

News Notes

#1121 A weekly bulletin for residents of Auroville 5 March 2026



Happy Birthday, Auroville!

Photo by Arun, Pondicherry

Pondering



The full emergence of supermind may be accomplished by a sovereign manifestation, a descent into earth-consciousness and a rapid assumption of its powers and disclosing of its forms and the creation of a supramental race and a supramental life: this must indeed be the full result of its action in Nature. But this has not been the habit of evolutionary Nature in the past upon earth and it may well be that this supramental evolution also will fix its own periods, though it cannot be at all a similar development to that of which earth has hitherto been the witness. But once it has begun, all must unavoidably and perfectly manifest and all parts of Nature must tend towards a greatest possible luminousness and perfection. It is this certainty that authorises us to believe that mind and humanity also will tend towards the realisation that will be far beyond our present dreams of perfection. A mind of light will replace the present confusion and trouble of this earthly ignorance; it is likely that even those parts of humanity which cannot reach it will yet be aware of its possibility and consciously tend towards it; not only so, but the life of humanity will be enlightened, uplifted, governed, harmonised by this luminous principle and even the body become something much less powerless, obscure and animal in its propensities and capable instead of a new and harmonised perfection. It is this possibility that we have to look at and that would mean a new humanity uplifted into Light, capable of a spiritualised being and action, open to governance by some light of the Truth-Consciousness, capable even on the mental level and in its own order of something that might be called the beginning of a divinised life.

Sri Aurobindo, *The Supramental Manifestation upon Earth*

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House of Mother's Agenda



The fifth principle was aspiration, not any longer as a psychological condition but as a longing of the cells. Aspiration is the inner impulse which drives each and every one who sincerely turns towards the spiritual life. However, it could not be the basis from which the transformation of the cells had to start, for they were much too ignorant and enslaved by millennia of dwarfish habits. The Mother often compared the spiritual aspiration to a flame burning in the core of the being, or to a need 'which takes possession of you and which is so powerful that nothing else in the world has any importance any more.'²² The kindling of the aspiration towards divinity in the cells could only be the result of a long labour of cleansing. In all its aspects, aspiration is a non-mental longing for something higher, the existence of which the aspiring being feels sure of, even if it has never seen it. The spiritual aspiration stems from the veiled knowledge of the Divine in us. The aspiration to be awakened in the cells of the body has to stem from the veiled knowledge of the Divine in them.

Unity, surrender, sincerity, equanimity, aspiration in the cells. They often overlap each other, precisely because their aim is the same: to provide a material body for the One. They were the five main tools the Mother now used to allow the Divine to work the miracle of the cells' transformation. Nobody had ever done that. Nobody had ever tried to transform Matter, to supramentalize Matter, to divinize Matter, to transmute Matter into its Essence. 'Matter also is Brahman and it is nothing other than or different from Brahman,' Sri Aurobindo had written in *The Life Divine*.²³ The transmutation of Matter into its inherent divinity would establish the Kingdom of God upon Earth. The age-long promise to humankind would be fulfilled. Why was it not done earlier? Was it so difficult?

²² *The Mother, Questions and Answers 1953*, CWM 5 p. 350.

²³ Sri Aurobindo, *The Life Divine*, SABCL 18 p. 242.

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



Community News

Obituary

PASSING OF GIUSEPPE



This is to inform the community that Giuseppe (Certitude) left his body on afternoon, 1 March due to pneumonia.

Giuseppe Trovato was born in Sicily in 1944, but he lived and worked for many years in Germany where his 3 sons are still living. Two of the sons and specially Dario, the youngest, visited him in Auroville several times.

Giuseppe arrived in Auroville at the end of 1991 when he started running the community kitchen in Bharat Nivas. Then he built Samarpan Guest House on the beach not far from Quiet. In 2004 he moved to Certitude. He taught hatha yoga for quite a few years and was a devotee of Sri Aurobindo and the Mother, keeping almost always with him a picture of the Mother. He loved silence and meditation, visiting daily the MM gardens until his health did not allow him to. For the last few years he was suffering with a form of dementia, a group of Aurovilians supported him with the help of caregivers. *From Mass Bulletin*

PASSING OF VASU

This is to inform the community that Vasu, aged 53, passed away on 22 February at 9:50pm due to a heart attack.

He had been living in the Repos community for the past 35 years and worked in the X-ray department at the Auroville Health Centre. He was supported by our Beach Ariya community during his land issue. He also helped and supported various sports activities.

His wife's name is Ilayarani, his daughter's name is Poovidha, and his son's name is Devanath. Our deepest condolences and strength to his family. *From Mass Bulletin*



Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends (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.

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

Acres for Auroville

FEBRUARY 2026 Birthday Week Newsletter



In this, Auroville's 'Birthday Week', Acres for Auroville is happy to announce that to date 274.56 once-missing Master Plan acres have been registered as new Auroville land—a plus of 42.42 acres since our announcement in our November newsletter just three months ago. In this new February issue, we continue to present the inspiring and impressive contributions of the many builders of Auroville. On our side, the goal of Acres for Auroville is to provide and contribute the means for Auroville's vision to incarnate in matter through a consolidated physical base. We invite everyone to read this issue's very inspiring articles ... and we thank all those who support and join us in our aspiration!

- <https://land.auroville.org/acres-for-auroville-february-2026-newsletter/>

1. The Acres for Auroville Flier 21—28 February 2026

Auroville was created to manifest the ideal of human unity, but the unity we seek is not automatic. Yet, there are times when we do achieve a deep, uplifting oneness and harmony within and all together. The Mother has said, 'There is a deep and true consciousness in which all can meet in love and harmony'. We share some of her guidelines on the harmony that leads to the unity that Auroville is meant to incarnate. Version française en pdf ... & Tamil in pdf:

- <https://land.auroville.org/the-acres-for-auroville-flier-21st-28th-february-2026/>

2. The LFAU Letter 21—28 February 2026

Even before The Mother met Sri Aurobindo, she had the dream of founding 'an ideal city'. In her 1965 talk, the striking point for our land consolidation work is that it was 'the place'—the availability of land and the possibility to develop it—'that caused the formation to be (re)born'. It

was a physical base which revived her vision and the aspiration to manifest the dream. Version française en pdf ... & Tamil in pdf:

- <https://land.auroville.org/lands-for-auroville-unified-letter-21st-28th-february-2026/>

3. Connecting the Dots, by Toby

Toby came into contact with Sri Aurobindo & The Mother as a teenager in the Netherlands. From that early point on, his life path held a series of significant points which connected and found their meaning when he settled in Auroville. His career as a CEO in Finance and with Dutch water companies gave him the skills that he now brings to Auroville's town planning and water service groups. He sees Auroville as 'a spiritual creation' whose elements 'have a spiritual place and meaning'.

- <https://land.auroville.org/connecting-the-dots-by-toby/>

4. Auroville: Welcome to Conscious Evolution!

by AgniJata (Katia)

AgniJata (Katia) came to Auroville from Russia with her two children in 2004. She writes: 'Auroville for me is the place of intense growth and transformation in the loving hands of the Divine Mother... I came here to participate in this divine-human-material experiment and I have never been disappointed. It was hard, even painful sometimes, but each time the light found behind the darkness confirmed that this is the right choice for me—to be an Aurovilian.'

- <https://land.auroville.org/auroville-welcome-to-conscious-evolution-by-agnijata-katia/>

5. A Conversation with Pierre Legrand

Our new 'A Conversation with an Artist' series begins with Auroville artist Pierre Legrand. In it, he presents his unique path of creation, intersecting art with the spiritual. Pierre provides insights into his artistic research including the invention of his 'alphabet' and his discovery of 'the little things'. Speaking about this voyage he says: 'The first image which comes to my mind is Columbus in the middle of the Atlantic being asked about his journey. What could he say?...'

- <https://land.auroville.org/a-conversation-with-pierre-legrand/>

6. Art for Land's New Exhibition: 'The Golden Light'

Inspired by Sri Aurobindo's sonnet, our new AFL exhibition 'The Golden Light' brings together creative works from ten Auroville and Ashram artists in diverse media, including profound artistic interpretations of Savitri. All sales go to the Acres for Auroville campaign for acquiring Auroville's missing Master Plan land. Viewing and purchase of AFL donated artworks is at Auroville's Unity Pavilion and online at artforland.in. We thank all the artists—this exhibition's featured artists and all those shown on our site—for their support and generosity!

- <https://land.auroville.org/art-for-land-exhibition-the-golden-light/>

7. Inspiring Quotes: The Mother's New Year Messages

The Mother's New Year messages provide a sense of what is at stake with each new annual cycle. Here is a compilation of The Mother's messages that she gave over the 40 years from 1933 till 1973. They are messages of guidance and direction in general, but they are also revealing of the context and the historical happenings at every new date. Her words remind us of the role that we humans hold and the need for our consecration and sincerity for carrying the world's evolution forward.

- <https://land.auroville.org/inspiring-quotes-the-mothers-new-year-messages/>

We sincerely thank all the donors, artists, and supporters who have made our progress possible. May we continue on together till the job of land consolidation is done!

- **Contact:** lfau@auroville.org.in and +91 413 2622657
- **Donating:** <https://land.auroville.org/> and <https://land.auroville.org/new-banking-information/>

Mandakini



Exhibitions

9am—5pm, Sunday closed

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

Films: Mondays, 4pm

- **9 March: About Savitri—Book 1: The Book of Beginnings, Canto 3—The Yoga of the King: The Yoga of the Soul's Release, Part 3—read and commented by The Mother.**

From Sri Aurobindo's epic poem *Savitri*, The Mother read lines and commented on them. They are here under the headings: *The New Sense*, *Towards Unity with God*, and *The Soul as Witness and King*. 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."

Many worlds of senses want to manifest, and for this, the Supreme Consciousness, with its peace and unity, has to come on earth and change the nature and the world. Sri Aurobindo described it in *Savitri*: "*The murmur and whisper of the unheard sounds / Which crowd around our hearts but find no window / To enter, swelled into a canticle / Of all that suffers to be still unknown... / Inaudible to our deaf mortal ears / The wide world-rhythms wove their stupendous chant / To which life strives to fit our rhyme-beats here, / Melting our limits in the illimitable, / Tuning the finite to infinity.*" (*Savitri*, P.29—30)

The Mother commented on the above lines: "There is all world of sound, of consciousness, of movement, of knowledge, of power that have to be manifested and which are far beyond the possibility of all human beings.

All these things that are waiting in their own World are waiting for the Supramental Consciousness to manifest, in order to become visible, audible, active in this world."

Beside this, the Supramental manifestation is also much needed to handle the vital world with its conflict and fight between Light and obscurity, because there is the constant agitation of the creation in opposition to the absolute peaceful Consciousness of the Supreme.

King Aswapati, the soul as Witness and King, discovered on his fascinating inner journey, deep inside and beyond sensations and thoughts, a silent world of contemplation and power where all is prepared for manifestation.

Each of these three short videos under different headings—compiled into one film—ends with the picture of The Mother and Sri Aurobindo with a zoom-in effect. Their coming closer allows us to open our psychic and receive their support and blessings. It also helps us to live from within and with the inner Divinity. Duration: 29min.

- 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 available on YouTube.

[About Savitri: The Mother's Commentary | B1C3-10 The New Sense](#)

- **16 March: The Traveller and The Worlds, Part One of Sri Aurobindo's Savitri.** In this lecture Shraddhavan considers three main points:

- 1. The Traveller, Aswapati—who is he?
- 2. A brief look at the Worlds through which he passes on his quest.
- 3. The significance of this journey in his unique poetic masterwork.

Duration: 63min.

- **23 March: The Mother's first meeting with Sri Aurobindo 29 March 1914.** A documentary about Mother's staying in Pondicherry from 1914—1915 and her everyday meeting with Sri Aurobindo. A film by Gopal Chandra Mahana and Arvind T Akki. Duration: 23min.

Followed by **Anandamayi Chaitanyamayi Satyamayi Parame**, film about the mantra given and written by Sri Aurobindo, sang by Sadhaks, music by Sunil-da, edited by Arvind T Akki and produced by Dept of Physical Education, Sri Aurobindo Ashram. Duration: 12min.

- **30 March: Sri Aurobindo's Uttarpara Speech.** In his speech at Uttarpara in Bengal in 1909, Sri Aurobindo spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. Duration: 33min.

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.

- **6 March:** Serving the Construction of Matrimandir. A talk by Gloria—a senior Aurovilian
- **13 March:** On the Importance and role of Music in Spiritual life—a power point presentation by Nethya
- **20 March:** Auroville 36 years of Research—a video
- **27 March:** Four Aspects of The Mother—a video by Audio-visual Department of Ashram



Savitri Satsang with Narad @ Savitri Bhavan

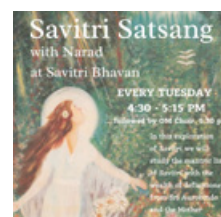
- **Every Tuesday, 4:30—5:15pm**
followed by OM Choir, 5:30pm

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, AV**
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.

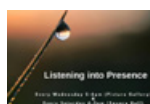
OM is the signature of the Lord.

OM: I implore the Supreme Lord.

Listening into Presence

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

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. *Guided by Misha (Mike).*



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

Wednesdays, 4—5pm @ Sangam Hall

- 18 March; 1 & 15 April; 6 May



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 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



Guided Yoga Nidra sessions

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

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.

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

Invitation: A poetic stillpoint...

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

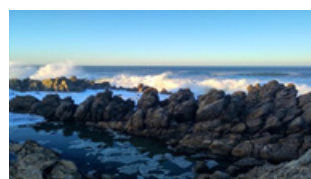
Inspired by Sri Aurobindo's poem "Invitation," written in 1908–09 in the Alipore prison, Poetry By Design invites you to stroll, pause, recite, read, linger, sketch—or simply BE.



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

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, @ Savitri Bhavan Library area**

Light and Delight

- **Thursdays 5—6:15pm @ Savitri Bhavan**



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

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

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

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

Regular Activities

- **Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- **Mondays to Saturdays, 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **Tuesdays, 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays, 5:30—6:15pm:** OM Choir led by Narad
- **Wednesdays, 10:30—11:30am:** Reading on 'Nature' with Aikya
- **Wednesdays, 5—6pm & Saturdays, 4—5pm:** Listening into Presence led by Misha (Mike)
- **Thursdays, 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays, 4—5:30pm:** Reading Savitri in Russian with Anatoli
- **Fridays, 3—4pm:** Reflections on Sri Aurobindo's Isha Upanishad led by Dr. Jai Singh
- **Saturdays, 5—6:30pm:** Satsang led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

Margrit, Velmurugan & Dhanalakshmi for Savitri Bhavan

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.

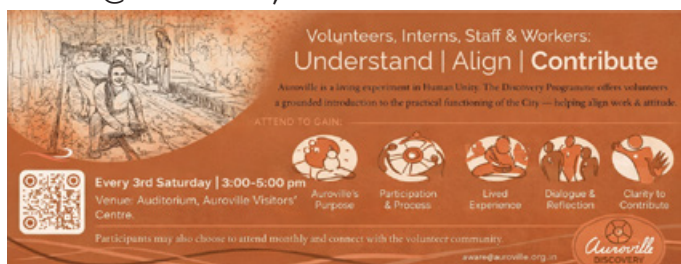
- Please contact Buvana 9443703287

Submitted by Grace

AUROVILLE DISCOVERY PROGRAM

Every 3rd Saturday 3—5pm

@ Auditorium, Auroville Visitors' Centre



Auroville is a living experiment in Human Unity.

The Discovery Programme offers volunteers a grounded introduction to the practical functioning of the City—helping align work & attitude.

Attend to Gain:

- Auroville's Purpose; Participation & Process
- Lived Experience; Dialogue & Reflection
- Clarity to Contribute

Participants may also choose to attend monthly and connect with the volunteer community.

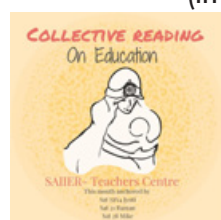
Registration required: Scan the QR code on the poster or [click on the link to register](#).

For more information: aware@auroville.org.in. Lakshay

COLLECTIVE READING ON EDUCATION

Every Saturday, 2:25—4pm @ Teachers Centre

(in Town Hall admin area)



Since November SAIER has been holding sessions for collective explorations of the works of Mother & Sri Aurobindo.

In February we will begin to read the chapter

Psychic and Spiritual Education by The Mother.

If you have a copy of the book, you can bring it along.

All are welcome

teacherscenter@auroville.org.in, Nilima

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo

By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location

Monisha

TALKS BY ELA THOLE

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

- 8 March, has been cancelled due to unavoidable circumstances.



Integral Yoga of Sri Aurobindo and The Mother— Introduction

- 14 March, 9am—12:30pm

Join us for a reflective and insightful session with Ela Thole as she guides us through the essence of the Integral Yoga as envisioned by Sri Aurobindo and The Mother.

This workshop offers a space to understand the foundations of their teachings more deeply and places them in dialogue with the traditional paths of Indian spirituality.

Whether you are new to this philosophy or wish to deepen your practice, this session is open to all.

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

- 15 March, 9am—1pm

Shakti, the feminine creative power in the Hindu tradition, is recognized as the transformative energy leading toward the highest realization. She is the dynamic force that creates, sustains, and dissolves the universe, worshipped in many forms across the Indian spiritual tradition. In the practice of Integral Yoga, Shakti is understood as the leading force in the evolution of a supreme consciousness on Earth.

Open to all, this session invites participants into a deeper exploration of Shakti as a living, transformative presence.

- **Address:** Inside India, Office No. 2, Kalpana, Auroville
- **Email:** info@insideindiaauroville.com
- **Phone:** +91 8524953838/ 0413 2622047

Shaheen for Inside India

BLOOMO! A SOULFUL FLOWER CARD GAME



Saturday, 14 March, 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



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



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: 0413 2622894, 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

Laboratory of Evolution Library

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

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

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

Open for Aurovilians, Newcomers, Volunteers, & Guests

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

Education

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

CALL FOR PROPOSALS—SAIER

Every year SAIER receives a small grant from the Government of India for supporting innovative programs in the fields of education and/or culture.

SAIER is accepting project proposals for 2026—27 in three categories: **Research, Activities, Publications**

Project funds can support human resources and/or materials for the project. Please note that projects are intended to be of limited duration, instead of recurring yearly activities.

We are setting a deadline of 5 March 2026 for the first round of project proposals.

- Please feel free to contact saiier@auroville.org.in for proposal forms.

*The SAIER team,
from Mass Bulletin*

CORPORATE SUSTAINABILITY & UI/UX DESIGN

@ Yuvabe Education's Bridge Program
3-Month Courses

We're excited to announce two new opportunities for young adults in the Auroville Bioregion! Yuvabe Education's Bridge Program is launching two completely free 3-Month Courses, starting September 2026:



- **Corporate Sustainability**—Gain in-depth knowledge in climate action, ESG, circular economy, and corporate responsibility. Work on hands-on projects and learn from sustainability experts.
- **UI/UX Design**—Learn design principles, wireframing, and prototyping. Build practical skills through projects and create a portfolio to showcase your abilities.

Both programs are completely free for students and designed to prepare participants for meaningful careers. Top performers may also be eligible for internships with Yuvabe.

- [Apply now](#)

Course details:

- Course fee: Free
- Course launch: September 2026, duration 3 months
- Venue: In-person at Saracon, near Svaram, Auroville

For more details:

Flyer: [Flyer link](#)

Visit Website: <https://www.yuvabe.com/bridge-program>

Contact Us: 9677604467, bridge@yuvabe.com

We look forward to connecting with you!

Follow us on social media:

Instagram: <https://www.instagram.com/yuvabe.auroville/>

Facebook: <https://www.facebook.com/yuvabe.auroville>

Linkedin: <https://www.linkedin.com/company/yuvabe/>

Youtube: <https://www.youtube.com/@yuvabe.auroville/>

Abilash

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

LILALOKA

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

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

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

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

Activities 2026

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

Nesters

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

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

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

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

Infants' Community

- **Daily mornings, age: 1½–3 years**

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

Free-Flow Mornings

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

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

Afternoon Activities

- **Twice per week, age: 3–6 years**

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

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

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

Occupational Therapy and Individual sessions

- **By appointment**

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela



PROBLEM TO PITCH

A 5-day immersive advanced design workshop

9—13 March, 8am—5pm

@ Yuvabe Campus, Auroville



Yuvabe Education is pleased to announce Problem to Pitch, a five-day immersive Advanced UI/UX Design Workshop designed to help participants translate design theory into real-world application.

This intensive programme guides participants through the complete design process—from understanding user contexts and defining meaningful problem statements to validating concepts and delivering structured solution pitches. The workshop emphasises real users, real challenges, and practical outcomes. [Flyer link](#)

Participants will engage in:

- Design Thinking Sprint
- Problem Framing and Research Planning
- User Interaction and Concept Testing
- Insight Synthesis and Ideation
- Solution Framing and Project Pitch Preparation

Fee Structure:

- **Standard:** Students Rs.7,000 | Professionals Rs.8,000
- **Group Discount (3 participants):** Students Rs.4,500 | Professionals Rs.5,500

Seats are limited to ensure a highly interactive learning experience. A certificate will be provided upon completion.

- [Register here](#)

For further information:

- 9677604467, bridge@yuvabe.com, [Website](#) Abilash

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—8:45am
- Pick up time 3:30—4:40pm (by 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 De-hashakti, 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

KUILAI CREATIVE CENTRE

Regular Activities

(A unit of SAIIR)

- 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

AV PRE-CRÈCHE INITIATIVE

In the spirit of shared learning, care, and community, AV Pre-Crèche is happy to open its space to guests, volunteers, homeschooling Aurovillians, and Newcomers.

This initiative also creates a space for parents to meet, connect, and form supportive relationships, offering the sense of collective belonging.

We look forward to welcoming families into a space of care, exploration, and quiet joy.

- For details, please contact us avprecreche@auroville.org.in

If you need any clarification WA (text only):

- Suganya: +91 98431 16948
- Thamur: +91 90476 63217

Nilima for Pre Creche

AI @ HIVE COWORKING SPACE

AI classes

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](#)
- +91 9886740850,
auromodehive@auroville.org.in

AI Foundation Certification Bootcamp

- Sunday, 8 March, 10am—4pm
- Make 2026 the year you become AI-ready.

Enthiram.AI | HIVE, Auroville

Learn at ₹1499

Hurry! Limited Seats Only

Future Belongs to Those Who Master AI

For Everyone | Students | Business | Managers

08 March, 2026
At 10:00AM

Register Now: 9886740850

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:** [Register here](#). Last date 7 March
- Limited seats only. Certification on completion
- **Queries:** +91 9886740850 WA, +91 9042759540 WA

Dhesh

Health Care

AURODENT CLINIC, MARCH OFFER

March Offer

10%OFF
Teeth Cleaning
+
20%OFF
Teeth Whitening

For Appointment
9629199328 | 0413-2622063 | Email: aurodent@auroville.org.in

AURO DENT @ Auromode

Our professional cleaning includes:
Ultrasonic Scaler - removes plaque and tartar
Air Flow Polisher - for deep cleaning and stain removal
Paste & Brush - to polish teeth
Calcium Paste Apply - for stronger enamel

We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic. He will be providing specialised treatments, including:

- Dental implant placement
- Wisdom tooth extractions
- Other complex extractions

Appointments can be booked directly at Aurodent Clinic.

For appointment:

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

Working Hours:

- Monday to Friday: 9am—5:30pm @ Auromode
- Saturday: 9am—1pm @ Auromode

Jayasutha for Aurodent

Implant Specialist Available at Aurodent

Dr. Aravind Anto
(Oral and Maxillofacial Surgeon)

HEALTH FUND REMINDER

Dear Health Fund Members, the end of the Financial year is approaching and like we do every year, we request you to please submit your **medical bills from April 2025 onwards**. If you have any laying around that is.



- We need them **before or on the 31 March 2026!** That is our last working day for the month of March.
- **Medical bills from March 2026** can be refunded in April 2026, but only the bills from March!

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We would also like to request our members to please submit your medical bills in the month the treatment is received or medicines purchased, and latest in the first week of the next month.

- We will start this request from the 1 April 2026.
- We would like the **members who have long term/life time** medicine prescriptions to please submit us a copy or renew the prescription **every 6 months**.

In general a prescription should present when submitting medical/ medicine bills.

Stefan & Meenal for Auroville Health Fund

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 Ezhil & Archana, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy 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: Not available
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminSanté@auroville.org.in	Home Care Contact Santé for timings: Physiotherapy w/ Arun Doctor Consultation w/ Dr. Sana

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.

Dasha for Santé Services

MORNING STAR



Office Open House

- **Every Saturday, 10am—12pm**

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

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

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

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

Savithri & Paula, +91 9130084284

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



ALCOHOLICS ANONYMOUS

Saturdays, 6pm @ Center Guesthouse

Alcoholics Anonymous
Meeting (open)
every Saturday, 6 pm
Center Guesthouse
Merriam Hill Center
welcome

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

Ingrid T.

ECO FEMME WORKSHOP

Saturday, 7 March, 10am—1pm

Eco Femme is happy to announce a workshop.

Reconnect To Your Inner Cycle: Understand and Integrate the 4 Phases of your menstrual cycle.

Join Eco Femme to:

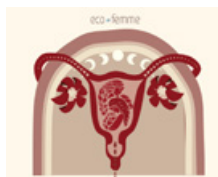
- Learn practical knowledge about the four phases of the menstrual cycle through the lens of hormones, and how to incorporate this with ease into your life.
- Align your menstrual cycle with the rhythms of nature through guided meditations into the body, artistic self-reflective practices, and intuitive movement.

Prior registration is a must.

Reach out to Celia:

- +916374375085 WA or celia@ecofemme.org for registration form, pricing details or any question.

Celia for Eco Femme Team



MAATRAM

Maatram offers OCH

Open Consultation Hour

- Monday—Friday, 9:30—10am

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.

Megha, Raam & Palani



International

UNITY PAVILION PRESENTS

The Mother's Symbol, Matrimandir and 12 Qualities



- Every Tuesday, 5pm, Weekly Experiential Exploration

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

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

Aurovilians, Volunteers and Guests/ Visitors

Healing, clarity and conscious transformation



One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential. Using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development.

- By Appointment: 9699930672 WA

Sencha Style Tea Ceremony

The Universe in a Cup of Tea



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. 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.

- Through appointments only, +91 9385428400 WA

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 . One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development. 9699930672 WA

Kids Art Class by artist Janakiraman



Inviting students to form a new group.

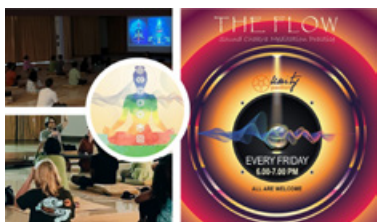
- Every Saturday, 10:30am—12pm
- Age: 8 and above, contribution based
- Contact: Janakiraman, 8015362636
 - Unity Pavilion: 0413 2623576, unitypavilion@auroville.org.in

The Flow: Chakra Meditation

Connect with the Source and enter the Flow.

- Fridays, 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

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

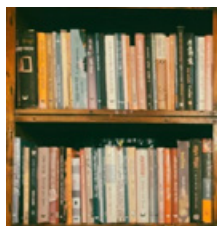
FRENCH PAVILION PRESENTS

What is literature and what purpose does it still serve today? In English

A lecture by Xavier Garnier and Rémi Astruc, professors of Francophone and comparative literature, Sorbonne University/ CYU/ Institut Universitaire de France.

- Thursday, 5 March, 5—6pm
@ Pavillon de France, in English

Why write today, or read a novel or poetry? Is literature simply entertainment for lovers of beautiful things? Or can we assume that it has a power that can help us in our current state of disorientation? What are the new trends that show the evolution of an activity in tune with the concerns of the present, particularly political and ecological ones?

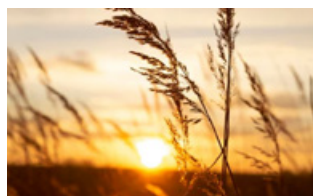


Auroville, an Ontology of the Dawn (Auroville une ontologie de l'aurore)

A lecture by Salmi Elahi and Jean Paul Sermadiras

- Friday, 6 March, 5:30pm
@ Pavillon de France,
in French

The texts open a field of reflection, the chants extend their vibration, and the spoken word flows. The exchanges with the audience shape this evening, conceived as a contemporary living ritual. A collective journey between thought, breath, and presence.



Body Memory & Invisible Inheritances

By Annaëlle Le Coguic, Doctor of Pharmacy and Cellular Memory Therapist

- Tuesday, 10 March, 5pm
@ Pavillon de France, in French

This conference is an invitation to discover the links between psychogenealogy, cellular memory, and epigenetics, illuminated by the symbolism of Mother's 12 petals. Through both a theoretical and experiential approach, Annaëlle Le Coguic will share keys to understanding how family memories, unresolved traumas, and past experiences become imprinted in our body and unconscious. She will also explore how these are transmitted, and how becoming aware of them can initiate a process of inner release.

Moments of exchange will allow participants to explore these concepts in light of their own personal history. An open conference for all who wish to better understand what moves through them and gradually free themselves from it. This conference is free.

Games

@ Pavillon de France, opposite the Visitor Center

Sunday Pétanque

- Every Sunday, 4—5:30pm

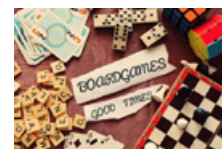
Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun.



Board games

- Wednesdays, 4—5:30pm

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



Submitted by Vivekan & Marie

TIBETAN PAVILION PRESENTS

Exhibition: Path of Transformation

by Helgard Zurmuehl

- 20 February—18 March,
9:30am—12:30pm, 1—5pm,
Sunday closed
- Inauguration: Friday, 20 February, 5pm.



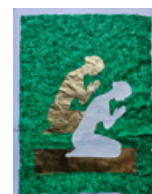
The Pavilion of Tibetan Culture cordially invites all of you to join us for the inauguration of a new exhibition: Path of Transformation by Helgard Zurmuehl.

It's a spiritual theme, where Helgard was working on for years. Now different aspects and approaches are falling in place.

The content of the art-project of Helgard Zurmuehl is about The Mother's 12 Qualities visible in the Matrimandir Petals. It is to try, to express the "Qualities" in body language. ...and additional its the experiment, where a clear form can be destroyed and put together in another form.

Nothing is permanent. All is in movement. Concepts of right and wrong we can overcome and being a creative person and find deep inside of us sample of deeper truth.

During the opening we show a 6 minutes Kali dance. So that something new can grow, some old things have to be destroyed.



Pavilion of Tibetan Culture: The Library

- Monday and Tuesday,
9:30am—12:30pm

Kalsang for Tibetan Pavilion



BHARAT NIVAS, THE PAVILION OF INDIA

Kalaripayattu performance



Submitted by Monisha for BN Team

Gangai Amaran in Harmony with the Divine Mother

Live music offering at Bharat Nivas

- Sunday, 8 March, 6:45pm—8:30pm
@ Sri Aurobindo Auditorium, Bharat Nivas



Bharat Nivas warmly invites the community to gather at Sri Aurobindo Auditorium for an evening that many of us have quietly dreamt of—a live devotional concert by Gangai Amaran, offered to The Mother and Sri Aurobindo in the very heart of Auroville.

For nearly five decades, Gangai Amaran has lived inside the soundscape of Tamil Nadu—as music director, lyricist, singer, screenplay writer, actor and director in Tamil cinema. His melodies from films like *Vazhvey Maayam* and *Karagattakaran* have become part of our collective memory, and he has composed for more than 160 films, receiving a Lifetime Achievement Award from the International Tamil Film Awards (ITFA). He is also the younger brother of Isaigani Ilayaraja, yet stands in his own right as a beloved creator and performer.

What connects him deeply to Auroville is his inner relationship with The Mother and Sri Aurobindo. His album "Amma / The Mother" was composed as a direct offering to Her, and many in our wider sangha already cherish it as a heart-path into Her presence. This concert, Gangai Amaran in Harmony with the Divine Mother, is conceived as a collective moment of gratitude and joy—less like a "show" and more like a shared inner offering through music.

If you would like to attune yourself before you come, you can listen to a few of his Mother-inspired songs:

- [Amma \(The Mother of Pondicherry\)](#)
- [Ammavukku album](#)
- [Samarpanam with English subtitles](#)
- [Annai Unnai Alangarithu—The Mother prayer song \(Gangai Amaran & S. P. Balasubrahmanyam\)](#)

Bring your friends, your children, and your quiet inner aspiration. Come as you are—to listen, to hum along, to offer your evening to The Mother through music.

All are warmly welcome.

Sivakumar

Theatre, Music & Arts

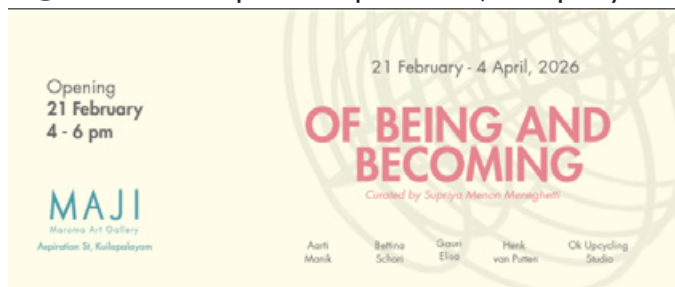
OF BEING AND BECOMING

@ Maroma Art Gallery, MAJI

21 February—4 April

Opening: 21 February, 4pm

@ Maroma Campus on Aspiration St, Kulapalayam



This multimedia group show features Aarti Manik, Gauri Elisa, Bettina Schori, Henk van Putten, and Ok Upcycling Studio.

Sagarika Bhati for MAJI, Maroma
maji@maroma.com

ART FOR LAND ART SALES

Viewing and purchase at Unity Pavilion and online: artforland.in

Featuring artworks of: Dilip Patel, Marie-Claire Barsotti, Mayaura, Ok Upcycling, Pierre Legrand, Soham, Sonia Yeo, Uttama Dhandhanian, Tim Wrey, Vivechana



15 February—30 March 2026

@ Unity Pavilion, International Zone, Auroville

We are happy to announce that our artforland.in website is now fully up and running, permitting viewing and purchases of the works in our AFL collection both online and in person at the Unity Pavilion.

Our website features over 100 Auroville and friend artists and the works they have donated to support Auroville's needed land consolidation. We are proud to promote their work via our site, and we thank them for their generous solidarity. The opening of our new AFL exhibition "The Golden Light" was a very beautiful and positive experience for all!

We warmly invite everyone to visit the Unity Pavilion and appreciate the great creativity and talent on display!

Mandakini
for AFL & A4A teams

RESILIENCE: EXHIBITION BY MARIE-CLAIRE BARSOTTI

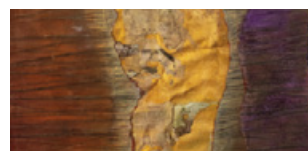
6—28 March @ Pitanga

Exhibition Opening:

- 6 March, 3—5pm

Gallery timings:

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



Anandamayi

STILL HERE BY JYOTI NAOKI ERI

20 February—11 March @ Centre d'Art, Auroville



Time, in the physical world, is one of the few universally shared dimensions—beyond ownership or control, at least for the time being. Spiritually, however, I experience time as neither linear nor fixed, but as multidimensional and all-encompassing. It often feels supple and fluid. In my artistic practice, time functions as a fundamental medium, shaping conception, process, and creation. Establishing a conscious relationship with time is essential to transforming inspiration into form. My ongoing series, A Time Trilogy, explores and visualizes these layered perceptions of time.

Jyoti Naoki Eri 2026

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

Marco

YOUTH CHOIR END OF SEASON CONCERT

Saturday, 14 & Sunday, 15 March, 7:30pm @ CRIPA

Food & drinks served from 6:30pm



Join us for a special evening of music as our Youth Choir celebrates the end of the season with a beautiful and inspiring concert.

Limited seating available, please book your free tickets in advance by scanning the QR code or following the link: <https://buytickets.at/cripa/2077592>.

Submitted by Laura

RAGA LOUNGE

Sunday, 8 March, 7pm @ CRIPA

food and drinks by Vishnu served from 6pm

An atmospheric, soulful blend where intricate Carnatic ragas meet chill Western lounge beats, creating a modern, melodic sonic experience.

Ragavan Manian began his Carnatic journey at just seven, later training with legendary maestros including Dr. M. Balamuralikrishna. Deeply rooted in classical tradition yet boldly contemporary, he crafts a vibrant musical voice as a performer, composer, and educator—connecting effortlessly with audiences across generations.

Free entry, open to all, contributions welcome.

Submitted by Laura



THE SUN AND MOON

Sunday, 8 March, 5pm @ Mother's Flower Garden (near Solar Kitchen)



Soluna is a unique international project in the genre of temple theatre, where there is a complete fusion of music, dance and visual art.

Flor

Dance Activities

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 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



CLASSES IN BHARAT NIVAS

Bharatnatyam Dance Classes

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

Caveri Suresh, a Bharatnatyam Dance teacher for 27 years, is offering this class to Beginners, Intermediate and Advanced students.



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

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

Contact Fleur for enquiries:

- +91 9600225764

Fleur

Theatre, Music & Art Activities

THE AUROVILLE HARMONIES RECRUITS



After the recent success of its performances 21, 22 and 26 February, the women's choir Auroville Harmonies continues its exploration of worldwide songs.

If you are interested, please contact Antoine for an audition: antoine@auroville.org.in

Antoine

CREEVA: ART ACTIVITIES

Center for Research Education Experience in Visual Art

Watercolour painting workshop

- Every Wednesday, 2—4pm

Life drawing session

- Every Saturday, 10am—12pm

T-shirt Painting, Bottle Painting Workshop

Paper Pulp Doll Art Workshop

- Every Sunday, 3—4:30pm

Rediscover the joy of creativity and childhood play, through eco friendly paper pulp. By Giribala Tripathy: From Odisha, based in Pondicherry, Sri Aurobindo Ashram artist with over two decades of creative and sustainable art practice.

Live portrait sketch

For personalised live portrait sketch book a session with Sathya.



Open studio

Your welcome to open studio to explore your art except workshops timings. Materials will be provided.

For info contact Sathya: +91 9486145072

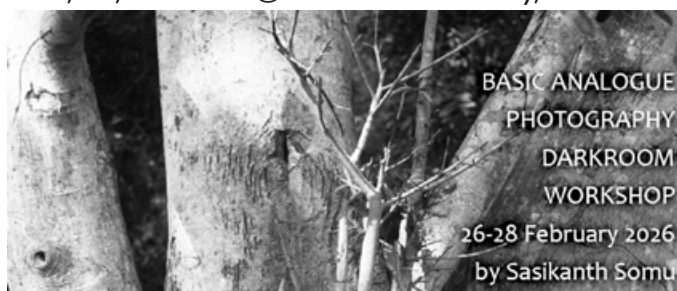
- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

BASIC ANALOGUE PHOTOGRAPHY

darkroom workshop by Sasikanth Somu

26, 27, 28 March @ Centre d'Art Gallery, Citadines



Program & Timings:

- **Thursday, 26 March, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 27 March, 9am—2pm:** Film photo shoot (in your own time), 2—5pm: Develop your roll of film.
- **Saturday, 28 March, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

Participants are required to be present for all three days.

The workshop fee:

- For Guests: Rs.3000 incl. GST.
- The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville.
- Registered Volunteers are requested to provide the details of their registration with ATR Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher

- Sasi: sasi@auroville.org.in, +91 9159355809 WA

The number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, for Centre d'Art

SVARAM ACTIVITIES

Sound Healing Session

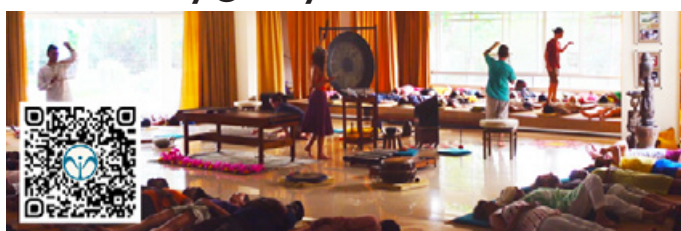


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

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/>

Immersive Flumie Workshop

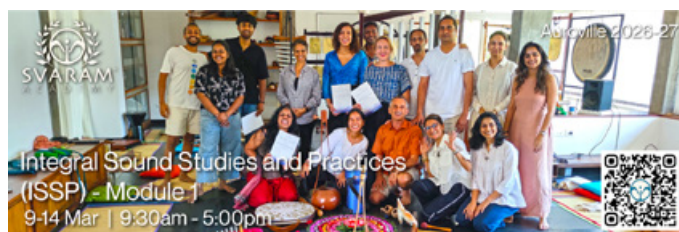


- 6—8 March, Variable Timings

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*

PAELLA PARTY W/ MAICH BEDFORD (ACOUSTIC SET)

Friday, 6 March, 5:30—8pm

Food: Vegan paella, served first come, first served

Location: Coffee Ideas Cafe (formerly Marc's Coffee)

Eden

LOOKING FOR ACTORS/ THEATRE ENTHUSIASTS

For an upcoming play based on Pushkin's short plays (Covetous Knight, Stone Guest). Age group 25+ both male and female, performance early May.

- Contact: +91 9597491652 WA

Submitted by Rupam Mishra

ACTIVITIES BY MINT

Bojagi Wrapping Art Workshop

- Tuesdays, 10:30am—12pm

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

- No prior experience needed.
- All materials provided
- Limited seats



Still stroke

- Thursdays, 10:30am—12pm

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

- Limited seats



9489904112 WA, Mint

CV121 - 5 March 2026

WELCOME TO A BOLLYWOOD DANCE PARTY

Friday, 6 March, 7pm @ Bella Vita!

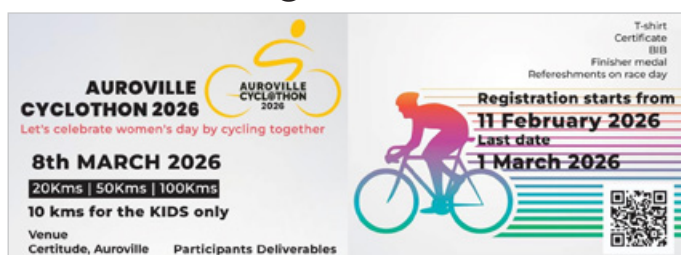


Martina or The Bella Vita team

Sports & Martial Arts

AUROVILLE CYCLOTHON

8 March @ Certitude Ground



Let's join for a pride ride on women's day in Auroville. Let's pedal together to celebrate women's day. Register now to join us.

Ride for all categories, Men, Women & Kids.

- Register: <https://aurovillesports.in/>

Murali, Prabhu, Raju & Tushita
for Auroville Cyclothon

BUDOKAN:

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

THE ART OF CHI:

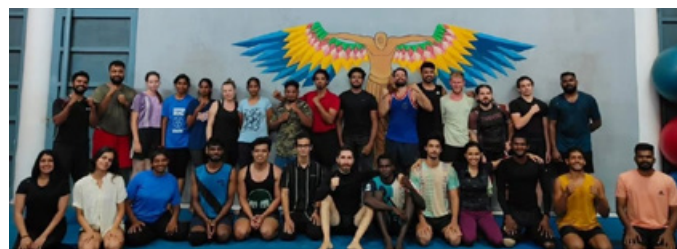
Stevanovitch Method

Classes with Hans

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

8110848123 WA,
Hans

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

Giacomo for Abhaya

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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

Aikido activity schedule

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

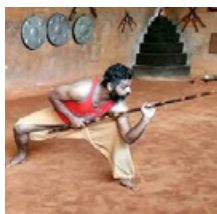


8300643963 WA, Philippe,
9952812843 WA, Murugan,
+ 33622053932 WA Michaël

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

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 262253 / 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): fee: Rs.5000

@ Bharat Kalari, opp. Sri Aurobindo Auditorium

Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU

From 20 August 2025 **Regular Silambam Class**

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

Venue: SAWCHU,
Bharat Nivas, Auroville

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

Scan for Location

Hari Haran

Grappling and Rudiments of Martial Arts for kids

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

BHARAT NIVAS
மஹா விநாயக லக்ஷ் சௌரம்
The Pavilion of India, Auroville
Presents

GRAPPLING & RUDIMENTS OF MARTIAL ARTS FOR KIDS

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

Venue: Harmony Hall,
Bharat Nivas, Auroville

CONTACT TODAY!

Giacomo
MMA & Judo W's
Certified International Coach,
Self Defense and
Self Esteem Coach

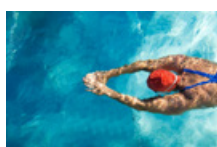
Monica
Auravine Instructor

Monisha

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

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).

- 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

8637633696, Mani



AUROVILLE FUTSAL/ FOOTBALL CLUB

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



Girls all age/ level are playing

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



Boys 16yo+ are playing

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



Submitted by Beber

Bioregion, Crafts & Nature Activities

AUROVILLE EARTH INSTITUTE

Upcoming On-Campus Training Courses

AUROVILLE EARTH INSTITUTE
UNESCO CHAIR EARTHEN ARCHITECTURE

Limited slots available - Register now!

Earthen Architecture Training Courses
March 2026

We are pleased to announce our upcoming training programs at the Auroville Earth Institute. These hands-on courses offer a unique opportunity to explore sustainable construction techniques with a focus on earth-based technologies. Below are the details of our upcoming sessions:

Date	Category	Details
2—7 March	CSEB	Design
9—14 March	CSEB	Intensive
16—21 March	AVD	Intensive
23—26 March	Special	Ferrocement

For more information and to register, please visit:

- www.earth-auroville.com
- Contact: training@earth-auroville.com

T. Ayyappan

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 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 north-west zone. It highlights inspiring local entrepreneurship and how traditional practices are being continued through modern techniques.



Drum circle: 11, 18, 25 March

- **Wednesdays, 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

- 10, 17, 24 & 31 March, Tuesdays, 5—6:30pm

Connect to your inner self through vibrations & divine chants.



Awaken the heart: Cacao & sound journey by Lakshmi

- 13, 20 and 27 March, 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

+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



Pre-booking is necessary for registration:

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

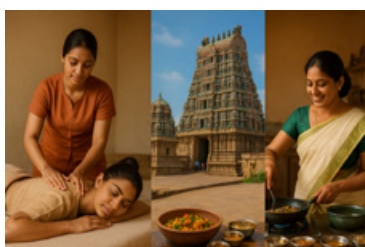
Balasundaram

ACTIVITIES BY RUPAVATHI

Bio-Region Temple Tour:

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

- Starting point: 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

ENLIGHT

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

Explore Auroville

Bioregion Tour

Art & Craft Workshops

Fireside Drumming

Cycle Tour

Cooking Class

*Arun, Anand and Balaji
for Enlight Team*

EGAI EVERYVILLAGE

Skill-cation: Experiential Learning



Egai EveryVillage is an in-Auroville community 2 to 3-day educative experience teaching real, usable skills, initiative focused on skill-cation in arts and crafts **customized to the learners' needs**—an experience, a form of self-investment both skilling and vacation. Exploration today is not just about sightseeing and relaxation; it's trips and tours to acquire or enhance a skill—whether it's cooking local cuisine, pottery, photography, yoga training, scuba diving, language learning, farming, eco-conservation.

Skillcation is a shift in the traditional perception of travel. For learning travellers, these small breaks and learning pursuits are a way to recharge, improve focus, and build transferable skills such as problem-solving, creativity, adaptability, and resilience. It involves smaller groups, focused stays, and involvement with Auroville and local village communities.

*Anand, 9791896488,
egai@auroville.org.in*

UPCYCLING OPEN STUDIO

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" workshop

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

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

ACTIVITIES BY INSIDE INDIA

Inside India Office, Kalpana Community

Saree Draping Workshop

- Tuesdays, 10am onwards

Explore the Timeless Beauty of Six Yards. Uncover the timeless beauty of the saree through an interactive, hands-on draping experience.



Learn classic and contemporary drapes, understand fabrics, pleats, and styling—while reconnecting with a garment that carries stories, heritage, and celebration.

- No prior experience needed (beginner-friendly)
- Open to all bodies, gender & ages
- Sarees provided and available for purchase/ Bring your own

Join us and wear tradition with confidence.

- Register now: +91 8524953838

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

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



Looking For

Looking to buy a second hand regular non gear or gear cycle

- Under or around Rs.4000.

+91 9467709051, Keshav,
volunteer at Auroville Botanical Garden

Submitted by Mohini Schilling

Available

Avocado tree saplings available

Integral Harmony farm still has avocado tree saplings, all grown from Auroville avocado seeds/pits.

- Cost is Rs.50 per sapling.
- Contact Velmurugan: +91 9751468504 or Lisa: +91 9787825952.

Lisa for Integral Harmony Farm Team

A small coffee machine for home

Available for sale. Hardly used, 2 month old. Costar brand asking 8k.

- 9090819998 WA

Arvind



For Your Information

ANNOUNCEMENT OF FRAUD TECHNICIANS

Please be aware of these two technicians.

AC mechanic:

One is an AC mechanic. His name is **Mohamed Asiq**, he is a fraud and he swindles money by requesting you to change the spare for your AC. He is not reliable and trustworthy. He is from Muthialpet. There have been multiple complaints from many people. Please be aware and don't use him. His mobile no: **+917200541678** if you have this number please do not call for AC related work.

Washing Machine Mechanic:

One is a Washing Machine mechanic. His name is **Jafar**, he is a fraud and he swindles money by requesting you to change the spare for your Washing Machine. He is not reliable and trustworthy. He is from Kottakuppam. There have been multiple complaints from many people. Please be aware and don't use him. His mobile no: **+919159944090** if you have this number please do not call for a Washing Machine related work.

Submitted by Sai

Taxi Share

To Chennai Airport, 7 March, 11am

I will be going from Auroville to Chennai airport on the 7 March, around 11am. Anyone wanting to go at a similar time who would like to share a ride, please contact: 9818022420.

Neel

To Chennai Airport, 21 March, 8:30pm

To stay eco friendly am very willing to share a taxi from Auroville to Chennai airport on Saturday, 21 March 2026. Departure from Auroville Town Hall at 8:30pm (20:30).

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

Sunny

Office Spaces

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



Spaces Available at Ecoteco Campus Building

There are two spaces available for use at the Ecoteco Campus Building in Reve Area:

- 118 sqm Office Space
- 67 sqm Godown Space.
- 9443960008, Diana; 9894442349, Prabhu

Diana

Hive Coworking Space Open House



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

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

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

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

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

For inquiries: auromodehive@auroville.org.in

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

Dhesh for Hive

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 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 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

Help Needed

REQUEST FOR SUPPORT Kids Football Tournament Auroville football club

This coming Saturday and Sunday, we are organizing a Kids Football Tournament with around 300 children participating in the U8, U10, U12, and U14 categories.

We are arranging lunch and snacks for all the children, and for this, we kindly request your support through donations. This project is under YouthLink, and donations can be made **directly to YouthLink FS account 257027** in support of this tournament.

Your contribution will help us provide proper meals and make the event successful and enjoyable for the kids. Any support from your side would be greatly appreciated.

Thank you very much for your generosity and encouragement.

Kani Amuthan, Auroville football club

Honorary Voluntary

NEEDED AUROVILLIAN social science researcher/ co-author

Seeking an Aurovillian with a research background (qualitative or mixed-methods) to collaborate on a 9—11 month study exploring intrinsic motivation and how it shows up within the systems of Auroville.

The project follows a sequential mixed-methods design (qual → quant) and offers an opportunity to contribute as a co-author or advisor with flexible time commitment.

If you are interested in motivation, well-being from a systemic perspective, and community-based research, I would love to connect.

- Please send a short CV or note of interest.

Tirna Ghosh (registered volunteer)

tirnaghosh99@gmail.com, +44 7880233203 WA

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations: Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy.

We can provide lunch and some additional bonuses to come as you will stay with the team longer.

For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages

Alexey



GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

sadhanaforest@auroville.org.in,

8525038274 WA or

call 8122274924

Aviram

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 earthyyoga@hotmail.com
- or stop by in the morning sometime to explore the possibilities.

Noel Parent

WEBSITE & IT SUPPORT (Holistic Health Care)

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

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



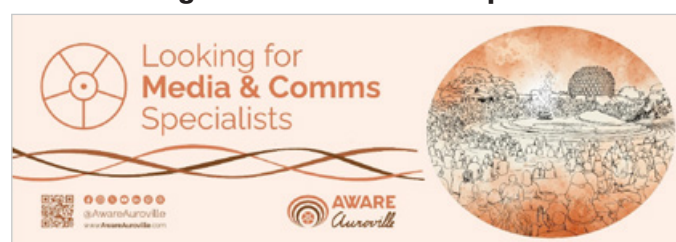
We warmly welcome someone who also feels aligned with healing, holistic work, or inner growth, as it will help us work together with deeper understanding.

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

Contact: sandyra@auroville.org, 9443619403. *Sandyra*

Work Opportunities

AWARE: Looking for media & comms specialists



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 Aurovillians 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*

LIVING ROOM CAFE

The Living Room Cafe is looking for a waiter barista.
send resume to tlr@auroville.org.in

Satyakam

AUROVILLE WATER SERVICE

Auroville Water Service is looking **Aurovilians** who want to work with us in water-related activities. We are looking for:

- Water Engineer,
- Manager non-technical (HRD, Fin, Area etc.) and
- an Assistant Manager Operations.

If you need more information about one of the functions, please pass by at our office at the Vikas Radial (Square Water Tower).
Toby for Auroville Water Service

Animal Care

URGENTLY SEEKING FOR VOLUNTEERS for Dog Shelter

Aurovilians & Newcomers Welcome

We urgently need volunteers to support our rescued dogs.

Needed:

- Medical support (vets, vet students, assistants)
- Essential supplies (food, medicines, blankets, cleaning items)
- General shelter care

Every small help makes a big difference.

Contact:

- 9443203092, aurovilledogshelter@auroville.org.in

Dr. Kumar, Sugar, Shanthi



Voices & Notes

AUROVILLE RADIO TV

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

Last published Podcasts

- [Savitri—Ep.37: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 26: "The Ascending Series of Substance"](#) (Sri Aurobindo)
- [Jumpa's Joyous Journey with Fif—Ep.6 "The Day The World Carried its Soil"](#) (Stories)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev—P1, C1: "Natural Birth"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.527](#) (Integral Yoga)



Latest Youtube Videos

- [Auroville's 58th Birthday—Dawn fire Meditation 2025—Live stream from Matrimandir Amphitheater](#)

Upcoming Video—Join Us Live

- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day1](#)
- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day 2](#)

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

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

*Sai Priya
for AurovilleRadioTV*

AUROVILLE STORIES 2068

Sunday, 8 March, 10am–12noon @ MMC



This Sunday morning, a group of local storytellers invite you into our experiment of imagining our best futures—individually and collectively. We will share “future memory” stories looking back from Auroville’s 100th birthday in 2068 and images by local students, some of which were enhanced using AI, guided by prompts written by the students themselves. This gathering is not about debate or prediction. It is about exercising our capacity for imagination, which Sri Aurobindo described as a gateway through which new consciousness enters culture. So, where better than Auroville to practice strengthening this “muscle”. You are not just invited as an audience, but as co-imaginers. Come listen. Notice what resonates. Notice what challenges you. Help us remember our future!

- Follow the QR code to join the discussion
- Contact Daniel Greenberg at daniel@ic.org, +91 92172 52447 with thoughts or questions. *Daniel*

AUROVILLE'S SATYAJUGA? Reliving The Human Cycle

A serene, impartial analysis of Auroville history is a peremptory need, if we are to grasp the intrinsic logic determining the present crisis and move ahead. A rigorous assessment free from both: hagiography, but also free from ‘political’ distortions, manipulations, and calumnies. Knowledge of institutional memory is a must, eschewing projections and categorisations hanging in the void.



Sri Aurobindo writes that all traditions recall a golden age or Satyajuga. It is indeed believed that the very beginning of societal life, for infant humanity, extolled primitive communism, often in the garb of matriarchy. Solidarity, sharing, toiling and fighting together were a matter of survival. There was no other way—or perish. The same happened with the first inhabitants of this desertic plateau, scorched by the sun and ravaged by torrential monsoons, in the middle of nowhere. The pioneers went through the same survival mechanisms our primeval ancestors went through. The beauty and heroism of the pioneers’ lifestyle is Auroville’s Satyajuga.

That they lived far below minimal material needs, drafting out of absolute nothingness a preliminary sketch of the ‘spiritual kibbutz’ Auroville would evolve into the early years, is an historical fact. But as our progenitors necessarily moved out from that primal idyllic state, and human cycles unfolded, the same happened to the inhabitants of Auroville, re-living the entire human saga.

The physical plane, Mother explains, is naturally good-willed; the problems arise with the mind’s and the vital’s demands. As the early residents started securing material conditions less precarious, needs and greed crept in, this being the job of the mental and vital layers not yet under the psychic rule. Mother’s guidelines, spontaneously lived in a state of innocence, started to be questioned; this coalesced in the insurgence against the Sri Aurobindo Society, which ensured the guidelines’ effectiveness, but as an over-imposed apparatus, external only—and necessarily temporary. Mother did not expect the SAS to be more than this. She waited for the residents to mature spiritually: self-governance would be the effective rule by the collective psychic being, “divine anarchy”.

But when the residents revolted against the SAS, in 1976, the collective psychic being had not awakened yet, the mind and the vital ruled with their typical inputs; a crack, originally well-intentioned, over the years turned into an avalanche. Power struggles, competition, property, domineering, obscurantism, profiteering, corruption: Auroville has reenacted the whole human saga, as Sri Aurobindo highlights it in "The Human Cycle".

Auroville is an evolutionary society, *natura non facit saltus*. The journey has just commenced. We are still engrossed in both, the conventional and the philistine age. The subjective age offers glimpses only. Very few have entered the spiritual age. Each of you represents an impossibility to be solved, Sri Aurobindo and Mother tell. Such is the journey of the Avatar's people.

Paulette

VICTORY IS FOR THE MOST PERSISTENT

We all know that Auroville is a laboratory whose purpose is to create Human Unity. What is a laboratory? It is a place where experiments and manipulations are carried out, sometimes successful, sometimes unsuccessful. This has always been the case since the beginning of Auroville, which has developed through a series of crises, the most memorable being the opposition of the Aurovilians to the takeover by the Sri Aurobindo Society, which led to the Auroville Foundation Act of the Indian Parliament in 1988.

From then, during three decades Auroville has experienced a kind of direct democracy, with the Residents' Assembly assuming a leading role and the Governing Board and the Secretary's office playing a rather discreet role. There have been some wonderful achievements during this period, marked by the completion of the Matrimandir as well as interesting and creative Housing and other various projects, which have established an excellent international reputation for Auroville. But there were critics also. Good projects have been blocked by opposition from small groups, sometimes by a single individual. Other projects have been completed but with great difficulty, including administrative issues, real obstacle course, such as Kalpana, a beautiful complex of around 45 apartments surrounding a green and lush park, one of the most magnificent in Auroville, just a few steps away from the Solar Kitchen.

For a system of direct democracy to function well, it requires discipline and responsibility, but human nature being what it is, discipline and responsibility have sometimes been lacking, leading to laxity, inequality, and a certain degree of favoritism. Some critics also argued that all these personal initiatives were carried out without an overall vision, in a somewhat anarchic manner, and sometimes in contradiction with the City's Master Plan. Some also expressed the opinion that this approach was far too slow, tedious and inefficient for the project to build a real city.

Four years ago, another experience came about, with the nomination by the Indian Government of a new Secretary and a new Governing Board, based on a vertical and authoritarian system of governance, in sharp contrast to the experience of direct democracy of previous decades. One is entitled to think that this new experience was certainly made inevitable, and also that Mother allowed this to happen. This new approach must also be viewed in the global context, where several governments of the world have recently drawn attention for their imperial style of governance.

This is how we now have roads in Auroville, Crown Road and radial roads nearing completion, built sometimes in a rude and opaque manner, but which would not have been possible under the previous management system. Yes, the imperial system can be efficient, but it can hardly focus on more than one issue at a time. We have had funds for new roads but since four years not a penny for new housing projects.

Also while it is good to have finances in order, to fight corruption, to have clear guidelines and to ensure that everyone follows them, we must bear in mind that too much control kills creativity, creates also disorder, and often leads to administrative harassment and the rule of the arbitrary.

Today, we can see that certain authoritarian governments around the world have lost completely their way and, instead of establishing the promised order, are only bringing chaos to the societies they govern. In all the books Sri Aurobindo has written, the principle of personal freedom is omnipresent, liberty of thinking, of expression, of association. If a ruler has the ambition to control the minds, actions and words of all the citizens, this cannot result in a healthy and vibrant community.

We all know that Auroville is a work in progress. The city will, of course, experience other forms of governance in the future. Nothing is permanent here in this world. The actual situation is the result of the errors of the past, and the future will be shaped by the failures of the present one. As long as the Divine Consciousness has not been embodied in individuals and in the community, Auroville will evolve through trial and error, one after another.

Although it is vital to build the city, let us remember what Roger himself, as the project's chief architect, said: it is more important to build people than buildings. And Mother insisted that the journey is more valuable than the destination, and also that building a city is not an end in itself. Life is made up of a series of experiences that help us grow, nothing is lost, and every life is lived, has its own value, enriching the soul from life to life. What matters are the laboratory's experiences lived by the community during the whole process. That is the soul of the city. A beautiful window display without a soul is of no interest to either humanity or the Divine.

But there is no point in lamenting; we must keep faith that Auroville is protected by divine consciousness, and know that Mother's smile is always there when she tells us, as she told the first pioneers: "Leave everything behind, embark on the great Adventure, and come what may!", adding also that "Victory is for the most persistent." That is why, at Auroville International Canada, we focus to cooperate in helping the Units and Services that provide concrete support in the areas of food, housing, health, education, etc., to the true Warriors of Light, those who are staying with perseverance and resilience in difficult conditions on the sacred land of Auroville, where everything is at stake, played out, for the future of humanity.

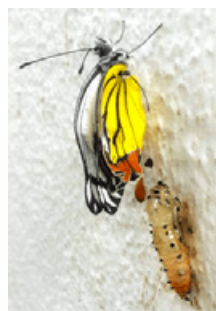
And, for the rest, let us keep faith in Divine Grace, which always has surprises in reserve for us.

Pragna

THE DIVINE POSSIBILITY IN MAN

On the Divine Possibility in the human being:

"Wherefore he selected or made such a material, when he had all infinite possibility to choose from? Because of his divine Idea which saw before it not only beauty and sweetness and purity, but also force and will and greatness. Despise not force, nor hate it for the ugliness of some of its faces, nor think that love only is God. All perfect perfection must have something in it of the stuff of the hero and even of the Titan. But the greatest force is born out of the greatest difficulty."—Sri Aurobindo



The Supramental rEvolution needs only a few Self-selected, willing aspirants as torchbearers in each generation, until the Divine Advent of the new species: the Supramental Being.

Auroville must faithfully continue as envisioned by Sri Aurobindo and the Mother: a modern, conscious, Integral Gurukulam for these sun-eyed children—who are none other than us, as We are All One. It stands as a national, legally protected sanctuary from the ...

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



Zech

Poetry

IN SEARCH OF ETERNAL HOME



As in the Milky Ocean,
And in the Milky Way
So too in the ever-flowing rivers of Earth —
Ganga, Yamuna, Sarasvati —
Amazon, Nile, Mississippi

The eternal nectar flows in streams unseen,
Inviting the weary, the lost, the broken,
To plunge and be cleansed,
To be whole again.

The Vessel of Eternal Life and Love—
The Kumbh

is not only in Prayag Raj
The Kumbh is molded
In the palpitations of our hearts
In our faltering feet
In our folded hands

In our songs,
In our dances,
In our cries,
In our whispers

And no less
In the ferocious tenacity of the Salmon
struggling upstream,
To go home, to spawn, to create new life,
and then to die.

In the rumbling murmurations of Starlings,
Where one becomes many
And all become one

In the Monarch Butterfly's journey
Across the continents

And

In the wings of the Crane
Flying over the deserts and mountains—
All seeking the Amrit of life,
All aching for the warmth and wonder
Of Eternal Life
Of Eternal Home.

Even the Black Holes
of the Cosmos are swallowing
Light and time and stars,
Only to birth new galaxies,
New suns
New dawns.

The Cosmos awaits in silence —
For our Eternal Song of Peace.

Sehdev Kumar

A FALLEN PETAL

A fallen petal floats,
Drifting along
Life after life.

Anandi Z.

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



OPENING HOURS OF THE PT PURCHASING SERVICE

Please be informed of the opening hours of PT Purchasing Service

- Shop: 8am—7pm, Monday to Saturday
- Canteen: 8am—3pm

PTPS Team, from Mass Bulletin



+91 9566142115, Satyakam

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

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

We look forward to seeing you all.

Pavithra
for Auromode Restaurant



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 Aurovillians, Newcomers, Volunteers with Aurocard and registered Interns.

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriavc@auroville.org.in, 9043004919 WA

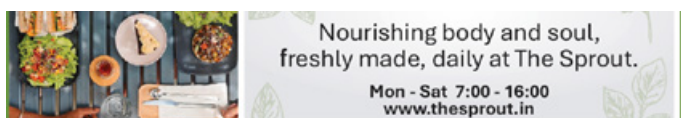
Conscious Catering for your Workshops!

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*

THE SPROUT CAFE & RESTAURANT



Nourishing body and soul,
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www.thesprout.in

Monica for The Sprout team, www.thesprout.in



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

SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovilian Volunteers & Guests

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



Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

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



Auroville Bakery & Cafe Team, from Mass Bulletin

NATURELLEMENT GARDEN CAFE

Open 9am—9pm, Tuesdays closed

We are extending our dinner timings to 9pm during February and March. The restaurant will be open from 9am to 9pm. Tuesdays closed as usual. Welcome!

Martina for Garden Cafe team

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 Bella Vita team



Open Monday—Saturday, 8:30am—4:30pm

Taste of Yoga, the vegan café @ Verité Integral Learning Center, invites you to slow down and enjoy a moment of nourishment in a calm, welcoming space. We offer wholesome breakfasts, light lunches, and healthful snacks made with high-quality ingredients—many prepared in-house and some harvested from our kitchen garden. Each dish is thoughtfully created to support your body, mind, and well-being.

Hon

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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



POUR TOUS WATER FREE SERVICE

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

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

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

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

• ptw@auroville.org.in

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

Danny, Grace
for Pour Tous Water team

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

UTS TRANSPORT SERVICE



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

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

Lakshmi for UTS

25%

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+91-9429 690 049

- 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 (Hum-vee) 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

Book A Taxi 24/7

+91 9843880591

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

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



- Utsav Phase—1 A, First Floor, Vérité Radial, Auroville
- 0413 2622050, 9443211891, 9786953603
- FS account: 251263, sarvamcomputers@auroville.org.in

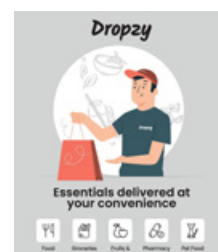
Bala

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

INSIDE INDIA



inside india
DREAMS & MEMORIES

Qatar Airways update

Update: Qatar Airways flight operations remain temporarily suspended due to the closure of Qatari airspace. Qatar Airways will resume operations once the Qatar Civil Aviation Authority announces the safe reopening of Qatari airspace.

- All passengers are advised to monitor the latest flight information.

Booking assistance: If you have a confirmed booking with a travel date between 28 February and 10 March 2026, you are eligible for:

- Complimentary date changes of up to 14 days from the original travel date, or
- A refund of the unused value of your ticket.

Emirates customer advisory

The situation remains dynamic and is assessed continuously. We urge all customers to check flight status, review the latest operational updates on emirates.com, and check their email for any notifications about changes or cancellations to their flights before travelling to the airport.

- Rebook on an alternate flight. You can rebook on another flight to your intended destination for travel on or before 20 March. If you booked your flight with a travel agent, please contact them.
- Request for refund. You can request for a refund of your ticket by completing the refund form if you booked with us directly. If you booked your flights with a travel agent, please contact them.

Customers impacted by flight cancellations must contact their travel agency for rebooking.

Regional airspace disruption—Etihad Airways operational update

All Etihad Airways' scheduled commercial flights to and from Abu Dhabi remain suspended until 14:00 UAE time on Wednesday 4 March.

Passengers should not travel to the airport unless they have been contacted directly by Etihad Airways and advised to do so.

Guests are advised to:

- Check their flight status at etihad.com before travelling to the airport
- Ensure their contact details are up to date in their booking
- Guests holding Etihad tickets issued on or before 28 February 2026, with original travel dates up to 7 March 2026, may rebook free of charge onto Etihad-operated flights up to 18 March 2026.
- Guests on all Etihad flights until 7 March may request a refund at etihad.com/en/help/refund-form or through their travel agent.
- Guests who booked through a travel agent should contact their agent directly.

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

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

Our Services Include:

Europe & UK Deliveries:

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- Europe delivery in 12—15 days
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- Masala & spices delivery to both destinations

Southeast Asia:

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

Individual Travel Insurance by Bajaj Allianz

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

Key Features of Bajaj's Travel Insurance:

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

Itineraries & Ticketing

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

- Write 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)

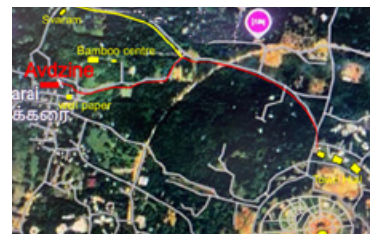
You are also welcome to send your job via email and WhatsApp, see the data below.

- **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

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Herbert

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

Daive

RAPID CARE SERVICES

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



Services offered

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

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

Balaji & Arun

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

PRAKRIT



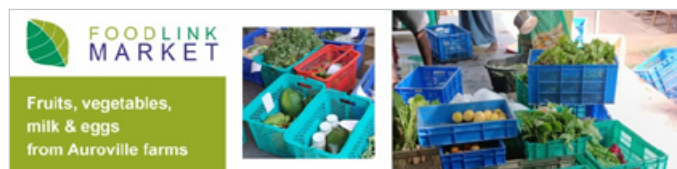
Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

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,
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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

Classes, Workshops & Healing Arts

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

COGNITIVE TRANSFORMATION AND PSYCHOLOGY

for Healing Mental Health

3-Day Teaching Programme

5, 6, 7 March

Teacher: Geshe Dorjee Damdul



Venerable **Geshe Dorji Damdul** is the Director of Tibet House, Cultural Center of His Holiness the Dalai Lama, New Delhi, since 2011.

After 15 years of study in Buddhist philosophy he finished his Geshe Lharampa Degree (Ph.D.)

in 2002 from Drepung Loseling Monastic University. He joined Gyudmed Tantric College for a year for Tantric studies. In 2003, the Office of H.H. the Dalai Lama sent him to Cambridge University, England for Proficiency English studies. He was a visiting fellow at Girton College, Cambridge University.

Venerable **Geshe Dorji Damdul** served as the interpreter and translator for His Holiness the Dalai Lama within India and abroad. He is one of the chief editors and co-author of scientific, philosophical, Buddhist and secular books with prominent professors in the UK and USA as well as with His Holiness the Dalai Lama. These books are being used at Centers and Institutes all over the world to study more thoroughly on Buddhist philosophy, metaphysics, epistemology, and science. He has translated several important Buddhist philosophy texts and has contributed various papers for National and International conferences.

Venerable Geshe Dorji Damdul's profound knowledge of science and interactions with world renowned physicists gave him the unique ability to teach Buddhist philosophy with a modern twist that many of his non-Tibetan students appreciate.

Core Pillars:

- Buddhist Cognitive Science (Lojong, Abhidharma, Madhyamika insights)
- Contemporary Psychology & Mental Health
- Compassion as Method and Outcome
- Meditation as Applied Cognitive Training

For registration:

- Kindly call us 0413 2622401 (only working hours)
- or 8489067332 WA message

Kalsang for Pavilion of Tibetan Culture

ATB 2 WITH HONOR & VEGA

Friday, 27—Sunday, 29 March, 8:30—4:30pm



Awareness Through the Body

ATB 2 with Honor & Vega

27 - 29 March 8.30am - 4.30pm

Advance registration required:
Please fill the [Google form](#) or scan QR:
dancingtree.smile@gmail.com



Awareness through the Body (ATB) 2 is a three-day workshop for those who have already experienced the basics of ATB and wish to deepen their embodied awareness (we request that ideally you have attended the ATB 1 module or at least a 3-hour introductory workshop).

Over these three days, we continue exploring how attention, sensation, movement and form interact, allowing awareness to become more stable, subtle, and alive in our daily lives. For this, we explore notably the context of the group and our emotions to bring ourselves to a space of deeper self-awareness.

- Prior registration and further details [at this link](#).

Honor

ONE-DAY ANAPANA (BREATH AWARENESS)

Meditation Course for Teenagers

(Ages 13—18)

Saturday, 21 March, 8:30am—2:30pm

@ SAIER Hall

- **Course Language:** English (English fluency is necessary)

This one-day Anapana meditation course for teenagers will introduce the practice of mindful breathing in a peaceful, supportive environment.

What is Anapana?

Anapana 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:** Students 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 8:30am and pick them up at 2:30pm.

Please spread the word among friends and family so more children can benefit from this beautiful practice.

Registration compulsory, by Thursday, 18 March:

- **For details:** +91 8807434864 WA
- Attendance to the entire day is compulsory
- [Map](#).

Laure

LONELINESS LISTENING CIRCLE

Friday, 13 March, 6—8pm



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 the day of the circle.

*Raamkumar,
9943211101*

PITANGA CULTURAL CENTRE

March



Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy, not on 2/03, 9/03	8–9:30am	Gala
	Doing No-Thing Consciously	4:15–5:15pm	Mike
	Iyengar Yoga, not on 2/03	5–6:30pm	Olesya
Tuesdays	Yoga: Restore & Relax	4–5:30pm	Florina
	Kundalini Yoga	5:30–7pm	Bel
Wednesdays	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy, not on 4/03	8–9:30am	Gala
	Dynamic Yoga Flow	5:30–7pm	Florina
Thursday	Iyengar Yoga, not on 26/02, 5/03	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriya-gandhi
	Iyengar Yoga, not on 26/02, 5/03	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, not on 6/03	8:15–9:45am	Gala
	Feldenkrais	5:15–6:15pm	Shari
	Dynamic Yoga Flow	5:30pm–7pm	Florina
Saturday	Iyengar Yoga, not on 28/2, 7/03	6:45–8am	Olesya
	Breathing & Mudras, not on 7/03	8–9:30am	Gala
	Kundalini Yoga	10–11:30am	Bel
	Truth Based Relationships, practical sessions	2:30–4:30pm	Juan Andres
	Iyengar Yoga, not on 28/02, 7/03	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families, not on 5/03	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

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

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

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

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



QUIET HEALING CENTER



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

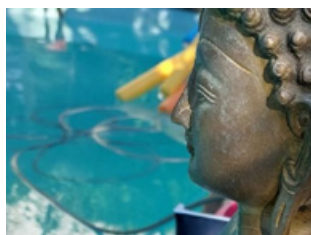
+91 9488084966, Mobile & WA

Watsu® & Meditation with Watsu India Team

• 10—11 March 8:45am—6:30pm, 15 hours

• **Prerequisites:** Watsu® Basic

Meditation is an important tool for listening, accepting and knowing ourselves, as well as becoming more intuitive towards others. Through exercises on land and in water, we will cultivate awareness of the present moment, aiming to enhance the innate quality of presence within each of us. Cultivating this quality will help us to more intuitively connect with ourselves and with our receiver during a session.



Woga® 1&2 (Yoga in Water) with Tamara & Prema

• 18—19 March, 8:45am—6pm, 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.

Clinical Watsu® 3 with Elisa Munoz Blanco

• 20—25 March, 8:45am—6:30pm, 50 hours

• **Prerequisites:** Watsu 2 & DoM Watsu 2.

This advanced course is designed for students, who have demonstrated mastery of Watsu 2, as well as certified practitioners eager to expand their clinical skills and therapeutic applications of Watsu.



Discover fascia as a dynamic, integrative system—the connective tissue that links every part of the body. Through mindful movement and stillness, you'll explore the body's inherent unity and learn to restore the natural communication between its parts, reawakening the body's capacity for healing.

During this six-day journey, you'll be guided through a carefully structured "menu" of techniques, allowing you to approach the body holistically, always respecting its natural rhythms and inherent movement.

Tantsu® 1 with Xavier Boisson & Dariya

• 25—31 March, 8:45am—6:30pm, 50 hours

• **Prerequisites:** no previous experience required

During the first four days, you will be exposed to the basics of Tantsu: cradling someone in a comfortable hold, which gives access to a deep level of relaxation and stillness. The micro-movements that appear will guide your movements, stretches and rotations of shoulders, arms, hips and legs, thereby releasing blockages in the energy flow.



The following two days will take you deeper into body-listening and exploration of various possible body movements. You will also gain knowledge about meridians, hara, and the connection between mind and body.

In Tantsu, the unconditional holding of Watsu is brought back onto land. It offers a deep state of listening and creates an unconditional union and cradle of connected breath and presence. The trust established by this cradle and its creative exploration make it ideal for giving a Tantsu session to anybody.

Watsu® 1 with Elisa Munoz Blanco & Fred

• 27 March—1 April, 8:45am—6:30pm, 50 hours

• **Prerequisites:** no previous experience required

Created by Harold Dull in the 1980s, Watsu is given in a warm water pool (ideally 35°C) and known as the mother of all other aquatic bodywork modalities. In this course, you will first learn the basic movements and positions of Watsu. Then, you will connect them with long, gracefully flowing transitions and adapt to people of different sizes, shapes, and dispositions.



You will also practise basic qualities such as grounding, presence, stillness, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

By the end of this course, you will have learnt the complete Watsu 1 sequence for further practice sessions till you feel ready to move on to Watsu 2.

Guido

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, please register here:

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

Vikram

ARKA WELLNESS CENTER PROGRAM

March

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Pepe	- Body Logic, Soft Massage, Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana	- Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage - Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English</i> & <i>French</i>	- Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I Ching oracle - Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, 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
- adititva@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 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

MINDFULNESS WITH HELEN

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness. Private sessions for individuals and groups are also available.

For details & bookings:

- 7094753054 WA or visit innersightav.org

Tuesdays, 10 & 17 March, 7:30—8:15am	Mindfulness Practice Session	Practice
Wednesday, 11 March, 2:30—4:30pm	Introduction to Mindfulness	Workshop
Wednesday, 18 March, 2:30—5pm	Miksang: Mindful Photography	Workshop
Saturday, 21 March, 9:30am—12:30pm	Mindfulness Kindfulness Half Day Retreat	Mini-retreat

Introduction to Mindfulness workshop

- Wednesday, 11 March, 2:30—4:30pm

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



Miksang: Mindful Photography workshop

- Wednesday, 18 March, 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, stories & techniques.



The session includes an introduction to miksang, mindfulness practices to attune & time for practice. Everyone is welcome. You just need something to take photos with (a phone is fine).

Mindfulness Kindfulness

- Half day retreat
- Saturday, 21 March, 9:30am—12:30pm

This mini-retreat weaves together mindfulness & kindness practices, creating a tender pathway to self-compassion & opening our hearts. Everyone is warmly welcomed. Participants can choose to sit on a cushion, mat or chair & will hold silence throughout the retreat to allow inner deepening.

Helen



VÉRITÉ PROGRAM, MARCH

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	Sandya

Therapies: Pre-registration required

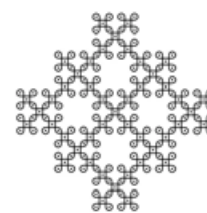
Therapist	Therapies (by appointment only)
Anu	Yoga Chikitsa: Personalized Yoga Therapy
Ashok	Thai Yoga Massage
	Biodynamic Craniosacral Therapy
	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
Mamta	Head Massage & 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

Hon

ACTIVITIES BY GRACE GITADELILA

KolamYoga

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



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

Kotree Yoga

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

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

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

Grace

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:

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

For more information, contact Ramesh:

- 9845168490, rameshbalasubramaniam@auroville.org.in



Ramesh

SITARA MUNAY-KI YOGA



With Sitara: Meditation Yin Yoga Sound Journey

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

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

With Munay: Surya Kriya Yoga Tibetans Rites

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

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

With Munay and Sitara:

Surya Kriya & Yoga Nidra with Live Music

- Fridays 5—6pm @ Vérité

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

Locations:

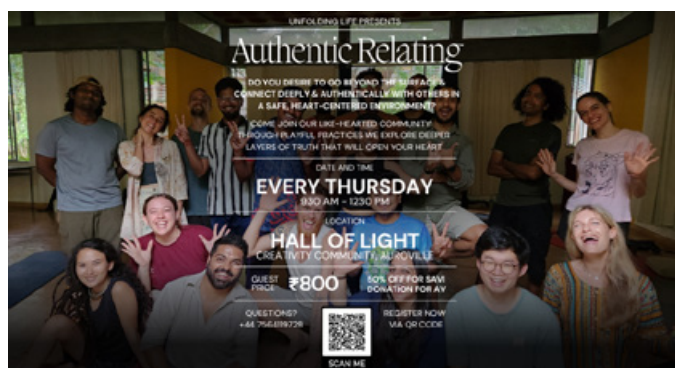
- [New Creation Studio](#) is on the second floor of the building just after La Piscine in the Auroville Community of New Creation. Stairs in the narrow pathway alongside the pool's brick walls.
- Hall of Light is in Creativity Community, in the center of Auroville.
- [Vérité](#) is an Auroville project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

Other details:

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

Munay (Giovanni)

AUTHENTIC RELATING



Dave

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:**

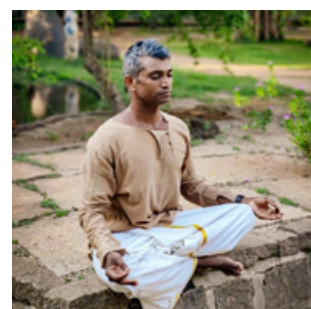
- Drop-in only: Rs.500 per class for guests and non-Aurovilians.
- Regular students may shift to a monthly fee structure
- Aurovilians, Newcomers and Volunteers Rs.200 per class

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.

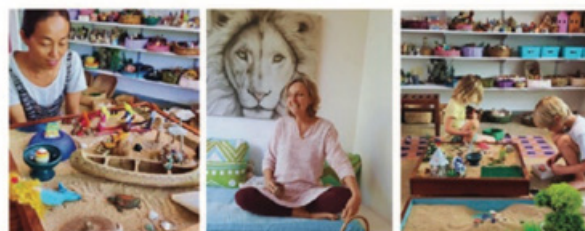
Let us begin this journey of learning, energy, and balance together on this sacred day. Everyone is welcome!

Monisha, BN Team



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.

+919488084952 WA, Aikya

VIPASSANA GROUP SIT

Sunday, 8 March, 9am—12pm
@ Udavi school, near tank, Edayanchavadi

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



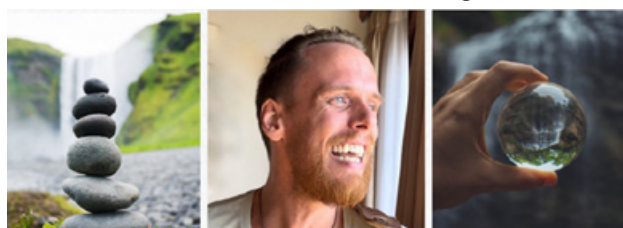
- First building to the left near the parking.
[Location.](#)

No registration is required.

You can come for the whole course or just drop in for some time whenever you want. Please keep your cell phones off or in airplane mode for the duration of the course.

8807434864, Laure

INTEGRAL UNFOLDMENT: Transformational Coaching



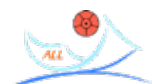
Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

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

By Dave (JOI Anitya), +44 7564119728 WA

Languages

NEWS FROM Auroville Language Lab



Open House at the Language Lab: Honouring International Women's Rights Day

International Women's Rights Day is being observed globally on **8 March**, and the UN's 2026 call is *Rights. Justice. Action. For ALL Women and Girls*. In India, this day carries particular meaning: women were granted equal voting rights from the very beginning of the Republic through universal adult franchise, and they went on to participate in the country's first general election in 1951—52.



In this spirit, the **Auroville Language Laboratory** warmly invites you to a special **Open House** on

- **Saturday, 7 March, 9:30—12:30**, with speakers reflecting on the theme of *International Women's Rights Day*.

It will be a morning of sharing, listening, and togetherness — an opportunity to gather in community, honor women's voices and contributions, and reflect on the ongoing journey toward equality, dignity, and participation for all.

Come discover our space, meet members of the Language Lab community, and join us in marking this important occasion in a spirit of dialogue, learning, and welcome. As we celebrate the strength of women's voices in India and around the world, we also celebrate the values that sustain a living democracy: inclusion, respect, and the right of every person, regardless of gender, to be heard.

India's democratic framework has long rested on universal adult suffrage, and that legacy remains central to conversations about women's rights and public participation today.

Current Schedule of Classes, 5 March

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

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Riki	8-Hour Monthly Always ongoing	10:30—11:30am, Tuesday & Thursday
	Intermediate with Ashwini	16-Hour, 2 Months Started 19 January	5—6pm Monday & Friday
	Beginner with Ashwini	24-hour 3 months Starting 3 March	5:45—6:45pm, Tuesday & Thursday
French	Beginner with Jean-François	16-Hour, 2 months, 28 January	2—3pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 27 January	2:30—3:30pm, Tuesday & Thursday
	Elementary with Jean-François	16-Hour 2 months 29 January	3—4pm Tuesday & Thursday
	Intensive with Isabelle—NEW!	20-hours 2 weeks Starting 2 March	11am—1pm Monday to Friday
Mandarin Chinese	Survival Conversation with Shiju Hsieh	24-hours 1 months, 2 March	Monday to Friday 11—12noon
	Mandarin Chinese through Art and Culture with Shiju Hsieh	16-hours 2 months, 10 March	2:30—3:30pm, Tuesday & Thursday
Tamil	Beginner with Saravanan	24-Hour, 3 months, Starting: 16 February	5:30—6:30pm Monday & Wednesday
	Intermediate with Saravanan	24-Hour, 3 months, 17 February	9:30—10:30am, Tuesday & Friday
Spanish	Intermediate with Joana	12-Hour, 2 months, Started 6 January	3:30—5pm, Tuesday
German	Beginner with Verena	36-Hour, 3 months Starting: 3 March	9—10:30am Tuesday & Friday
Gibberish	Beginner with Siddharth	12-Hour, 3 months Starting 7 February	4—5pm Saturday

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

Current Schedule of Classes as of 5 March, 2026

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

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.

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 mandatory by Friday, **no drop-ins**: +91 98430 30355
- **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!

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions usually happen weekdays from 5—6pm (barring exceptions) as follows:

- **Mondays**: French, 5—6pm
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays**: Spanish Conversation Intermediate w/ Joana
- **Wednesdays**:
 - Sanskrit chanting with Remesh 5:30—6:30pm
 - The Mother's Entretiens: A series of Reading and Discussion Sessions, 5—6pm by Jean-François, French teacher at the Auroville LLab. Started 12 November. Practice French and Explore the Mother's Vision.
- **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.
- [Language Lab Brochure](#)
- **Register now**: info@aurovillelanguagelab.org or www.aurovillelanguagelab.org/registration

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, 6 March

Lentils: A Miracle of Nutrition

2019, 52 minutes, Frigge Mehring

In this documentary, we dive deep into the world of lentils! Lentils are undemanding plants from drier regions, yet at the same time they are extremely rich in protein and are real power packs, full of minerals and trace elements. They could hold the key to fighting famines and to boosting the accessible nutritional profile of many people in an inexpensive way.



Aviram

PARADISO SPECIAL

Step in, sit back



One Fire



Cinema Paradiso Presents

On Thursday, 12 March 2026 @ 8pm @ MMC Auditorium, Auroville

Terhi Ahava's

A DOCUMENTARY FILM ON
150 YEARS OF THEOSOPHY

ONE FIRE

WRITTEN AND DIRECTED BY
TERHI AHAVA

#ONEFIRETHEFILM

One Fire

India-USA-UK-Belgium-Netherlands-Sri Lanka, 2025, Dir. Terhi Ahava & Bharath Bhushan Jampala, Documentary-Spiritual, 103mins, English w/ English subtitles, Rated: NR (PG)

In 1875, Helena Blavatsky and Henry Steel Olcott sparked a revival of ancient wisdom known as Theosophy, a path beyond dogma and borders. For 150 years, its influence has touched art, science, and philosophy, echoing unity in times of division. Filmed at the Theosophical Society headquarters in Adyar, Chennai, and edited in Auroville, this documentary revisits its enduring legacy. Today, its legacy resonates anew, bridging mysticism and modern thought, reminding humanity of unity amidst fragmentation. *We thank the director for sharing this film with us!*

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 9—15 March

Following Women's Day on 8 March, this week we bring several films—by or about women.

Doors open 15 minutes before showtime and close once the film begins. Please arrive on time. Kindly avoid crossing in front of the screen or using mobile phones. Food and beverages are not permitted inside the hall.

Indian—Monday, 9 March, 8pm
Step In, Sit Back—A Surprise Film Awaits!

An international production. A South Asian story. A Hand-drawn animation. Rated NR (PG).

We're excited to bring you a rare chance to watch a truly unique, multiple-award-winning film inspired by an extraordinary real-life individual and remarkable work. Since the film is yet to release in India, we cannot share further details. You'll just have to trust us on this. Don't Miss! The filmmaker, who has generously offered this special screening, will join online for a Q&A afterwards.

Potpourri—Tuesday, 10 March, 8pm
Les Parapluies De Cherbourg (The Umbrellas of Cherbourg)

France-WGermany, 1964, Writer-Dir. Jacques Demy w/ Catherine Deneuve, Nino Castelnuovo, and others, Musical-Romance, 91mins, French-English w/ English subtitles, Rated: NR (PG)

Geneviève, a young woman in her mother's umbrella shop, falls passionately for Guy, a mechanic. When war forces them apart, their love is tested by time, duty, and fate. This celebrated, award-winning musical romance transforms everyday dialogue into song, creating a hauntingly beautiful tale of longing and choices.

Selection—Wednesday, 11 March, 8pm
Mother and Child

Spain-USA, 2009, Writer-Dir. Rodrigo García w/ Naomi Watts, Annette Bening, Kerry Washington, and others, Psycho-Drama, 125mins, English w/ English subtitles, Rated: R
 Karen lives with regret over the child she gave up. Elizabeth, a lawyer, carries the scars of abandonment. Lucy longs to adopt and build a family. Their paths cross in unexpected ways. This award-winning drama explores love, loss, and the fragile connections that shape generations.

Interesting—Thursday, 12 March, 8pm
One Fire

India-USA-UK-Belgium-Netherlands-Sri Lanka, 2025, Dir. Terhi Ahava & Bharath Bhushan Jampala, Documentary-Spiritual, 103mins, English w/ English subtitles, Rated: NR (PG)

In 1875, Helena Blavatsky and Henry Steel Olcott sparked a revival of ancient wisdom known as Theosophy, a path beyond dogma and borders. For 150 years, its influence has touched art, science, and philosophy, echoing unity in times of division. Filmed at the Theosophical Society headquarters in Adyar, Chennai, and edited in Auroville, this documentary revisits its enduring legacy. Today, its legacy resonates anew, bridging mysticism and modern thought, reminding humanity of unity amidst fragmentation. We thank the director for sharing this film with us!

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 grow this community space.
Every contribution counts!

International Film Saturday, 14 March, 8pm
Le Retour (Homecoming)

France, 2025, Writer-Dir. Catherine Corsini w/ Aïssatou Diallo Sagna, Esther Gohourou, Suzy Bemba, and others, Drama, 110mins, French-English-Corsican-Wolof-Italian w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. In this award-winning film Khéridja, returning to Corsica with her daughters Jessica and Farah after fifteen years. She confronts memories of exile and belonging. As the family navigates summer tensions, secrets resurface and identities shift. The film captures the fragile bonds of motherhood, heritage, and the search for home.

Children's Matinee—Sunday, 15 March, 4pm
My Father's Dragon

Ireland-USA, 2022, Dir. Nora Twomey w/ Jacob Tremblay, Gaten Matarazzo, Golshifteh Farahani, and others, Animation-Adventure, 129mins, English w/ English subtitles, Rated: PG

Elmer Elevator, a brave boy, sets out on a daring journey to Wild Island to rescue Boris, a young dragon held captive. Along the way, he faces magical creatures, tricky challenges, and discovers courage he never knew he had. This award-winning adventure enchants children with wonder and heart.

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday, 15 March, 8pm
The Truman Show

USA, 1998, Dir. Peter Weir, w/ Jim Carrey, Ed Harris, Laura Linney and others, Comedy—Sci-fi, 106 mins, English w/ English subtitles, Rated: PG.

Truman lives in a picture-perfect town, unaware it's a massive studio set. Every friend, neighbor, and colleague is an actor, every moment filmed for the world's most popular show. He begins to notice cracks in the illusion. As suspicion grows, Truman embarks on a quest for truth, confronting manipulation and daring to escape the boundaries of a life scripted for him.

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



Final Call: Secure Cinema Paradiso's Heartbeat
– 3 Pledges Needed Now!
 Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Our beloved Cinema Paradiso isn't just a screen—it's Auroville's beating heart for shared stories, laughter, and connection under the stars. But our core budget covers only basics. Post-COVID, costs exploded, events dwindled, and even generator fuel now falls on us. Our heavily used projectors, sound systems, and seats are aging fast—without support, the magic fades.

We've secured 5 vital pledges at ₹3,000/month each. Now, we need just 3 more units or individuals to pledge ₹3,000/month. This gets us to a minimal pre-COVID running budget—no inflation, just survival. (Non-recurring upgrades? We'll fundraise separately.)

Pledge less than ₹3,000/month or make a one-time gift? Every rupee helps—join the circle however you can!

Easy for all:

- Indian nationals & Auroville units (any nationality): Recurring or one-time via Unity Fund at Financial Service (FS Account #105106, MMC – Cinema Paradiso). Direct payments via FS are possible but requires us to pay a 18% GST.
- Non-Indians in/outside Auroville: Contact AV Unity Fund at FS / write to us for guidance.

Be one of the 3 heroes who keeps the reels spinning and our community alive—or add your spark today. Your gift writes the next chapter—what's yours?

With deepest gratitude,

Thanking you
 MMC-CP Team
mmcauditorium@auroville.org.in

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

Emergency Services

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

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

Health:

- Health Center—0413 2910005
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7):

- 108



About N&N

NEWS AND NOTES GUIDELINES

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

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- Width 9.5cm x Height 4cm

Katia (AgniJata) & Alexey
NewsAndNotes@auroville.org.in

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Submitted by Raju