



# News Notes

#1115 A weekly bulletin for residents of Auroville 22 January 2026



Photo by Alexey

## Pondering



The spiritual gift of India to the world has already begun. India's spirituality is entering Europe and America in an ever increasing measure. That movement will grow; amid the disasters of the time more and more eyes are turning towards her with hope and there is even an increasing resort not only to her teachings, but to her psychic and spiritual practice.

The rest is still a personal hope and an idea and ideal which has begun to take hold both in India and in the West on forward-looking minds. The difficulties in the way are more formidable than in any other field of endeavour, but difficulties were made to be overcome and if the Supreme Will is there, they will be overcome. Here too, if this evolution is to take place, since it must come through a growth of the spirit and the inner consciousness, the initiative can come from India and although the scope must be universal, the central movement may be hers.

*Sri Aurobindo's message on the eve of  
August 15, 1947*

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# House of Mother's Agenda

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## Five Principles

*"What I'm talking about are cellular realizations, don't forget."<sup>8</sup>—The Mother*

To get an idea of the Mother's Work in the following years, an understanding of some general elements of her yoga is necessary, for here we are entering a terrain where nobody has ventured before. We will have a closer look at these elements in brief and in the simplest possible way. It should be remembered that the Mother had to discover most of it by herself and for the very first time. In some cases she moved forward step by step, all the time groping for a formulation which might be comprehensible to others. True, all spiritual experience is incomprehensible as such because it belongs outside the domain of the mind. 'I am using words for what is not expressible in words,'<sup>9</sup> she said, and: 'It [i.e. her experience] is difficult to put into words, it is still too much only an action.'<sup>10</sup> Moreover, what the Mother has told is but a minute part of what she actually experienced; she said that to describe one minute of her experience a whole volume would be needed, and that a single one of her experiences represented a complete teaching. Still she made it possible for us to discern some broad outlines, and the marvel of her crystal-clear language lies in the way she managed to formulate the inexpressible in the simplest, though often unforgettably coined phrases.

To begin with, it should be kept in mind that the Mother in the body was also the Great Mother, the eternal divine Creatrix of the worlds. What could be seen of her with physical eyes—and many saw nothing more—was only an outer shell. Once, when a question was put to Sri Aurobindo concerning the *Prayers and Meditations*, he wrote: 'It is the Mother in the lower nature addressing the Mother in the higher nature, the Mother herself carrying on the Sadhana of the earth-consciousness for the transformation praying to herself above from whom the forces of transformation come.'<sup>11</sup>

*(to be continued next week)*

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<sup>8</sup> The Mother, *Questions and Answers* 1955, CWM 7 p. 14.

<sup>9</sup> The Mother, *Notes on the Way*, CWM 11 p. 14.

<sup>10</sup> Id., p. 16.

<sup>11</sup> Sri Aurobindo, *On Mother*, SABCL 25 p. 384.

Georges Van Vrekhem,  
*The Mother: The Story of Her Life*  
 Part Three: The Road Alone  
 What Is to Be Done Is Done

<https://incarnateword.in/other-authors/georges-van-vrekhem/the-mother-the-story-of-her-life/16-what-is-to-be-done-is-done>

Gangalakshmi HOMA

# Town Hall Speaks

## CITY SERVICES CONTRIBUTIONS AND PAYMENTS

December 2025

| Summary                              | Unspecified  | Specified | Total             |
|--------------------------------------|--------------|-----------|-------------------|
| Buffer Opening Balance (BOB)         | 18,93,31,420 | —         | 18,93,31,420      |
| Monthly Contributions (Int. + Ext)   | 2,32,42,279  | 5,46,337  | 2,37,88,616       |
| Total Contributions (OB+Monthly Inc) | 21,25,73,700 | 5,46,337  | 21,31,20,036      |
| Total Payments                       | 2,44,40,003  | 5,46,337  | 2,49,86,340       |
| CS Ending Balance (Includes BOB)     | 18,81,33,696 | —         | 18,81,33,696      |
| <b>Monthly loss/gain</b>             |              |           | <b>-11,97,724</b> |

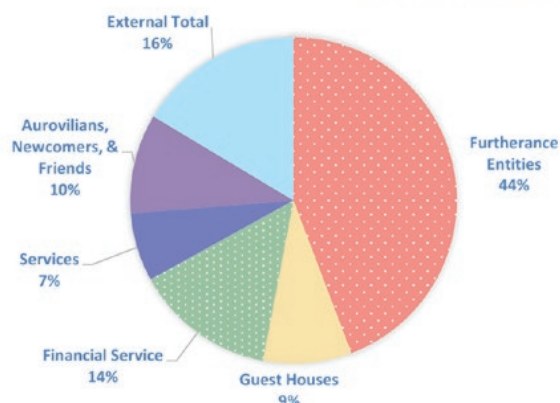
### Internal Contributions

| Source                           | Unspecified        | Specified       | Total              |
|----------------------------------|--------------------|-----------------|--------------------|
| Furtherance Entities             | 1,03,66,982        | 1,53,462        | 1,05,20,443        |
| Guest Houses                     | 20,70,534          | 18,500          | 20,89,034          |
| Financial Services               | 30,00,000          | 3,19,770        | 33,19,770          |
| Services                         | 16,16,208          | —               | 16,16,208          |
| Aurovilians, Newcomers & Friends | 22,88,556          | 54,605          | 23,43,161          |
| <b>Internal Total</b>            | <b>1,93,42,279</b> | <b>5,46,337</b> | <b>1,98,88,616</b> |

### External Contributions

|                               |                  |          |                  |
|-------------------------------|------------------|----------|------------------|
| Government of India for SAIIR | —                | —        | —                |
| Government of India for Other | —                | —        | —                |
| Other Contribution            | 39,00,000        | —        | 39,00,000        |
| Project Contributions         | —                | —        | —                |
| Foreign Contributions         | —                | —        | —                |
| <b>External Total</b>         | <b>39,00,000</b> | <b>—</b> | <b>39,00,000</b> |

MONTHLY INCOME BY SOURCE



- **Paper version:** Please read full report at the end of the issue.
- **E-versions:** [Please read full report here.](#)

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

## ZONAL DEVELOPMENT PLAN of Auroville



Auroville  
Town  
Development  
Council

*L'avenir d'Auroville*

Dear residents, as announced previously, we are please to share the link to the soft copy of the Zonal Development Plan of Auroville:

<https://atdc.auroville.org/web/viewer.html>

Joel for L'avenir d'Auroville—ATDC

### ESTABLISHING SHOPS

#### @ Auroville Visitor Centre

Dear Registered Units/ Residents of Auroville, we hereby invite interested Registered Units/ Residents of Auroville to establish their shop at Auroville Visitor Centre, as the location has excellent visibility, visitor's access, and supportive business environment.



Arrangements for the shop will be finalised with terms and conditions by Auroville Foundation. Those interested may contact us for further details.

**Dominique for Procurement Section,  
Auroville Foundation**

Ph. 0413 2622414, 2622222, 2622930

Fax:0413 2623496

[avfoundation@auroville.org.in](mailto:avfoundation@auroville.org.in)

# Community News

## Matrimandir News & Schedules

### BASANT UTSAV

**25 January, 5:30—7pm, last entry by 5:15pm**  
**@ Mini Amphitheatre, Matrimandir Gardens**

Arpanaa is delighted to present Basant Utsav, a music concert to herald the onset of spring. Experience Dhrupad, the oldest form of Indian Classical music, in the serene environs of the Matrimandir gardens. This concert shall feature Ashlesha Shintre—one of the young and talented artists of this genre.

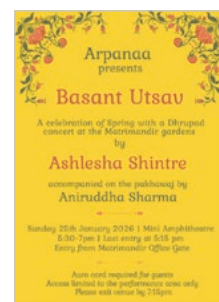
Ashlesha was initiated in the fundamentals of music by her mother and went on to receive training in the khayal form of music from Smt. Ranjana Bhide as a young adult.

When she first heard Pt. Uday Bhavalkar, she was totally mesmerised by his meditative music and that is when she commenced her journey into the incredible world of Dhrupad. She considers herself fortunate to have received training from Pt. Uday Bhavalkar. Ashlesha has also received guidance from Shri Arijit Mahalabnis. She has been awarded the Junior Research Fellowship by the Ministry of Culture, Govt. of India to study Dagarbani Dhrupad.

Ashlesha is also a practicing Yoga therapist and lives in Hyderabad. She will be accompanied in the pakhawaj by Anirudh Sharma.

- Entry from Matrimandir Office Gate
- Aurocard required for guests
- Access limited to the performance area only
- Please exit the venue by 7:15pm

**Antoine for Matrimandir Executives**



## MATRIMANDIR ACCESS INFORMATION

### Access to the Park of Unity

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

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

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

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

The Inner Chamber is open to registered Volunteers:

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

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

Antoine  
for Matrimandir Executives Team

## 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 Aurocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Aurocards. **Last entry for guests at 5:30pm.** Access limited for guests to the Amphitheatre
- **Last exit for guests at 6:15pm.**

Velmurugan for Access team

*Awakening Spirit*

### 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

## SAVITRI BHAVAN, 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

- **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.

Kireet Joshi met The Mother for the first time in 1952 and went every day to the tennis ground where she played tennis. He got a feeling that when she was playing with the ball, she was playing with the whole universe. After leaving Pondicherry and being back at his place, he saw The Mother everywhere for seven days.

In 1956, Kireet Joshi came to the Sri Aurobindo Ashram to reside there permanently. He worked in the Ashram Press, the Ashram Library, and then at the Centre of Education. There, his first task was to write a letter to the Prime Minister of India about the Centre of Education and ask for support. The Mother liked the letter and had it printed in the Ashram Bulletin. He studied Sri Aurobindo in-depth before he came to the Ashram for good and thus mastered his philosophy of education.

In 1959, The Mother named the Ashram school "Sri Aurobindo International Centre of Education", and since then, it has served as a field for experiment and research in education.

Experimenting with integral and free education marked the beginning of Kireet Joshi's work with The Mother. Pavitra became the 'post office' between him and The Mother. Twice a day, he met Pavitra, and Pavitra brought Kireet Joshi's questions to The Mother. In 1969, Pavitra left his body, and shortly after, at the samadhi of Sri Aurobindo, Champaklal happily informed Kireet that The Mother would like to see him every Sunday in the morning. These Sunday meetings lasted from 18.5.1969 until 30.3.1973.

He prepared well for these meetings and asked The Mother many questions about the Centre of Education, Sri Aurobindo's Action, and Auroville. She would assume the attitude of concentrated listening and her answers would come immediately. She never seemed to be in a hurry. When he spoke, she heard it perfectly, and she replied precisely to each of his questions.

The atmosphere of these meetings was comfortable, easy, and full of love. It was the most joyous time of his life, a golden time in the presence of the Divine Mother.

Professor Kireet Joshi dedicated his life to writing and publishing on the theory and practice of an all-round development and education of body, mind, and soul, and the Integral Yoga of Sri Aurobindo and The Mother. He was actively involved in altering the Indian educational system.

He also established the Sri Aurobindo International Centre of Educational Research (SAILER) at Auroville, and in 1999-2004 served as chairman of the Auroville Foundation. He always believed in the bright future of Auroville.

Duration: 43min.

This interview, given on 15 March 2013 in Pondicherry, was one of the last interviews of Kireet Joshi.

[It is available on YouTube.](#)

- **2 February: About Savitri—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 3** — read and commented by The Mother. From January 1968 to August 1970, The Mother, together with Huta, took up the project *About Savitri*. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and gave her commentaries that were tape-recorded. Her reading and commentaries are here under the headings: Action of the True Power, Condition of the World, The Greatness of the Great, The Earth as a Field for Union of Matter and the Spirit, The Godhead Behind Nature's Machinery.

The texts of *Savitri* and of The Mother's commentaries are displayed on the screen. Duration: 33min.

- **9 February: About Savitri—Book 1: The Book of Beginnings, Canto 3—The Yoga of the King: The Yoga of the Soul's Release, Part 1**—read and commented by The Mother. The Mother read lines from *Savitri* and commented on them. They are here under the headings: Aswapati—a Divine Representative, The Psychic Being and Its Evolutionary Journey, Transition of Man to the Divine Superman, The Growth of Divinity in Man. The texts of *Savitri* and of The Mother's commentaries are displayed on the screen. Duration: 37min.

- **16 February: The Mother on Her Life**—The slideshow recounts The Mother's journey in Her own words from childhood till Her final arrival in Pondicherry, a documentary by the Sri Aurobindo International Centre of Education published under the title *The Centenary of The Mother's Return to Sri Aurobindo*. Duration: 48min.

- **23 February: Building Matrimandir—Labour of Love 1971—2008**—The Matrimandir is the soul of Auroville; the documentary shows the dedicated work and construction. Duration: 52min.

### 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.

- **23 January:** An interview by Shradhdhavan to a Russian TV Crew at Savitri Bhavan, recorded on 3 April 2013



- **30 January:** 'The Divine as a Friend', a meditative presentation by Nethya & 'Friendship and Affection in Integral Yoga', a video by Arvind Akki



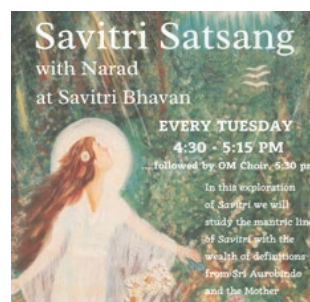
### Savitri Satsang with Narad @ Savitri Bhavan

- **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

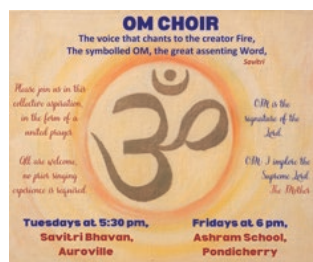
- Fridays, 6pm @ Ashram School, Pondicherry
- Tuesdays, 5:30pm @ Savitri Bhavan, Auroville

*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

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



## Guided Yoga Nidra sessions

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

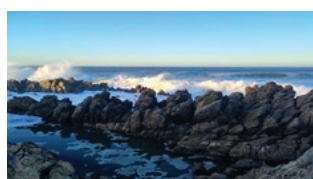
You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

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

## Ilion presents: Greek myths, the handbook of evolution

- Wednesday, 4 February, 10:30—11:59am @ Sangam Hall

You Have No Choice! Whether you like it or not, you are on the spiritual path, because it is the path of evolution. However, you can participate consciously... or not. And there, you have a choice... The ancient Greeks left us an extraordinary manual of evolution, which Sri Aurobindo and the Mother developed and continued.

Presentation of the following myths with Q&A:

- Perseus against the Gorgon (Fears and doubt)
- Jason and the women of Lemnos (Old beliefs)
- The punishment of Sisyphus (Necessity of effort)



- Wednesday, 11 February, 10:30—11:59am @ Sangam Hall

The ego, the illusions, the mental confinement and a great trial at the beginning of the path.

Presentation of the following myths with Q&A:

- Heracles and the Nemean Lion
- Bellerophon and the Chimera
- Theseus versus the Minotaur
- Jason and the Black Rocks

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

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

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

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

To register or learn more:

- [savitribhavan@auroville.org.in](mailto:savitribhavan@auroville.org.in),
- [www.savitribhavan.org](http://www.savitribhavan.org)

## 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](mailto: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.

## 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, 10:30—11:30am:** Reading on 'Nature' with Aikya
- 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
- Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- Library and Digital Library** is open Monday to Friday 9am—5pm.

Margrit, Velmurugan  
& Dhanalakshmi for Savitri Bhavan

## BHAGAVAD GITA 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](mailto:vidyamandir@auroville.org.in)



Deven  
for Vidyamandir Auroville Team

## BHARAT NIVAS PROGRAM

A weekly study circle on  
**The Synthesis of Yoga**  
- Sri Aurobindo

By Deepthi Tewari

4:30 pm - 5:30 pm  
**Every Tuesday**

Venue :  
Resource Library,  
Bharat Nivas, Auroville

Scan for Location




Monisha

## AUROVILLE DISCOVERY PROGRAM For Volunteers, Interns, Staff & Workers Every 3<sup>rd</sup> Saturday, 3—5pm @ Auditorium, Visitors' Centre, Auroville



Aware is hosting a monthly Auroville Discovery Programme for volunteers, staff, and workers who wish to better understand Auroville's purpose, the spirit of work, and meaningful participation.

- Theme: Work as a means of Inner Discovery**

A short film, practical orientation by Aware, reflections from a seasoned Aurovilian, and open dialogue.

Open to all those working in and contributing to Auroville.

- Registration required. [Link is here.](#)



Lakshay

## BLOOMO! A soulful flower card game



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

### AUROVILLE LIBRARY

#### Book Reading at the Auroville Library

World Transformation: Creating New Worlds for the Future of Humanity

• **Tuesday, 27 January, 6:30—7:30pm**

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

This book introduces the new discipline of World Transformation, a tool for creating new worlds that are deliberately designed for our evolving needs and the current operating conditions. It offers 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 “using World Transformation to create new worlds.”

#### • About the author

The author, **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 of the World Transformation Institute, a US-based non-profit organization.

#### Weekly Readings of *The Life Divine*



Weekly Readings of *The Life Divine*  
with Balvinder, at AUROVILLE LIBRARY

**Fridays, 4:30 - 5:30pm**  
(from 23 January 2026)

All are welcome.

#### The Library Free Shelf is up and running!

The AV Library has set up a shelf of free books (formerly at the Freestore) for anyone to take and enjoy. It is outside the main library and anyone is welcome to take or drop off books or magazines at their convenience.

We kindly request you to only bring publications in decent condition, and NO waste paper.

Please note that this service is only available during library working hours from

• **9am—4:30pm, Monday—Saturday, except on Tuesday, when we are open in the evenings from 4—6:30pm.**

Come visit us! The AV Library is a treasure trove of amazing books.

#### Contacts

- Phone: 0413 262 2894
- [avlib@auroville.org.in](mailto:avlib@auroville.org.in)
- <http://library.auroville.org.in/>

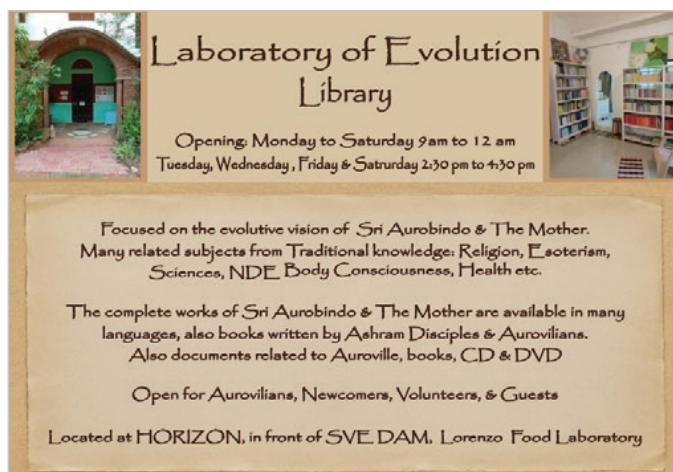
#### Opening timings

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

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



## LABORATORY OF EVOLUTION LIBRARY



Kalyani

## Education

### 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](mailto:sls@auroville.org.in)

Ana and Laura for SLS Team



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](mailto:auromodehive@auroville.org.in)



Dhesh

## 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](mailto: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 SAILER, offering a space for orientation, integration, and exploration of Auroville before school enrollment.

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

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

Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and 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](mailto:aarambham@auroville.org.in).

Alexey



### 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](mailto:satori.auroville@gmail.com)

### TUITION CLASSES AVAILABLE

- **Tuition classes** available from 1<sup>st</sup> to 12<sup>th</sup> grade level in all subjects.
- **Crash course** available for 10<sup>th</sup> and 12<sup>th</sup> grade level.
- **For further information** contact [ashree@auroville.org.in](mailto:ashree@auroville.org.in)/ 8270512606 WA only.

Ashwini

## Health Care

### 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

|                                                                                                                                                                    |                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Doctor Consultation</b> with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday                                                                               | <b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed |
| <b>Ayurveda</b> with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday                                                                                                    | <b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday                       |
| <b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday                                                                                                   | <b>Physiotherapy</b> with Arun: Monday to Friday                                  |
| <b>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday                                                                                                     | <b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday               |
| <b>Holistic Therapy</b> with Louis Patric—Monday to Friday                                                                                                         | <b>Soundbed Session</b> with Sandhya/ Thilagam: Monday to Saturday                |
| <b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena—inquiry email: <a href="mailto:adminSanté@auroville.org.in">adminSanté@auroville.org.in</a> |                                                                                   |

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.

### A short introduction of the Doctors team @ Santé

**Dr. Pavan** is a Consultant General Physician, Integrative Medicine Specialist (Holistic Approach) trained under Dr. Andrew Weil (USA), Longevity Doctor (helps people live healthier, stronger, longer), Lifestyle Medicine Specialist at Santé since 1.5 years addressing Auroville's General Health needs & strongly impacting preventative health, longevity. In many people, he had proven success in reversing Prediabetes, Type 2 Diabetes, High Blood Pressure, Insulin resistance, High Cholesterol, Hormonal Imbalance, Mental Health with his approach empowering the community which he thinks is already a Blue Zone.

**Dr. Sana** provides general medical care, chronic illness support, and preventive health consultations at the clinic and via **home visits** four days a week (booked through reception), and is working with an intention to deepen her engagement in palliative care.

**Dr. Joseph**, studied medicine at State University Moscow and has a private practice in the rural area in Tamil Nadu, Trichy for the last 18 years. Attracted to Auroville to explore a different approach to life and health. He has a certification in diabetology (CCD) and Family Medicine & trained to attend pediatric cases. He is familiar with ultrasound therapeutic equipment for pain relief and is able to perform minor surgeries using the Surgitron (radio wave surgery device).

*Dasha  
for Santé Services*

## MORNING STAR

### Office Open House

- Every Saturday, 10am—12pm

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

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

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

- +918940571774 WA or email us at [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)

### Little Red Feet

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



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

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

*Savithri & Paula  
for Morning Star Team  
+91 9130084284*

## MAATRAM

### Addiction Recovery sessions

- Every Tuesday, 3:30—4:30pm @ Maatram, 1<sup>st</sup> 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.*

## AURODENT CLINIC

For appointment:

- +91 9629199328 WA,  
0413 2622063 landline
- [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

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

- Saturday: 9am—1pm @ Auromode

*Jayasutha for Aurodent*



*International*

## BHARAT NIVAS, THE PAVILION OF INDIA

### Kabir Festival

- Vision & Songs of poet-sage Kabir  
Conceived by Prof. Sehdev Kumar  
@ Bhumika Hall & SAWCHU

### Ocean in a Drop—Celebration of Divine Love



### Tuesday, 27 January

- 10am—12pm

#### Inauguration & Welcome

- Introduction: Kabir—The Great Poet-Sage by Prof. Sehdev Kumar
- Some dohas of Kabir by Shuchi
- Musical Performance by Bhargav Parekh & Krishna Das
- Folk Performance by Traditional Folk Bhopal Group

- 7—9pm

#### Welcome & Theme:

Light of the Divine by Prof. Sehdev Kumar

- Poetic Recitation by River
- Folk Performance by Folk Group (Madhya Pradesh)
- Devotional Singing by Krishna Das
- Sacred Expression by Shuchi
- Sufi Qawwali & Whirling by Sufi Louis Rose

## Wednesday, 28 January

- 10am—12pm

#### Welcome Theme:

Unity in Diversity by Prof Sehdev Kumar

- Kabir in Chinese by Anandi
- Bijak and Songs by Krishnadas and Bhargav
- Kathak Dance Performance by Deepti Gupta
- Vision and Verses of Kabir by Baithak on Kabir Vaani

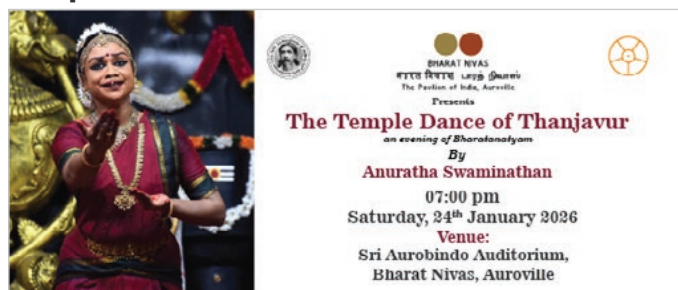
- 7—9pm

#### Welcome-Theme:

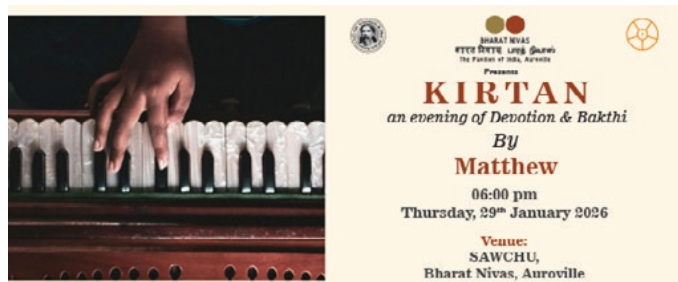
Celebration of the Sacred by Prof Sehdev Kumar

- Artistic Performance by Meghna
- Folk Performance by Traditional Folk Group
- Kabir Songs by Priyanka
- Beejak followed by Bhajans by Krishna Das & Bhargav
- Collective Performance by Collective Artists

## Temple Dance



## Kirtan



*All are welcome  
Monisha, BN Team*

## UNITY PAVILION PRESENTS

### Unity Pavilion Regular Events

| Day Time          | Venue         | Event Details                                                                                                                                                                               |
|-------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday, 5:30pm | Unity Hall    | <b>Sound Bath</b> 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 | <b>Silent Meditation</b> by Pierre: Tune into your psychic self and experience deep inner peace and calm for awakening within.                                                              |
| Friday, 6pm       | Unity Hall    | <b>The Flow: Chakra Meditation</b> 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        | <b>Kids Art Class</b> by artist Janakiraman: A playful exploration of watercolor techniques for children.                                                                                   |

## By Appointment

| Date         | Venue         | Event Details                                                                                                                                                                   |
|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daily        | Hall of Peace | <b>Tao Of Tea—Sencha Style Tea Ceremony</b> by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul. +91 9385428400 WA |
| Tuesday, 5pm | Hall of Peace | <b>12 Qualities and the Mother's Symbol</b> by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.                    |
| Daily        | Oneness Hall  | <b>One to one sessions</b> on the Science of Chakra, Integral Yoga, Chakra Balancing and guided Meditation. 9699930672 WA                                                       |

## 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 HALL OF PEACE, UNITY PAVILION  
Welcomes all who wish to experience a new perspective on tea drinking.  
DISCOVER THE SPIRITUAL & HEALING JOURNEY WITH  
**SENCHA-STYLE TEA CEREMONY**

- Through appointments only, +91 9385428400 WA

We invite you on a spiritual journey, accompanied by the tea of your choice. (Organic teas only, tea blends with herbs/flowers/spices also available.)

During this rare, transformative experience, you will explore & experience the healing aspects of the tea. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is an “once-in-a-lifetime” experience that will completely change your perspective on how tea-drinking, especially if you are a tea lover. The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

## The Mother's Symbol, Matrimandir and 12 Qualities



**THE MOTHER'S SYMBOL MATRIMANDIR AND THE 12 QUALITIES**  
EVERY TUESDAY 5—7 PM  
Aurovilians, Volunteers and Guests/Visitors  
ALL ARE WELCOME

- 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



**MONDAY to SATURDAY**  
10 AM - 12.30 PM & 2 PM - 5 PM  
**SATURDAY FOR KIDS: 10 AM - 12 PM**  
VOLUNTARY CONTRIBUTION IS WELCOME  
ARTIST +91-8015362636

EXPLORE WATER COLOR TECHNIQUES  
**ART**  
CLASS-DAILY  
WITH ARTIST JANAKIRAMAN  
Unity Pavilion

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](mailto:unitypavilion@auroville.org.in)

Preeti for Unity Pavilion,  
0413 2623576, [unitypavilion@auroville.org.in](mailto:unitypavilion@auroville.org.in)

## FRENCH PAVILION PRESENTS

@ Pavillon de France, opposite the Visitor Center

## Greek myths as a manual for evolution

- Friday, 23 January, 5—6:30pm @ French Pavilion

The Pavilion of France, in partnership with Ilion, are pleased to invite you to a discussion workshop around Greek myths as a manual for evolution.

*"The ego, illusion, mental confinement, and a great trial at the beginning of the path."*

Whether you want it or not, you are walking the spiritual path, for it is the path of evolution. However, you may take part consciously... or not.

The ancient Greeks left us an extraordinary manual of evolution, which Sri Aurobindo and the Mother continued.

This Friday we will explore four myths: Heracles against the Nemean Lion, Bellerophon against the Chimera, Theseus against the Minotaur, and Jason and the Clashing Rocks.



## Book presentation

### **Auroville: Expérimenter La Vie Divine, Beauté—Anarchie—Spiritualité**

• Thursday, 29 January, 5pm

The Pavilion of France is pleased to invite you on Thursday, 29 January, 5pm to a Book presentation in French.

Rémi Astruc will come to present his book, published by Auroville Press in December 2025, which brings to a close four years of encounters with Auroville and its inhabitants. The presentation (30 minutes) will be followed by a question-and-answer session. Everyone is welcome to take part in the discussion.

Rémi Astruc is a French academic whose work focuses on the various forms of community. He is the author of several books on the subject, including *Nous? L'aspiration à la communauté et les arts* (prefaced by Jean-Luc Nancy, 2016), *Le Design de la communauté. Quelles formes peuvent prendre nos vies?* (2023), and *Oser la communauté. De l'éthique en démocratie abîmée* (2025).



## Discussions

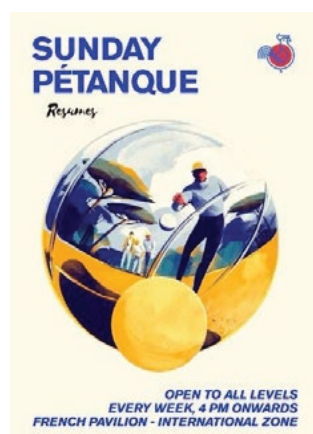


## Games

### **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—5:30pm for Board-games. Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



Submitted by Vivekan

## 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 Lhakar lunch continues**

A weekly Lhakar 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*

## 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.



*Helena  
for International Pavilions*

## *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](mailto: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*



## Theatre, Music & Arts

### EXHIBITIONS IN PITANGA

Monday to Saturday, 8:30am–12pm & 2:30–5:30pm

#### Touch Wood by Adil Writer

- Ongoing till 24 January

Touch Wood brings together salvaged carpentry beams—rescued from Auroville workshops and weathered by South India's monsoons, sun, and wind—with pristine white porcelain forms, soda-fired in Dana at Studio Mandala. These weathered timbers, meet porcelain surfaces stamped with ancient scripts, or scribbled with text from Savitri, creating a dialogue between what one salvages, and what one creates.

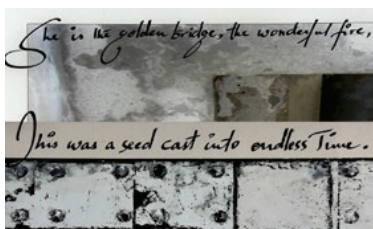


Following The Mother's observation that nothing is ugly if it finds its rightful place, these works celebrate the marks of transformation where opposing natures rest in unexpected harmony, "...the sun-eyed children of a marvellous dawn."

#### Savitri Reading at Touch Wood

- 24 January 2026, 3–4:30pm

"The works on the wall at my solo exhibition, Touch Wood, have a single line of calligraphy moving through each image, drawn from Sri Aurobindo's Savitri, ...passages I return to as one returns to a mantra; the text does not explain the image in the frame; it drifts alongside it, ...a continuous gesture of thought."



Everyone is invited to a late afternoon of Savitri reading.

You may bring along your favourite 5 to 10 lines, or read some that are on my artwork, ...or just soak up a winter afternoon with us. Some "favourite lines" will also be printed for ready referral! ;)—Adil

Touch Wood is currently on show at Pitanga till 24 January. It combines pristine white porcelain with rescued timber, photography & calligraphy.

#### Origin by Bhavyo

- 30 January—27 February 2026
- Exhibition Opening: 30 January, 2026, 3–5pm

**ORIGIN**  
brush on porcelain, by Bhavyo



"This body of work was created during a three-month intensive ceramics residency at Taoxicuan Art Avenue in Jingdezhen, China. My aim was to fuse calligraphic and gestural movement with Jingdezhen glazes.

Nature served as my muse; I sketched and researched in pockets of green throughout the city, translating these observations into layered strokes on porcelain tiles.

The diversity of ceramics and access to local techniques and tools allowed me to expand my practice and develop a new series, resulting in over 75 works.

I invite the community to view a selection of these pieces and share a glimpse of my journey in China."

Submitted by Anandamayi

## CENTRE D'ART

### Ok Jeong Lee:

中 and 그 후/ In the Middle and After

- Opening on Friday, 23 January, 4:30pm
- 23 January—11 February
  - Tuesday to Friday 2—5:30, Saturday, 10—12:30/ 2—5:30,
  - Morning by appointment

As in the fairy tales of your childhood, you walk forward, torn between apprehension and wonder, in the dim light of a forest that filters out the light of the outside world.

Around you hang long strips of cut-up vines made from scraps left over from the manufacture of COVID masks. As you turn a corner, you discover sculptural objects, silky paintings, metal flowers, hybrid creatures, and strange totems embedded in the fabric vegetation. You become aware of your bated breath, your emotions, the feeling of disorientation, the person ahead of you and the one behind you on the narrow path that Ok Jeong Lee leads you down.

Then the path ends, and you emerge into a bright, vast space. Hundreds of compact discs form sparkling rivers on the ground, an open and refreshing sea.

The artist has scattered the space with inviting benches and seats, all of which are playful and colorful works of art: transparent suitcases for time travelers, woven chairs, and cloud-like foam cushions.

You arrive at home, or rather at her home, in her familiar yet dreamlike universe, where recycled materials speak to crucial themes such as memory, the organization of life and the environment, and the hope for a more spiritual future.

Ok Jeong Lee's installation is a metaphor for the succession of unprecedented crises facing the world, a state of permanent disruption with no apparent end in sight. It explores the capacity of humans, as transitional beings, to evolve and face a process of transformation towards new realities, emphasizing the experience of living a situation from within rather than observing it from the outside.

In this respect, it echoes the Relational Aesthetics theorized by French art historian Nicolas Bourriaud, according to whom works of art, beyond their form or style, contribute to creating new inter-human relationships and a new sensibility.

The space she imagines for us is an invitation to sit down, reflect individually on this journey, and contemplate, in the company of other visitors, a pacified future at the end of the road.

Dominique Jacques. Submitted by 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:

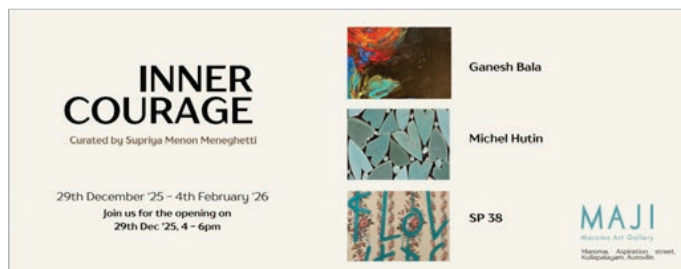
- for Exhibitions and Artist Residency: <https://centredart.in/artist-residency-auroville/>
- for Activities: <https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

Marco





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



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



## ABOUT TIME

Saturday, 31 January, 7pm @ Cripa



'About Time' is a travelogue woven from anecdotes and analyses, documents and dreams.

Moving between the Kaveri delta in India and Central Java in Indonesia, it traces how dance, song, and ritual have long been commissioned to keep time. Bodies, gongs, and gestures take turns in the churning of time itself.

Written as 24 time-pieces and addressed in confidence to W. G. Sebald, this work revisits themes of memory, history, biography, fiction, and the image. An instalment from Kiran Kumar's ongoing project Epistolary Ancestries.

Open to all—free entry—contributions welcome

Laura

## 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

## BHARAT NIVAS PRESENTS

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

## 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](mailto:tango@auroville.org.in), Aurevan

## NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

- Toddlers' dance initiation**  
from 4 to 5 years old, every Monday, 2:30pm
- Children' ballet class**  
from 6 to 8 years old, every Saturday, 9:15am
- Tweens' ballet class**  
from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries:

- +91 9600225764

Fleur

## 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).

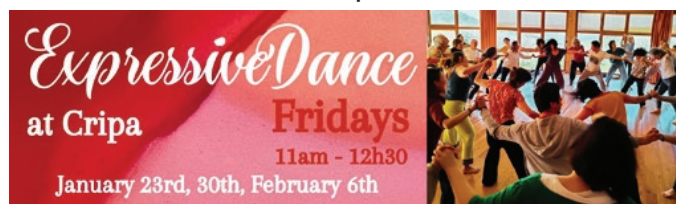
I would like to offer this class to **Beginners, Intermediate and Advanced students.**

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

## EXPRESSIVE DANCE

Fridays, 23, 30 January & 6 February,  
11am—12:30pm @ CRIPA



An opportunity to discover the practice of Rio Abierto. This is an invitation to connect to your body, vitality and expressiveness!

Claire is an artist and teacher in dance theatre, somatic practitioner and Rio Abierto instructor.

Laura for CRIPA

## 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

## Theatre, Music & Art Activities

### 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 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/>

## The Path of Nada Yoga



This introductory workshop offers the rare opportunity to familiarise yourself with the ancient philosophy and practice of Nada Yoga (The Yoga of Sound). Under the expert guidance of the Rudra Veena Maestro Carsten Wicke, participants will journey into the subtle realms of sound and consciousness.

- 23—24 January 10am—5:30pm
- For details, visit [svaram.org/events-booking-calendar](https://svaram.org/events-booking-calendar) or scan the QR Code

## Vocal Unfolding



- 7—8 February, 10am—5:30pm

This two-day seminar with Schirin Zareh, who has participated in the development of the Lichtenberger Institute for Applied Voice Physiology for over 40 years, encompasses group exercises designed to awaken and deepen sensory awareness in our resonating body.

## Sonorium Wellness Training



- 9—14 February, 9:30am—5pm

A concentrated 6-day immersion into the art of sound-based well-being. Whether you're a sound practitioner, wellness practitioner, therapist, musician, or seeker of healing arts, this training equips you with the tools to work confidently with the Sonorium setup and guide others into restorative healing sonic experiences.

## Immersive Flumie Workshop



- 6—8 March, Variable Timings

We invite you to a weekend of flumie playing with the maker of the B Love professional flumies, widely regarded as the finest flumies on the market, not only for their exceptional craftsmanship, but above all for their extraordinary range of soundscapes and the seemingly endless discovery of new harmonics.

- For details, please visit [svaram.org/events-booking-calendar](https://svaram.org/events-booking-calendar) or scan the QR Code

## ISSP Module 1: Principles and Concepts of Therapeutic Music & Sound Work



- 9—14 March, 9:30am—5pm

This first of a 4-module Certificate Course in Integral Sound Studies and Practices (ISSP) offers a thorough introduction, exposure, immersion, and training in the vast subject of Sound and Well-being.

## Planetary Sound Symphony



- 16—18 March, 9:30am—6pm

Join a 3-day intensive transference training exploring sound as a living, relational, and performative force. This workshop offers a focused entry into contemporary sound music practice, integrating planetary-tuned instruments, embodied listening, and advanced ensemble resonance work.

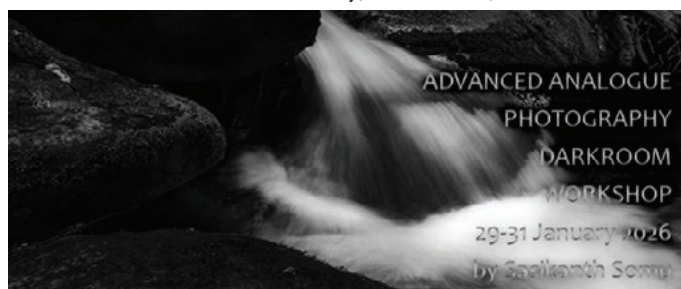
- For details, please visit [svaram.org/events-booking-calendar](https://svaram.org/events-booking-calendar) or scan the QR Code

Aurelio for the SVARAM Team

## 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](mailto: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](mailto: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,  
for Centre d'Art*

## 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](mailto:sathyacolour@auroville.org.in)

*Sathya  
for CREEVA Art Studio, Creativity*

## Sports & Martial Arts

### BUDOKAN:

#### Update of the Class Hours and New Activities

#### Aikido

**For Adults & Teenagers**

- Monday to Friday, 6—7:30am
- Tuesday, Thursday & Friday, 4:50—6pm
- Saturday
  - Advanced 6—8am
  - Weapon class 8—9am

**For Kids & Teenagers**

- Monday to Friday, 3:50—4:50pm
- Saturday, 10—11am

#### Aikitaïso

- Monday to Friday: 8—9am
- Saturday: 9—10am

#### Yoga

- Monday, 9:30—10:30am & 5—6pm
- Wednesday to Friday, 9:30—10:30am

#### Shiatsu

- Saturday & Wednesday (on appointment)

*Michaël  
for Auroville Budokan, Dehashakti*

## 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:

[abhaya@auroville.com](mailto: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: 7—8am, Evening: 4:30—5:30pm



- @ 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

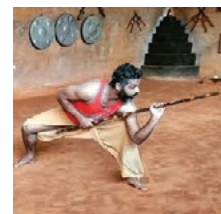


Monisha for BN Team

## 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

- Monday, Wednesday, Friday, 6:30—7:30am
- First time? Please come on Friday.

8110848123 WA, Hans

## Bioregion, Crafts & Nature Activities

### PEBBLE GARDEN TOUR



Saturday, 24 January, 10am—12:30pm

8148715966 WA for Registration  
Deepika & Bernard

### UPDATE ON COFFEE AND FERMENTATION

Every Saturday, 10am—12pm

#### Fermentation Workshop

Probiotic-rich and alive with culture—learn to brew your own vinegar and hot sauces at home!

This beginner-friendly workshop reconnects you with ancestral microbes and teaches you to make naturally fermented sauces using traditional methods.

- No commercial yeast,
- No fancy equipment
- Just real ingredients, wild starters, and intuitive brewing
- Take home a sample of your creation

#### Coffee Cupping Session

Discover the art of savoring specialty coffees at the Coffee Learning Community.

No prior experience needed! We guide you through each step to help you discern subtle sensory nuances.

#### Session Details:

- Start with an introduction to the flavour wheel and instructions on using the cupping sheet
- Learn the fundamentals of cupping and how to describe the distinctive attributes of coffees

#### Booking required

- Phone/ WA: 7200881291,  
[contact@coffeeideas.in](mailto:contact@coffeeideas.in)

Matilde

### UPCYCLING OPEN STUDIO

Every Tuesday 10am—12pm



@ Ok Upcycling Studio, Recentre

- Discover the fundamentals of upcycling
- Tour the studio
- Purchase or place orders for upcycled items
- Join our "Make Your Own Upcycled Item" workshops

Come explore, learn, and get inspired!

6384043908,  
Veronese

## 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](mailto: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](mailto: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](mailto: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](mailto:solitudepermaculture@gmail.com)

*Krishna  
for the Solitude farm & café*



## MOHANAM PROGRAM

[www.mohanam.org](http://www.mohanam.org)

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



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

[mohanamprogram@auroville.org.in](mailto: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

- 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.



**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](mailto:mohanamprogram@auroville.org.in)

*Rajaveni*

## AUROVILLE BAMBOO CENTRE

[www.aurovillebamboocentre.org](http://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

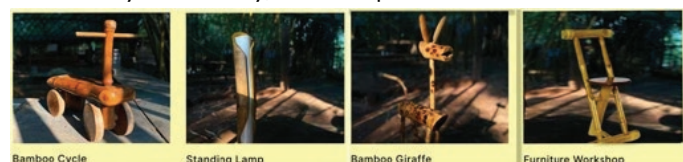
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



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



### 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](mailto:bamboocentre@auroville.org.in)
- +91 8300949081

*Balasundaram*

## EGAI: LEARN FROM ARTISANS



Instrument Making Workshop  
Contact Anand : +91 9791896488 / [egai@auroville.org.in](mailto:egai@auroville.org.in)

## ENLIGHT



Contact: Arun / Balaji  
+91 88381 72521 / [enlight@auroville.org.in](mailto:enlight@auroville.org.in)



*Arun, Anand and Balaji for Enlight Team*

## ACTIVITIES BY INSIDE INDIA

### Kolam Mandala Workshop

- Every Friday, 10am—12pm

Join us for our Tamil Kolam Workshop.

Kolam is a special Tamil Mandala art that creates intricate patterns using rice flour. Open to all skill levels.



### 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.

[tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com)

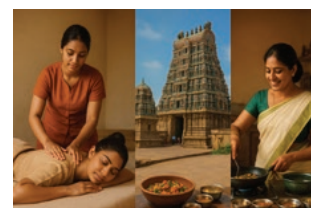
*Shaheen for Inside India*

## 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: 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](mailto:rupavathijoy@gmail.com)

*Rupavathi*

## WELLPAPER WORKSHOP

10am—4pm,  
every day except Sunday

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

• +91 9385744722, 0413 2969722

Viji



## 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](mailto:itmatters@auroville.org.in) or  
+91 9344087925 WA



| Date                             | Workshops this week                                                              |
|----------------------------------|----------------------------------------------------------------------------------|
| Saturday, 24 January, 10—12pm    | Sharing: From Generational trauma—Ancestral healing with Ana, contribution based |
| Sunday, 25 January, 10am—12:30pm | Basket weaving workshop with Shanthi                                             |

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

Sandra & Bhakti for It Matters

## Looking For

### Urgent need for house sitting: Juan Andres

I will become homeless by this Sunday, 18 January, so if you know of any options, even short term, please let me know: +918525058665.

Juan Andrés, psychotherapist at Santé

### Looking for Housesitter: Yën

Seeking Aurovilian, Newcomer or Volunteer to housesit a small single duplex place in Auromodèle from the beginning of April till the end of December 2026. Looking for a super clean responsible woman. Expenses will be discussed when we meet.

+ 919566472590, [adorabilis@icloud.com](mailto:adorabilis@icloud.com), Yën

### Looking for a long-term house-sitting: Lakshmi

My name is Lakshmi, an Aurovilian living in Auroville for the past 9 years. I'm currently looking for a long-term house-sitting opportunity. I am responsible, clean, respectful, and take loving care of the space I live in.

If you feel you may have something to offer, or know someone who does, please feel free to DM me.

Lakshmi, +918489764602,  
[lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

## Available

### Avocado tree saplings available

Integral Harmony farm has about 150 avocado tree saplings. If interested come on Saturdays to the Integral Harmony Farm in Discipline. Cost is Rs.50 per sapling.

• Contact Velmurugan: +91 97514 68504  
or Lisa: +91 9787825952.

Lisa for Integral Harmony Farm Team

## 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](mailto: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](mailto:hello@cowork.kinisi.in)
- CSR Campus, Auroshilpam,  
[cowork.kinisi.in](http://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](http://www.auromode.in/hive-coworking) for more details on our flexible plans and facilities.

For inquiries: [auromodehive@auroville.org.in](mailto: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](mailto: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](mailto:pandian@auroville.org.in) Pandian

## Honorary Voluntary

### 16<sup>TH</sup> EDITION OF AUROVILLE MARATHON 2026

Volunteers Needed for the 16<sup>th</sup> Edition of Auroville Marathon 2026– Run for the Joy of Running!

Warm greetings from the Auroville Marathon 2026!

The 16<sup>th</sup> edition of the Auroville Marathon is set to take place on **Sunday, 8 February 2026**, and we are excited to once again celebrate the spirit of Run for the Joy of Running! This event brings together runners and supporters from all walks of life, and we invite you to be a part of making it truly special.

Volunteers are the heart of the Auroville Marathon. Your time, energy, and smiles play a vital role in creating a smooth, safe, and joyful experience for all participants.

Areas where we need your support:

#### Pre-Marathon Activities:

- Registration desk, race kit distribution, route preparation.

#### On Race Day:

- Hydration stations, route management, participant coordination, first aid assistance.

#### Post-Marathon:

- Clean-up drives, feedback collection, and wrap-up activities.

No prior experience is necessary just your willingness to help and a joyful spirit!

#### How to register:

To join us as a volunteer, please [sign up using the link](#) or write to us with your name and contact details:

- [marathon@auroville.org.in](mailto:marathon@auroville.org.in)

For any queries or additional information, feel free to contact the Auroville Marathon Team at +91 8870765662.

Let's come together to celebrate health, community, and the sheer joy of running. Join us in making the 16<sup>th</sup> Auroville Marathon a memorable and meaningful event!

*Logasundari*  
for Auroville Marathon Organising Team

### 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](mailto:aarambham@auroville.org.in)
- +91 83002 88303, WA messages



Alexey

## DOG SHELTER

### 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](mailto:aurovilledogshelter@auroville.org.in).

Dr. Kumar & Sugar (Executive)



## 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](mailto:sadhanaforest@auroville.org.in),  
8525038274 WA or  
call 8122274924

Aviram

## BOTANICAL GARDENS

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

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

- If interested please contact Noel at [earthyyoga@hotmail.com](mailto:earthyyoga@hotmail.com) or stop by in the morning sometime to explore the possibilities.

Noel Parent

## 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](mailto:sandya@auroville.org), 9443619403. Sandya

## Work Opportunities

### AURORA'S EYE FILMS

#### Job Opening:

#### Cinematographer & Filmmaker (Part-Time)

Aurora's Eye Films is an independent film studio based in Auroville, creating documentaries, web series, and visual stories rooted in conscious living, sustainability, community, and human connection. We are looking for a skilled and sensitive Cinematographer & Editor to join our team on a part-time basis.



This role is ideal for someone who enjoys working on meaningful, real-world stories and is comfortable in both collaborative and self-directed environments.

#### Role Overview

As a Cinematographer & Filmmaker, you will be involved in the visual creation of films from concept to completion—including shooting, visual storytelling, and occasional editing support. Projects may include documentaries, interviews, community films, social impact stories, and web series.

#### Key Responsibilities

- Cinematography for documentaries, interviews, and short films
- Operate camera, sound, and basic lighting setups
- Collaborate on visual storytelling and shot design
- Assist in pre-production planning (locations, framing, mood)
- Occasionally support editing, colour grading, or post-production workflows
- Must have own camera

#### Skills & Experience

- Strong cinematography and camera operation skills
- Experience in documentary or independent filmmaking
- Basic knowledge of sound recording and lighting
- Familiarity with editing software Premiere Pro
- Ability to work independently and as part of a small creative team
- A good visual eye, patience, and attention to detail

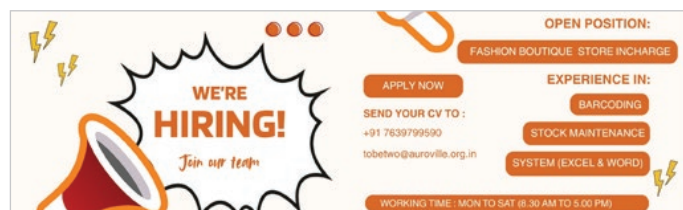
#### How to Apply

Please send:

- A short introduction about yourself
- Links to previous work or showreel
- Email: [serena\\_aurora@auroville.org.in](mailto:serena_aurora@auroville.org.in)
- Website: [www.auroraseyefilms.com](http://www.auroraseyefilms.com)

Serena

### TO BETWO



- **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](mailto:tobetwo@auroville.org.in)
- **Working Time:** Monday—Saturday, 8:30am—5pm

Pavitra

### AWARE—MEDIA & COMMS



#### Volunteer/ Intern Call

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

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

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

**Contact:** +91 73965 57993 WA, [aware@auroville.org.in](mailto:aware@auroville.org.in)

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

Sajiv, co-ordinator

### NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulapalayam, Auroville

We are hiring: PGT-biology teacher

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

Send your resume to our email address:

- [ness@auroville.org.in](mailto:ness@auroville.org.in), 8072627852

K. Venkatesh



### TOWN HALL: RESEPTIONIST

We are seeking a motivated and skilled Aurovillian to join our team as a half-time receptionist!

#### Requirements

- Fluent in English (reading, writing, and speaking)
- Proficient in Excel, Google apps, and Zoho
- Adaptable to morning and afternoon shifts

#### Responsibilities:

- Reception duties
- Administrative tasks
- Working with various apps and software

If you're interested and meet the requirements, send your resume to ACUR

- [acur@auroville.org.in](mailto:acur@auroville.org.in)
- or contact Balaji: +91 8270071581 WA

Let's work together to make our community thrive!

Balaji  
for ACUR Management

## Poetry

### ASSERTION TAKES EXERTION.

Assertion takes exertion.  
Exertion leads to exhaustion.  
A temporary high,  
An expected low.  
A winding path,  
Repeated,  
Can become a pattern.  
To continue,  
Or to let go?  
What if  
all these  
Are extras?

Anandi Z.

### JOURNEY TO THE SUN



If such a tiny seed  
In such dark dingy waters  
Can rise  
To become  
Such a beautiful lotus  
What might not you and I,  
My Love  
Become  
In our journey to the Sun.

Sehdev Kumar

## Voices & Notes

### TRILOGY of rEvolution

"Inherently the Truth, Whatever, you are correct..."

Behind the chaos of our modern world lies a Divine Play of Hide-and-Seek. We are transitioning from the "mortal drifter" to the fully conscious "Unique Expression".

Dive into the Trilogy of rEvolution—a three-part poetic journey through the teachings of Sri Aurobindo and The Mother, exploring the descent of the Supramental and the blossoming of the Life Divine.

The prodigal child has come full circle. And with a Smile of Love awaits the Divine Mother.

• <https://zechjoya.blogspot.com/2026/01/trilogy-of-revolution.html>

**Note:** To continue with the full post with penetrating commentaries, please click the above link, scan the QR Code or go to this blogsite and open the post with the same title: <https://zechjoya.blogspot.com/>



Zech

## MOTHER'S 'AUROVILLE PROSPERITY' IN KIND SERVICE

### Part One

#### AUROVILLE PROSPERITY

- (1) Chits should be submitted before 24th.
- (2) Prosperity articles should be collected on 1st of every month between 9:30 A.M. and 11:30 A.M. and in afternoon between 3 P.M. to 4 P.M. From 2nd to 5th it is open only in the afternoon. In case the chit is given late please collect the items on the 5th afternoon instead of 1st.
- (3) Anybody leaving Pondicherry during the month should intimate Auroville Prosperity.

| General                  | Period  | Toilet                                      | Period   |
|--------------------------|---------|---------------------------------------------|----------|
| 1 Umbrella ... ..        | 4 Years | Toothpaste or Tooth Powder ... ..           | 1 Month  |
| 1 Pair L. Sandles ... .. | 1 Year  | Hair oil ... ..                             | 1 Month  |
| 1 Pair R. Sandles ... .. | 1 Year  | Shaving stick ... ..                        | 6 Months |
| 1 Mat ... ..             | 4 Years | Shaving Brush ... ..                        | 1 Year   |
| 1 Pillow ... ..          | 3 Years | 4 Washing Soaps or 1/2 Kg. S. Powder ... .. | 1 Month  |
| 1 Mattress ... ..        | 6 Years | 1 Toilet Soap ... ..                        | 1 Month  |
|                          |         | 1 Blades ... ..                             | 6 Months |
|                          |         | 1 Tooth Brush ... ..                        | 6 Months |
|                          |         | 1 Tongue Cleaner ... ..                     | 6 Months |
|                          |         | 1 Comb ... ..                               | 1 Year   |

#### CLOTHING

|                        |         |                         |                          |
|------------------------|---------|-------------------------|--------------------------|
| 1 Towel ... ..         | 1 Year  | 4 Sarees or ... ..      | 4 Kurtas or ... ..       |
| 1 Gamcha ... ..        | 1 Year  | 4 Dhoties or ... ..     | 4 Shirts or ... ..       |
| 1 Bedsheet ... ..      | 1 Year  | 4 Pyjamas or ... ..     | 4 -Bush Shirts or ... .. |
| 1 Pillow Cover ... ..  | 1 Year  | 4 Shorts or ... ..      | 4 Blouses ... ..         |
| 2 Bags (cotton) ... .. | 1 Year  | 2 Pants full ... ..     | 4 Under wears or ... ..  |
| 1 Mosquito Net ... ..  | 6 Years | 4 Ganjees or ... ..     | 4 Langous-or ... ..      |
|                        |         | 4 Brassieres ... ..     | 4 Tangles or ... ..      |
|                        |         | 4 Hand Kerchiefs ... .. | 4 Petticoats ... ..      |

Not even three months had elapsed since founding Auroville, when Mother introduced a collective 'in kind' system she called "Auroville Prosperity". She launched it on 16 June 1968 by this powerful message:

**"Auroville is meant not for the satisfaction of desires but for the growth of the true consciousness."**

The Sri Aurobindo Ashram Prosperity, instituted decades earlier, was the model; even the forms were same. Besides free meals, Prosperity provided basic items such as clothing, toiletries, kitchen vessels, essential appliances and whatever other goods or repair were necessary for day-to-day living. Healthcare, simple accommodation and furniture, children education and all the basic necessities of daily living and services—along with leisure time and entertainment: the Auroville recipient were taken care of in a spirit of fraternal sharing, according to the available resources. Bicycles were provided, motorbikes were for work only. The Sri Aurobindo Society bus commuted to and from Pondy twice, daily; thrice, if there were evening programs. Madras was reached by public bus.

The conditions to be granted the Auroville Prosperity were:

- Having no other economic resources of one's own.
- Alternatively, donating to Auroville whatever material possession one had (if any).
- Work for the community (not for oneself or one's family), a minimum of five hours a day, all year round. Six hours if Sundays were excluded.

Point 5 in the admission form to be submitted to the Mother for acceptance indeed specifies: **"When Auroville meets the individual's needs and requirements, one is expected to offer to Auroville all that he has and can in respect of material possessions."** This proviso rules out those having pensions, cars, flats, lands or other properties.

On 23 May 1972 the Mother signed the final guidelines for the economic activities, highlighting once more the Auroville Prosperity:

**"One of the objectives of Auroville is that economic activities of all kinds, whether industrial, artisan, agricultural etc., should be completely taken up by Aurovilians. Since the requirements of the Aurovilians are completely looked after by Auroville, the question of salary does not arise."**

Mother's secretary to Auroville, Shyam Sunder, met Mother daily, she guided him step by step. This excerpt shows how strict she was:

**"For a person working satisfactorily since a year, who now asks for maintenance by the Auroville Prosperity, Mother said neither yes nor no, but asked after a while, "How to know that they have no money?"**

**"It is very difficult to know. In some cases where they demanded Prosperity and were asked to wait, they managed to continue some more months with their money."**

**"Yes, how to know? What to do? What can I say?"**

**"To this man I can say clearly that Prosperity is for those**

who have no money left with them, and if he says that he has nothing, we give him the Prosperity and leave him to his conscience."

"Yes, yes, it is a very good idea. Speak to him."

Shyam Sunder, Down Memory Lane,  
pp. 221-2, 11.9.1972

This is Mother's last message to Auroville, her testament, and it concerns the Auroville Prosperity:

A request for Prosperity was answered in the negative.

Mother remarked, "The first condition is not to tell a lie and this person started with a big lie."

First Mother wanted to write, "No liars in Auroville" or "No lies in Auroville," but then she wrote,

"Auroville will become what it must be, only if and when the people living there will stop lying."

Shyam Sunder, Down Memory Lane,  
p. 281, 18.3.1973

Submitted by Paulette

## AUROVILLE STORIES



Rumi famously wrote, "Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there." Yes! Let's go! But tell me, where exactly is this "field"? It's a bit like telling a friend, "Let's meet ... by a tree." Thanks Rumi, but we could use clearer directions.

Way back in your time—2026!—that's what *Auroville Stories* set out to explore—how can we **dream together and share stories of how we actually reached this "field" of Human Unity**, looking backwards from Auroville's 100<sup>th</sup> anniversary in 2068.

Why was this "field" so hard to find? Was it because humans are selfish? Broken? Hopeless? No. The biggest hurdle humanity faced in the mid-2020s—larger than climate chaos, deeper than political polarization, more paralyzing than collapsing systems—was a **crisis of imagination**. Not a lack of intelligence. Not a lack of technology. Not even a lack of will or desire. It was our inability to imagine together, beyond our differences, without fear or blame.

Sri Aurobindo and the Mother understood that what is seeking to manifest does not simply appear as policy or structure. It shows up first as images, stories, and a felt sense. Only later does it crystallize into form. But this is far easier to name than to practice. Sri Aurobindo warned that much of what we call imagination is actually vital imagination—shaped by fear, desire, and habit. It helps us navigate life, but can just as easily inflate our egos and harden our certainties.

Integral Yoga—and the promise of Auroville—invite us to go further: beyond imagination driven by our vital beings—toward illumined imagination, which reveals new possibilities, and *intuitive imagination*, which quietly sees behind appearances and reshapes who we are from within.

So, if you're reading this in early 2026, this is an invitation to enter a safe space over the next few weeks to work with others to **create and share hopeful and realistic stories** that move beyond politics and surface oppositions such as "right" vs. "wrong" or "order" vs "freedom" and towards our co-imagined field of Human Unity.

If this resonates, please register:

- [bit.ly/AurovilleStories2068](http://bit.ly/AurovilleStories2068)

or contact Daniel Greenberg:

- [daniel@ic.org](mailto:daniel@ic.org) or +91 92172 52447 with any questions.

And consider coming to at least the first session next Tuesday—not to commit, but simply to experience what this is about. Your future self will be glad you did.

Daniel

## Foods, Goods & Services

### HAPPY REPUBLIC DAY 2026:

#### AV Bakery & Café and Townhall Café

- AV Bakery & Café and Townhall Café will be closed on Monday. Please collect your Monday, 26 January orders on Saturday, 24 January.
- AV Bakery & Café will be open on Sunday from 7am to 1pm, offering croissants, cakes, and cookies. The café will serve the usual menu.

AV Bakery Team  
from Mass Bulletin

### 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](mailto: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

### LIVING ROOM CAFÉ



+91 9566142115,  
Satyakam

### 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



## Non Veg Monthly Meal Scheme

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

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

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

**Reminder! Other monthly lunch schemes:**

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

**For enquiries and registration:**

- [cafeteriavc@auroville.org.in](mailto: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](mailto:cafeteriavc@auroville.org.in)

Kyoung Hyoun Lee

## SUDHA'S KITCHEN!

Healthy Plate monthly scheme for Aurovilian Volunteers & Guests

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



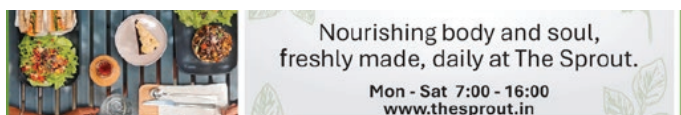
**Contact Us:**

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

## THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team,  
[www.thesprout.in](http://www.thesprout.in)

## 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

## 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



**VEGAN CAFE**

**TASTE OF YOGA**

Raw | Gluten-free | No added sugar

Mon to Sat  
08:30 - 16:30



Kathir  
for Vérité programming

## SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and  
Millets Pongal, Coffee  
Rs.99

Submitted by Shiva



## DOWNLOAD OR ACCESS DROPZY APP

**Android:** <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

**iPhone Browser Version:**  
<https://app.dropzy.in/public/dropzy>

**Desktop:** <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish





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

### Shared Transport Service

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

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

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

**Contact:** 8098776644/ 9442566256

• [its@auroville.org.in](mailto:its@auroville.org.in)

Rajesh.D



### KINISI E-MOBILITY

**KINISI**  
LOOKING FOR  
A NEW WAY  
TO GET AROUND?  
Rent an  
e-cycle or e-scooter  
from Kinisi

**25%**  
discount at Kinisi Cowork  
for the same duration  
Offer valid till 30th November

CSR Campus, Auroshipam  
[hello@cowork.kinisi.in](mailto:hello@cowork.kinisi.in)  
+91-9429 690 049

SCAN ME

- Contact us: +91 9429690049, [hello@cowork.kinisi.in](mailto:hello@cowork.kinisi.in)  
Laure

### 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](mailto:govindaraj@auroville.org.in) for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B  
for Qutee Electric Scooter Service

**SUNRISE TAXI SERVICE**  
A Unit of Auroville Foundation

**Book A Taxi 24/7**

**+91 9843880591**

Office: (0413) 2220591, 2220592  
Office cell: 8610915429  
[sunrisetaxi@auroville.org.in](mailto:sunrisetaxi@auroville.org.in)  
[www.aurovillesunrisetaxi.in](http://www.aurovillesunrisetaxi.in)

### UTS TRANSPORT SERVICE



**Open 24 X 7:** Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

Lakshmi for UTS



inside india  
DREAMS & MEMORIES

### Special Flights and Offers

Available offer fare International Flights from Chennai

- **Etihad Airways:** Frankfurt, London, Dublin, Brussels, Amsterdam, Vienna, Zurich, Munich, Milan, Madrid, Barcelona, Rome.
- **Air India:** Paris, Frankfurt, London, Amsterdam, Zurich, Milan.
- **Emirates:** London, Amsterdam, Dublin, Vienna, Zurich, Madrid, Barcelona.
- **British Airways:** Paris, Amsterdam, Dublin, Brussels, Berlin, Zurich, Barcelona, Milan.
- **Oman Airways:** Amsterdam.
- **Kuwait Airways:** Barcelona, Milan.
- **Qatar Airways:** Paris, Frankfurt, London, Dublin, Madrid, Milan, Rome.
- **Cathay Pacific & Singapore Airline:** Seoul.
- **Air France:** Paris.

### Travel advisory:

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

### 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 [tours@insideindiaauroville.com](mailto: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

### 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](mailto:sarvamcomputers@auroville.org.in)

Bala

## RAPID CARE SERVICES

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



### Services offered

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

- **Contact:** + 91 8270071581
- **Primary Email:** [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)
- **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
- **Instagram handle:** @rapidcare1

Balaji & Arun

## 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](http://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

@ AVDzines building at Mangalam campus (next to Wellpaper, & Bamboo Centre)

You are also welcome to send your job via email and WhatsApp, see the data below.

- **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
  - 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](mailto:avdzines@auroville.org.in), [avdzines@gmail.com](mailto:avdzines@gmail.com)

9443459063 WA, Guna for AVDzines

## 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

## 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

## HEMPLANET

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

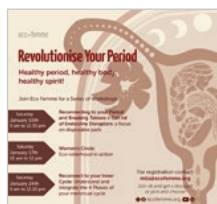
Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



- **Contact us for all your procurement needs:** [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)  
+91 9843846458 WA, Phone, Iyyappan

## 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, 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](mailto:mila@ecofemme.org) for registration form and pricing details.

Mila for Eco Femme Team

## Classes, Workshops & Healing Arts

### THE ALCHEMY OF EVOLUTION

**Saturday, 31 January, 3pm  
@ Aahrambham Learning Space**

"Man is a transition-being; he is not final."—Sri Aurobindo. Do you ever feel divided? Often, our mind seeks one direction, our emotions another, and our physical body follows its own rhythm. My synergic method is designed to integrate these parts through a powerful, three-step journey toward conscious transformation:

- **Reveal with the Mandala:** More than just an artistic exercise, the Mandala acts as a "Temenos"—a protected space where your subconscious speaks through color and form, bringing what works in the dark into the light.
- **Support with Bach Flowers:** These vibrational essences provide the alignment needed to dissolve emotional knots and purify the "vital" nature, preparing the soil for inner growth.
- **Embody with Integral Yoga:** This is the education of all parts of the being to align with the Psychic Center—the true divine spark within—turning all of life into a conscious practice.

The Goal: Not just "well-being," but a new way of being. By making the shadow visible and harmonizing your nature, you allow your spirit to take hold.

Are you ready to become the artist of your own evolution?

Rosalba

### KAYA BODHA WORKSHOP

**Every Friday, 10:30am—12:30pm**

**@ Budokan dojo (Dehashakti sportground)**

**Kaya Bodha:** Body Awareness & Relaxation, Releasing tension, Becoming Calm and Agile

- Gentle movements of contraction and release.
- Relaxation techniques. **8110848123 WA, Hans**

## MINDFULNESS

**with Helen**

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](http://innersightav.org)

|                                               |                                    |                  |
|-----------------------------------------------|------------------------------------|------------------|
| Wednesday, 28 January & 11 February, 2:30—5pm | Miksang—Mindful Photography        | Workshop         |
| Monday, 2—Saturday, 7 February                | Mindfulness Based Stress Reduction | 1 week course    |
| Saturday, 14 February, 9:30—12:30pm           | Mindfulness Kindfulness            | Half Day Retreat |

### Miksang (Mindful Photography workshop)

- **Wednesday, 28 January & 11 February, 2:30—5pm**

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 Based Stress Reduction (1-week course)

- **Monday, 2 February to Saturday, 7:15am—9:15am**
- **7 February, 9am—3:30pm**

This evidence-based course can help you navigate life's challenges with greater ease. It blends ancient mindfulness practices with cutting-edge neuroscience research, offering practical tools to work with stress, overthinking, burnout, physical & emotional pain whilst building resilience, focus & presence.



It can support those facing work pressure, relationship struggles & health concerns as well as those wanting to see deeper into their patterns, mind & true nature. It is suitable for those new to meditation as well as those looking to deepen their practice.

### Mindfulness Kindfulness Half day retreat

- **Saturday, 14 February, 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 allow inner deepening.

Helen

## 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



## WORKSHOPS BY ELA THOLE

Presented by Inside India

### The Integral Yoga of Sri Aurobindo and The Mother, Introduction

• 24 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.

### The Integral Yoga of Sri Aurobindo and The Mother, Insights into its Practice

• 25 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.

### An Exploration of Shakti in the Indian Traditional Spirituality and in the Integral Yoga of Sri Aurobindo

• 26 January, 9am—12:30pm

Shakti is the female creative energy recognized in the Hindu tradition as the transformative energy leading to the highest realization. She is understood as a dynamic force that creates, sustains, and destroys the universal reality. In the Indian Tradition, she is worshipped in a variety of forms and aspects. In the practice of the Integral Yoga of Sri Aurobindo, she is the leading force in the evolution of a Supreme Consciousness on Earth. Open to all, this session invites participants into a deeper exploration of the significance of Shakti as a living, transformative force.

[tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com)  
Shaheen for Inside India

## REGULAR YOGA CLASSES

@ Progress Hall, Bharat Nivas

Thursday, Friday, Saturday, Sunday & Monday  
(5 days a week), 5:30—7pm

Style: Vinyasa Flow (Beginner to Intermediate friendly)

#### Contribution:

- Drop-in only: Rs.500 per class for guests and non-Aurovilians
- Regular students may shift to a monthly fee structure
- Aurovilians, Newcomers and Volunteers Rs200 per class

#### Additional Notes:

- Please bring your own yoga mat. A few mats are available to borrow if needed.
- Arrive 15 minutes before class to find your spot and relax into the serene atmosphere of Bharat Nivas.

Let us begin this journey of learning, energy, and balance together on this sacred day. Everyone is welcome!

Monisha, BN Team



#### 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.

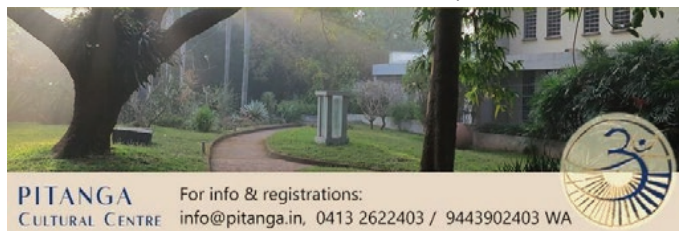
- Hall of Light is in Creativity Community, in the center of Auroville.
- [Vérité](#) is an Auroville project for integral learning, living & yoga.

#### 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](http://sitaramunay-kiyoga.org) Munay (Giovanni)



## PITANGA CULTURAL CENTRE, JANUARY



**Holiday Closure:**  
Pitanga will remain closed to the public  
on Monday, 26 January for Republic Day

### 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                                                                                                   | 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               |
|           | Feldenkrais, restarts on 30/01                                                                                 | 5:15–6:15pm   | Shari              |
|           | 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)<br>Chiropractic                                          |
| Anne H      | Cranio Sacral Technique                                                                      |
| Auromira    | Shamanic Healing                                                                             |
| Francesca F | Antigymnastique®                                                                             |
| Gaspard     | Sound Healing Therapy with Singing Bowls                                                     |
| Heidi S     | Acupuncture                                                                                  |
| Jivatma     | Sarga Bodywork®                                                                              |
| Juan        | Thai Yoga Massage                                                                            |
| Olesya      | Visceral Massage<br>Neurology Massage<br>Psychosomatic of diseases<br>Women’s Health Therapy |
| Rosalba     | Bach Flower Counselling                                                                      |
| Swati R     | Movement Therapy for infants and young children                                              |
| Veronique D | Syntropy Insight Bodywork                                                                    |

### New Activities

**Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands with Bel: Tuesdays, 5:30–7pm**

This 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

**Beyond the Clouds of Daily Life: Rediscovering the Harmonious Flow of Life**

Our daily life is often filled with shadows and passing clouds: thoughts, fears, worries, and doubts that thicken, hindering the harmonious flow of our living. These are “knots” that rob us of our sleep and the peace of our hearts.

Do you ever feel the weight of these shadows?

- Mental Overload that gives no respite.
- Performance Anxiety and the tyranny of “having to be.”
- Digital Apnea Syndrome and the frenzy of hyper-connectivity.
- Paralyzing Uncertainty and Chronic Guilt.
- Emotional Disconnection that makes us feel “empty.”

Every flower has the power to dissolve these tensions. With its vibrational frequency, each Bach essence brings us back to that virtue we have forgotten we possess, reconnecting us to the laws of Life that we have let go.

Come and discover your flower ally to return to flowing in harmony.

## 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](mailto:marinonimonica@gmail.com) or scan QR code:
- More information:  
[www.monicamarinoniashtangayoga.com](http://www.monicamarinoniashtangayoga.com)  
or +39 3917254083 WA



## Dynamic Yoga Flow: Bhandas, Pranayama & Asana with Florina

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

Each class brings a different energy—we honor that together. We co-create and flow deeper into ourselves and our perception. We use inner attention, bhandas, pranayama techniques, asanas and different aspects of the 8 limbs of yoga. Join us, let's co-create the next flow.

## Workshops

### Trauma Release & Regulation Workshop

By Dr. Aditya Varma; Saturday, 31 January, 9am—12pm

*"Reconnect Within—Mind, Body & Spirit. Restore Your Flow."*



*"The body keeps the score, but it also holds the wisdom to heal."*

**Benefits:** Reduce stress and anxiety; Reconnect with your body's innate wisdom; Build emotional resilience; Enhance focus, energy, and presence; Shift from chaos → regulation → flow

Prior Registration required, please contact Pitanga:  
[info@pitanga.in](mailto:info@pitanga.in), + 91 9443902403 WA.

### Awareness Through the Body

Workshop with Isora; Saturday, 24 January, 9am—12pm



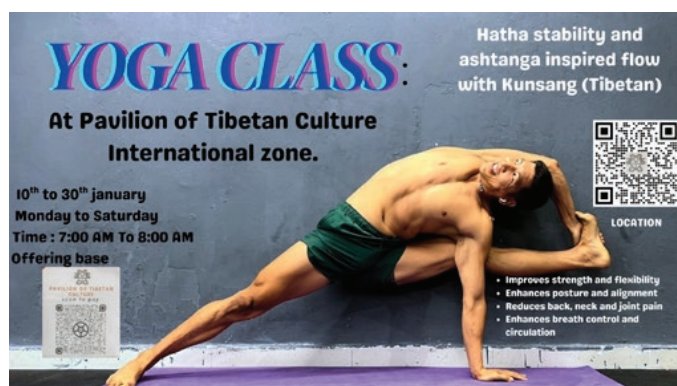
ATB is a practice developed in Auroville, India, that aims to expand consciousness and offer the opportunity for both, children and adults, to become aware of their own perceptions and abilities, so that they can become independent and self-aware individuals. The activities are creative and often fun, 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.
- Contact Pitanga: [info@pitanga.in](mailto:info@pitanga.in), + 91 9443902403 WA.

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

Anandamayi for Pitanga Team,  
2622403/ 9443902403 WA, [info@pitanga.in](mailto:info@pitanga.in)

## YOGA CLASS



@ Tibetan Pavilion

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

Kalsang

## SUNDAY VIPASSANA GROUP SIT

Sunday, 25 January, 8:30am—2:30pm  
Lunch will be served.

Dear Meditators, you are all very welcome to the monthly 1 day Vipassana meditation course for "old students" only (those who have completed at-least one 10-day course as taught by SN Goenka).



**Note:** Due to space constraints preference will be given to the meditators attending the full day.

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

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

- Please DM [vallari@gmail.com](mailto:vallari@gmail.com)/ 9740322447 WA by Friday, 24 January, 9pm.

Laure

## 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](http://www.innersightav.org) or

- contact Kardash +91 9940934875 WA **Kardash**

## QUIET HEALING CENTER



[www.quiethealingcenter.info](http://www.quiethealingcenter.info), [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

+91 9488084966, Mobile & WA

### 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.



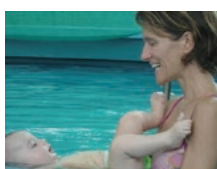
### Watsu® for Babies with Dariya

- 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.



### Watsu® for Babies—An Invitation to Parents!

- Sunday, 25 January, 2:45—4:30pm

Dear Parents of Little Ones (3 months to 2 years max.)

We warmly invite you to join us in our warm water pool Sunday, 25 January, 2:45pm as part of our Watsu® for Babies training course.

You and your little one will be gently guided into a nurturing experience designed with care, sensitivity, and respect for each child's unique rhythm.

Please bring towels and bottom-closed swimming pants for your baby.

- Kindly call or WA Quiet Healing Center 94880 84966 or email [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

We look forward to welcoming you and your little one to this special experience!

## 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?

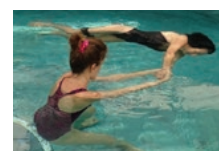
- Module 2 focuses on chest, belly, pelvis which are sensitive and important. Work with specific vital internal organs with sensitivity and care. Work supporting the body sideways, suitable and important for pregnant woman and physically challenged situations. Additional Tibetan pulsing energetic circuits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



## ARKA WELLNESS CENTER PROGRAM

January

[arka@auroville.org.in](mailto:arka@auroville.org.in), 0413 2623799



### Treatments

| Therapist                                 | Treatments, When                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbara                                   | <ul style="list-style-type: none"> <li>Yoga of Mother and Sri Aurobindo</li> <li>Healing and Awareness on all levels (physical, vital, emotional, mental and psychic)</li> <li>Mother's Flower Medicine (vibrational remedy)</li> <li>Individual Sessions and Groupwork</li> <li>Psychosomatic Therapy and Breath Therapy</li> <li>Consciousness/ Energy/ Body Work based on Integral Yoga</li> </ul> <p>Only by appointment <a href="mailto:baritam@auroville.org.in">baritam@auroville.org.in</a></p> |
| Pepe                                      | <ul style="list-style-type: none"> <li>Body Logic, Soft Massage, Deep Tissue Massage</li> <li>Monday to Saturday</li> </ul> <p>By appointment, +91 9943410987</p>                                                                                                                                                                                                                                                                                                                                       |
| Silvana                                   | <ul style="list-style-type: none"> <li>Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage</li> <li>Monday to Saturday, by appointment only</li> </ul> <p>+91 9047654157</p>                                                                                                                                                                                                                                                                                                                |
| Antarjyoti<br><i>English &amp; French</i> | <ul style="list-style-type: none"> <li>Psychospiritual Introspective Tarot Reading</li> <li>Deconditioning Self Inquiry</li> <li>I Ching oracle</li> <li>Inner/subpersonalities forces awareness</li> </ul> <p>Monday to Sunday, by appointment only<br/>0413 2623767, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></p>                                                                                                                                                                 |
| Niyati Thakkar                            | <ul style="list-style-type: none"> <li>Integral Regression therapy</li> <li>Integral reiki healing</li> <li>Holotropic technique breathwork</li> </ul> <p>Monday to Sunday, by appointment only<br/>+91 7041391995, <a href="mailto:narayani-nc@auroville.org.in">narayani-nc@auroville.org.in</a></p>                                                                                                                                                                                                  |
| Shruti                                    | <ul style="list-style-type: none"> <li>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</li> </ul> <p>By appointment only, +91 7904769496<br/><a href="mailto:auroshruthi@auroville.org.in">auroshruthi@auroville.org.in</a></p>          |

### Services

#### Aurokiya: Eye care center

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

#### Morning Star: Birth & women wellness

- [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)

#### Maatram: Psychological & psychiatric consultation

- By appointment, +91 9087709434  
[maatram@auroville.org.in](mailto: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](mailto:arka@auroville.org.in)

#### Emergency Services: Ambulance & emergency service

- +91 9442224680, [ambulance@auroville.org.in](mailto:ambulance@auroville.org.in)

#### Svasti: Homeopathic consultation

- By appointment, +91 9428429642  
[aditivya@auroville.org.in](mailto:aditivya@auroville.org.in)

#### Health & Healing Trust: Administration office

- [healthhealingtrust@auroville.org.in](mailto:healthhealingtrust@auroville.org.in)

### Classes

| Teachers             | Classes                       | When                                                                                           |
|----------------------|-------------------------------|------------------------------------------------------------------------------------------------|
| Damien               | Acroyoga                      | By appointment only, +91 9047722740                                                            |
| Teresa               | Pilates                       | Tuesday & Thursday, 7:30—8:30am<br>Friday, 5:30—6:30pm.<br>By appointment only, +91 7867998952 |
| Aurosugan & Priyanka | Eye yoga and wellness retreat | Monday to Sunday, 7—8am<br>By appointment only<br>+91 8012305151/ 9704258709                   |

For any details and queries, you can contact us at  
[arka@auroville.org.in](mailto:arka@auroville.org.in), 0413 2623799 Ramana, Arka

### VÉRITÉ PROGRAM, JANUARY

[www.verite.in](http://www.verite.in)

- 0413 2622045, 2622606, 9363624083  
or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://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         |
| Thursdays  | Free Flow Wave                                 | 5—6:30pm       | Vera           |
|            | 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        |
| Fridays    | Deep Sound Bath                                | 5—6pm          | Satyayuga      |
|            | 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           |
| Saturdays  | Surya Kriya & Yoga Nidra with Live Music       | 5—6pm          | Munay & Sitara |
|            | 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       | Sandhya        |

## 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, 23—25 January               | Self-Awareness & Love: Inner Mastery | 9:15am—4:30pm  | Ananda                |
| Friday—Sunday, 30, 31 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 |

### Self-Awareness & Love: Inner Mastery with Ananda

• Friday—Sunday, 23—25 January, 9am—4:45pm

Love is the light. Inner Mastery is presence not perfection.

**Awareness is the mirror.**

Welcome to a journey of inner mastery rooted in presence, compassion, truth, and love. This course supports you to see your patterns clearly, feel your emotions safely, and transform into wisdom, strength, and authentic connection.

A journey from reacting to responding, from fear to freedom, from seeking love to being love.

**You will explore:**

- Deep self-awareness, emotional intelligence and love
- Embodied practices: breathwork, somatics, Heart alignment
- Active and Silent Meditations
- Inner child healing, shadow work & archetype integration
- Moving from Victim/Controller → Creator/Co- Creator

A journey to master your inner world and live from your true nature.

This journey is for anyone who:

- Feels a deep calling to live with awareness, love, and inner freedom
- Seeks emotional maturity, self-respect, and loving boundaries
- Desires to live with more clarity, authenticity, and confidence
- Longs to experience love that is grounded, conscious, and nourishing
- Wants to understand their emotions instead of suppressing or reacting to them
- Feels stuck in repeating patterns, relationships, or inner conflicts
- Is healing from stress, trauma, heartbreak, or childhood wounds
- Is ready to move from survival patterns to create consciousness.

### Vedic Astrology with Swami Omkar

• Friday, 30 January—Sunday, 1 February, 9:15am—4:30pm

Study the fundamentals and practical applications of Vedic astrology for personal insight and growth. An ancient Indian system derived from the Vedas, Vedic Astrology uses planetary positions and constellations to help us understand life's patterns, our personalities and destinies, and gain insights into our life's path.

### Holding the Fire Together with Kaia, Munay & Radhika

• Saturday 31 January, 9:15 am—12:15pm

In the living laboratory of collective life, feedback and conflict are not disruptions but vital signals. This workshop explores how groups can respond wisely to helpful and unhelpful behaviour and meet conflict with fairness and care. Through embodied practice and shared inquiry, participants cultivate safety, accountability, and the courage necessary for healthy and resilient groups.

Hon

### 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.

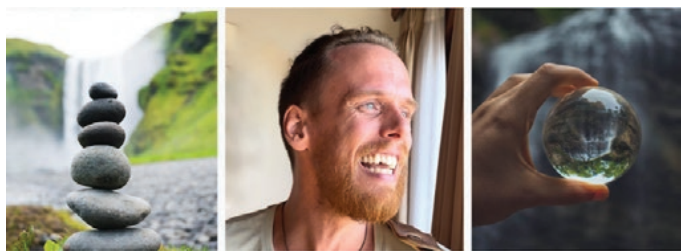
**To know more or book an appointment:**

• +919488084952 WA

Aikya

## INTEGRAL UNFOLDMENT

### Transformational Coaching



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

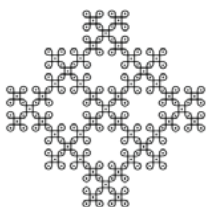
Whether you're navigating life changes, seeking purpose, or feeling called to reconnect deeply with yourself, I offer 1:1 sessions grounded in presence, parts work, and embodied wisdom. Curious to explore what's unfolding in you? Let's have a conversation...

By Dave (JOI Anitya), +44 7564119728 WA

## ACTIVITIES BY GRACE GITADELILA

### KolamYoga

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



• <https://youtu.be/IErbDiGJVTa?si=z5yoS-chugMMnM6a>

• [www.kolamyoga.com](http://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

*Languages*

## NEWS FROM

### Auroville Language Lab

22 January



### Language Lab Building Tours with Mita

Mita warmly invites you to discover the Auroville Language Lab building through a guided tour highlighting its thoughtful design and inspiring approach to sustainable, healthy, and conscious construction.

- Every Saturday, starting 24 January, 3—3:45pm
- By free contribution, registration appreciated — please write to [info@aurolillelanguagelab.org](mailto:info@aurolillelanguagelab.org)
- Drop-ins also welcome, open to everyone

Come explore this stellar example of mindful architecture and learn more about the vision behind the building. We look forward to welcoming you!

## Gibberish Lab—Beyond Words



The Gibberish Lab is a 3-month experiential journey inviting participants to step beyond structured language and rediscover the joy, spontaneity, and deep connection that can arise through communication without words.

Through playful exploration and embodied expression, this course opens a space where meaning emerges naturally—beyond grammar, beyond labels.

- Every Saturday, 4—5pm, starts 6 February
- Facilitator: Siddharth, Drop-ins possible

Open to anyone curious to explore communication in a freer, more intuitive way.

## Current Schedule of Classes, 22 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 |
|                  | Intermediate with Ashwini                               | 16-Hour, 2 Months Started 19 January             | 5—6pm Monday & 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-Hour (2 weeks) Starts 19 January              | 11am—1pm Monday to Friday         |
| Mandarin Chinese | Beginner with Shiju Hsieh                               | 36-Hour, 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                             | 16-Hour, 2 months, Started 1 December            | 3:30—4:30pm, 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, Started 6 January                | 3:30—5pm, Tuesday                 |
| German           | Beginner with Alex                                      | 36-Hour, 3 months, Started 28 November           | 4—5:30pm, Tuesday & Friday        |
| Gibberish        | Beginner with Siddharth                                 | 12-Hour (3 months) Starting 6 February           | 4—5pm Saturday                    |

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, 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> week of the month
  - French w. Coco and Gaspard, 2<sup>nd</sup> and 4<sup>th</sup> week of 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.

- Fridays: Hindi conversation with Anu, 5—6pm

## Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website and at the Lab, where you are welcome to come and watch them. All are welcome.

## Tamil Teacher Wanted—Auroville Language Lab

The Auroville Language Lab is looking for a Tamil teacher to join our team.

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@aurovillelanguage.org](mailto:info@aurovillelanguage.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 for Language Lab

*Cinema*

## AUROVILLE, BACK ON AN UTOPIA

The French Pavilion presents

Saturday, 31 January, 4:30pm

@ MMC Auditorium, Cinéma Paradiso, Town Hall

Documentary by Hélène Risser, Nicole Avril and J.P. Elkabbach made in 2008 in French subtitled in English, 90min

After Elkabbach's film on Auroville in 1972, French TV channel "Public Sénat" came back to Auroville in 2008, 35 years later to see what had become of these "pioneers" filmed in 1972. How have they evolved? Are they still in Auroville? What has become of the basic concepts of Auroville, this utopia, this laboratory? This film was first presented following its release in September 2008 in Auroville.



Marie for the French Pavilion

## FROM THE ILIAD TO ILION

Friday, 30 January, 8pm

@ Mutimedia Center Auditorium (MMC), Town Hall

Ilion invites you to a screening of the documentary *From the Iliad to Ilion*.

English (French subtitles). 53 min, followed by Q&A

Ilion is about the uncertain period that humanity is going through today, it speaks of a radical shift, both for the individual seeker and all of humanity.



Gaspard

## BE PART OF THE STORY: SUPPORT

Multimedia Center Auditorium—Cinema Paradiso (MMC-CP)



### Be Part of The Story: Support

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

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

To cover ongoing expenses, we set a goal of 8 Auroville units. 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](mailto:mmcauditorium@auroville.org.in). Submitted by Nina

## IMAGINE



### Cinema Paradiso Presents

On Saturday, 31 January 2026 @ 8pm @ MMC Auditorium, Auroville

Jack Manning Bancroft & Tyson Yunkaporta's

## IMAGINE

### Imagine

Australia, 2025, Writer-Dir. Jack Manning Bancroft & Tyson Yunkaporta w/Taika Waititi, Yolande Brown, Taylor Schilling, and others, Coming-of-Age - Animation, 85mins, English w/ English subtitles, Rated: NR (PG-13)

Kim, a non-binary teen overwhelmed by the noise of social media, is whisked into a dazzling adventure with Jeff, a witty alien dog. With only 24 hours, they journey through magical realms, face dragons and shamans, and uncover healing truths about trauma, nature, and connection—discovering that imagination and play hold the key to freedom and joy.

We thank the filmmakers for this generous sharing. The film premiered at the Melbourne International Film Festival in August 2025, weaving Indigenous storytelling with surreal fantasy adventure. This is its India premiere. One of the producers, Parul Punjabi Jagdish will be present to introduce and hold a brief Q&A session at the end. Don't Miss!

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

MMC/CP Group Account# 105106,

[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). Submitted by Nina



## CINEMA PARADISO

@ Multimedia Center (MMC) Auditorium, Auroville  
Film Program 26 January—1 February

*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, 26 January, 8pm

#### Satyashodhak (The Truth Seeker)

India, 2024, Writer-Dir. Nilesh Raosaheb Jalamkar w/ Anand Thakkar, Amol Bawdekar, Honaji Chauhan, and others, Biography, 145mins, Marathi w/ English subtitles, Rated: U/A (PG-13)

This award-winning Marathi film vividly dramatizes the Phule couple's revolutionary fight for education and equality, offering audiences a compelling look at the roots of India's social justice movement. Jyotirao Phule and Savitribai Phule challenge caste oppression and gender inequality, opening schools for girls and defying entrenched norms with courage, sacrifice, and vision. Truth, courage, and equality, a legacy of the Phules to watch!

### Potpourri—Tuesday, 27 January, 8pm

#### The General

USA, 1926, Dir. Clyde Bruckman & Buster Keaton w/ Buster Keaton, Marion Mack, Glen Cavender, and others, Slapstick-Comedy, 78mins, None w/ English captions, Rated: NR (G)

Johnnie Gray, a devoted train engineer, loses both his locomotive and fiancée Annabelle Lee to enemy forces during the Civil War. Determined to win them back, he launches a daring pursuit through hostile territory, mixing breathtaking stunts with comic brilliance. One man, one train, one unstoppable chase—hailed as one of the greatest silent comedies ever made and ranked among the 100 Greatest American Films.

### Selection—Wednesday, 28 January, 8pm

#### La Montagne (The Mountain)

France, 2022, Writer-Dir. Thomas Salvador w/ Thomas Salvador, Louise Bourgoin, Martine Chevallier, and others, Drama-Fantasy, 113mins, French-English w/ English subtitles, Rated: NR (PG)

This film is being brought to you in collaboration with Alliance-Française. Pierre, a Parisian engineer, journeys to the Alps for work but is irresistibly drawn to the wilderness. Choosing solitude, he camps high in the mountains, meets Léa, a chef, and discovers strange glowing phenomena. His escape becomes a mystical exploration of love, nature, and the unknown. Leave everything behind to finally live.

### Interesting—Thursday, 29 January, 8pm

#### The Age of Disclosure

USA, 2025, Writer-Dir. Dan Farah w/ Jay Stratton, Luis Elizondo, Harold Puthoff, and others, Documentary, 109mins, English w/ English subtitles, Rated: NR (PG-13)

High-ranking officials reveal decades of hidden encounters with non-human intelligence, exposing secret programs, recovered crafts, and a global race to control alien technology. Blending insider testimony with geopolitical intrigue, the film challenges audiences to confront concealed truths and the possibility of a paradigm shift already unfolding.

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

### International Film Saturday 31 January, 8pm

#### Imagine

Australia, 2025, Writer-Dir. Jack Manning Bancroft & Tyson Yunkaporta w/ Taika Waititi, Yolande Brown, Taylor Schilling, and others, Coming-of-Age-Animation, 85mins, English w/ English subtitles, Rated: NR (PG-13)

Kim, a non-binary teen overwhelmed by the noise of social media, is whisked into a dazzling adventure with Jeff, a witty alien dog. With only 24 hours, they journey through magical realms, face dragons and shamans, and uncover healing truths about trauma, nature, and connection—discovering that imagination and play hold the key to freedom and joy. We thank the filmmakers for this generous sharing. The film premiered at the Melbourne International Film Festival in August 2025, weaving Indigenous storytelling with surreal fantasy adventure. This is its India premiere. One of the producers will be present to introduce and hold a brief Q&A session at the end. Don't Miss!

### Children's Matinee—Sunday, 1 February, 4pm

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

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

This acclaimed film, brought to you in collaboration with Alliance-Française, follows Arctic foxes Kina and Yuk as melting ice threatens their first litter. Separated by drifting floes, their struggle for reunion becomes a moving tale of endurance, love, and survival across fragile landscapes reshaped by climate change. Rescheduled from an earlier date.

### Classic World Cinema @ Ciné-Club

#### Ciné-Club Sunday, 1 February 8pm

#### Darbareye Elly (About Elly)

Iran, 2009, Dir. Asghar Farhadi, w/ Taraneh Alidoosti, Golshifteh Farahani and Others, Drama-Mystery, 119 mins, Persian w/ English subtitles, Rated: PG

A group of friends leave Tehran for a long weekend on the Caspian Sea. A young kindergarten teacher named Elly is invited along to join the good friends and family. Over an easy-going holiday, tensions rise until a crisis point is triggered, and Elly goes missing.

**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](mailto: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](mailto:mmcauditorium@auroville.org.in) to.

Thanking You, MMC/CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in), Submitted by Nina

## AUROVILLE CONVIVIAL: LIVE TALKS

(An Auroville Timelines Project)

- **Date:** Auroville Week (21—28 Feb 2026)
- **Organizer:** Auroville Film Institute
- **Platform:** Online (Live via Google Meet)

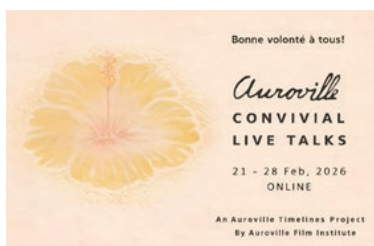


### Global Slots:

| Region       | Slot 1 (Afternoon) | Slot 2 (Evening) |
|--------------|--------------------|------------------|
| India (IST)  | 3—5pm              | 6—9pm            |
| Europe (CET) | 10:30am—12:30pm    | 1:30—4:30pm      |
| UK (GMT)     | 9:30—11:30am       | 12:30—3:30pm     |
| USA (EST)    | 4:30—6:30am        | 7:30—10:30am     |
| USA (PST)    | 1:30—3:30am        | 4:30—7:30am      |

**\*Note:** All sessions will be recorded for archival and publication purposes.

**Overview:** After nearly six decades of experimentation, Auroville continues to be a place where people from different parts of the world come together to live, work, question, and imagine shared ways of being. Today, as the world faces ecological fragility, deepening social divisions, and uncertainty about collective futures, the questions that built Auroville's first huts towards the birth of a new consciousness have never felt more urgent.



Auroville Convivial is a week-long international gathering. It is an invitation to step into a shared, live space to speak about and around Auroville. We will reopen dialogue on how this experiment engages with the wounds of the world and its own ongoing successes, setbacks, and possibilities. What is Conviviality? It is the art of living together with our differences. It is a practice that allows openness, disagreement, care, and complexity to sit at the same table. It is about how we stay "together" in a world that often tries to pull us apart. The aim is to build an archive of prismatic understanding, allowing a global audience to encounter Auroville through its many layers and possibilities.

**Format and Structure:** To capture the "prismatic" nature of Auroville, the gathering is organized into two complementary streams of inquiry. Both feature keynote speakers followed by open, moderated sharing.

- **Perspectives:** (For scholars, friends, and long-term associates.) Auroville belongs to humanity as a whole. This stream looks at Auroville through the lens of history, philosophy, and global trends. How does the "City of Dawn" speak to the limits of the nation-state or the future of our planet?
- **Reflections:** (For Aurovilians and practitioners.) This stream centers on the "everyday" and personal narrative. What does it feel like to inhabit this dream? Here, we share the successes, the setbacks, and the ongoing participation that keeps the experiment alive on the ground.

### Key Lines of Inquiry:

- **Lived Experience:** What has Auroville meant to those who have inhabited, worked with, or been inspired by it?
- **Evolution:** How has the experiment in human unity evolved over time, in practice as well as in understanding?
- **Global Relevance:** How does the Auroville model interact with current world issues like ecological fragility, migration, and cultural fragmentation?
- **The Unfinished Work:** What can be learned from Auroville's tensions and unfinished work, both internally and in relation to the world?
- **Future Aspiration:** How might the original aspiration of Auroville speak to the future?

### Participants:

- Aurovilians from different generations
- Friends and long-term associates of Auroville
- Scholars and public figures engaged with Sri Aurobindo, The Mother, and related fields
- Cultural practitioners, educators, and researchers connected to the Auroville experiment

**On Anonymity:** We recognize that some may wish to share critical or personal reflections without going public. Participation under a pseudonym is fully supported. We respect the need for privacy and will ensure that those who wish to remain anonymous can do so within the archive.

**Outcome:** Auroville Convivial aims to create a living archive of voices and ideas that reflect the richness and complexity of Auroville. Rather than producing resolutions or declarations, this gathering seeks to renew dialogue, restore curiosity, and contribute to broader conversations about human unity and planetary futures, grounded in both outward engagement and inward awareness.

- [To Register fill the form](#)

Rrivu, project executive

### ECO FILM CLUB:

Every Friday @ Sadhana Forest

### Schedule of Events

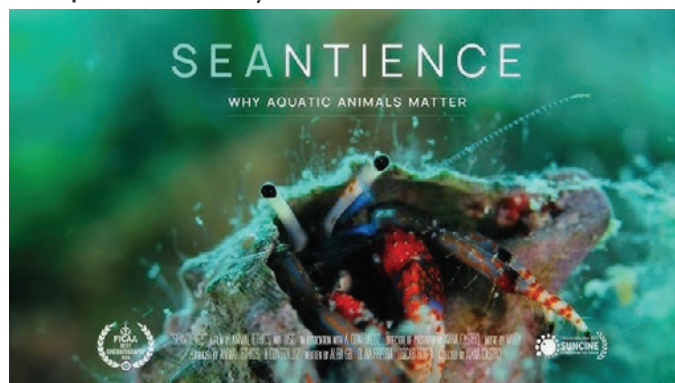
- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
  - 16:30 Tour of Sadhana Forest
  - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
  - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
  - 20:00 Dinner is served
  - 21:15 Free bus 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, 23 January

**Seantience** (A Documentary about the sentience of aquatic animals)



2025, 26 minutes, Animal Ethics & Xiana Castro

Seantience is a short documentary by Animal Ethics, directed by Xiana Castro, that explores scientific evidence for the sentience of aquatic animals, including often-overlooked invertebrates. Featuring leading researchers and ethicists, the film examines the realities of farming aquatic animals for food.

Aviram

## Emergency Services

### Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

### Security (24/7):

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

### Health:

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

### Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

### India Emergency Response Service (24/ 7): 108



## About N&N

### NEWS AND NOTES GUIDELINES

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

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

**Hard deadline for submissions:** Tuesday 3pm

**Poster to publish:** Width 9.5cm x Height 4cm

Katia (AgniJata) & Alexey  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

## Lands for Auroville

### LAND FUNDRAISERS' New Year's Card 2026

Dear Friends, every year we derive much joy in creating a meaningful New Year's greeting card with striking photos and quotes. This year's beautiful card is available free of charge in Auroville's Town Hall lobby and at the Visitors Centre Information Service.



If you would like to receive the printed version of this card by post, please write to us at [lfau@auroville.org.in](mailto:lfau@auroville.org.in). We would be happy if you could share our card widely. We thank all the photographers, present and past, whose images adorn our card. May 2026 prove to be a year of further progress on the sunlit path for us all, for Auroville, and for its completed and unified material land base.

[Kindly download your PDF here](#)

Aryadeep, Mandakini & the Land Fundraising team

## Accessible Auroville Public Bus

[avbus@auroville.org.in](mailto: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  |

Submitted  
by Raju