**AIKIDO CLASSES**
Aikido classes at Auroville Budokan (Dehashakti): We have restarted our early morning Martial Art practice with Beginners & all levels with Murugan/Surya on Tuesday & Thursday 6.00 to 7.15 am and Saturday 6.30 to 7.30 am.

Please be at the Dojo/Budokan 10-15 min. before the class starts. Welcome to watch a class before you join.

Beginners may wear long loose pants & t-shirt with sleeves for the start (no sleeveless and tight fitting please) then a white “keikogi” will be required –we have some.

For all activities at the AV Budokan: Health Fund or private insurance necessary and reasonable contribution for the Dojo required.

For Children classes and more info, please write to budokan@auroville.org.in or contact Surya: 04132623813 or 8300189062; Murugan: 9952812843.

With enough demand, different timing (morning, afternoon) could be added. Let us know!

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**OM CHOIR & SATSANG BY NARAD**
The OM Choir will be starting from 24th August at the Matrimandir Amphitheater on Tuesdays from 6 to 7 pm.

The Satsang with Narad will be from 7:30 pm to 8:15 pm at Kalpana Community (@ William’s house, E1-2B, East Block, 1st Floor- above the parking area).

All are Welcome!

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**WATER MATTERS MELA**
The Water Matters Mela is now a month-long (September) workshop in Fertile culminating in a 2 day mela on the 8th and 9th of October with a play “Tunny Ilkay” on the night of Saturday 9th.

Anyone wanting to help with the workshop, especially artists, graphic artists, dancers, builders and midnight ramblers is welcome on any morning during September. Lunch will be provided.

Please apply 7598671944.

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**DEEP TISSUE MASSAGE AT AUROMODE**
We are offering Deep tissue massage at Auromode

Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles).

It’s used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

For more information and booking contact@auromodeyogaspace.com
+919384460764

Warmly, Tahir

---

**ASHTANGA YOGA**
Dear friends, we’re opening an “Ashtanga Primary series practice group” Mondays and Fridays 7am at creativity hall. This is not a taught class, but just an open practice group invitation to motivate each other in the spirit of Sangha.

Therefore, those who decide to join must have some experience in the “ashtanga first series practice” since there will be no teacher”. For questions please contact Andres at andresacosta@auroville.org.in.

Warmly,
Andres

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**MUDRA CHI WEEKLY BACK**
We start our weekly classes again.

Saturdays 5 p.m. to 6 p.m At Savitri Bhavan

Old and New students

Facilitator : Anandi

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**EDIBLE WEED EXPLORATION**

**ECSTATIC DANCE**
Ecstatic Dance at Cripa every Saturday from 5:00 pm to 7:00 pm.

What is Ecstatic Dance? Ecstatic Dance is a Freeform Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations, and allow yourself to feel your emotions, sensations, body, mind, and spirit. Because this is a safe space for movement and expression, for more information contact +919384460764

Warmly, Tahir
AUROMODE YOGA SPACE

YOGA SCHEDULE
Tuesday - Vinyasa flow with Rebeca
5 30 pm to 6 45 pm

Wednesday - Pregnant Yoga with Camilla
5 30 pm to 6 30 pm

Thursday - Vinyasa flow with Rebeca
5 30 pm to 6 45 pm

Friday - Multi style Yoga with Bala
5 00 pm to 6 15 pm
Please bring your own mat.
No need to register.
Beginner to intermediate level
We also offer Deep tissue Massage, Ayurvedic Massage and Marma head massage
contact@auromodeyogaspace.com

ANALOGUE DARKROOM WORKSHOP
By Sasikanth Somu
Date: 10th, 11th and 17th and 18th of September 2021.
Venue: Centre d’Art Gallery, Citadines

Program & Timings:
Friday 11th, 02.00 - 5.00pm
Brief look at History of Photography & Introduction to Film Camera.
Saturday 12th
09.00am - 12.30pm Film photo shoot,
02.00pm - 05.00pm Develop your roll of film.
Friday 17th
02.00 - 5.00pm Contact Sheet Printing.
Saturday 18th
09.00am - 12.30pm and 02.00pm - 05.00pm
Printing photos in the darkroom.
Registration Contact: centredart@auroville.org.in
Warm Regard,
Centre d’Art Atelier, Citadines Auroville
+91 413 2622699, www.centredart.in

LEARNING SESSIONS
AT LIVING SYMBOLS EXHIBITION
Kalakendra, Bharat Nivas

Dear community and friends, welcome to visit the Living Symbols exhibition at Kalakendra, Bharat Nivas.
Open: 10:00am – 4:30pm,
August 15 – September 15, 2021.

Sun rays shine on Sri Aurobindo’s symbol in wood, reflecting itself on image of Matrimandir with Mother’s symbol in 46 languages on the golden discs

Here are a few learning sessions to start with, please register with us if you would like to participate:

Symbols evoked through Kolàm
Date: Tuesdays and Saturdays (10 – 12am, 3 – 5pm):
August 21, 24, 28, 31,
September 4, 7, 11, 14
Facilitator: Grace, phone: +91 8072449091
info@kolamyoga.com, https://www.kolamyoga.com
No. of participants: 5-12; Contribution required.
Contact facilitator for details and registration.

Sanskrit chanting
Date: Thursday, August 26, 4 – 5pm
Facilitator: Aravinda
No registration needed, voluntary contribution

Drawing and painting symbols
Date: Fridays 2.30 – 4pm
Facilitator: Ramalingam
No registration needed, voluntary contribution

Mother’s Qualities in Ourselves
(Story-relay, movements, listening & observation)
Date: Sundays August 22 and 29, 3:30 – 4:30pm
Facilitator: Anandi Zhang & others
No registration needed, voluntary contribution

NATYASHASTRA
Welcome to a weekly study circle on:

Natyashastra, also often called the fifth Veda, is one of the most essential texts of drama, dance, music, arts and fine arts in India. Beginners and professionals, all are invited to learn together.

Yogini Gandhi, Rekha Tandon and Aravinda Maheshwari are amongst the facilitators as well as students of this study circle. We will be referring to video-based lectures on Natyashastra by Prof. Bharat Gupt in English along with Sanskrit verses from the original नायाशास्त्र text by Bharat Muni.

INTRO SESSION ON 16-AUG-2021
2:30 PM TO 3:30 PM
BHUMIKA HALL, BHARAT NIVAS
REGULAR SESSIONS: EVERY MONDAY
SAME TIME AND VENUE.
For registration, please write to: devabhasha@auroville.org.in
Warmly, Samskritam Auroville Team
**Sanskrit Calligraphy**

Date: Sunday 5 September 3:30 – 4:30pm  
Facilitator: Aravinda  
No registration needed, voluntary contribution

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**TERRASOUL FARM SATURDAY FARM TOUR**

TerraSoul Farm Community start again Saturday Farm tour with optional lunch booking. Contribution required.

Ph: 9443434182 or terrasoul@auroville.org.in.

Also we celebrate the reopening Terrasoul farm market Friday’s from 9 to 12.30 pm. from the farm to the consumer right on the spot.

*Thanking you, Juan in Terrasoul Sustainable Livelihood Institute*

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**BANSURI CLASSES**

Learn the North Indian Bamboo Flute. Weekly group classes and private lessons. Drop in possible at any time.

Infos, demos and the up-to-date schedule at [https://www.the-sound-of-bamboo.com](https://www.the-sound-of-bamboo.com)

Contact Michael: tel 91 505 67003  
mail@the-sound-of-bamboo.com

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**TAIJUQIAN (TAI CHI)**


Contact Michael & Sarah: tel 91 505 67003  
micha@taiji-shiatsu.de

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**QIGONG**

Qigong is the “Yoga of China”, wholeistic systems to practice and refine the body, our life-energy, the mind and to nourish our soul. Suitable for all ages. Bodywork and Meditation. More Details and Dates at [https://www.the-taiji-family.com](https://www.the-taiji-family.com)

Contact Michael: tel 91 505 67003  
micha@taiji-shiatsu.de

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**ACCESSIBLE AUROVILLE PUBLIC BUS**

**Trip Schedule**

<table>
<thead>
<tr>
<th>AUROVILLE to PONDICHERY</th>
<th>Trip 1</th>
<th>Trip 2</th>
<th>Trip 3</th>
<th>Trip 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Svaram</td>
<td>07:00</td>
<td>09:30</td>
<td>14:15</td>
<td>17:00</td>
</tr>
<tr>
<td>Auroshilpam Auromode / CSR</td>
<td>07:04</td>
<td>09:34</td>
<td>14:19</td>
<td>17:07</td>
</tr>
<tr>
<td>Town Hall Parking</td>
<td>07:06</td>
<td>09:36</td>
<td>14:21</td>
<td>17:09</td>
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<tr>
<td>Mahalakshmi Home</td>
<td>07:12</td>
<td>09:42</td>
<td>14:27</td>
<td>17:15</td>
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<tr>
<td>Vikas Radial Junction</td>
<td>07:15</td>
<td>09:45</td>
<td>14:30</td>
<td>17:18</td>
</tr>
<tr>
<td>Solar Kitchen (Round About)</td>
<td>07:17</td>
<td>09:47</td>
<td>14:32</td>
<td>17:20</td>
</tr>
<tr>
<td>Certitude Entance</td>
<td>07:21</td>
<td>09:51</td>
<td>14:36</td>
<td>17:24</td>
</tr>
<tr>
<td>New Creation Road</td>
<td>07:27</td>
<td>09:57</td>
<td>14:42</td>
<td>17:32</td>
</tr>
<tr>
<td>SBI Bank Kuilapalayam</td>
<td>07:29</td>
<td>09:59</td>
<td>14:44</td>
<td>17:34</td>
</tr>
<tr>
<td>Handy Market (ECR Junction)</td>
<td>07:35</td>
<td>10:05</td>
<td>14:50</td>
<td>17:40</td>
</tr>
<tr>
<td>Lotus Hotel, SV Patel Road</td>
<td>07:52</td>
<td>10:22</td>
<td>15:07</td>
<td>17:59</td>
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<tr>
<td>Ashram Road Junction</td>
<td>07:59</td>
<td>10:29</td>
<td>15:14</td>
<td>18:05</td>
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<tr>
<td>Ashram Dinning Hall</td>
<td>08:05</td>
<td>10:35</td>
<td>15:20</td>
<td>18:10</td>
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**PONDICHERY to AUROVILLE**

<table>
<thead>
<tr>
<th>Trip 1</th>
<th>Trip 2</th>
<th>Trip 3</th>
<th>Trip 4</th>
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<tbody>
<tr>
<td>Ashram Dinning Hall</td>
<td>08:10</td>
<td>13:00</td>
<td>15:30</td>
</tr>
<tr>
<td>Ashram Road Junction</td>
<td>08:14</td>
<td>13:04</td>
<td>15:34</td>
</tr>
<tr>
<td>Lotus Hotel, SV Patel Road</td>
<td>08:20</td>
<td>13:10</td>
<td>15:40</td>
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<tr>
<td>Handy Market (ECR Junction)</td>
<td>08:37</td>
<td>13:27</td>
<td>15:57</td>
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<tr>
<td>SBI Bank Kuilapalayam</td>
<td>08:44</td>
<td>13:34</td>
<td>16:04</td>
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<tr>
<td>New Creation Road</td>
<td>08:46</td>
<td>13:36</td>
<td>16:06</td>
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<tr>
<td>Certitude</td>
<td>08:51</td>
<td>13:41</td>
<td>16:11</td>
</tr>
<tr>
<td>Solar Kitchen Round about</td>
<td>08:54</td>
<td>13:44</td>
<td>16:14</td>
</tr>
<tr>
<td>Vikas Road Junction</td>
<td>08:56</td>
<td>13:46</td>
<td>16:16</td>
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<tr>
<td>Mahalakshmi Home</td>
<td>08:58</td>
<td>13:48</td>
<td>16:18</td>
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<tr>
<td>Town hall Main Parking</td>
<td>09:04</td>
<td>13:54</td>
<td>16:24</td>
</tr>
<tr>
<td>Auromode GH</td>
<td>09:08</td>
<td>13:58</td>
<td>16:28</td>
</tr>
<tr>
<td>Svaram</td>
<td>09:15</td>
<td>14:05</td>
<td>16:35</td>
</tr>
</tbody>
</table>
TANGO CLASS
Every Monday At Cripa
Beginner class 6:30 to 8:30
For the more information call Mani: 8637633696

SALSA CLASS
Every Tuesday, New Creations dance studio
Beginner class 6:15 to 7:30pm
Intermediate 7:30to 8:30 pm
For the more information call Mani: 8637633696

MUSIC COURSES
1. Musical Aural training/Solfeggio, aims to develop a sense of pitch and rhythm, through individual and group exercises, and thus allow one to translate sounds into and from Musical notation.

2. Harmony, Music Theory & Counterpoint, aims at giving us the tools to understand how different types of music are built, and also help us to create our own musical compositions.

3. Music Composition is where we look at and discuss different topics relevant to composers, and we also look at different compositions, as well as our own pieces, and we create different exercises to help us become more fluent in writing/composing our own music.

These are courses loosely based on international Music Conservatory Programmes as well as musical higher studies, but flexible to our own informal setting, and adapted to suit our different levels.

Open to all. Regular attendance is encouraged.
Limited places. Basic to advanced levels.
For further information, and if interested, please contact Pushkar at pushkar@auroville.org.in

CONSCIOUS CLOTHING
Upasana believes conscious clothing leads to conscious living. Walk in to Upasana studio to Redesign, recreate, reimagine your vintage Garments/textiles.
Bring your vintage textile – dupatta – sarees – dresses which is your cupboard to redesign, recreate and reimagine with us.
Pls write to us to book time for you 9442982957
Regards, Upasana team.

PITANGA PROGRAMME FOR AUGUST -2021
Pitanga Cultural Centre, Samasti,
(0413) 262 2403/2622994
pitanga@auroville.org.in

Advance registration required

Yoga Iyengar

<table>
<thead>
<tr>
<th>Asanas</th>
<th>Level, Regular practitioners</th>
<th>Mon, Wed, Fri</th>
<th>Tatiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>women’s only</td>
<td></td>
<td>11.00 – 12.30pm</td>
<td></td>
</tr>
<tr>
<td>regular practitioners</td>
<td></td>
<td>5.00 – 6.30pm</td>
<td></td>
</tr>
<tr>
<td>for the spine</td>
<td>Drop, all levels</td>
<td>4.00 – 5.30pm</td>
<td></td>
</tr>
<tr>
<td>Mixed level</td>
<td>7.30 – 9.00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>special practice</td>
<td>Level 2 &amp; 3</td>
<td>9.00 – 10.30am</td>
<td></td>
</tr>
</tbody>
</table>

Yoga – Mixed Style

<table>
<thead>
<tr>
<th>Yoga Therapy</th>
<th>Drop in all levels</th>
<th>Mon, Wed, Fri</th>
<th>8.30 – 10.00am</th>
<th>Gala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for children</td>
<td></td>
<td>10.00 – 11.00am</td>
<td></td>
<td>Gala</td>
</tr>
</tbody>
</table>

Other Exercises

| Self shiatsu           | Drop in french & english | Mon, Wed, Fri | 4.15 – 5.30pm | Patricia |
| Self shiatsu           | Regular practitioners   | Wed           | 5.15 – 6.45pm | Patricia |
| Aviva exercise         | Drop in for women      | Thurs         | 4.30 – 5.30pm | Surya-Gandhi |
| Pranayama              | Regular practitioners   | Fri           | 6.45 – 8.00am | Francois/Namrita |
| Feldenkrais            | Drop in               | Fri           | 5.15 – 6.45pm | Shari |
| Discover energy body   | For children           | Sat           | 11.00 – 12.00pm | Gala |

Dance

| Odissi Dance (*)       | Regular Practitioners | Fri | 3.30 – 5.15pm | Rekha |

Health Care at Pitanga
- Thai Yoga Massage, Chi Nei Tsang with Juan
- Ayurvedic & Birinda Massage with Kumar

Note: Please bring your own yoga mat and piece of cloth to cover the yoga props and if you have your own yoga belt please bring it.
There are limited places. First come, first served. Please register in advance.
To the CONTENT

SOUL OF SOIL
Auroville & Kazhuveli
Bio-Region Eco Experience
Program

Hands on Experience in Bio-Region Art & Craft Pavilion

Bamboo Workshops
Indigenous Musical Instrument Making Workshop
We at Mohanam are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / popular instruments at Mohanam Village Heritage Center from professional craftsmen and take home your every own hand made instrument at the end of the workshop.

Bamboo Jewellery Workshop
Come and learn to make your own Bamboo Jewellery at Mohanam Village Heritage Center from professional craft women and take home your every own hand made Jewellery at the end of the workshop.

Bamboo Toys Workshop
Learn to make Bamboo Toys at Mohanam Village Heritage Center from professional craft men and take home your every own hand made Toys at the end of the workshop.

For all above programs please contact us:
Date: All working Days except Sunday
1-day advance booking is necessary
Contact: Preferred through Email at Mohanamprogram@auroville.org.in or +91 8300949079

Clay Modelling Workshop
Come, invention and make to model desired articles, which may include flower petals, figurines, jewelry and numerous other objects. The resulting product hardens without firing to form a sturdy article which even if it includes thin surfaces will stand normal handling. Learn making and take your designed article.

Day & Date: All working Days except Sunday
1-day advance booking is necessary
Contact: Preferred through Email at Mohanamprogram@auroville.org.in or +91 8300949079

Kolam Painting
Learn the art of painting Kolam in various mediums, starting from canvas from our experts. Book now and register to be a part of the workshop.

Day & Date: All working Days except Sunday
1-day advance booking is necessary
Contact: Preferred through Email at Mohanamprogram@auroville.org.in or +91 8300949079

Tamil Language Class with Anand Anna
Those who are interested to join in spoken Tamil class. Please enroll your name in Mohanam.
Day: Monday and Thursday
Time: 10:00 am to 11:00 am

Indo-African Drumming Class with Tamilarasan
Wednesday 5 to 6 pm and Saturday 4 to 5 pm
For Bookings: Email at Mohanamprogram@auroville.org.in or call us at: +91 8300949079

Drum Circle with food and campfire:
Feel the touch of your soul through fusion instrumental music, freestyle dancing and traditional drumming with Campfire, followed with Tamil traditional Dinner.
Day: Every Wednesday
For Bookings: Email at Mohanamprogram@auroville.org.in or call us at: +91 8300949079

Cycle Tour with Bio-Region Youth + Breakfast
Auroville Bio – region is considered one of the best cycle trails in India. We at Mohanam would like to offer the guided cycle tour in the best selected routes to cover in and around this Bio-region and know the space in true sense. This tour will be conducted by experienced professionals of Mohanam and participants will also be offered breakfast.

The route shall include the following destinations-
ROUTE:
• Start at Mohanam Campus @ 6.00am
• Kottakarai Tea Shop
• Irumbai Lake
• Shiva Temple
• Thuruvai Lake
• And back to Mohanam Campus and Breakfast @8.00am
Includes: Tea and snacks (breakfast)
Duration: 2 hours
Date: 1-day advance booking is necessary
Day & Timing: Sunday, 6am to 8am
For Bookings:
Email at mohanamprogram@auroville.org.in or call us at: +91 8300949079

Auroville North-West Heritage Walk Tour + Lunch
This tour is specially designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

Date and Time:
Every day 10.30am to 1pm
(Except Sunday)
Meeting / Starting Point:
Lively, Opp. Ganesh Bakery
1-day advance booking is necessary
For Bookings:
Email at mohanamprogram@auroville.org.in or call us +91 8300949079
Auroville Bamboo Centre runs many workshops throughout the year for visitors who book and pay for the courses. We do have various conditions that we hope you understand and agree.

**Training And Workshop**

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

The Auroville Bamboo centre offers training to individuals and groups in:

- **Bamboo Camp in Kodaikanal**
  24th to 28th of August
- **Guided Tour (1.30 hr)**
  Every Saturday 11 to 12.30

Come and enjoy every Saturday guided tour through our bamboo farm and campus

**Meeting Point:** Mohanam Campus, Auroshilpam, Near Color of Nature

**Make and Take Workshops**

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewelry

Every day in the month of August in advance booking at 10.00 am to 12.00pm or 2pm to 4pm

The program will consist of learning inputs: theory, instruction, demonstration, and practical work.

**Contribution:** Contributions requested from guests/ Volunteers.

**Flexible training dates offered to groups**

**Contact:** Voice call and Whatsapp: 8300949081
bambooworkshop@auroville.org.in
www.aurovillebamboocentre.org

**Natural Horsemanship**

Mirrabelle offers webinars, classes and workshops in “Natural Horsemanship” – you choose when!

Natural horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence.

This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!

Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and its just fun time to BE with a sensitive, naturally trained horse!

Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care!

Contact Whatsapp 9626565134
contact@auroville-jiva.com

**ARKA WELLNESS CENTER & MULTIPURPOSE HALL**

*Covid SOP must be followed.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Practitioner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Logic &amp; Deep Tissue Massage.</td>
<td>Pepe</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Cranio Sacral, Lomi Lomi Kahuna Massage, Bare Foot Body Massage.</td>
<td>Silvana</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Facial, Manicure, Pedicure, Threading, Waxing, Hair Cuts, Hair Colouring, Henna Colouring.</td>
<td>Meha</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Ayurvedic Marma Massage.</td>
<td>Roberto</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Orthopedist &amp; Naturopath offering Foot Reflexology &amp; Metamorphic treatment following Haptosynesia.</td>
<td>Alexandre</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Shiatsu, Thai Yoga Massage, Osteothai, Somatic Bodywork.</td>
<td>Marco</td>
<td>Monday, Friday &amp; Saturday</td>
</tr>
<tr>
<td>Chinese Fire Cupping and Moxibustion Therapy.</td>
<td>Chun</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Inner-Voice Dialogue. Also in French.</td>
<td>Antarjoti</td>
<td>Monday to Saturday</td>
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<tr>
<td>Ayurvedic Massage, Garshana with wool and silk gloves, Chinese Anmo and Energy Techniques.</td>
<td>Mukta</td>
<td>Monday to Saturday</td>
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</tbody>
</table>

**CLASSES**

<table>
<thead>
<tr>
<th>Yoga Style</th>
<th>Name</th>
<th>Contact</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acro Yoga</td>
<td>Damien</td>
<td>9047722740</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Pilates</td>
<td>Teresa</td>
<td>7867998952</td>
<td>Tues &amp; Thurs 7:30-8:30am. Appointment.</td>
</tr>
<tr>
<td>Iyengar Yoga</td>
<td>Olesya</td>
<td>9159052743</td>
<td>Mon, Wed, Sat 6:30-8:00am. Mon, Thurs, Sat 5:00-6:30pm. Tue 5:00-6:30pm. Regular Students only.</td>
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</tbody>
</table>
IN-PERSON CLASSES START AGAIN!!

We are happy to announce that in-person classes have restarted again at the Lab, as long as everyone follows the SOPs regarding washing hands, writing their names & contact info in the Covid tracking register, taking temperature, using the sanitiser, wearing masks in the public areas, & social distancing. We look forward to seeing you!

**ALL: SCHEDULE OF CLASSES as of 09.08.2021**

<table>
<thead>
<tr>
<th>Language</th>
<th>Level</th>
<th>Time</th>
<th>Day(S) Of Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Beginner &amp; Pre-Intermediate</td>
<td>10:00 am – 11:00 am</td>
<td>Tues &amp; Thur</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>03:00 pm – 04:00 pm</td>
<td>Mon, Wed &amp; Fri</td>
</tr>
<tr>
<td></td>
<td>Intermediate/Advanced</td>
<td>10:00 am – 12:00 pm</td>
<td>Sat</td>
</tr>
<tr>
<td>French</td>
<td>NEW – Beginner</td>
<td>To be determined!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beginner</td>
<td>09:30 am – 10:30 am</td>
<td>Tues &amp; Thur</td>
</tr>
<tr>
<td></td>
<td>Workbook Sessions</td>
<td>10:00 am – 11:00 am</td>
<td>Fri</td>
</tr>
<tr>
<td>German</td>
<td>A1.1 Beginner</td>
<td>04:00 pm – 05:30 pm</td>
<td>Tues &amp; Thurs</td>
</tr>
<tr>
<td>Hindi</td>
<td>NEW – Beginner</td>
<td>10:00 am – 11:00 am</td>
<td>Mon, Wed &amp; Fri</td>
</tr>
<tr>
<td>Tamil</td>
<td>NEW – Spoken Beginner</td>
<td>09:30 am – 10:30 am</td>
<td>Tues &amp; Fri</td>
</tr>
<tr>
<td></td>
<td>Beginner (previously online group)</td>
<td>03:15 pm – 04:15 pm</td>
<td>Mon &amp; Thur</td>
</tr>
<tr>
<td></td>
<td>NEW – Written &amp; Spoken Beg</td>
<td>04:30 pm – 05:30 pm</td>
<td>Mon &amp; Thur</td>
</tr>
<tr>
<td>Spanish</td>
<td>NEW – Beginner</td>
<td>To be determined! Inquires Welcome!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>03:30 pm – 05:00 pm</td>
<td>Tues &amp; Thur</td>
</tr>
</tbody>
</table>

**Tomatis Updates**

There are spaces available for both language & therapeutic programmes! Please contact 4036922 to schedule your Listening Tests & Consultations.

**Italian Update**

We are happy to introduce Enzo, a new long-term volunteer at the Lab!! We are sure many of you will notice his lovely presence at our Reception desk now & then, & we look forward to his aid in our growth!

Originally from Italy, Enzo is ready to teach Italian to the community. So if you are curious to learn & explore Beginner Italian, please give us call or send us an email!

**German Update**

Verena started a new Beginner group (A1.1 level) on Tuesday 3rd August. The course is 3-months long, of 3 hours per week (2 x 1.5 hours classes). Classes are held on Tuesdays & Thursdays, 4 pm – 5:30 pm. No previous knowledge of German is required; listening; speaking, reading & writing will all be covered & built upon in the duration of the course! There are still spaces for this group, please get in touch to join in fast!

**Tamil Update**

This month, we are to have two new Tamil Beginners groups; one just Spoken (Tue & Fri, mornings), the other both Written & Spoken, (Mon & Thur, late afternoons) which will be based on learning the Tamil alphabet, reading & writing, as well as spoken knowledge. We have received very good feedback from students in the ongoing batch, who are really enjoying learning Tamil.

Both groups are to start this week!! It is not too late to sign up!

**Hindi Update**

Rupam is ready to start a group for Beginner Hindi! This course will take place in the mornings, Monday, Wednesday & Fridays. In this 3-month course, the content is: building confidence in conversation, introduction to grammar, reciting poems, exploration of Navarasa (the 9 emotions), play Antakshari, & sing & relish the beauty of the Hindi language. Please let us know if you would like to join!!

**English Update**

We have spaces available in Anushka’s (she with the marvellous voice, from the UK) Intermediate English group! She is covering for Miko, who has returned to the US for a little while. Join others to build your confidence in the English language with a native speaker! Please get in touch if interested!

**French Updates**

Thank you for all the inquiries for Beginner French. More are most welcome, please bear with us as we organise for a group to start this month.

**Spanish Update**

Mila is waiting for six students to start a new Beginner group. If interested, please let us know!

Please fill out our form at [http://register.aurovillelanguagelab.org/](http://register.aurovillelanguagelab.org/) to join, or inquire about, any language classes at the Lab! As well as drop us an email or call!

**Please Note:** Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a class, thank you!

**The Language Lab is open:**

Monday – Friday, 9:00 am - 12:00 pm & 2:00 pm – 5:00 pm, Saturday, 9:00 am to 12:00 pm.

**Location:**

International Zone, after Unity Pavilion & Pump House.

**Phone:** (0413) 2623 661, 4036920/22.

**Email:** info@aurovillelanguagelab.org
## BHARAT NIVAS
### REGULAR CLASSES FOR AUGUST 2021

### SAWCHU

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Capoera Classes</td>
<td>5:00 to 6:00pm</td>
<td>Kiran</td>
<td><a href="mailto:capoeira@auroville.org.in">capoeira@auroville.org.in</a></td>
</tr>
<tr>
<td>Tue</td>
<td>Bharatanatyam Classes, Hip Hop/Contemporary Dance</td>
<td>5:00 to 6:00pm</td>
<td>Caveri <a href="mailto:sureshcaveri@gmail.com">sureshcaveri@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>Tango Practica</td>
<td>7:30 to 9:00pm</td>
<td>Jorge &amp; Marie Pierre</td>
<td><a href="mailto:tango@auroville.org.in">tango@auroville.org.in</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Capoera Classes</td>
<td>5:00 to 6:30pm</td>
<td>Kiran</td>
<td><a href="mailto:capoeira@auroville.org.in">capoeira@auroville.org.in</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Improvisation theater sessions</td>
<td>4:30 to 6:00pm</td>
<td>Jeff &amp; Veronique</td>
<td><a href="mailto:jeff@auroville.org.in">jeff@auroville.org.in</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Odissi dance classes</td>
<td>3:00 to 6:00pm</td>
<td>Kanchana <a href="mailto:udavikan.chana1@gmail.com">udavikan.chana1@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hip Hop / Contemporary dance</td>
<td>6:30 to 7:30pm</td>
<td>Vijay</td>
<td><a href="mailto:sarasu@auroville.org.in">sarasu@auroville.org.in</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Classic Dance</td>
<td>10:00 to 11:00am</td>
<td>Deepa r <a href="mailto:deepa14@yahoo.co.in">deepa14@yahoo.co.in</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Odissi dance classes</td>
<td>3:00 to 6:00pm</td>
<td>Kanchana <a href="mailto:udavikan.chana1@gmail.com">udavikan.chana1@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hip Hop / Contemporary dance</td>
<td>6:00 to 7:00pm</td>
<td>Vijay</td>
<td><a href="mailto:sarasu@auroville.org.in">sarasu@auroville.org.in</a></td>
</tr>
<tr>
<td></td>
<td>Bal Folk (new) (september)</td>
<td>7:30 to 9:00pm</td>
<td>Luison</td>
<td><a href="mailto:moeglelison@gmail.com">moeglelison@gmail.com</a></td>
</tr>
</tbody>
</table>

### Kalakendra

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>The Mother and Dawn of Auroville Permanent Exhibition</td>
<td>9:00 to 4:30pm</td>
<td>Kalakendara <a href="mailto:bharatnivas-kalakendra@auroville.org.in">bharatnivas-kalakendra@auroville.org.in</a></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Savitri Reading Session</td>
<td>4:00 to 5:30pm</td>
<td>B'and Team <a href="mailto:bharatnivas-vani@auroville.org.in">bharatnivas-vani@auroville.org.in</a></td>
<td></td>
</tr>
<tr>
<td>Tue, Thu, Fri</td>
<td>Painting workshop</td>
<td>2:00 to 4:00 pm</td>
<td>Kalakendara <a href="mailto:bharatnivas-vani@auroville.org.in">bharatnivas-vani@auroville.org.in</a></td>
<td></td>
</tr>
<tr>
<td>15 Aug to 15 Sep ’21</td>
<td>Exhibition on Sri Aurobindo’s and The Mother’s Living Symbols</td>
<td>9:00 to 4:30pm</td>
<td>Kalakendara <a href="mailto:bharatnivas-kalakendra@auroville.org.in">bharatnivas-kalakendra@auroville.org.in</a></td>
<td></td>
</tr>
</tbody>
</table>

### Shilpa Kendra

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Vedic Chanting session</td>
<td>3:30 to 5:00pm</td>
<td>Deven</td>
<td><a href="mailto:devan@auroville.org.in">devan@auroville.org.in</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Ashtanga Yoga</td>
<td>4:00 to 5:00pm</td>
<td>Muthukumari</td>
<td><a href="mailto:muthukumari@auroville.org.in">muthukumari@auroville.org.in</a></td>
</tr>
</tbody>
</table>

### Progress Hall

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Tamil class</td>
<td>4:00 to 5:00pm</td>
<td>Shankar</td>
<td><a href="mailto:shankar@auroville.org.in">shankar@auroville.org.in</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Tamil class</td>
<td>4:00 to 5:00pm</td>
<td>Shankar</td>
<td><a href="mailto:shankar@auroville.org.in">shankar@auroville.org.in</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Bhagavad Geeta Chanting</td>
<td>5:00 to 6:00pm</td>
<td>Samskritam</td>
<td><a href="mailto:devan@auroville.org.in">devan@auroville.org.in</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Theater rehearsal</td>
<td>5:00 to 5:30pm</td>
<td>Aryaman</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Ashtanga Yoga</td>
<td>4:00 to 5:00pm</td>
<td>Muthukumari</td>
<td><a href="mailto:muthukumari@auroville.org.in">muthukumari@auroville.org.in</a></td>
</tr>
</tbody>
</table>

### Harmony Hall

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Hatha yoga sessions</td>
<td>7:00 to 8:30am</td>
<td>Khushmita</td>
<td><a href="mailto:khushmita@kola-moya.com">khushmita@kola-moya.com</a></td>
</tr>
<tr>
<td></td>
<td>Dance awareness</td>
<td>3:00 to 4:45pm</td>
<td>Grace</td>
<td><a href="mailto:info@kola-moya.com">info@kola-moya.com</a></td>
</tr>
<tr>
<td></td>
<td>Dance Offering</td>
<td>5:00 to 7:00pm</td>
<td>Dariya &amp; Friends</td>
<td><a href="mailto:darvi@kola-moya.org.in">darvi@kola-moya.org.in</a></td>
</tr>
<tr>
<td>Tue</td>
<td>Kathak Dance</td>
<td>4:00 to 5:30pm</td>
<td>Yogini</td>
<td><a href="mailto:yoginiganu@kola-moya.com">yoginiganu@kola-moya.com</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Dance Awareness</td>
<td>3:00 to 4:30pm</td>
<td>Grace</td>
<td><a href="mailto:info@kola-moya.com">info@kola-moya.com</a></td>
</tr>
<tr>
<td></td>
<td>Odissi Dance</td>
<td>5:00 to 6:30pm</td>
<td>Devsamrita</td>
<td><a href="mailto:devasmita@kola-moya.org.in">devasmita@kola-moya.org.in</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Kotree Yoga</td>
<td>5:00 to 6:30pm</td>
<td>Grace</td>
<td><a href="mailto:info@kola-moya.com">info@kola-moya.com</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Hatha yoga session</td>
<td>7:00 to 8:30am</td>
<td>Khushmita</td>
<td><a href="mailto:khushmita@kola-moya.com">khushmita@kola-moya.com</a></td>
</tr>
<tr>
<td></td>
<td>Dance awareness</td>
<td>3:00 to 4:45pm</td>
<td>Grace</td>
<td><a href="mailto:info@kola-moya.com">info@kola-moya.com</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Bharatanatyam classes</td>
<td>10:00 to 12:00pm</td>
<td>Caveri <a href="mailto:sureshcaveri@gmail.com">sureshcaveri@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kathak Dance</td>
<td>4:00 to 5:30pm</td>
<td>Yogini</td>
<td><a href="mailto:yoginiganu@kola-moya.com">yoginiganu@kola-moya.com</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Theater rehearsal</td>
<td>5:00 to 7:00pm</td>
<td>Aryaman</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Bharatanatyam classes</td>
<td>4:00 to 6:00pm</td>
<td>Caveri <a href="mailto:sureshcaveri@gmail.com">sureshcaveri@gmail.com</a></td>
<td></td>
</tr>
</tbody>
</table>

### Music room

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>Hindustani Singing Classes</td>
<td>2:00 to 6:00pm</td>
<td>Nandita</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Hindustani Singing Classes</td>
<td>2:00 to 6:00pm</td>
<td>Nandita</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Hindustani Singing Classes</td>
<td>2:00 to 6:00pm</td>
<td>Nandita</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Carnatic vocal classes</td>
<td>4:30 to 6:00pm</td>
<td>Sangaraparana</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Carnatic vocal classes</td>
<td>4:30 to 6:00pm</td>
<td>Sangaraparana</td>
<td><a href="mailto:bharatnivas@auroville.org.in">bharatnivas@auroville.org.in</a></td>
</tr>
</tbody>
</table>
India Space

Mon to Sat
The City Earth Needs – Exhibition
9:00 to 4:30 pm
Anu anu@auroville.org.in

Bhumika

Tue
Sri Aurobindo’s
The Synthesis of yoga reading session
4:30 to 5:30 pm
Deepti bharatnivas-vani@auroville.org.in

Fri
Savitri Reading Session
4:00 to 5:00 pm
B’ & Vani bharatnivas-vani@auroville.org.in

QUIET HEALING CENTER

www.quiethealingcenter.info/quiet@auroville.org.in
+91 413 2622329/+91 9488084966 (mobile)

Regular Offerings August 2021

<table>
<thead>
<tr>
<th>Therapeutic Treatments</th>
<th>Therapists</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture</td>
<td>Linda</td>
</tr>
<tr>
<td>Aquatic Bodywork (Watsu®/Oba®/Liquid Flow)</td>
<td>Daniel, Dariya, Friederike, Guido, Orev, Petra</td>
</tr>
<tr>
<td>Ayurvedic Massage</td>
<td>Marcia, Kumar</td>
</tr>
<tr>
<td>Ayurvedic Birenda Massage</td>
<td>Kumar</td>
</tr>
<tr>
<td>Body Psychotherapy</td>
<td>Marcia</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>Andrei</td>
</tr>
<tr>
<td>Foot Massage / Reflexology</td>
<td>Sheida</td>
</tr>
<tr>
<td>Homeopathy</td>
<td>Michael Z.</td>
</tr>
<tr>
<td>Individual Meditation Sessions</td>
<td>Samrat</td>
</tr>
<tr>
<td>Kahuna Massage</td>
<td>Anwar</td>
</tr>
<tr>
<td>Physiotherapy (Pt)</td>
<td>Jussi</td>
</tr>
<tr>
<td>Reiki</td>
<td>Tania</td>
</tr>
<tr>
<td>Thai Yoga Massage</td>
<td>Andres, Sheida</td>
</tr>
</tbody>
</table>

News & Notes

Media Centre, Town Hall
newsandnotes@auroville.org.in
0413-2622-213
Aikido classes ........................................1
OM Choir & Satsang By Narad ......................1
Water Matters Mela ................................1
Deep tissue massage at Auromode ...................1
Ashtanga Yoga .......................................1
Mudra Chi Weekly Back ..............................1
Edible weed exploration ..............................1
Ecstatic Dance ........................................1
Auromode Yoga Space ...............................2
Natyashastra ..........................................2
Analogue Darkroom Workshop ......................2
Learning Sessions at Living Symbols exhibition ...2
  Symbols evoked through Kolâm ..................2
  Sanskrit chanting ..................................2
  Drawing and painting symbols ....................2
  Mother’s Qualities in Ourselves ...................2
  Sanskrit Calligraphy ...............................3
TerraSoul Farm Saturday Farm Tour .................3
Bansuri Classes ......................................3
Taijiquan (Tai Chi) ..................................3
Qigong ................................................3
Accessible Auroville Public Bus ......................3
Tango Class .........................................4
Salsa Class ..........................................4
Music Courses ......................................4
Conscious Clothing ................................4
Pitanga Programme for August -2021 ..............4
  Yoga Iyengar ......................................4
  Yoga – Mixed Style ...............................4
  Other Exercises ..................................4
  Dance .............................................4
  Health Care at Pitanga ............................4
Soul Of Soil .........................................5
  Auroville & Kazhuveli ............................5
  Bio-Region Eco Experience Program ..........5
  Bamboo Workshops ..............................5
  Clay Modelling Workshop ......................5
  Kalam Painting .................................5
  Tamil Language Class with Anand Anna ....5
  Indo-African Drumming Class with Tamilarasan 5
  Drum Circle with food and campfire: ..........5
  Cycle Tour with Bio-Region Youth + Breakfast 5
  Auroville North-West Heritage Walk Tour + Lunch 5
Bamboo Centre Training Program ..................6
  Training And Workshop ........................6
  Make and Take Workshops .....................6
JIVA ..................................................6
  Natural Horsemanship ..........................6
Arka Wellness Center & Multipurpose Hall .......6
News Fromauroville Language Lab .................7
Bharat Nivas
Regular classes for August 2021 ..................8
  SAWCHU ........................................8
  Kalakendra ......................................8
  Shilpa Kendra ...................................8
  Progress Hall ....................................8
  Harmony Hall ....................................8
  Music room ......................................8
  India Space .....................................9
  Bhumika .........................................9
Natyashastra ........................................9
Quiet Healing Center ................................9
Regular Offerings August 2021 ....................9
Contents ...........................................10