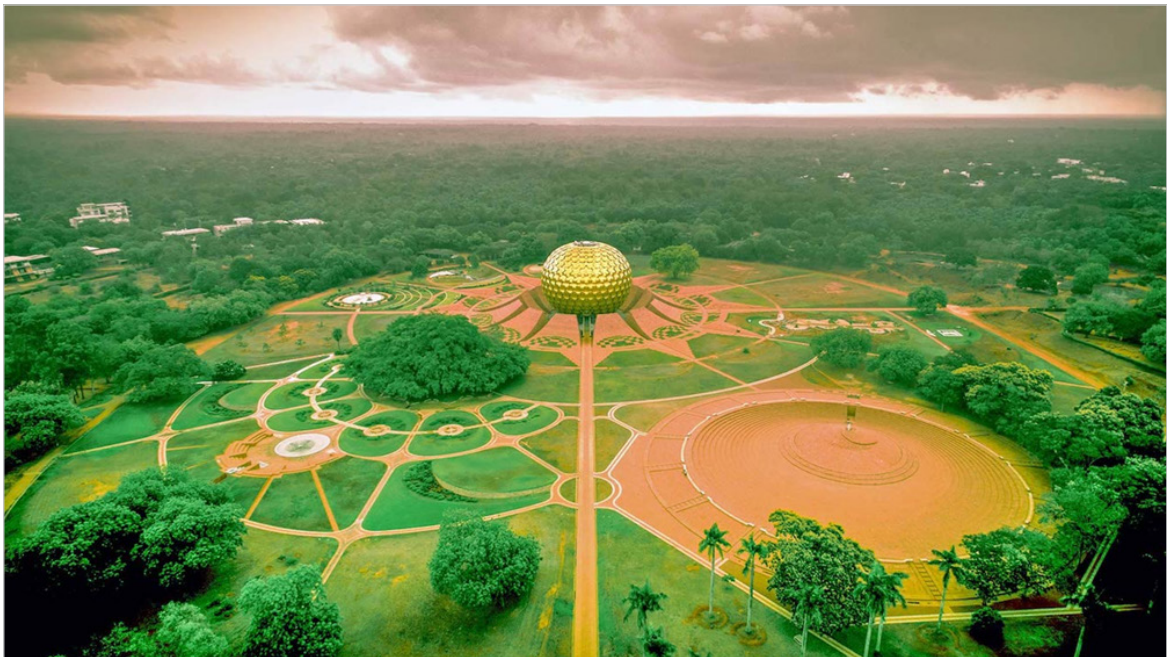




News Notes

#1116 A weekly bulletin for residents of Auroville 29 January 2026



"If one could see, that is, if you could see this mental atmosphere, that of the physical mind, which is circulating everywhere, making you move, making you feel, making you think, making you act, oh, good heavens! You would lose many of your illusions about your personality. But indeed it is like that. Whether one knows it or not, it is like that."

The Mother, Questions and Answers, 1954

Pondering



The fundamental idea of a Yoga of self-perfection must be, under these conditions, a reversal of the present relations of the soul of man to his mental, vital and physical nature. Man is at present a partly self-conscious soul subject to and limited by mind, life and body, who has to become an entirely self-conscious soul master of his mind, life and body. Not limited by their claims and demands, a perfect self-conscious soul would be superior to and a free possessor of its instruments.

Sri Aurobindo, The Synthesis of Yoga

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	4
TOWNHALL SPEAKS	5
Zonal Development Plan of Auroville	5
Establishing shops @ Auroville Visitor Centre	5
COMMUNITY NEWS	5
Matrimandir News & Schedules	5
Rudra Veena @ Matrimandir Amphitheatre	5
Matrimandir Access Information Updated	5
Amphitheatre: Meditations at sunset with Savitri	6
Awakening Spirit	6
Learn the 1008 Namas (Sacred Names) of the "Divine Mother"	6
Savitri Bhavan, February 2026	6
Bhagavad Gita Chanting	9
Bharat Nivas program	9
Weekly Sessions in Vedic Philosophy	9
Auroville Discovery Program	9
BloomO! A soulful flower card game	9
Books	10
Auroville Library	10
Laboratory of Evolution Library	10
Education	10
Kuilai Creative Centre, Regular Activities	10
NESS STEAM Showcase 2026	10
AI classes	10
Supportive Learning Satellite: SLS team	11
AI Foundation Certification Bootcamp	11
Lilaloka	11
Learning Space opens doors for kids	12
One-Day <i>Anāpāna</i> Meditation Course	12
Satori: Educational services	12
Tuition Classes Available	12
Health Care	12
Morning Star	12
Santé Services Schedule	13
Aurokiya Integral Eye Centre	13
Maatram	13
Alcoholics Anonymous	13
Aurodent Clinic	13
International	14
Bharat Nivas, Pavilion of India	14
Temple Dance	14
Kirtan	14
Kalaripayattu performance	14
Unity Pavilion	14
Tao of Tea—Sencha Style Tea Ceremony	14
The Mother's Symbol, Matrimandir & 12 Qualities	14
The Flow: Chakra Meditation	15
Kids Art Class by artist Janakiraman	15
French Pavilion	15
Book presentation <i>Auroville: Experimenter La Vie Divine, Beaute—Anarchie—Spirituality</i>	15

Discussions	15
Games	15
Tibetan Pavilion	15
Pavilion of Tibetan Culture: The Library	15
Wednesday Lhakar lunch continues	15
Brotherhood House	16
Exhibition of Art Prints: Winter Magical	16
Festivals	16
Invitation to the Auroville Festival 2026	16
Theatre, Music & Arts	16
Exhibition in Pitanga: Origin by Bhavyo	16
Centre d'Art	16
Ok Jeong Lee: In the Middle and After	16
Open Call for Exhibitions, Activities, Artist Residencies	16
Inner Courage	17
The Golden Future	17
About Time	17
Middle East Jazz	17
Dance Activities	17
Garba	17
Dance Classes by Mani	17
Auroville Tango	17
Dance, Movement and Ballet for Children	18
Classes in Bharat Nivas	18
Expressive Dance	18
Theatre, Music & Art Activities	18
Svaram Activities	18
Theta Healing Sessions	19
CREEVA	19
Photo Circle Meets Again	19
Sports & Martial Arts	20
Budokan: Update of the Class Hours and New Activities	20
Abhaya Martial Arts	20
Aikido Classes	20
Martial Arts in Bharat Nivas	20
Kalaripayattu Regular Class Updated Timings	20
Regular Silambam Class	20
Grappling & Rudiments of Martial Arts for kids	20
Regional Frisbee Tournament	21
Kshetra Kalari @ Aspiration Sport Ground	21
Swimming Class	21
Morning swimming classes for children	21
Auroville futsal/ football club	21
The Art of Chi: Stevanovitch Method	21
Bioregion, Crafts & Nature Activities	21
Fermentation Workshop	21
Wellpaper Workshop	21
Upcycling Open Studio	22
Activities at AuroOrchard	22
Solitude Farm Activities	22
Mohanam program	23
Auroville Bamboo Centre	23
Egai: Learn from Artisans	23

Enlight	24
Activities by Inside India	24
Activities by Rupavathi	24
Sadhana Forest plant based Saturday	24
Multiple Activities	24
It Matters activities	24
Available	24
Avocado tree saplings available	24
Looking For	24
Urgent need for house sitting: Juan Andres	24
Wanted a Full Set of CWSA	24
Looking for a long-term house-sitting: Lakshmi	25
Help Needed	25
Support with items for the Auroville Pre Creche	25
Animal Care	25
Urgently volunteers needed for Dog Shelter	25
Kittens: Adoption Alert!	25
Office Spaces	25
Need to find a small workshop space	25
It Matters: Space Sharing for creative people	25
Kinisi Cowork	25
Hive Coworking Space Open House	25
Aurelec Spaces Available	26
Office Space Available: Auromode	26
Honorary Voluntary	26
16 th Edition of Auroville Marathon 2026	26
Aarambham Learning Space	26
EcoService	26
Gau Seva at Sadhana Forest!	26
Botanical Gardens	26
Website & IT support (holistic)	26
Work Opportunities	27
Aurora's Eye Films	27
New Era Senior Secondary School (CBSE)	27
To Be Two	27
AWARE: Looking for media & comms specialists	27
Town Hall: Receptionist	27
Poetry	28
The first strokes	28
Milky Way in a Drop	28
Voices & Notes	28
Auroville Radio TV	28
States of Consciousness	28
The Matrimandir & I: Call for Aurovillians	28
The Auroville Stories: 2068	28
Foods, Goods & Services	29
A New Service from Eco Service	29
Pour Tous Water Free Service	29
Living Room Café	29
Right Path Cafe	29
Sudha's Kitchen!	29
The Sprout Cafe & Restaurant	29
Goyo Korean Silent Restaurant	30
Coffee Ideas (formerly Marc's Café)	30
Neem Tree Cafe Offer	30
Auroville Bakery Cafe in Town Hall	30

Bella Vita: Thursday 50% discount!	30
Auromode Restaurant is Open	30
Taste of Yoga: Vegan Café	30
South Indian Breakfast	30
Download or Access Dropzy App	30
Integrated Transport Service	30
Kinisi e-Mobility	31
Qutee Electric Scooter Service	31
Sunrise Taxi Service	31
UTS Transport Service	31
Sarvam Computers offers reliable service	31
Inside India	31
AVDzines	31
Rapid Care Services	32
Prakrit	32
FoodLink Market	32
Annapurna Farm Baskets	32
Hemplanet	32
Surabhi Supplies	32
Classes, Workshops & Healing Arts	32
Auromode Spa Offers Cosmetology Services	32
Activities by Sandhya	33
The Alchemy of Evolution	33
Loneliness Listening Circle	33
Sunday Vipassana practice	34
Co-Creating the Dream	34
Daily Pranayama Classes with Ramesh	34
Kaya Bodha Workshop	34
Mindfulness with Helen	34
Regular Yoga Classes @ Bharat Nivas	35
Authentic Relating	35
Yoga class @ Tibetan Pavilion	35
Sitara Munay-Ki Yoga	35
Integral Unfoldment	35
Pitanga Cultural Centre, February	36
Leela Therapy	37
Quiet Healing Center	37
Arka Wellness Center Program	38
Activities by Grace Gitadelila	39
Vérité Program, February	39
World Game for Adults and Children	43
Languages	43
News from Auroville Language Lab	43
Cinema	45
Eco Film Club: Every Friday @ Sadhana Forest	45
Auroville, Back on an Utopia	45
From the Iliad to Ilion	45
Support MMC Auditorium—Cinema Paradiso	45
Imagine	45
Cinema Paradiso Film Program 2—8 February	46
Auroville Convivial: Live Talks	47
Emergency Services	47
About N&N	47
Accessible Auroville Public Bus	48
Lands for Auroville	48
Land Fundraisers' New Year's Card 2026	48

House of Mother's Agenda



In an *Entretien* of 1954, the Mother stated clearly that her central consciousness here in the material world was that of the Mahashakti, the Great Mother. On another occasion she said that, occultly, her heart was always a Sun, while higher up there must constantly have been the supramental brilliances unbearable to the human eye. But that was not what the human eye saw, of course. It saw an over eighty-years-old body, shrunken, stooped, almost unsubstantial, and often apparently very ill. Yet when she 'charged the atmosphere,' when she transmitted the presence of 'the Lord' to somebody in front of her, the Force was so strong that some could not stand it and ran away without further ado. 'When That comes, when the Lord is present, there is not one in a thousand to whom it is not frightening. And not in the reasoning, not in the mind: directly in the [material] substance.' ¹² And in the cells of that aged body Divinity concretized; and in that aged body there took shape, little by little, a body consisting of a new kind of substance.

Although this was a new, in a sense culminating phase in her yoga, the principles of the Integral Yoga remained the same throughout. They were the five constants in those thousand-and-one experiences.

The first principle was that of unity. All is Divine because there is nothing else than the Divine. This statement is the result of direct experience confirmed by mystics in all climes and cultures. In *The Synthesis of Yoga* Sri Aurobindo had already written: 'The distinction [between divine and undivine] exists indeed for practical purposes; for there is nothing that is not divine, and in a larger view it is as meaningless, verbally, as the distinction between natural and supernatural, for all things that are, are natural. All things are in Nature and all things are in God. But for practical purposes there is a real distinction.'¹³

(to be continued next week)

¹² *The Mother*, op. cit., p. 51.

¹³ Sri Aurobindo, *The Synthesis of Yoga*, SABCL 20 p. 39.

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

ZONAL DEVELOPMENT PLAN of Auroville



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



from the millennia-old tradition into the present.

- Entrance from the Office Gate at 6:15pm.
- Guests are requested to bring along their Aurocard.
- Access for guests limited to the Amphitheatre
- Last entrance for guests at 6:15pm.

Antoine
for Matrimandir Executives

MATRIMANDIR ACCESS INFORMATION

Important announcement regarding the change in timings effective from 1 February 2026

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

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

The Matrimandir is a place for silent individual concentration.

The Inner Chamber is open to Aurovilians and registered Newcomers:

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

The Inner Chamber is open to registered Volunteers:

- Every day, 4:30—6pm.
- Volunteers are requested to come and get their revised passes between 10—10:30 am from the Matrimandir office.
- It is obligatory for the volunteers and pass holders to carry the pass with them.

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

- Any day except Tuesday & Sunday, 8—8:25am.
- Arrival at 7:45am at the Office Gate

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

Community News

Matrimandir News & Schedules

RUDRA VEENA

@ Matrimandir Amphitheatre

A musical offering and contemplation
by Carsten Wicke

Sunday, 1 February, 6:30pm



"Silent and listening in the silent heart

For the coming of the new and the unknown,....

He heard the secret Voice, the Word that knows"

Savitri

All are invited to a musical mediation to the sound of one of the most ancient instruments of Indian Musical Culture. Carsten Wicke is one of the few international masters of the Rudra Veena, whose music brings the almost lost sound

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 Visitors Centre. Daily, 9am—5:30pm.**

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

Please no photography, videos or drones without prior permission. For permission, please write to

- matrimandir@auroville.org.in.

Antoine
for Matrimandir Executives Team

AMPHITHEATRE

Meditations at sunset with Savitri

5:30—6pm, every Thursday

weather permitting

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



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

Velmurugan for Access team

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, FEBRUARY 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
- **Homage to the Mother:** A new exhibition in the Square Hall, a painting exhibition by Aghni

Films: Mondays, 4pm

- **2 February: About Savitri—Book 1: The Book of Beginnings, Canto 2—The Issue, Part 3—read and commented by The Mother.** The Mother, together with Huta, took up the project *About Savitri* from 1968 to 1970. The Mother read the lines from Sri Aurobindo's epic poem *Savitri* and gave her commentaries that were tape-recorded. Her reading of *Savitri* 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.

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

The Mother commented that *Savitri*, an incarnation of the Supreme Mother, came to prepare the earth with the New Consciousness that will transform life on earth to make it ready for a New Creation.

The earth has been chosen for the great work of bringing back the manifestation to its Origin.

This immense material world is a goal, and on earth are dreadful resistances. *Savitri* needs much endurance, self-sacrifice and patience to face all ordeals.

"In her own self she found her high recourse; / She matched with the iron law her sovereign right: / Her single will opposed the cosmic rule." (*Savitri*, p.19)

That is the story of *Savitri*.

Her power needs to remain in constant contact with the Supreme Consciousness; only then it is possible to maintain the Truth and to keep up the hope and the conviction of a better life.

At the same time, things are going to change, and one must be ready. Slowly but surely, earth and humanity, tired

and exhausted as they are, are coming out of a desperate past towards a future that will bring back hope, light, power, and realisation.

However, the secret to the power of transformation towards the future is the unification of the manifested Consciousness with the Original Consciousness, with the Supreme. Many scriptures, such as the Vedas, the Upanishads, the Gita, etc. describe the union with the Supreme by incarnated souls and beings. And that is the challenge and the beauty for all of us.

Duration: 33min.

- All videos of "ABOUT SAVITRI—The Mother's Commentary" are available at the AuroMaa website: <https://auromaa.org/about-savitri-the-mothers-commentary/>. The website also provides a link to every video of the series on YouTube.
- About Savitri: [The Mother's Commentary | B1C2-09 Action of the True Power](#)
- **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.

Full Moon Gathering

- **Sunday, 1 February, 7:15—8:15pm**
in front of Sri Aurobindo's statue

Dream Divine Series

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

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.

- **30 January: 'The Divine as a Friend',** a meditative presentation by Nethya & 'Friendship and Affection in Integral Yoga', a video by Arvind Akki
- **6 February: 'City of the Dawn',** a film by New Momentum
- **13 February: Recorded video talk by Dr. Alok Pandey on CWM Vol.13**
- **20 February: Insights into Integral Yoga—I** by Ela
- **27 February: Insights into Integral Yoga—II** by Ela



Savitri Satsang with Narad @ Savitri Bhavan

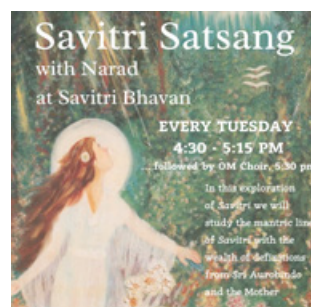
- **Every Tuesday, 4:30—5:15pm**
followed by OM Choir, 5:30pm

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."

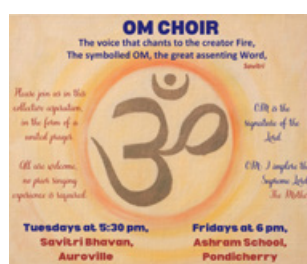


OM Choir

- **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.

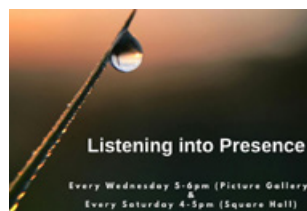
OM: I implore the Supreme Lord.

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

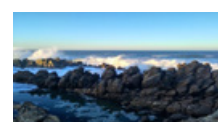
- **4 & 18 February**
- **4 & 18 March**
- **1 & 15 April**
- **6 May**



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



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

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.

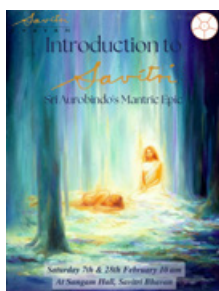
Presentation of the following myths with Q&A:

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

An Introduction to Savitri: Discovering Sri Aurobindo's Mantric Epic

What is *Savitri* and why is it so significant? What can it offer us? How can it help us in our lives? How do we begin reading it?

In this accessible introduction we will discover why the Mother called *Savitri* "the supreme revelation of Sri Aurobindo's vision." We will also explore the Meditations on *Savitri* exhibition and share some practical tools to continue the journey.



"My child, yes, everything is there: mysticism, occultism, philosophy, the history of evolution, the history of man, of the gods, of creation, of Nature; how the universe was created, why, for what purpose, what destiny—all is there. You can find there all the answers to all your questions. Every-

thing is explained, even the future of man and of the evolution, all that nobody yet knows. He has expressed them in beautiful and clear words so that spiritual adventurers who wish to solve the mysteries of the world may understand it more easily." The Mother

- Saturday, 7 and 28 February, 10am—12pm,
(can attend any one)

Cost: You are free to contribute as much as you feel.

Please share with anyone who might be interested.

Homage To The Mother, paintings by Aghni

- 9—28 February
- Inauguration 9 February, 10am
- Opening hours: 9am—5pm. Sunday closed

About the exhibition: There will be over 200 paintings on display, all of which are inspired by the first section of Book I, Canto III of Sri Aurobindo's *Savitri*.

About the artist: For over 30 years, Aghni has been exploring Sri Aurobindo's writings through paintings. He is the founder of Centro Sri Aurobindo e Mère—Italy.

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

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

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

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

To register or learn more:

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

Invitation: A poetic stillpoint...

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

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

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



Light and Delight

- Thursdays 5—6:15pm @ Savitri Bhavan



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

The Mother called *Savitri* "the supreme revelation of Sri Aurobindo's vision". She painted lines from this epic poem along with Huta, a sadhak from the Sri Aurobindo Ashram. Through

this art and poetry, we will create an atmosphere of light and delight in which we can find and share our own expressions.

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

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

Regular Activities

- **Sundays, 10:30am—12 noon:** Savitri Study Circle led by Larry Seidnitz
- **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



*Deven
for Vidyamandir Auroville Team*

BHARAT NIVAS PROGRAM

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo

By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

BHARAT NIVAS

Scan for Location

Monisha

WEEKLY SESSIONS IN VEDIC PHILOSOPHY

Saturdays, 3:30—4:30pm IST

I host a free, weekly live session where we explore one idea from Vedic philosophy and reflect on how it applies to everyday life.

Each week, we take a concept from the Vedas, Gita, Upanishads, Yoga Sutras, or related texts, understand it in simple language, and sit with one small question or practice for the coming days.

The sessions are conversational and reflective. About 30 minutes of sharing, followed by quiet reflection or a gentle interactive activity. This free to join.

You can join any week and step away anytime.

If this feels interesting, pls register here

- <https://online.allthingsvedic.in/courses/Snippets-of-Hindu-Vedic-Philosophy-by-Vikram-Devatha>

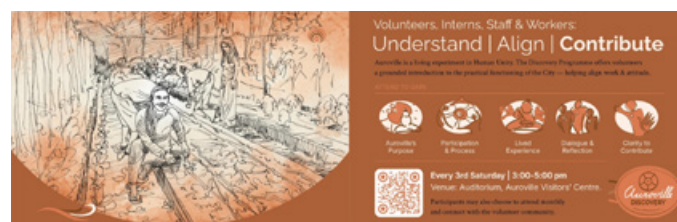
Vikram Devatha

AUROVILLE DISCOVERY PROGRAM

For Volunteers, Interns, Staff & Workers

Every 3rd 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

BLOOM!

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

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
- <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

Laboratory of Evolution Library

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

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

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

Open for Aurovilians, Newcomers, Volunteers, & Guests

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

Kalyani

Education

KUILAI CREATIVE CENTRE, REGULAR ACTIVITIES

(A unit of SAILER)

- Tuition from 1st to 9th grade
- Silambam—Martial Art Programme
- Bharat Naattiyam—Classical Dance Activities
- Hip-Hop
- Physical Fitness Activities
- Summer Camp in May
- Art & Craft
- Children's Play Park with Swings, Calisthenics set, and a Slide.
- Make and Take on Mother's 12 Quality Programme (Art & Craft, Book Making, Embroidery, Gardening, Painting, Calendar Making and Tailoring Activities).

Please contact us to inquire about the class timings.

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



Selva from KCC

NESS STEAM SHOWCASE 2026

Are You Ready to Join the STEAM Journey – Where Ideas Take Flight?



Friday, 30 January, 9:30am—12:30pm

@ New Era Senior Secondary School, Kulapalayam

Students will present the projects they created during STEAM sessions at NESS, supported by Yuvabe Education, showcasing creativity, curiosity, and hands-on learning.

Come and witness how ideas come alive through exploration, experimentation, and innovation.

A vibrant celebration of curiosity and creativity, where students bring ideas to life through hands-on exploration, experimentation, and innovation.

From tots to adults—everyone's invited!

Abilash

FREE AI CLASSES ARE BACK!
RESTARTING WITH FRESH ENERGY

Every Saturday: 10am to 11am
Location: Hive, Auromode

Registration:
RSVP to +91 98867 40850

Join us on this journey once again!

Topics: Prompt Engineering, Generative AI (GenAI), AI Development, Data Science

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

Open for all, no prior experience needed.

[Location](#)

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



Dhesh

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

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

Specifically, we support:

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

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

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

Ana and Laura
for SLS Team

AI FOUNDATION CERTIFICATION BOOTCAMP

Sunday, 1 February, 10am—4pm

@ HIVE Coworking Space



Make 2026 the year you become AI-ready.

A 5-hour, live, in-person AI Foundation Certification Bootcamp focused on practical understanding and real-world use of AI—no technical or coding background required.

Who this is for? Students, Professionals, Business Owners, Managers, Researchers, Creators, if you use a computer—this is for you.

What you'll learn

- Core Prompt Engineering principles
- Using AI for content, research, teaching & learning
- Practical workflows for productivity, business, and career growth
- AI tools for images, voice, video & basic automation

Introduction to building digital outputs using AI tools

Contribution

- Guests: Rs.1,499
- Aurovillians / Newcomers / Volunteers: Rs. 899 (40% off)

Mentor: S. M. Pandi Subramanian, Founder, Enthiram.AI

Registration last date: 31 January

Limited seats only. Certification on completion

- [Register here:](#)
- Queries: +91 9886740850 WA, +91 9042759540 WA.
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—Aurovillians, guests, home-schoolers, and those with behavioural, relational, or learning challenges. Activities include cooperative games, arts and crafts, nature exploration, storytelling, drama, and more.



Activities 2026

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

Nesters

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

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

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

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

Infants' Community

- **Daily mornings, age: 1½–3 years**

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

Free-Flow Mornings

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

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

Afternoon Activities

- **Twice per week, age: 3–6 years**

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

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

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

Occupational Therapy and Individual sessions

- **By appointment**

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE opens doors for kids

of guests, volunteers and newcomers

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

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

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

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

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

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

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

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

Alexey



ONE-DAY ANĀPĀNA MEDITATION COURSE

for Children (Ages 10–18)

Saturday, 7 February, 8am–2pm

- @ SAIER Hall, 1st Floor, SAIER Building, next to Town Hall, [Location](#)
- Attendance to the entire day is compulsory
- Course Language: English



A one-day *Anāpāna* meditation course for children will be held in Auroville to introduce the practice of mindful breathing in a peaceful, supportive environment.

What is *Anāpāna*? *Anāpāna* is the ancient technique of observing the natural breath—simple, yet profoundly effective in developing concentration and self-awareness. Taught in the tradition of Vipassana meditation, it helps children calm their minds, improve focus, and cultivate positive qualities such as patience, gratitude, and compassion. Many students find that regular practice enhances their ability to manage emotions, study with clarity, and interact more kindly with others.

- **Lunch:** Vegetarian lunch will be provided.
- **Dress code:** Children are requested to wear loose, comfortable clothing with sleeves suitable for sitting cross-legged on the floor. No shorts please.
- **What to bring:** Water bottle ONLY. All other materials will be provided.
- **Parents:** Please drop children at 8am and pick them up at 2pm.
- Please spread the word among friends and family so more children can benefit from this beautiful practice.
- **Registration (Compulsory!):** Register by Tuesday, 3 February [here](#).
- For details, contact +91 8807434864 WA

Laure

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

TUITION CLASSES AVAILABLE

- **Tuition classes** available from 1st to 12th grade level in all subjects.
- **Crash course** available for 10th and 12th grade level.
- **For further information** contact ashree@auroville.org.in/ 8270512606 WA only.
Ashwini

Health Care

MORNING STAR



Office Open House

- **Every Saturday, 10am–12pm**

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

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

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

Childbirth and Pregnancy education

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

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

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

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

If you would like more information or to join the class, please contact Savithri

- +918940571774 WA or
email us at 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, +91 9130084284

SANTÉ SERVICES SCHEDULE



Working Hours

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

Tests and Sample collection

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

For emergencies

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

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

Santé Services Schedule

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

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

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*

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

MAATRAM

Addiction Recovery sessions

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

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



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

Clinical Psychologist in Maatram

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

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

*Megha,
Raam & Palani*

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous
Meeting (open)
every Saturday, 6 pm
Center Guesthouse
Merriam Hill Center
welcome
(Contact: Shankar +91 9442010573 or
Ingrid +91 9443843976)

Ingrid T.

AURODENT CLINIC

For appointment:

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



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

- Saturday: 9am—1pm @ Auromode

*Jayasutha
for Aurodent*

International

BHARAT NIVAS, The Pavilion of India

Temple Dance



The Temple Dance of Thanjavur
an evening of Bharatanatyam
By
Anuratha Swaminathan
07:00 pm
Saturday, 24th January 2026
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Kirtan



KIRTAN
an evening of Devotion & Bhakti
By
Matthew
06:00 pm
Thursday, 29th January 2026
Venue:
SAWCHU,
Bharat Nivas, Auroville

Kalaripayattu performance



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

Submitted by Monisha
for BN Team

UNITY PAVILION PRESENTS

Unity Pavilion Regular Events

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

By Appointment

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

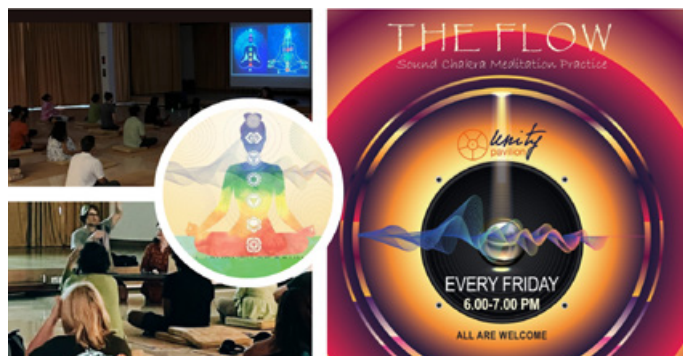
Join us for a reflective and experiential exploration of The Mother's Symbol and the 12 Qualities—inner attitudes that support conscious growth, harmony, and collective evolution. These sessions invite participants to engage not only intellectually, but through experience, reflection, and shared inquiry,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



Inviting students to form a new group.

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

FRENCH PAVILION PRESENTS

@ Pavillon de France, opposite the Visitor Center

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

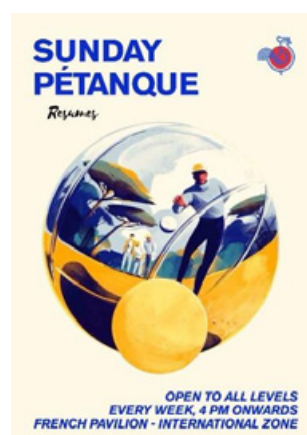


Games

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

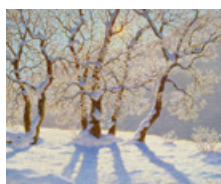
of International Zone presents

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

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

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 Anandamayee

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

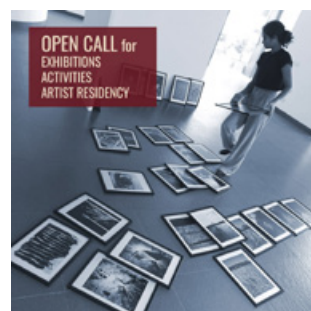
Here you can find the info:

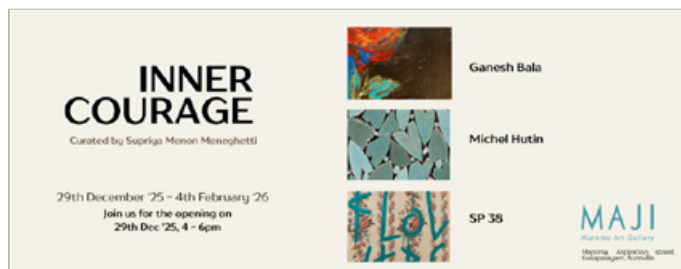
- for Exhibitions and Artist Residency: <https://centredart.in/artist-residency-auroville/>
- for Activities: <https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- centredart@auroville.org.in

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

MIDDLE EAST JAZZ

Thursday, 29 January, 6:30pm @ Visitors Center

Experimental, Solo Keyboard, Middle East Jazz Classic you can bring your instrument or your voice to jam with Abtin, a musician from Iran.

- Organic food, drinks & desserts

Lee

Dance Activities

Garba

Tuesdays, 3,10,17,24 February, 5—6pm @ CRIPA

A joyful prayer in motion, where rhythm, dance & community meet in a circle of life. This month is focused on learning a small choreography.

- Know more/ sign up: 8870730567 WA
- Limited slots, registration required
- **Please note:** These are not drop in classes.

Megha

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, Aurevan



DANCE, MOVEMENT AND BALLET FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

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

Contact Fleur for enquiries:

- +91 9600225764

Fleur

CLASSES IN BHARAT NIVAS

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 experienced performing in different venues and famous temples around Tamil Nadu and I intend to continue this.

Caveri Suresh, Diya Dance Studio

Music and Dance Classes

- Saturday, 3—4pm @ Bharat Nivas

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**

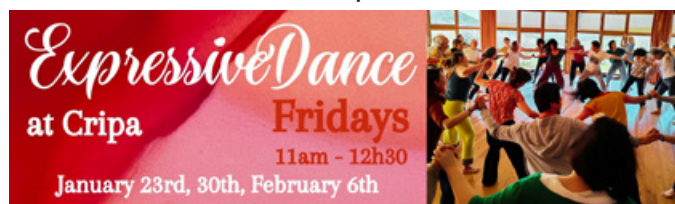
Students of all ages are welcome to join. The class fees are minimal. For further details and registration, please contact:

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

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

EXPRESSIVE DANCE

Fridays, 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

Theatre, Music & Art Activities

SVARAM ACTIVITIES

Sound Healing Session

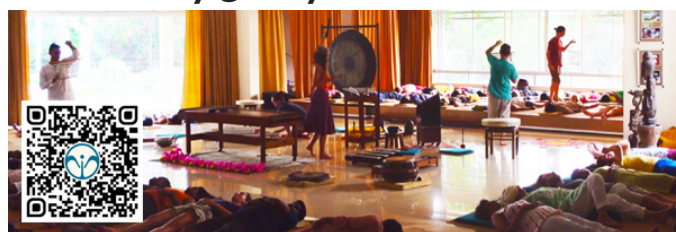


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

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/>

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

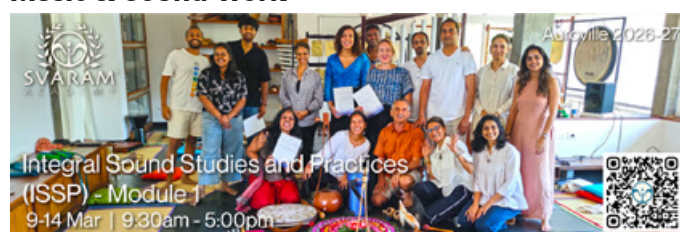


- 6—8 March,
Variable Timings

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 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 or scan the QR Code

*Aurelio
for the SVARAM Team*

THETA HEALING SESSIONS

@ Svaram: Calm, Release, Transform

A gentle practice that activates your theta brain waves to:

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

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

For appointment

- Please contact 9843191370

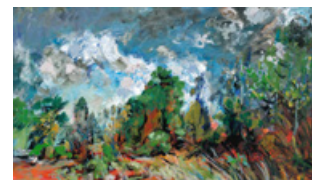
Niva

CREEVA

Center for Research Education Experience in Visual Art

Weekly Art Workshops & Sessions

- **Watercolour Painting Workshop** by Sathya
 - Every Monday, 5—7pm.
- **Life Model Drawing Session:**
 - Every Tuesday, 5—7pm.
- **Live Portrait** by Sathya:
 - Reach out to schedule a session.
- **Open Studio:** A space for everyone to explore their artistic potential: Every day, 9am—5pm,
 - Contact Abi: +91 82206 12413



For info contact Sathya:

- +91 9486145072
- sathyacolour@auroville.org.in

*Sathya
for CREEVA Art Studio, Creativity*

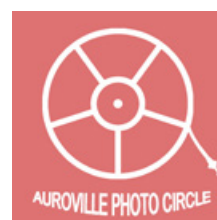
PHOTO CIRCLE MEETS AGAIN

Friday, 6 February, 5pm

@ Centre d'Art multimedia room,
Citadines

The Photocircle brings together Auroville's photographers and amateurs. We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images.

Everybody's welcome



Marco

Sports & Martial Arts

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

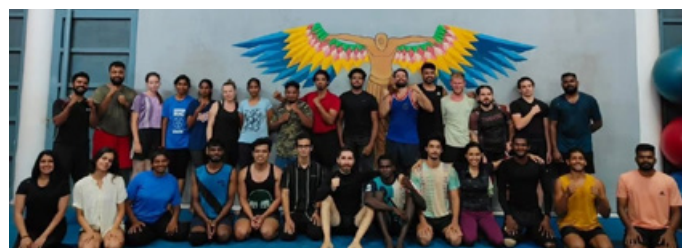
- Monday, 9:30—10:30am & 5—6pm
- Wednesday to Friday, 9:30—10:30am

Shiatsu

- Saturday & Wednesday (on appointment)

*Michaël
for Auroville Budokan, Dehashakti*

ABHAYA MARTIAL ARTS



ABHAYA MARTIAL ARTS ACADEMY

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

Regular Adult Classes, 5:30pm:

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

Please note: Contribution required

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

<https://abhayaauville.wordpress.com/>

<https://www.instagram.com/abhayaauville/>

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.



MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings





Bharat Kalari
Offers
Kalaripayattu
Regular Class

Venue:
Bharat Kalari
(opp. Sri Aurobindo Auditorium),
Bharat Nivas, Auroville

Monday - Friday
Morning: 07:00 am - 08:00 am
Evening: 04:30pm - 05:30 pm

Enquiry Contact: 0413 2622253 / 78455 24014
bharatnivas@auroville.org.in

- **Monday to Friday.**
Morning Regular Class: 7—8am, fee: Rs.3000
- **Evening Regular Class:** 4:30—5:30pm, fee: Rs.3000
- **Morning & Evening (Regular Classes)**
Combined Fee: Rs.5000
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium

Regular Silambam Class

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

From 20 August 2025

05:00 pm - 06:00 pm
Every Wednesday & Saturday

Venue:
SAWCHU,
Bharat Nivas, Auroville

Regular Silambam Class
with
Hari Haran

To join, Contact: Hari Haran at +91 63743 71865
Parking available outside at the Main Gate




Grappling and Rudiments of Martial Arts for kids

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





BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville

GRAPPLING & RUDIMENTS OF
MARTIAL ARTS FOR KIDS

Every Tuesday & Thursday
04:00 pm - 05:00 pm

Venue:
Harmony Hall,
Bharat Nivas, Auroville

CONTACT TODAY!



REGIONAL FRISBEE TOURNAMENT

Saturday, 31 January & Sunday, 1 February

@ Gaia field

Auroville Ultimate Frisbee is excited to announce that we are hosting a Regional Frisbee Tournament this weekend.

The tournament is for women's and men's divisions and we have 2 women's teams participating from Auroville.

Matches will take place from 6am-6pm on both days with snacks and juices on the far side for all to enjoy :)

Finals will happen on Sunday afternoon.

We apologise in advance if any inconvenience is caused—do come and watch and cheer.

Looking forward to seeing you there!

*Bhavya, Manju, and Smi
for the AV Ultimate 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

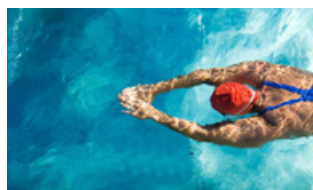
MORNING SWIMMING CLASSES FOR CHILDREN

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

FERMENTATION WORKSHOP

Saturday, 31 January, 10—12

@ Coffeeideas (former Marcs Cafe)

Join us for a hands-on fermentation workshop where we'll be making:

- Vegetable pickles, Wild-crafted vinegar
- Hot sauces, Kombucha

This workshop is perfect for you if you love fermented foods and want to make them at home—but feel a little nervous about microbes

You'll learn:

- The science behind natural carbonation and how to get the fizz just right
- How to balance sugar and fermentation time for the perfect flavor
- How to ferment confidently without commercial yeast or additives

Perfect for those who want to:

- Learn traditional skills in a fun, interactive way
- Understand and embrace the power of natural microbes

What's included:

- A live kombucha SCOBY to start your own batch at home
- Testing and hand on session

*Matilde
for Coffeeideas team*

WELLPAPER WORKSHOP

10am—4pm,
every day except Sunday

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

- +91 9385744722, 0413 2969722

Viji






Open Studio Mornings

Every Tuesday from 9 am to 12.

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

Location : Recentre, Ok Upcycling Studio
Tel : 6384043908

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

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!



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

- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm

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

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

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

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

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

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

Farm Fresh Basket Service

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

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

Lunch Scheme @ Solitude

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

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

Come, eat well, and feel well.

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

Krishna
for the Solitude farm & café

MOHANAM PROGRAM

www.mohanam.org

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



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

mohanamprogram@auroville.org.in, +91 8300949079

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

Make and Take Workshops

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



Bamboo Candle

Potter

Coconut Shell Craft

Dream Catcher

Incense Making

Kolam Mandala

Join and 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.



Shamanic circle

- Wednesdays, 4, 11, 18, 25 February, 5—6:30pm



A sacred group practice where people gather in a circle to connect through rhythm, sound and presence, creating healing, awareness and inner balance.

Deep Sound bath 5 Element by Satyaguga

- Tuesdays, 3, 10, 17, 24 February, 5—6:30 pm

Connect to your inner self through vibrations & divine chants.



Awaken the heart: Cacao & sound journey by Lakshmi

- 6, 20 February, 6—8pm

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



Thiruvannamalai Spiritual Services:

Eco & Spiritual services: Thiruvannamalai—Mohanam services

- Arunachala—Auroville
- Tour, retreat space

- Camping, Temple visit
- Ashram, Girivalam Full Moon experience

For booking and more information

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

Rajaveni

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

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



Bamboo tour with bamboo tea

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

Special bamboo lunch @ Auroville Bamboo Centre

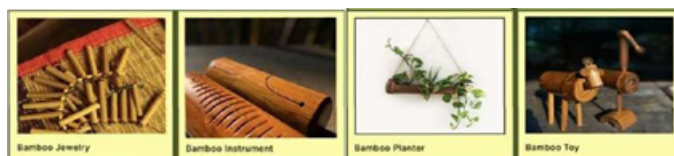
- Every Saturday, 12—2:30pm
- Pre-book in advance

Enjoy the Special Bamboo Lunch.



Make and take workshops

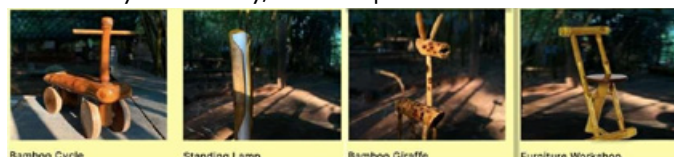
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



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

One day workshops: Pre-book in advance

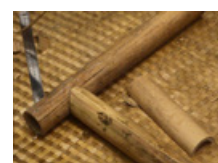
- Monday—Saturday, 9am—5pm



Bamboo Joineries Workshop

- 20 & 21 February, 9am—5pm

Come and learn the bamboo joineries, basic machines, bamboo cutting and splitting.



Pre-booking is necessary for registration

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

Balasundaram

EGAI: LEARN FROM ARTISANS



Coconut Shell Workshop

Incense Making Workshop

Pottery Workshop



Instrument Making Workshop

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



ENLIGHT



Contact: Arun / Balaji
+91 88381 72521 / 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

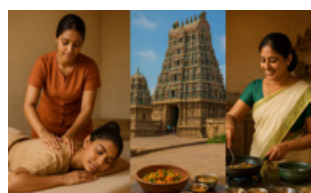
Shaheen for Inside India

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

Rupavathi

SADHANA FOREST

Plant based Saturday

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

Schedule: Every Saturday

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

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

Aviram

Multiple Activities

IT MATTERS ACTIVITIES

A/C room @ It Matters, Auroville Main Road

As the space is closing this week, the workshops might stop from January the 31 onwards.

More info on instagram:

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

Workshop pre-registration required:

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



Date	Workshops this week
Friday, 30 January 5—6:30pm	Sound Bath with Singing Bowl Massage with Satyayuga. Fixed price 600 Rs. and 50% discount for AV/ Newcomer/ SAVI
Saturday, 31 January 10:30am—12:30pm	Workshop: Skills to Income with Ankush, contribution based

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

Sandra & Bhakti for It Matters

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

Looking For

Urgent need for house sitting: Juan Andres

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

Juan Andrés, psychotherapist at Santé

Wanted a Full Set of CWSA

If anyone of you have Sri Aurobindo's whole volume set of complete works of Sri Aurobindo please contact me on gijubhaidave@gmail.com or +91 9429063538 WA message.

Gijubhai, an Aurovilian

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**

Help Needed

SUPPORT WITH ITEMS FOR THE AUROVILLE PRE CRECHE

The Auroville Pre creche is going through a challenging transition phase. The team has shown determination and perseverance in these times and ensured that the children and families we serve are not impacted. As we work through the difficulties and disorder in this last term of the year, our aim is to ensure a smooth and harmonious transition into a more stable and well anchored next year.

While we sort out our accounts, we are in need of simple day to day utility items which can be easily sourced from the community. These items may seem small but they will be a big support for our stationery and routine functioning.

We would be grateful to the community to support us with the following:

1. Ruled notebooks—foolscap size
2. Different size sticking tapes
3. Masking tape
4. Elastic thread
5. Nylon rope
6. Coloured chalk
7. Gada cloth 10 meters
8. Kitchen napkins
9. Kitchen aprons.
10. Wooden toys for age 9months—3years
11. Puzzles for age 9months—3years

Kindly contact:

- avprecreche@auroville.org.in or
- 9047663217 WA, Thamu
- Landline 0413 2623161 only between 12:30—2pm

Suganya and Anjalai for Pre Creche team

Animal Care

URGENTLY VOLUNTEERS NEEDED

for Dog Shelter

We urgently need kind and dedicated volunteers to support our dog shelter. Your help can make a real difference in the lives of rescued dogs.

We are currently looking for volunteers in the following areas:

- Web Designing
- Poster & Awareness Material Design
- Medical Field (vets, vet students, or medical assistance)
- Providing Essential Supplies (food, medicines, blankets, cleaning items, etc.)
- General Shelter Support & Care

If you have time, skills, or resources to help, please come forward. Every small contribution counts and helps us provide better care for our dogs.

- Contact: 9443203092
- aurovilledogshelter@auroville.org.in

**Dr. Kumar (Executive), Sugar (Executive),
Shanthi (Admin)**

KITTENS: ADOPTION ALERT!

Sweet 9 month old bonded sister kittens, lovingly bottle-raised indoors, looking for a caring forever home—ideally together. Lilliputhian and Panthera are both gentle, silent, curious and affectionate. All vaccinations, medications, micro-chip and papers up-to-date for international travel. Neutering planned. Kindly contact +91 9904154090 or +43 6643662160 if you would like to know more! :)



Vandana

Office Spaces

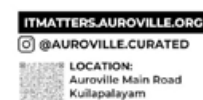
Need to find a small workshop space

We are about to create a Unit in Auroville and we need to find a small workshop space for a craft activity. We need around 20m² or more, suitable for manual/ craft work, electricity and basic access. If you have/know any available space please contact me: Yoann, +916385539302

Submitted by Meg Han

It Matters: Space Sharing for creative people

Whether it's computer work or artistic practices, we'd like to invite 5 to 10 people max that are committed to using the space for at least 1 month and up to 6 months and more.



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

Bhakti & Sandra

Kinisi Cowork

Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings. Ready to join? Learn more and book your spot:

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



Laure

Hive Coworking Space Open House

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



NEED A PLACE TO WORK?

OPEN HOUSE

Hive
COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

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

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

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

For inquiries: auromodehive@auroville.org.in

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

Dhesh for Hive Team

Aurelec Spaces Available

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec:

- in person, or by phone to 2622293/ 2622294
- or e-mail adps@auroville.org.in

Siva for ADPS Trust

Office Space Available: Auromode

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant. Contact Mr. Pandian



- at Auromode in person, +91 9943390391 or pandian@auroville.org.in

Pandian

Honorary Voluntary

16TH EDITION

of Auroville Marathon 2026

The 16th 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

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 16th 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
- +91 83002 88303, WA messages



Alexey

ECOSERVICE

Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.

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

for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.

B for Ecoservice, 7598911090 WA



GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

sadhanaforest@auroville.org.in,

8525038274 WA or
call 8122274924

Aviram

BOTANICAL GARDENS

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

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

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

Noel Parent

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: sandhya@auroville.org, 9443619403. Sandhya

Work Opportunities

AURORA'S EYE FILMS

Looking for a Social Media Manager (Part-Time)

We are seeking a creative and reliable Social Media Manager to support Aurora's Eye Films, an independent film studio based in Auroville.



Aurora's Eye Films

This part-time, on-site role involves managing and growing our online presence across multiple platforms while supporting our ongoing documentary and film projects.

Key Responsibilities

- Edit photos and short videos for social media
- Create engaging Reels and short-form video content
- Schedule and manage content across multiple platforms (Instagram, Facebook, YouTube, etc.)
- Maintain a consistent visual and storytelling style aligned with Aurora's Eye Films
- Support promotion of films, series, and behind-the-scenes studio work

Requirements

- Experience with social media content creation and scheduling
- Basic photo and video editing skills (Reels experience is a must)
- An interest in film, storytelling, and meaningful, real-world projects
- Ability to work independently and collaboratively
- Must be based in or able to work on-site in Auroville

Role Details

- Part-time position
- Based in Auroville
- Compensation follows Auroville working unit rates

This role is ideal for someone who enjoys creative storytelling, understands social media trends, and wants to contribute to purpose-driven filmmaking rather than commercial media alone.

To apply

Please send a short introduction, CV and examples of your social media work (or portfolio) to

- serena_aurora@auroville.org.in.

Serena

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulapalayam, Auroville

We are hiring: PGT-biology teacher

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

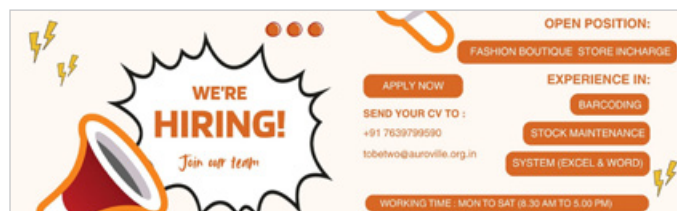
Send your resume to our email address:

- ness@auroville.org.in, 8072627852

K. Venkatesh

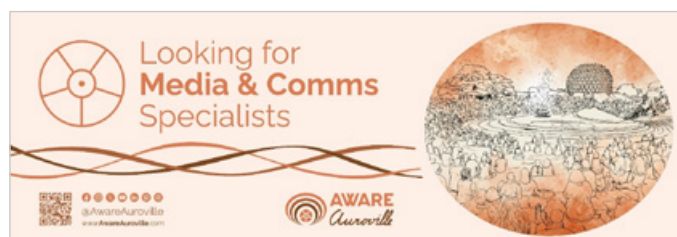


TO BE TWO



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

Pavitra



Invitation to the City the Earth Needs.

Auroville grows when aspirants gather from around the world with clarity of purpose.

AWARE seeks to build a bridge to welcome these aspirants by telling the story of this place with clarity, through beauty, and by setting up platforms for information and discussion.

Doors Are Open for Aurovilians and Newcomers to join Aware. Roles open:

- Filmmakers
- Cinematographers
- Editors
- Content Creators

Contact:

- +91 73965 57993 WA, aware@auroville.org.in
- awareauroville.com

Shift towards a culture of multilateral perspectives and an attempt to bridge the aspiration/ideal and current human condition & external organisations.

Sajiv, project manager,
for Aware Auroville.

TOWN HALL: RECEPTIONIST

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
- or contact Balaji: +91 8270071581 WA

Let's work together to make our community thrive!

Balaji
for ACUR Management

Poetry

THE FIRST STROKES

The first strokes
On a blank sheet
Seem an intrusion.

It takes a while
To accustom,
To accept.

Just as a new seed
Planted in aged soil
Takes its own time
To sprout and grow
In an environment
Shaken and altering
By its very existence.

With joyful Gratitude,
Anandi Z.

MILKY WAY IN A DROP

If there is magic in the Milky Way,
It shimmers in a drop of water—
In the hush of black holes,
In the silvered threads of time,
Dancing in clouds that drift,
In rivers that roam,
In tears that beckon
Every lost pilgrim home.

(To continue [please read here](#))



Sehdev Kumar

Voices & Notes

AUROVILLE RADIO TV

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

Last published Podcasts

- [Savitri—Ep.32: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 20: "Death, Desire and Incapacity"](#) (Sri Aurobindo)
- [Jumpa's Joyous Journey with Fif-Ep.4 "Pongalo Pongal"](#) (Story Telling)
- [Organisation from an Inner Guidance: Terra de Luz](#) (Spirituality)
- [Jumpa's Joyous Journey with Fif-Ep.3 "The Three Special Gifts with Jumpa"](#) (Story Telling)



Latest Youtube Video

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1—Chapter 7](#)
- [Auroville Earth Institute Workshop on Rammed Earth Wall Construction | Hands-on](#)

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

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

Sai Priya
for AurovilleRadioTV

STATES OF CONSCIOUSNESS

I have seen the building of Auroville as concurrent with the Supramental Vision-Goal since even before its inception in 1968. It is a collective Integral Supramental Sadhana unfolding in space-time toward the Divine Manifestation—a process that will take a few more generations.

The Divine, undivine and anti-divine in a concentrated cauldron:

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

Then the "Must" Choice...

- <https://zechjoya.blogspot.com/2026/01/states-of-consciousness.html>

Note: To continue with the full post with penetrating commentaries, please click the above link, scan the QR Code or go to this blog-site and open the post with the same title:

<https://zechjoya.blogspot.com/>



Zech



THE MATRIMANDIR & I: CALL FOR AUROVILLIANS

A documentary series exploring how Aurovillians connect with the Matrimandir.

- How do you experience Matrimandir?
- Would you like to share your relationship with it with others?

We are inviting Aurovillians to take part in *The Matrimandir & I*—an ongoing documentary series sharing personal stories, reflections, and lived experiences connected to the Matrimandir. If you feel called to participate, please contact Aurora's Eye Films to organise an interview and filming:

- Serena, +91 8489760966
- serena_aurora@auroville.org.in

Together we are sharing the spirit of the Matrimandir with the world.

www.matrimandirandi.com, Serena



THE AUROVILLE STORIES: 2068

The Auroville Stories: 2068 storytelling project has begun! Over the coming weeks, a diverse group of participants will craft short, realistic, and hopeful "future memories" from Auroville's 100th anniversary in 2068. These stories will explore how we might grow through today's challenges and more fully embody Auroville's aspiration of human unity and a city the Earth needs. The project is intentionally apolitical and focused on imagination, listening, and possibility rather than debate.

Please

- **Save the date and help spread the word** about the public sharing and screening of selected stories from the project on Sunday, 8 March 10–12 MMC Cinema.
- **Join our WhatsApp Community** to receive updates and announcements at <https://bit.ly/AVStories26> or QR code.
- **Contact** +91 9217252447 or daniel@ic.org if you'd still like to participate, it's not too late! Daniel Greenberg

Let's keep imagining, and remembering, and building our future together.

Daniel



Foods, Goods & Services

A NEW SERVICE FROM ECO SERVICE

As we all have noticed of late there has been a growing amount of litter being dumped along the roads, pathways and in the bushes within the city, we are pleased to announce to the community a much needed extension of our regular waste pick up service.

Launching on its Birthday this year on 28 February, Auroville will have a dedicated service to clear the litter and waste from the areas that are hard to reach by our larger vans.

A three wheeler has been acquired for the purpose and will begin the operation in two shifts 3 days a week to start with. The service will largely concentrate on within the designated City Area only (and not along the tar road) and may gradually extend to the greenbelt.

This Service will be totally run by Citizen Volunteers (Aurovilians and Newcomers) along with an Eco Service member as it may need more than one person (and maximum two) to do the task. In Kind remuneration will be provided.

If you are one of the inspired ones who shares similar concerns, are interested to help keep Auroville litter free and can dedicate some time, please get in touch with us either by dropping into our office or connecting with us by email or on the number provided below.

Wish us luck for this new endeavor and if possible join up! Lets Keep Our City Clean Together.



Sumit for Eco Service

ecoservice@auroville.org.in

6379669034 (Sumit), From Mass Bulletin

POUR TOUT WATER FREE SERVICE

Pour Tous Water provides free service to the Aurovilians 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 Aurovilians to the supplier as follow:

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

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

• ptw@auroville.org.in

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

Danny, Grace
for Pour Tous Water team

LIVING ROOM CAFÉ



+91 9566142115, Satyakam

RIGHT PATH CAFE



Non Veg Monthly Meal Scheme

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

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

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

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriavc@auroville.org.in
- 9043004919 WA

Conscious Catering for your Workshops!

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

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

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

Kyoung Hyoun Lee

SUDHA'S KITCHEN!

Healthy Plate monthly scheme for Aurovilian Volunteers & Guests

- **Special Offer:** Aurovilians 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



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

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

Monica for The Sprout team,
www.thesprout.in

GOYO KOREAN SILENT RESTAURANT



Goyo
Korean silent restaurant

LUNCH
Tuesday & Saturday
12:30pm

TEA CEREMONY
Wednesday
10am & 3pm

+919489693809
goyo@auroville.org.in
Luminosity Auroville

Please book for lunch / tea ceremony
Minimum a day before

TASTE OF KOREA

@ Luminosity Auroville
Lunch: Tuesday & Saturday, 12:30pm
Tea Ceremony: Wednesday, 10am & 3pm
Please book one day in advance
+91 9489693809, goyo@auroville.org.in
Won Ja for Goyo

COFFEE IDEAS

(formerly Marc's Café)

Some Information Updates and Reminders

- We will be open every Wednesday in February.
 - Tuesday mornings (breakfast): 50% discount for Av & NC paying through the FS account. (Some items only)
 - 10% discount on all payments made with an Auroid.
- The rooftop area has free Wi-Fi and is self-service during opening hours.



Matilde

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

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

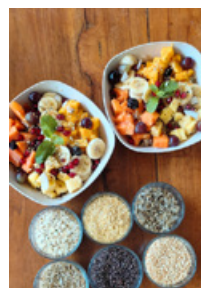
Monday to Saturday, 12—3:30pm & 6—9pm

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



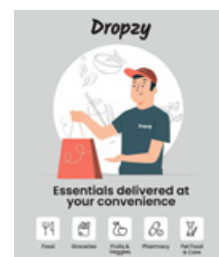
DOWNLOAD OR ACCESS DROPZY APP

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



INTEGRATED TRANSPORT SERVICE



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

Shared Transport Service

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

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

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

Contact: 8098776644/ 9442566256

• its@auroville.org.in



Rajesh.D



KINISI
25%
LOOKING FOR
A NEW WAY
TO GET AROUND?
Rent an
e-cycle or e-scooter
from Kinisi
discount at Kinisi Cowork
for the same duration
Offer valid till 30th November
CSR Campus, Auroshilpam
hello@cowork.kinisi.in
+91-9429 690 049
SCAN ME

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

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B
for Qutee Electric Scooter Service



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
www.aurovillesunrisetaxi.in



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: uts@auroville.org.in Lakshmi for UTS

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 set-up, monthly and annual maintenances etc.



Contact Sarvam Computers

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

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

Bala

INSIDE INDIA



inside india
DREAMS & MEMORIES

Available offer fare—International Flights from Chennai

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

German Transit Visa Update for Indian Nationals

Indian nationals transiting through German airports for onward international flights will no longer be required to obtain a transit visa. This move is expected to greatly ease travel via key German hubs such as Frankfurt and Munich by reducing documentation, processing time, and pre-travel formalities.

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 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

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, avdzines@gmail.com

9443459063 WA,
Guna for AVDzines

RAPID CARE SERVICES

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



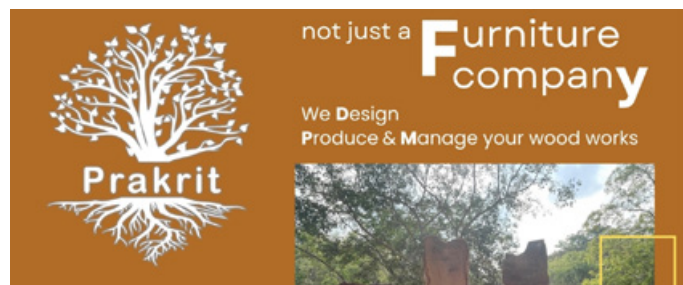
RAPID CARE SERVICES
One call to solve all your problem

Services offered

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

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

PRAKRIT



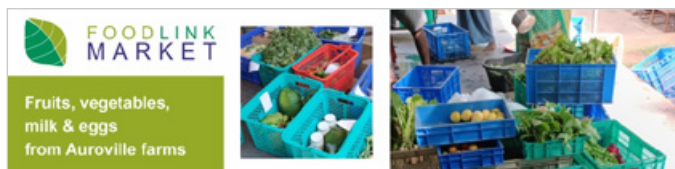
Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

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

Mehul for Prakrit,
+91 9634424066

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
+91 9843846458 WA, Phone, Iyyappan

Classes, Workshops & Healing Arts

AUROMODE SPA OFFERS COSMETOLOGY SERVICES

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring.

Working from Monday to Saturday only by appointment call or WA: 9443635114.

Meha for Auromode SPA



ACTIVITIES BY SANDYRA

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

Flow Into Clarity

• **Sunday, 1 & 22 February, 3—6pm (in Auroville)**

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every

challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.

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

- **In-Person in Auroville:** Theme is 'Freedom' (1st) & 'Love' (22nd)
- **Host:** Sandhya, venue will be revealed after registration, limited spots!

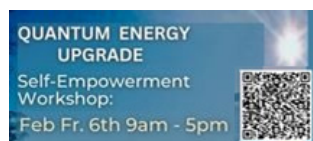


Quantum Energy Upgrade: 1 Day Intensive

• **Friday, 6 February, 9am—5pm,
@ Pavilion of Tibetan Culture**

Unleash the magic inside you, raise your vibration, and awaken the Divine power within. This powerful 1-day experience activates your inner light, clears old patterns, and fills your whole being with clarity, joy, and unstoppable energy. Charge your spirit with high-frequency energy, Release blocks & stagnant emotions, Raise your vibration instantly, Awaken your inner creator, Expand intuition, clarity & inner strength, Step into ease, joy & soul alignment

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



Ancestral Lineage Healing: 1,5 Day Intensive

• **7 & 8 February, Saturday, 9am—5pm
& Sunday 9am—1pm @ Pavilion of Tibetan Culture**

Connect with your innate wisdom. Ancestral lineage healing helps us to re-establish healthy relationships with our ancestors and to bring healing to the ancestral field. If you want to free yourself from intergenerational burdens, reclaim your personal power and re-connect with your innate wisdom, join us on the 1 day lineage repair workshop.



Body in Light: Energy Healing Workshop

• **13—15 February (Friday to Sunday, 9am—5pm)
@ Pavilion Tibetan Culture**

Do you want to step into the harmonious frequency of the universe? 3 days of radical self-empowerment: Discover your Divinity & Awaken the Goddess within. Dive into powerful techniques for self-healing, and learn Fundamentals, Principles and Universal Laws of energy healing.

- More information: <https://bit.ly/bodyinlight-workshop>



Sandhya

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?

- **The introductory workshop happens under SAIER and a contribution is required, for details contact Rosalba by**
 - +919047569721 WA
 - or rosalba@auroville.org.in.

Rosalba

LONELINESS LISTENING CIRCLE



Most of us share the experience of coming to Auroville because we could not fit into the old culture and values. Our aspirations, joy, and pain were not seen, heard, understood, or valued enough, which created a sense of loneliness. This sense of loneliness can stay within us, often without our awareness, even after coming to Auroville, and may limit the way we live here.

Loneliness can be present even when one has friends, relationships, or spends a lot of time with people, if one is not seen and heard for who they are and what they are experiencing. Often, it remains unspoken and quietly carried.

This listening circle intends to create a space for authentic human connection through sharing without the fear of being judged, and through pure listening without thinking of a reply.

All participants are required to consent to a confidentiality agreement before joining the circle.

No contribution is expected; you may offer a donation for the hall if you can.

Guests are also welcome to join the circle.

Register [here before 5pm on 31 January](#).

Raamkumar, 9943211101

SUNDAY VIPASSANA PRACTICE

1 February, Sunday, 9am—12pm, [Location](#)
@ Udavi School, near tank, Edayanchavadi

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

- First building to the left near the parking.
- No registration is required.

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

Please keep your cell phones off or in air-plane mode for the duration of the course.

- Contact: 8807434964



Laure

CO-CREATING THE DREAM

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

Each workshop is a stand-alone experience.

The series continues on **Saturday, 31 January, 9:15—12:15 @ Verité** with our 8th workshop:

Holding the Fire Together: Meeting arising situations with wisdom and clarity

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, the workshop seeks to cultivate safety, accountability, and the courage needed for healthy, resilient groups.

- Register at [Verité](#) +91 9363624083 WA.
- Please bring paper/notebook and pen.

Kaia, Munay and Radhika



DAILY PRANAYAMA CLASSES WITH RAMESH

Monday—Friday, 7:30—8:30am
@ Hall of Light, Creativity

Drop in for a pranayama class Monday to Friday mornings 7:30 to 8:30am at Hall of Light, Creativity Community. We will be doing light asanas, guided breathwork and meditation.

Drop-in contribution:

- 400/- for guests
- 300/- for Creativity guests
- 200/- for volunteers
- By donation for AV and NC

For more information, contact Ramesh:

- 9845168490,
- rameshbalasubramaniam@auroville.org.in

Ramesh



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

Monday, 2 February— Saturday, 7 February	Mindfulness Based Stress Reduction	1 week course
Wednesday, 11 & 25 February, 2:30—5pm	Miksang—Mindful Photography	Workshop
Saturday, 14 February, 9:30-12:30pm	Mindfulness Kindfulness	Half Day Retreat
Wednesday, 18 February, 2:30—4:30pm	Introduction to Mindfulness	Workshop
Saturday, 28 February, 2:30 —4:30pm	Letting Go	Mini-retreat

Mindfulness Based Stress Reduction 1-week course

- Monday to Saturday, 2—7 February
- Monday—Friday, 12—2pm
- Saturday, 9am—3:30pm



This evidence-based course blends ancient mindfulness practices with cutting-edge neuroscience research & offers practical tools to work with stress, anxiety, burnout, physical & emotional pain whilst building resilience, focus & presence.

It supports those facing work pressure, relationship struggles & health concerns as well as those wanting to see deeper into their patterns, mind & true nature. Suitable for beginners as well as those looking to deepen their practice.

Miksang (Mindful Photography workshop)

- **Wednesday, 11 & 25 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 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.

Introduction to Mindfulness workshop

• **Wednesday, 18 February, 2:30—4:30pm**

Discover how to find inner calm in the chaos of everyday life! Join this Introduction to Mindfulness workshop and learn simple techniques to bring awareness, richness, and joy into your life.

Perfect for anyone wanting a calmer, more present existence or a deeper understanding of what mindfulness is.



Letting Go, a mini-retreat

• **Saturday, 28 February, 2:30—4:30pm**

This mini-retreat will gently support you to cultivate the profound & powerful attitude of letting go.

The retreat is a carefully curated journey through mindfulness meditation practices & gentle movement interspersed by time for reflection & poetry for the soul. *Helen*



REGULAR YOGA CLASSES @ BHARAT NIVAS

@ 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

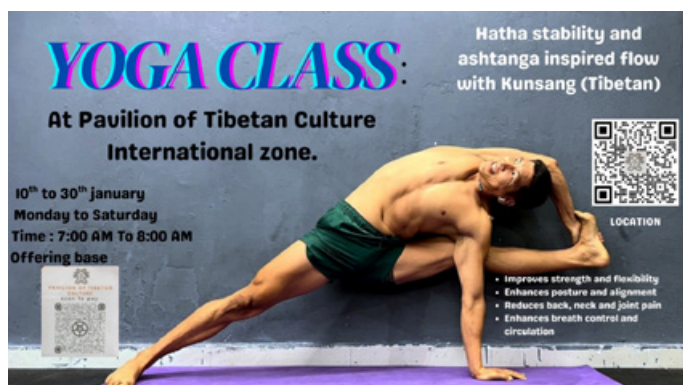
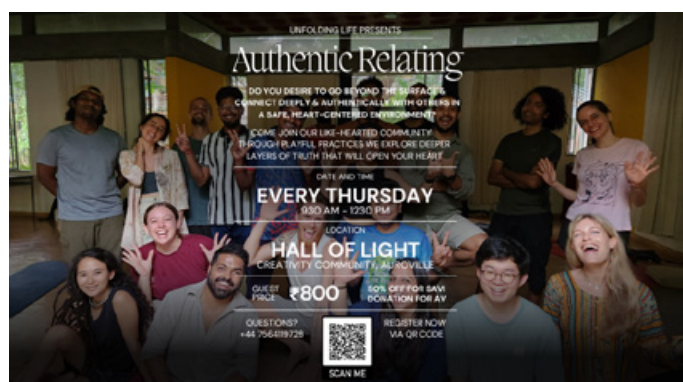


Additional Notes:

- 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



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



With Sitara: Meditation Yin Yoga Sound Journey

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

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

With Munay: Surya Kriya Yoga Tibetans Rites

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

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

With Munay and Sitara:

Surya Kriya & Yoga Nidra with Live Music

- **Fridays 5—6pm @ Vérité**

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

Locations:

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

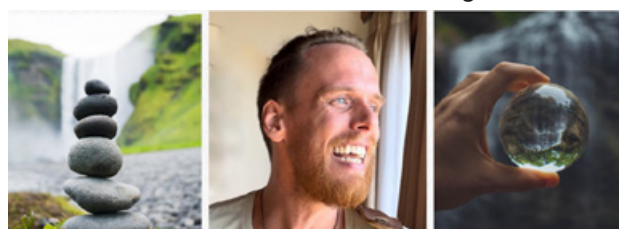
Other details:

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

Munay (Giovanni)

INTEGRAL UNFOLDMENT:

Transformational Coaching

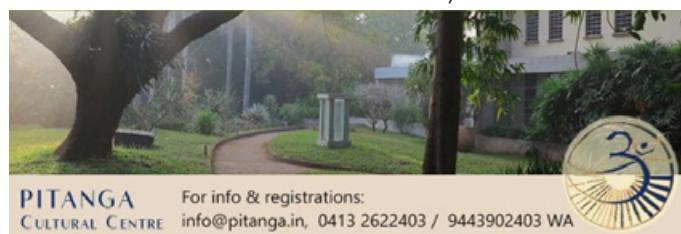


Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

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

PITANGA CULTURAL CENTRE, FEBRUARY



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), NA Chiropractic, NA
Anne H	Cranio Sacral Technique
Auromira	Shamanic Healing
Francesca F	Antigymnastique®
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Juan	Thai Yoga Massage
Olesya	Visceral Massage Neurology Massage Psychosomatic of diseases 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 or scan QR code:
- More information: www.monnicamarinoniashtangayoga.com or +39 3917254083 WA



Dynamic Yoga Flow: Bhandas, Pranayama & Asana with Florina

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

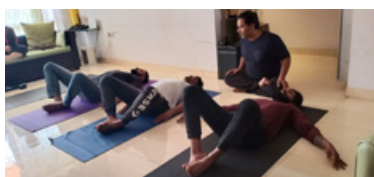
Each class brings a different energy—we honor that together. We co-create and flow deeper into ourselves and our perception. We use inner attention, bhandas, pranayama techniques, asanas and different aspects of the 8 limbs of yoga. Join us, let's co-create the next flow.

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, + 91 9443902403 WA.

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

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

LEELA THERAPY

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



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

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

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

For more details see www.innersightav.org or

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

QUIET HEALING CENTER



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

Woga® 1&2 (Yoga in Water) with Tamara

- 7—8 February, 8:45—6:30pm, 12 hours
- **Prerequisites:** no previous experience required (also no need to know how to swim).

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height.



Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.

Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

Anatomy for Aquatic Stretching with Watsu India Team

- 9—11 February, 8:45—6:30pm, 25 hours
- **Prerequisites:** Watsu 1 or OBA 1 or WaterDance 1 or Healing Dance 1.

A basic knowledge of anatomy is required for any aquatic bodyworker, working with clients in many different ways. This course offers a practical overview of the locomotor apparatus, focused on joints, muscles & their lengthening, and massage.



We will deepen our anatomical awareness to support aquatic massage and stretching during sessions. Various massage techniques will be introduced and practiced, along with the stretching of muscular chains. Participants will also develop an understanding of how to work with muscular imbalances in a mindful and effective way.

Half of the course is dedicated to practice on land; the other half to practical applications in water.

Ai Chi Basic with Watsu India Team

- Thursday, 12 February, 8:45am—6:30pm
- **Prerequisites:** no previous experience required.

Ai Chi is a total body relaxation and strengthening progression used for aquatic therapy. This aquatic technique is characterised by slow movement coordinated with deep breathing.



Ai Chi consists of 19 movements or katas, performed while breathing at a rate of about 14-16 breaths per minute. The first six arm movements are based on Qi Gong, with a relatively static and symmetrical body posture. The subsequent movements are based on Tai Chi, with continuous shifting of the centre of gravity.

Watsu® Yoga Round with Sheida

- **Friday, 13 February, 3—6:30pm**
- **Prerequisites:** no previous experience required (also no need to know how to swim).

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant.

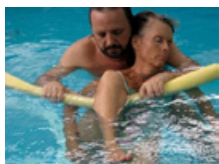


When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance! Watsu Yoga Round is an invitation to feel, awaken, and celebrate the energy of your being.

Adapted Watsu® with Watsu India Team

- **14—16 February, 8:45am—6:30pm, 25 hours**
- **Prerequisites:** Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

In this course, you will apply the qualities and techniques of Watsu to persons with special needs or disorders, whether physical or mental. You will also start using pool noodles and working with people, who are particularly rigid or afraid to be held due to trauma, culture or water fear.



In regular Watsu, you acquire the necessary confidence to allow people to relax in your arms. In this course you will learn an indispensable basis, on land and in water, about the functioning of the body, so that you can adapt and offer a pleasant session to persons with special needs.

Watsu® 2 with Dariya

- **18—23 February, 8:45am—6pm, 50 hours**
- **Prerequisites:** Watsu 1.

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position and how to incorporate them in your practice sessions.



You will also study the meridians and acupressure points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move.

Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to play with energy and further explore this amazing water therapy.

The Science of Mantra with Swami Omkar

- **21—22 February, 10am—5pm, 12 hours**

Mantra Sastra is the Indian science of cosmic sound, which teaches that you can understand the creation through cosmic sound, called mantra. Practising mantra is one of the oldest yoga practices called Japa Yoga.



Swami Omkar will guide you into the world of cosmic sound and teach you how to practice mantra in your daily life. Your mind and inner world will become vibrant and alive through practicing mantra.

Mantra Yoga helps to:

- promote mental and physical health;
- keep your living space and surroundings peaceful;
- unlock your brain activity to a higher level;
- create a vibrant life.

Swami Omkar, founder of "Pranava Peetam Trust", has been teaching Vedic science and wisdom in India and abroad. He likes to share his deep knowledge with everyone, who is eager to learn these ancient Mantra methods to improve their lives and realise their dreams.

Inner Watsu® with Watsu India Team

- **24 February, 24—2 March, 8:45am—6:30pm**
- **Prerequisites:** Watsu 2 or equivalent course.

This 7-day course is for experienced water students, who want to dive deeper in the different layers of Watsu. Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.



In this intense course you will be exposed to different topics, including Art of Touch, Boundaries/Intimacy, Chakras & Pranayama, Communication skills, powerful Meditation techniques, Quality of Relation, Rebirthing, Self-Awareness/Breath-Awareness, and Shiatsu.

Guido

ARKA WELLNESS CENTER PROGRAM

February

arka@auroville.org.in, 0413 2623799



Treatments

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

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Classes

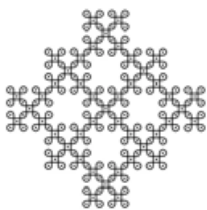
Teachers	Classes	When
Damien	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Sunday, 7—8am By appointment only +91 8012305151/ 9704258709

For any details and queries, you can contact us at arka@auroville.org.in, 0413 2623799 Ramana, Arka

ACTIVITIES BY GRACE GITADELILA

KolamYoga

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



- <https://youtu.be/IErbDiGJYTA?si=z5yoS-chugMMnM6a>
- www.kolamyoga.com
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Kotree Yoga

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

Gentle, strong movements, in chain sequence, held poses, alternated with rest and active guided recovery pauses, are fueled by conscious breathing. Each session inviting more and more a conscious integration of a whole beingness into the present moment. Activating wellbeing in a flowing liquid body.

- <https://youtu.be/DvxK5KR6u3M?si=cOdDK2YbtPs-ErYG>
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Grace

VÉRITÉ PROGRAM, FEBRUARY

www.verite.in

- 0413 2622045, 2622606, 9363624083 or programming@verite.in, www.verite.in



Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Tristhana Practice	9:15—10:15am	Keshav
	Gentle Energy Flow Asanas	10:45—11:45am	Mani
	Restorative Yoga (no class on 9 Feb)	3:30—4:30pm	Mani
	Deep Sound Bath	5—6:30pm	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 (no class on 10 Feb)	3:30—4:30pm	Nikki
	Yoga Nidra: A Journey to Stillness	5—6pm	Radha
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Sivananda Yoga	9:15—10:15am	Mani
	Hatha Yoga & Mobility	10:45—11:45am	Bijou
	Hatha Yoga	3:30—4:30pm	Ivana
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Open Heart Space Meditation (no class on 12 Feb)	03:30—4:30pm	Samrat
	Deep Sound Bath	5—6:30pm	Satyayuga
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Somatic Yin Yoga (no class on 13 & 27 Feb)	9:15am—10:15pm	Radhika
	Ecstatic Dance	5—6:30pm	Bijou
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
Saturdays	Pranayama & Meditation	7:30—8:30am	Radhika
	Deep Sound Bath	5—6:30pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandhya

Classes

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays, Wednesdays & Fridays, 7:30—8:30am

Mindful movement helps release tension from the body and mind. We start with Pranayama (breath work), then gently progress to Asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyana (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

Tristhana Practice with Keshav

- Mondays, 9:15—10:15am

This class focuses on the Tristhana method of Ashtanga Vinyasa—breath, posture, and drishti—rather than on fixed sequence or the Primary Series. The practice is adaptable and inclusive, allowing participants to explore mindful movement, steady breathing, and focused attention.

Gentle Energy Flow Asana with Mani

- Mondays, 10:45—11:45am

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

Restorative Yoga with Mani (no class on 9 February)

- Mondays, 3:30—4:30pm

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

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

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

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

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

- Mondays & Wednesdays, 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (*asanas*), breathing techniques (*pranayama*), activation of the energetic centers (*chakras*), and relaxation techniques (*yoga nidra*, *savasana*). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (*santosha*), equanimity (*śamatha*), health, connection and well-being are established in daily life!

Yogasana, Pranayama & Relaxation with Mani

- Tuesdays & Thursdays, 9:15—10:15am

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

Pranayama and Vocal Toning with Nikki (no class on 10 February)

- Tuesdays, 3:30—4:30pm

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

Sivananda Hatha Yoga with Nikki

- Tuesdays & Thursdays 7:30—8:30am

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

Yoga Nidra: A Journey to Stillness with Radha

- Tuesdays, 5—6pm

In this Guided Yoga Nidra class, you'll be guided into a state of deep relaxation while remaining consciously aware. Through breath awareness, body scanning, and visualization techniques, we'll move into a place of stillness and inner calm. This practice helps release physical tension, quiet the mind, and supports emotional balance. Yoga Nidra is known to improve sleep, reduce stress, and restore energy, offering profound rest for both body and mind.

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

- Tuesdays, 5—6:30pm

A vibrant movement journey, combining rhythmic motion, intentional breathing, and energy alignment to activate and balance the seven chakras. Through guided movement and music, we attune to the unique frequency of each chakra, grounding with earthy steps for the root chakra, flowing with creative expression for the sacral, and rising into empowerment, love, and clarity as we ascend through the energy centers. No dance experience is required, just your willingness to connect with your inner energy.

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Wednesdays, 9:15—10:15am

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

Hatha Yoga & Mobility with Bijou

- Wednesdays, 10:45—11:45am

Fusing the elements of Hatha—breathwork, stillness, strength & flow—with full-spectrum body mobility, incorporating all joints & muscle groups.

Hatha Yoga with Ivana

- Wednesdays, 3:30—4:30pm

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

Free Flow Wave: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

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

Open Heart Space Meditation with Samrat (no class on 12 February)

- Thursdays, 3:30—4:30pm

Simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

Shamanic Breathwork & Free Movement: Clarity & Peace with Lakshmi

• Thursdays, 5—6:30pm

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

Somatic Yin Yoga: Softening Into Self with Radhika (no class on 13 & 27 February)

• Fridays, 9:15—10:15am

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

Surya Kriya, Yoga Nidra & Live Music with Munay & Sitara. Fridays, 5—6pm

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

Ecstatic Dance with Bijou

• Fridays, 5—6:30pm

Tuning into rhythm & melody helps us tune out self-consciousness and move into a state of bliss & release.

Pranayama and Meditation with Radhika

• Saturdays, 7:30—8:30am

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

Cosmic Dance Wave: A Healing Journey through Movement with Sandhya

• Fridays, 5—6:30pm

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

Therapies: Pre-registration required

Therapist	Therapies (by appointment only)
Anu	Yoga Chikitsa: Personalized Yoga Therapy
Ashok	Thai Yoga Massage
	Biodynamic Craniosacral Therapy
	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
Mamta	Head Massage & Hair Care with Indigenous Herbs
Mani	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
	Healing Sound Bath with Tuning Forks
Mila	Heart-Centered Resilience
Parvathi	Physiotherapy & Rehabilitation
	Aromatherapeutic Massage for Face and Feet
	Energy Healing Reiki
Raja	Holistic Foot Reflexology

Satyayuga	Holistic Rebalancing Massage
Susan	Yoga Chikitsa: Personalized Yoga Therapy
Veermani	Thai Yoga Massage
Vyshnavi	Biodynamic Craniosacral Therapy
	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
	Head Massage & Hair Care with Indigenous Herbs

Therapies

Reiki Healing Flow with Anu

Sessions begin with setting an intention (e.g. calmness, healing, clarity), mindful breathing, a brief body awareness scan, & aura cleansing with incense sticks, to prepare the system. Reiki hand placements are then done (with or without touch), followed by integration & chakra balancing.

Acupressure Therapy with Ashok

This traditional therapy involves applying firm finger pressure or using acupressure tools on specific acupoints along the body's energy pathways (meridians) to stimulate the flow of Qi (life energy).

Cupping Therapy with Ashok

Cupping therapy is an ancient healing technique that some people use to ease pain. A provider places cups on your back, stomach, arms, legs or other parts of your body. A vacuum or suction force inside the cup pulls your skin upward.

Deep Tissue Massage with Ashok

A deep tissue massage is a therapeutic technique using slow, deep strokes and firm pressure to release chronic muscle tension and "adhesions" painful tissue that restrict movement and blood flow.

Integrated Deep Tissue Massage & Acupressure Therapy with Ashok

Combining Acupressure and Deep Tissue Massage creates a powerful, holistic therapy that addresses both the energetic and physical aspects of the body. While deep tissue massage breaks down muscle knots and scar tissue, acupressure targets specific meridian points to release blocked energy (Qi), resulting in deeper pain relief, enhanced relaxation, and faster recovery.

Holistic Face & Neck Massage Therapy with Mamta

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

Yoga Chikitsa: Personalized Yoga Therapy with Mani

One-to-one yoga therapy sessions tailored to everyone's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements) asanas (isometric stretches) pranayamas (rhythmic breathing control) and relaxation techniques.

Thai Yoga Massage with Mani

The therapist will guide and support the client in various yoga-like poses and stretches and apply gentle but firm pressure along the main energy channels of the body to help release energy blockages and allow vital energy to flow. Wear comfortable clothing suitable for movement.

Biodynamic Craniosacral Therapy with Mila

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Hair Care with Parvathi

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

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

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

Healing Sound Bath with Tuning Forks with Satyayuga

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

Heart-Centered Resilience with Susan

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

Physiotherapy and Rehabilitation with Veeramani

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

Aromatherapeutic Massage for Face & Feet w/ Vyshnavi

This therapy is a deeply relaxing aromatherapeutic massage focusing on the face and feet. It is a unique integrative treatment that combines the principles of Reflexology, Marma Therapy, Lymphatic Drainage, Breathwork, and Aromatherapy. Pure, therapeutic-grade essential oils are carefully selected based on the individual needs of each client. These oils are incorporated throughout the session, used during guided breathwork, applied to the chakras, and blended into massage oils for the face and feet, enhancing both physical and emotional well-being.

Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner's hands. practitioners gently place "vital energy" flows through the body; a Reiki practitioner gently places their hands on or near the client's body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific "reflex points" of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, brings more oxygen & nutrients to the cells, & helps reduce stress, improves digestion & promotes sound sleep.

Holistic Rebalancing Massage with Vyshnavi

A full-body treatment integrating elements of deep tissue massage, joint release, & energy balance. Rhythmic strokes & deep yet gentle pressure release tension from muscles & fascia, improving circulation & enhancing the body's natural ability to heal.

Workshops: Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
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
Thursday, 5 February	Yoga Therapy: Strengthening & Conditioning the Back	9:15am—12pm	Bijou
Friday, 6 February	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 7 February	Many Fires, One Light: Autonomy and Collaboration in Auroville	9:15am—12:15pm	Kaia, Munay & Radhika
	Introduction to Ayurveda & its Lifestyle	2—4pm	Dr Geeta
Friday, 13 February	The Mandala as Mirror	9:15am—12pm	Rosalba
Saturday, 14 February	Exploring the Vegetal Realms	9:15am—12:15pm	Auromira
Friday, 20 February	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
	Relaxation & Deep Sound Bath	2—4:30pm	Satyayuga
Saturday, 21 February	Back Care and Posture	9:15am—12pm	Keshav
	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
	Breathwork, Pranayama & Yoga Nidra	2—4:30pm	Anu
Monday—Tuesday, 23—24 February	Swara Yoga: The Science of Breath & Prana	9:15am—4:30pm	Swami Omkar
Thursday, 26 February	Prana: Life Energy	9:15am—12:15pm	Ananda
Friday—Sunday, 27—28 February & 1 March	Conscious Relating Course	9:15am—4:30pm	Ananda

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.

Yoga Therapy—Strengthening & Conditioning the Back with Bijou

- Thursday, 5 February, 9:15am—12pm

A comprehensive study of specific spine, hips, shoulders and back-related yoga. Strengthening and conditioning for anyone suffering from chronic back pains, looking for injury recovery, and boosting posture, confidence and fixing recurring aches and stiffness.

Face & Eye Yoga: Face Yourself with Mamta

- Friday, 6 February, 2—4:30pm

The physical & mental state of our inner world determines how we experience our outer world, and our sense organs are the tools for each experience we have. Face & Eye Yoga involves simple self massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Many Fires, One Light: Autonomy and Collaboration in Auroville with Kaia, Munay & Radhika

- Saturday, 7 February, 9:15am—12:15pm

This workshop explores how autonomy and collaboration coexist in a living system. Through embodied exercises, dialogue, and mapping our interdependencies, we will reflect on how the collective can self-organize, relate across boundaries, and contribute to unity in diversity without hierarchy or fragmentation. We will also explore how our collectives can coordinate with external contributors and co-creators in ways that are clear, respectful, and effective.

Introduction to Ayurveda and Its Lifestyle with Dr. Geeta

- Saturday, 7 February, 2—4pm

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

Anandhi & 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

Languages



NEWS FROM

Auroville Language Lab

29 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, 3—3:45pm
- By free contribution, registration appreciated—please write to info@aurovillelanguage.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.

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.

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.

Current Schedule of Classes, 29 January

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

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Riki	8-Hour Monthly Always ongoing	10:30–11:30am, Tuesday & Thursday
	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
	Beginner with Verena	36-Hour (3 months) Starting: 3 February	9:30–11am 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](#)

New Beginner German Course (A1.1) with Verena

We are happy to announce a new Beginner German (A1.1) course starting Tuesday, 3 February 2026, with Verena, a native German speaker.

- Tuesdays & Fridays, 9:30–11am, 6 hours total, spread over 3 months

This course is designed for complete beginners and offers a balanced introduction to listening, speaking, reading, and writing, with a strong focus on practical, everyday communication. A warm welcome to anyone curious to begin their journey with the German language. Registering early will help in getting the minimum number of students to launch the course.

- <https://aurovillelanguagelab.org/registration/>



English Intermediate with Ashwini

Ready to take your English to the next level?

Join Ashwini for a practical and engaging Intermediate English course designed to strengthen your spoken English through real-life conversations and clear, useful grammar.

- Started 19 January 2026
Mondays & Fridays, 5–6pm, 16 hours over 2 months
- Register now: info@aurovillelanguagelab.org or www.aurovillelanguagelab.org/registration

Spanish Conversation with Joana

This course will have a focus on speaking and listening with some light grammar here and there.

- Started 6 January 2026, Tuesdays, 3:30–5pm.

New! Beginner French with Jean-François

This 16-hour, 2-month course, is ideal for those who want to discover the French language. The classes are highly interactive, covering vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, in a simple way.

- Course started 26 January
Every Monday and Wednesday, 2:30–3:30pm

French Conversation with Jean-François Pre-Intermediate level

This 16-hour, 2-month course, is ideal for those who possess a little knowledge of French but are not yet comfortable conversing. The course will focus on day-to-day topics and will be a good mix of grammar, verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Started 27 January
Every Tuesday and Thursday, 2:30–3:30pm.

It's back! Dive into French with Isabelle Intensive 2-Week Course

The very popular course combines one hour of lively conversation sessions with Isabelle with one hour of interactive practice in our Mediatheque. With this balanced approach, you'll gain confidence, fluency, and a deeper understanding of the French language.

- Classes began 19 January 2026
Monday to Friday, 11am–1pm, total of 20 hours:
10 hours with the teacher and 10 hours of Mediatheque practice.

Spots are very limited—only five (5) participants will be admitted—so early registration is highly recommended.

Free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time:

- Mondays 5–6pm:
 - French with Isabelle, 1st, 3rd and 5th week of the month
 - French w. Coco and Gaspard, 2nd and 4th week of month
- Tuesdays: Spanish conversation with Joana 5–6pm
- Wednesdays, 5:30–6:30pm: Sanskrit chanting with Remesh
- 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.

- Thursdays: English conversation with Alex 5:30–6:30pm
- Fridays: Hindi conversation with Anu, 5–6pm

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

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, 30 January Paradise or Oblivion

2012, 48 minutes, Roxanne Meadows

Featuring the life-long work of Social Engineer, Futurist, Inventor and Industrial Designer Jacque Fresco, this presentation advocates a new socio-economic system that is updated to present-day knowledge, which he calls a Resource-Based Economy. The film introduces the viewer to a value system that would be required to enable a caring and holistic approach to benefit human civilization.

Aviram

AUROVILLE, BACK ON AN UTOPIA

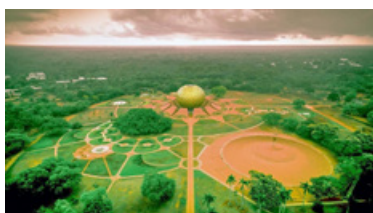
The French Pavilion presents

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. 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. Submitted by Nina



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 2—8 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, 2 February, 8pm
Single Salma

India-UK, 2025, Dir. Nachiket Samant w/ Huma Qureshi, Sunny Singh, Shreyas Talpade, and others, Comedy-Drama, 141 mins, Hindi w/ English subtitles

Salma, a devoted woman from Lucknow who has always lived for others, finally agrees to marry Sikander, a kind businessman. But when work takes her to London, she encounters Meet, whose free-spirited world challenges everything she thought she wanted. Torn between duty and discovery, Salma must choose her true path. As one critique observed, "Watch it if you enjoy simple, slice-of-life dramas with heart."

Potpourri—Tuesday, 3 February, 8pm
À Bout De Souffle (Breathless)

France, 1960, Writer-Dir. Jean-Luc Godard w/ Jean-Paul Belmondo, Jean Seberg, Jean-Luc Godard, and others, Crime-Drama, 90mins, French-English w/ English subtitles, Rated: NR (R)

Michel, a small-time criminal on the run, crosses paths with Patricia, an American student torn between love and betrayal. Their fleeting romance plays out on the streets of Paris, blending danger, charm, and existential tension. Celebrated worldwide and honored with major accolades, this landmark of French New Wave cinema continues to captivate audiences with its daring style and unforgettable spirit.

Selection—Wednesday, 4 February, 8pm
Glass Onion

USA, 2022, Writer-Dir. Rian Johnson w/ Daniel Craig, Edward Norton, Kate Hudson, and others, Satire-Mystery, 139mins, English-French w/ English subtitles, Rated: PG-13

In this award-winning film, when tech billionaire Miles Bron invites his closest friends to his lavish Greek island for a murder-mystery game, the arrival of master detective Benoit Blanc turns play into peril. Secrets unravel, alliances fracture, and every guest has a motive—making the weekend a deadly puzzle with layers waiting to be peeled back.

Interesting—Thursday, 5 February 8pm
From Amazon to Ganga: A Celestial Journey

India-Brazil, 2025, Dir. Sehdev Kumar, Documentary-Spiritual, 76mins, English w/ English subtitles, Rated: NR

This film reflects on the nature of Spiritual Quest—a Celestial Journey inspired by Sri Aurobindo, Kabir, and Albert Einstein. Through Light and Water as Integral Elements in the Womb of Creation, it evokes a longing for New Birth. Premiered in August 2025 in Auroville, it has already been shared at community venues. Shared by its creator, Dr. Sehdev Kumar, the screening will include a short introduction and brief Q&A.

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International Film, Saturday, 7 February, 8pm
Tancuj, Matyldo (Dance, Matilda)

Czech Republic, 2023, Writer-Dir. Petr Slavík w/ Karel Roden, Regina Rázlová, Antonio Sopot, and others, Comedy-Drama, 113mins, Czech w/ English subtitles, Rated: NR (R)

This acclaimed Czech tragicomedy tells the story of Karel Jaros, a tough debt collector suddenly thrust into caring for his spirited mother Matylda after her Alzheimer's diagnosis. With his teenage son Pavel drawn into the turmoil, three generations collide—confronting love, duty, and buried family wounds in a narrative both tender and powerful, celebrated worldwide for its artistry. When memory fades, family must remember what truly matters.

Children's Matinee—Sunday, 8 February, 4pm
Nimona

USA-UK-France, 2023, Dir. Nick Bruno & Troy Quane w/ Chloë Grace Moretz, Riz Ahmed, Eugene Lee Yang, and others, Animation-Action, 101mins, English w/ English subtitles, Rated: PG

Every hero needs a little havoc. In this Oscar winning film, when knight Ballister Boldheart is framed for a crime he didn't commit, his only ally becomes Nimona, a mischievous shapeshifter with a taste for chaos. Together they challenge a kingdom's rigid order, blurring the lines between hero and villain in a thrilling, heartfelt adventure of rebellion and friendship.

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday, 8 February, 8pm
Blade Runner

USA, 1982, Dir. Ridley Scott w/ Harrison Ford, Rutger Hauer and others, Thriller-Action, 117 mins, English w/ English subtitles, Rated: R

In the near future, the police department forces former blade runner Rick Deckard out of retirement to hunt four genetically engineered humans who have escaped the colonies and returned to Earth. Designed to do difficult, hazardous work, the manufactured humans are stronger, faster and smarter than non-engineered humans.

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

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

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

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

MMC/CP Group Account# 105106,
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)

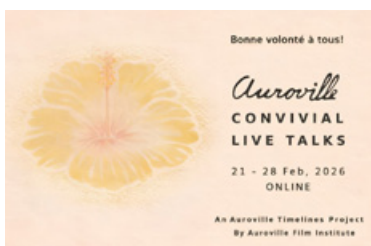


Global Slots:

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

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
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Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Submitted
by Raju

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. 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

