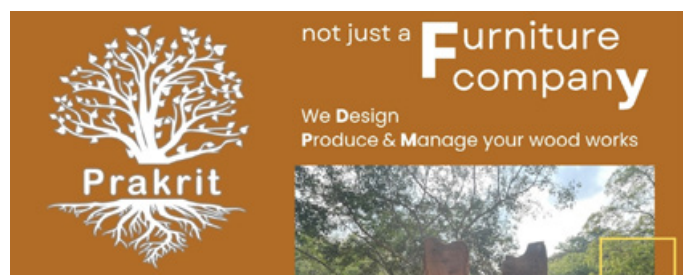
Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

- 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

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

AVDZINES MOVES FROM TOWNHALL

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



- The service started on 2 January 2026.
- **Working Hours:** 9am—12:30pm & 2—5pm

Please follow the sign board kept on the side of the road.

Type of jobs that can be given: Printing, layout designing, Passport Photos, package designing & manufacturing, photo framing & lamination and all kinds of boxes & paper bags and screen printing.

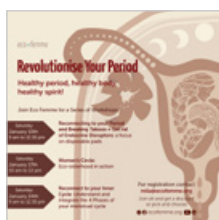
- For **big works** we can deliver to your place. Please come over and support it.

avdzines@auroville.org.in, avdzines@gmail.com

9443459063 WA, Guna for AVDzines

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

SARVAM COMPUTERS

offers reliable service

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



Contact Sarvam Computers

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

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

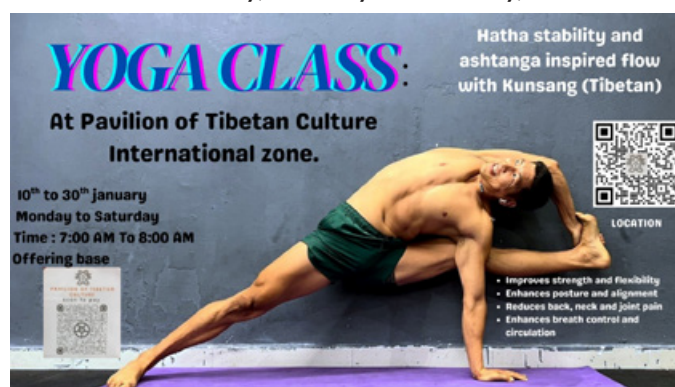
Bala

Classes, Workshops & Healing Arts

YOGA CLASS

@ Tibetan Pavilion

10—30 January, Monday to Saturday, 7—8am



Kalsang

VIPASSANA GROUP SIT

Sunday, 11 January, 9am—12pm

@ Udavi School, near tank, Edayanchavadi

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



- First building to the left near the parking. [Location](#).

- No registration is required.

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

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

- **Contact:** Laure 0033 695651145

Laure

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

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, 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

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.

Introduction to Mindfulness workshop

- Wednesdays, 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.



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

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

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

UPCOMING MASTERCLASS:

Making Friends with Money

19 January—22 January, 12:45—13:45

@ Pitanga Cultural Center



To kickstart the New Year 2026, I would like to offer you something very special.

'Making friends with money' is a 4-day workshop in which we will take a deep dive into money paradigms—deep rooted beliefs about money that block its flow into our lives. We will explore how money is Energy, and how to align ourselves with this Energy from our innermost I AM ness.

Energy is. We can choose how we want to let it flow through us, to manifest our purpose and deepest calling into form.

Money energy is consciousness. At its most unadulterated form it is Light and Power and Connectivity. Then, as with our own consciousness it gets conditioned and takes the forms that we give it. Thus we unintentionally create scarcity and lack—first in our consciousness, and then in the manifestation of abundance in the form of money.

Join us to find out what your blocks are, and how you can remove them with a simple and powerful formula. Then watch your business make quantum leaps. Not 5 or 10 percent growth, but 10 fold!

You need to RSVP with Pitanga so that we can make sure that everyone gets accommodated.

- Reservations by phone or email
 - 0413 2622403, +91 9443902403
 - info@pitanga.in

Ange

ACTIVITIES BY ELA THOLE

Presented by Inside India

Workshop: The Integral Yoga of Sri Aurobindo and The Mother—Introduction

- 11 January, 9am—12:30pm

Join us for a reflective and insightful session with Ela Thole as she guides us through the essence of the Integral Yoga as envisioned by Sri Aurobindo and The Mother. This workshop offers a space to understand the foundations of their teachings more deeply, and compares it with traditional paths of the Indian Spiritual Tradition.

Whether you're new to philosophy or looking to deepen your practice, this session is open to all.

Workshop: The Integral Yoga of Sri Aurobindo and The Mother—Insights into its Practice

- 15 January, 9am—12:30pm

This workshop identifies basic elements of Integral Yoga practice and creates a space to explore how this yoga can be consciously woven into daily life—at work, in the challenging moments of life, and in silence. Through guided contemplation, participants are invited to discover how divine presence, inner openness, and receptivity can become steady companions on the path.

Whether you're new to Integral Yoga or looking to deepen your practice, this session is open to all.



Shaheen
for Inside India

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

Munay (Giovanni)

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

PITANGA CULTURAL CENTRE



January

Holiday Closure:

Pitanga will be closed to the public
on **Friday, 16 & Saturday, 17 January** for Pongal

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	4:15–5:15pm	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, not on 15/01	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	Suriya-gandhi
	Iyengar Yoga	5–6:30pm	Olesya
	Yoga: Restore & Relax	5:30–7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	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	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	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.monnicamarinoniashtangayoga.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 January we will energize the Heart Center, strengthen the electromagnetic field, and balance the main glands—so love can flow freely, bringing clarity, intuition, and a deeper sense of connection.

Beginners are always welcome!

Bach Flower Counselling with Rosalba

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

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know! *If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!*

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

QUIET HEALING CENTER



www.quiethealingcenter.info, quiet@auroville.org.in
+91 9488084966, Mobile & WA

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.

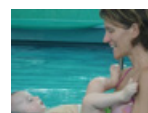
Advantages of Prana Vidya:

- 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?

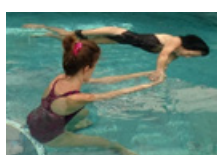
- Module 2 focuses on chest, belly, pelvis which are sensitive and important. Work with specific vital internal organs with sensitivity and care. Work supporting the body sideways, suitable and important for pregnant woman and physically challenged situations. Additional Tibetan pulsing energetic circuits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

AWARENESS THROUGH THE BODY

Workshop with Isora

Saturday, 24 January, 9am—12pm @ Pitanga



ATB is a practice developed in Auroville, India, that aims to expand consciousness and offer the opportunity for both, children and adults, to become aware of their own perceptions and abilities, so that they can become independent and self-aware individuals. The activities are creative and often fun, develop gradually, and encourage attention, concentration, and relaxation, providing feelings of well-being and a deep connection with the Being.

- Advance registration required! (latest by Friday, 23 January).
- Please contact Pitanga: info@pitanga.in, + 91 9443902403 WA. Anandamayi

WORLD GAME FOR ADULTS AND CHILDREN

"Where contemplation meets playfulness and transformation."



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

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

To know more or book an appointment:

- +919488084952 WA

Aikya

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

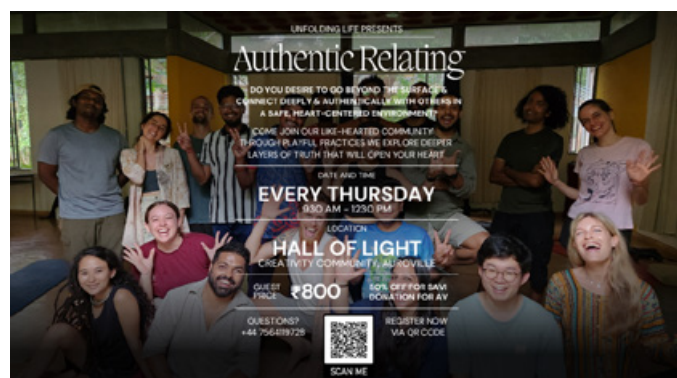


Kotree Yoga: Private one on one sessions with Grace Gitadelila. Who has four decades of experience working with the body as a vehicle of expression, a carriage, a house, a temple in infinite manifestations of creations aspiration.

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



Dave

ARKA WELLNESS CENTER PROGRAM

January

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
aditivta@auroville.org.in

Health & Healing Trust: Administration office

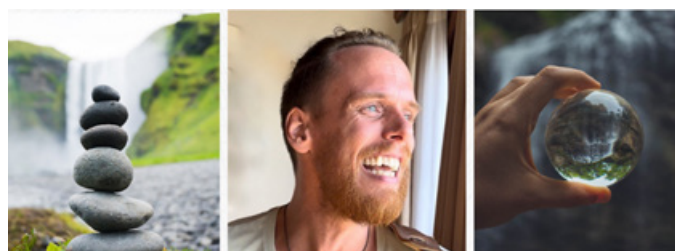
- healthhealingtrust@auroville.org.in

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

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
Wednesdays	Dance of the Chakras	5—6:30pm	Lakshmi
	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
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

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



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, 8 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, 26 January	2:30–3:30pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 27 January	2:30–3:30pm, Tuesday & Thursday
	Intensive with Isabelle, NEW!	20-hours (2 weeks) Starts 19 January	11am–1pm Monday to Friday
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

Courses: See details here

- <https://aurovillelanguagelab.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.

Tamil Teacher Wanted—Auroville Language Lab

We welcome applications from native Tamil speakers with teaching experience and a heartfelt interest in language, culture, and intercultural exchange within Auroville.

The role involves teaching spoken Tamil to Aurovilians and visitors in a mindful, collaborative, and people-centred learning environment.

If this resonates with you, please email your CV along with a short self-introduction to info@aurovillelanguagelab.org.

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

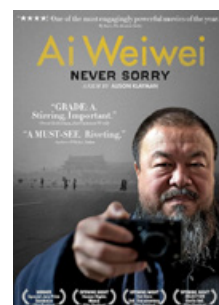
NEW MOON MOVIE

Saturday, 17 January, 5pm @ Multimedia room

Every New Moon day Art movie screening at Centre d'Art, Citadines. This month it will happen on Saturday 17 January at 5 pm, in the Multimedia room.

Ai Weiwei—Never Sorry by Alison Klayman, 2012 91min, original version with English subtitles

First-time director Alison Klayman gained unprecedented access to the charismatic artist, as well as his family and others close to him, while working as a journalist in Beijing. In the years she filmed, government authorities shut down Ai's blog, beat him up, bulldozed his newly built studio, and held him in secret detention; while Time Magazine named him a runner-up for 2011's Person of the Year. This compelling documentary is the inside story of a passionate dissident for the digital age who inspires global audiences and blurs the boundaries of art and politics.



Marco



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 12—18 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, 12 January, 8pm

Court: State Vs. A Nobody

India, 2025, Writer-Dir. Ram Jagdeesh w/ Rohini, Priyadarshini Pulikonda, Harsh Roshan, and others, Drama, 155mins, Telugu w/ English subtitles, Rated: U/A (PG-13)

Chandu, an earnest adolescent, and Jabilli, a spirited minor from an influential family, find their bond tested when circumstances thrust them into the courtroom. Influenced by several real-time events, the story reveals how prejudice and power weigh against them, while a determined lawyer fights to uncover truth, making their struggle a gripping tale of justice and resilience.

Potpourri—Tuesday, 13 January, 8pm

The Sting

USA, 1973, Dir. George Roy Hill w/ Paul Newman, Robert Redford, Robert Shaw, and others, Comedy-Crime, 129mins, English w/ English subtitles, Rated: PG

When small-time hustler Johnny Hooker loses his mentor to mobster Doyle Lonnegan, he joins seasoned conman Henry Gondorff. Together, they orchestrate a dazzlingly intricate sting, weaving deception, poker, and fake betting parlors into a high-stakes revenge that keeps audiences guessing until the final reveal. *A much acclaimed and awarded film, a classic.*

Selection—Wednesday, 14 January, 8pm

Vanskabte Land (Godland)

Denmark-Iceland-France-Sweden, 2022, Writer-Dir. Hlynur Pálmason w/ Elliott Crosset Hove, Ingvar Sigurdsson Vic, Drama, 153mins, Danish-Icelandic w/English subtitles, Rated: NR

Faith meets wilderness, and the land decides who survives. Lucas, a Danish priest, sets out with Ragnar across unforgiving Icelandic terrain to establish a parish. As storms, silence, and suspicion mount, his faith falters, his humanity erodes, and his mission transforms into a haunting struggle. An acclaimed tale winning multiple international awards.

Interesting—Thursday, 15 January, 8pm

Ce N'est Qu'un Au Revoir (So Long)

France, 2024, Dir. Guillaume Brac, Documentary, 63 mins, French w/ English subtitles, Rated: NR (PG)

This film is being brought to you in collaboration with Alliance-Française. Aurore, Nours, Jeanne, Diane, Louison, and their friends savor final swims, parties, and late-night talks in the Drôme before graduation. As dreadlocks are cut and dorm rooms emptied, their youthful bonds confront the inevitability of change—capturing the fragile beauty of farewell in a poignant, coming-of-age film.

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

International Film Saturday, 17 January, 8pm

Vlny (Waves)

Czech Republic-Slovakia, 2024, Writer-Dir. Jirí Mádrl w/ Vojtech Vodochodský, Ondrej Stupka, Tatiana Pauhofová, and others, History-Drama, 131mins, Czech w/ English subtitles, Rated: NR (PG-13)

Tomáš Havlík, a reluctant technician, and his younger brother Pája, a fiery student protester, are drawn into the storm of 1968 Prague. As Soviet tanks advance, Czechoslovak Radio becomes their battleground—where truth, loyalty, and survival collide in a gripping tale that earned international acclaim and many awards.

Children's Matinee—Sunday, 18 January, 4pm

Over the Hedge

USA, 2006, Dir. Tim Johnson & Karey Kirkpatrick w/ Bruce Willis, Garry Shandling, Steve Carell, and others, Animation-Adventure, 83mins, English w/ English subtitles, Rated: PG

RJ the raccoon tricks cautious turtle Verne and his woodland pals, including Hammy the squirrel and Stella the skunk, into raiding human homes for food. Their hilarious misadventures across the hedge lead to wild chases, clever teamwork, and a big lesson about friendship and family that keeps kids laughing. The neighborhood's never been this wild!

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 18 January, 8pm

Notorious

USA, 1946, Dir. Alfred Hitchcock w/ Cary Grant, Ingrid Bergman, and Others, Thriller-Drama, 92 mins, English-English w/ English subtitles, Rated: PG

In order to help bring Nazis to justice, U.S. government agent T.R. Devlin recruits Alicia Huberman, the American daughter of a convicted German war criminal, as a spy. As they begin to fall for one another, Alicia is instructed to win the affections of Alexander Sebastian, a Nazi hiding out in Brazil. When Sebastian becomes serious about his relationship with Alicia, the stakes get higher, and Devlin must watch her slip further undercover.

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

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

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

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

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

ECO FILM CLUB: EVERY FRIDAY @ SADHANA FOREST

Schedule of Events

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



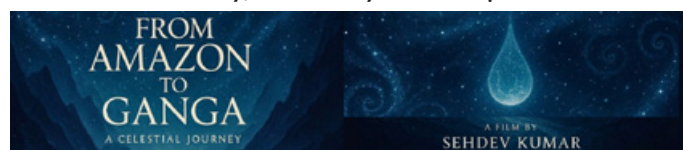
Friday, 9 January Best Decision Ever

2018, 35 mins, Built4Anything

A unique look into what happens next when you decide to go vegan. This documentary will dive into the different social aspects of making this decision.

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



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. We now have FOUR units contributing ₹3,000/month each, and we are grateful for their support. We now invite FOUR 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

Emergency Services

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

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

Health:

- Health Center—0413 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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