**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!

**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

**SAVITRI BHAVAN**

*September 2021 Exhibitions*

**Meditations on Savitri**

The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery

**Glimpses of the Mother:**

Photographs and texts In the Square Hall

**Sri Aurobindo: A life sketch in photographs**

In the upper corridor

**Films**

Mondays 4pm. In this month also we present recorded talks of Dr. M.V. Nadkarni Memorial Lectures given at Savitri Bhavan. Late Dr. M.V. Nadkarni was a great Savitri-lover, scholar, teacher, devotee of Sri Aurobindo and the Mother and opened doors to Sri Aurobindo’s Savitri for thousands of people. The videos of these talks can also be accessed at the Savitri Bhavan website: [www.savitribhavan.org](http://www.savitribhavan.org)

September 6: The Traveller and The Worlds, Part One of Sri Aurobindo’s Savitri. This Dr. M. V. Nadkarni Memorial Lecture was given by Shraddhavan in 2013.

Duration: 63min.

September 13: Inside the World Stair: Book Two. In this video talk Sonia Dyne shares her profound insights into The Book of the Traveller of the Worlds and King Aswapati’s ascent to The World Stair.

Duration: 52min.

September 20: The Vision and The Boon in Savitri and the Katha Upanishad. Dr. Ananda Reddy discusses the individual yoga of Nachiketas in the Katha Upanishad and Savitri’s accomplishment of collective yoga and the transformation of earth-life through the Avatar, the Goddess of Grace and Love.

Duration: 62min.

September 27: The Divine Mother in Savitri. This talk by Dr. Alok Pandey is based on the story of the Divine Mother as it unfolds in Sri Aurobindo’s epic poem Savitri and Her Divine Love for earth and men.

Duration: 82min.

**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.

**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

**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!

Warmly, Tahir
Full Moon Gathering
Monday, September 20, from 7.15 to 8.15pm
in front of Sri Aurobindo’s statue

Regular Activities
Sundays 10.30–12 noon: Savitri Study Circle
Mondays, Tuesdays 3-4pm: Psychic Awakening led by Dr. Jai Singh
Tuesdays, Fridays, Saturdays 4–5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
Fridays 3-4pm: Reading of the Mother’s Commentaries on the Dhammapada, led by Dr. Jai Singh
Saturdays 4–5.15pm: Satsang, led by Ashesh Joshi
Saturdays 5-6pm: Mudra-Chi, led by Anandi
Exhibitions, Main Building and Office are open Monday to Saturday 9-5
Library is open Monday to Friday 9-5
The Digital Library can be accessed on request Monday to Friday 9-4

Everyone is welcome

MUDRA CHI
Dear people, we have classes every Saturday at 5pm at Savitri Bhavan. From now on, we are going to add some “Corporal Consciousness Exercises” at the beginning.

Everybody Welcome, facilitator Anandi-a

EDIBLE WEED EXPLORATION w/ the coloring book
When: On Saturdays
28 August’21 To 25 September’21
Time: 7:30am to 8:30am (max 8:45am)
Pre-Registration: required
Max Number: Ten
If raining @ 6.30am walk cancelled W/ Refund
Contribution: Welcome
All details regarding location and contribution at registration.
What to bring:
Yourself, the “Edible weed and naturally growing plant” book if you have (if you do not, we will have a few to share). Also bring what you need to be comfortable for the walk.
WhatsApp/SMS @ +91 8628955394 or backtoroots@auroville.org.in

NINA

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

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 Natyashastra 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
KALAKENDRA ART GALLERY EVENTS

Kalakendra Art Gallery is happy to inform you the following events taking place in Bharat Nivas.

“Living Symbols” Exhibition
Ongoing till 15th September 2021.
Opening hours: 10 am to 4.30 pm. (Sundays open)

Kolam Workshops
Offered by Grace : Symbols evoked through Kolām
Tuesdays and Saturdays (10-12am, 3-5pm): September 4, September 7, September 11, September 14
No. of participants: 5-12
Contribution required. Contact facilitator for details and registration.
Phone: +91 8072449091
Email: info@kolamyoga.com
Website: https://www.kolamyoga.com

Drawing and painting symbols
Every Friday 2.30-4pm
Charu, a visiting volunteer, is happy to explore Stone Painting on 10 September with participants.
Enjoy painting symbols and flowers on stones. Creating an exciting experience in choosing your own stones and painting on them.

Art Workshop
Offered by Crystal, (Aurovillian)
Time: Every Thursday afternoon: 2 to 4 pm
Venue: Kalakendra Art Gallery
Automatic Drawing with Ink and Water color expressing your own voice. Contribution required Rs. 220/- per person

Art Workshop
Offered by Abhijit Roy:
A one month course and see details described below.
All are welcome to participate
As part of our efforts in the field of Arts Education, Bharat Nivas presents “Fundamentals of Drawing” in association with Artist and Educator Abhijit Roy.

Course Outline
In this course, attendees will learn Line Fundamentals, How to Draw Shapes, Form, Value and Contrast, Create Space and Perspective, Still Life Drawing, Creating Textures and How to Draw the Human Face and Figure.

Duration and Venue
This course will be delivered over a period of 10 sessions starting from 20th September, every Monday, Wednesday and Friday, from 01:30 p.m. to 03:30 p.m. – till 11th October at ‘Kalakendra’ located in the premises of Bharat Nivas Pavilion.

Eligibility
All humans above the age of 6.

Contribution
Aurovilians/Volunteers – Rs. 220/- per session per attendee, Visitors – Rs. 440/- per session per attendee.
Abhijit Roy +917517394469

All are welcome
Kalakendra Team,
Tapas and Anandi

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@aurowville.org.in

Warm Regard,
Centre d’Art Atelier, Citadines Auroville
+91 413 2622699, www.centredart.in

TERRASOUL FARM SATURDAY FARM TOUR
TerraSoul Farm Community start again Saturday Farm tour with optional lunch booking.
Contribution required.
Ph: 9443434182 or terrasoul@aurowville.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

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

TAIJUQUAN (TAI CHI)
Contact Michael & Sarah: tel 91 505 67003
micha@taiji-shiatsu.de

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

All are welcome
Kalakendra Team,
Tapas and Anandi
### 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>
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<tr>
<td>Svaram</td>
<td>07:00</td>
<td>09:30</td>
<td>14:15</td>
<td>17:00</td>
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<tr>
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<td>14:27</td>
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<tr>
<td>Vikas Radial Junction</td>
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<td>09:45</td>
<td>14:30</td>
<td>17:18</td>
</tr>
<tr>
<td>Solar Kitchen (Round About)</td>
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<td>09:47</td>
<td>14:32</td>
<td>17:20</td>
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<tr>
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<td>14:36</td>
<td>17:24</td>
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<tr>
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<td>09:57</td>
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<tr>
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<tr>
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<tr>
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<td>Ashram Dinning Hall</td>
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<td>16:35</td>
<td>21:15</td>
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</table>

### SANTÉ SERVICES IN SEPTEMBER 2021

#### Working Hours
Monday – Saturday 8:45 – 12:30pm & 2:00 – 4:30pm
(closed Tuesday afternoon for team meetings)

#### Tests and Sample collection
Mon-Fri before 12:00pm.
No sample collection on Saturday

#### For emergencies
Contact Auroville Ambulance (24/7):
Phone: +(91) 94422 24680

Government Ambulance (24/7): Phone: 108

<table>
<thead>
<tr>
<th>Doctor consults with</th>
<th>Nursing Care</th>
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<tbody>
<tr>
<td>Brian &amp; Prabha – Daily</td>
<td>Ezil, Thilagam &amp; Archana Daily</td>
</tr>
<tr>
<td>No appointment necessary</td>
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</tbody>
</table>

| Acupuncture with Andres | Ayurveda with Berengere |
| Monday – Friday | Wednesday/Thursday/Friday |
| Hypnotherapy & NLP with Dan | Wednesday & Thursday |

| Midwifery & Family counselling with Monique – Tuesday |
| Pregnancy Care & Women’s Wellness with Paula |
| Tuesday & Wednesday |

| Physiotherapy with Rebecca Tuesday/Wednesday/Thursday |
| Physiotherapy with Osnat Monday/Thursday/Friday |
| Paediatric Physiotherapy with Swati |
| Wednesday |

| Psycho Somatotherapy with Svenja – Monday & Friday |
| In Santé, we value our patient’s confidentiality & make every effort to ensure their privacy |

### 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 7:30 to 8:30 pm
For the more information call Mani: 8637633696

### 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.
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

AUROVILLE PHOTO CIRCLE

After a few months off, the Photo Circle restarts in Centre D’Art (Citadines/Town Hall) on Friday 3rd of September at 5pm.

Photo Circle meets on the first Friday of every month.

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

Everybody’s welcome.

VEDIC ASTROLOGY

Consultations using traditional Vedic Astrology to help you get clarity on any issue or area of life. We can meet in person, or online over Zoom if you are not in Auroville. Each session lasts for an hour, so please plan accordingly.

More details available at www.allthingsvedic.in.

WA 9843948288 or email vikram@auroville.org.in for queries and bookings. Please let me know if you need any other details.

Regards, Vikram

BAMBOO CENTRE PROGRAMS

FOR SEPTEMBER – 2021

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.

Event On occasion of World Bamboo day 18 & 19 of September 6th Bamboo day celebration at Bamboo centre

Trainings and Workshops

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and 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 workshop in Auroville 14-18 of September
- Bamboo Furniture workshop in Auroville 22-25 of September
- Guided Tour (1.30 hr) Every Saturday 11 to 12.30
- Bamboo workshop in Auroville 14-18 of September
- Bamboo workshop in Auroville 14-18 of September

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 September in advance booking 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

PSYCHIC TAROT CARD READING BY CARMEN

A tarot card reading helps to Bring Clarity of Mind and washes away negative energy and fills a person’s heart and life with positive energy so as to induce him to take risks.

Let the cards guide you on your path to gain insights into the past, present or future.

The reading includes predictions, answers to the question, guidance towards the solutions, complete analyses of the situation and suggestions for improving life.

In person appointment: you can fix an appointment and come for a visit.

Phone: If you’re unable to travel, phone sessions are available.

Career, Love, Relationship, Family, Future, Money, Life
Contact: Carmen at 8531017772

MINDFULNESS CIRCLE

MindfulnessCircle/Jass(+917339459425) in Serendipity (ex Joy Community)
on Tuesdays, 7 - 8:30 PM

Mindfulness is the art of opening up to the present moment, embracing all that is alive within us and around us. It helps us to stop and slow down, understand the deeper meaning of things and align ourselves with our true aspirations. We will practice different mindfulness exercises together (mindful sitting, walking, eating, sharing, etc.). This is a drop-in group session.

Serendipity (Ex. Joy Community Guest House)
Center Field, Auroville - 605101, Tamil Nadu, India
Landline: +91 (0)413 2965693
Mobile: +91 (0) 9487272393
https://serendipity.auroville.org
https://www.facebook.com/serendipityauroville

To the CONTENT
Yoga Iyengar

<table>
<thead>
<tr>
<th>Asanas</th>
<th>Level 2, Regular practitioners</th>
<th>Mon 11.00 – 12.30pm</th>
<th>Tatiana</th>
</tr>
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<tr>
<td>Women’s only</td>
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<tr>
<td>Asanas</td>
<td>Level 1 &amp; 2</td>
<td>Tues 5.00 – 6.30pm</td>
<td>Tatiana</td>
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<td>Regular practitioners</td>
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<tr>
<td>Asanas for the spine</td>
<td>Drop all levels</td>
<td>Wed 4.00 – 5.30pm</td>
<td>Tatiana</td>
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<tr>
<td>Asanas</td>
<td>Mixed level</td>
<td>Thurs 7.30 – 9.00am</td>
<td>Tatiana</td>
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<tr>
<td>Special practice</td>
<td>Level – 2 &amp; 3</td>
<td>Sat 9.00 – 10.30am</td>
<td>Tatiana</td>
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Yoga - Mixed Style

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<thead>
<tr>
<th>Yoga Therapy</th>
<th>Drop in - all levels</th>
<th>Mon, Wed, Fri 8.30 – 10.00am</th>
<th>Gala</th>
</tr>
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<tbody>
<tr>
<td>Asanas for children 7-9 yrs</td>
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<td>Sat 10.00 – 11.00am</td>
<td>Gala</td>
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</tbody>
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Other Exercises

<table>
<thead>
<tr>
<th>Self Shiatsu</th>
<th>Drop in - French &amp; English</th>
<th>Mon 4.15 – 5.30pm</th>
<th>Patricia</th>
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<td>Self Shiatsu</td>
<td>Regular practitioners</td>
<td>Wed 5.15 – 6.45pm</td>
<td>Patricia</td>
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<td>Aviva exercise</td>
<td>drop in for women</td>
<td>Thurs 4.30 – 5.30pm</td>
<td>Suriyagan-dhi</td>
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<td>Pranayama</td>
<td>Regular practitioners</td>
<td>Fri 6.45 – 8.00am</td>
<td>Francois/ Namrita</td>
</tr>
<tr>
<td>Feldenkras</td>
<td>Drop in</td>
<td>Fri 5.15 – 6.45 Pm</td>
<td>Shari</td>
</tr>
<tr>
<td>Discover energy body</td>
<td>for children 7-9 yrs</td>
<td>Sat 11.00 – 12.00pm</td>
<td>Gala</td>
</tr>
</tbody>
</table>

Dance

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

Health Care at Pitanga

For the following therapies & treatments, please book your appointment on phone, 2622403

- 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.

SOUL OF SOIL

Auroville & Kazhuvelli
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.

Days & 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.

Days & 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
• Kottakara Tea Shop
• Irumbai Lake
• Shiva Temple
• Thiruvai 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 +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

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 9047654157</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Facial, Manicure, Pedicure, Threading, Waxing, Hair Cuts, Hair Colouring, Henna Colouring</td>
<td>Meha 9443635114</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 9500278523</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Shiatsu, Thai Yoga Massage, Osteothai, Somatic Bodywork</td>
<td>Marco 8778839827</td>
<td>Monday, Friday &amp; Saturday</td>
</tr>
<tr>
<td>Chinese Fire Cupping and Maxibustion Therapy</td>
<td>Chun 8098900708</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, De-conditioning Self-Inquiry &amp; Inner-Voice Dialogue. Also in French</td>
<td>Antar-joti 0413-262376</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Ayurvedic Massage, Gargshana with wool and silk gloves, Chinese Anmo and Energy Techniques</td>
<td>Mukta 9655422346</td>
<td>Monday to Saturday</td>
</tr>
</tbody>
</table>

Classes

| Acro Yoga | Damien | 9047722740 | Monday to Saturday |
| Pilates Classes | Teresa | 7867998952 | Tues & Thurs 7:30-8:30am. Appointment |
| Iyengar Yoga | Olesya | 9159052743 | Mon, Wed, Sat 6:30-8:00am, Mon, Thurs, Sat 5:00-6:30pm Tue 5:00-6:30pm Regular Students only |

JIVA

"JIVA Your journey in Healing and Transformation www.auroville-jiva.com

1. Meditation “Stillness of Mind and Body” Sunday at 8:30 AM @ Sri Ma, Yoga Room/ above Spa – Meditation is the core of Energy cultivation. We bring to life the Greater Channels that Facilitate the Awakening of Merkaba/ Light Body. It is with the help of Merkaba, we Transcend the Laws that Govern the Physical Reality.

2. Sharing about fasting, detox, pranic life style Sunday at 10 AM [after meditation] @ Sri Ma - gathering to share, express, receive support or just listen on topics of fasting, energy cultivation, pranic life style

3. Detox Weekend - Explore the power of fasting on lemon water, to cleanse the body-mind system and experience more clarity & shift in your energy levels & awareness. On request.

contact@auroville-jiva.com, WA: +91 98431 34414
Natural Horsemanship
Mirabelle offers webinars, classes and workshops in “Natural Horsemanship” – you choose when!
Mirabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hooves, nutrition, psychology, care, riding!
Contact Whatsapp 9626565134
contact@auroville-jiva.com

NEWS FROM AUROVILLE LANGUAGE LAB

Covid SOPs
A gentle reminder to all to please follow the SOPs regarding washing hands, writing your names & contact info in the Covid tracking register, taking temperature, using the sanitiser, wearing masks in the public areas, & social distancing, when at the Language Lab.

We look forward to seeing you!

Please ensure mobile phones are either on Airplane Mode or switched off when entering the building! We maintain a wireless-free space, as well as to avoid disruptions to Tomatis & language classes. Thank you for understanding.

Hindi Update
Rupam is ready to start a group for Beginner Hindi for September! 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,
• Exploring Navarasa (the 9 emotions),
• Playing Antakshari,
• & Singing & relishing the beauty of the Hindi language.

Please let us know if you would like to join!!

Spanish Update
Mila is waiting for six students to start a new Beginner group, also to start in September, in the afternoons.

The Spanish Beginner’s course is a practical introduction to the Spanish language. We follow “Madrigal’s Magic Key to Spanish: A Creative & Proven Approach”, a number one book to learn Spanish in USA.

During the 3-month introduction course, students will learn:
• The Spanish alphabet, phonetics, listening & reading skills,
• Extensive vocabulary (more than 1000 Spanish words) that derives from English through simple rules,
• How to create verbs from nouns, learning a large set of Spanish verbs,
• Verb conjugations for past, present & future tenses for regular verbs,
• Adverbs, adjectives, & formation of sentences,
• To write and speak using all the material learnt.

Kindly inform us if you would like to join this course!

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

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

Italian Update
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!!

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!

ALL: Schedule Of Classes As Of 23.08.2021

<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; PreIntermediate</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>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! Inquiries Welcome!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beginner</td>
<td>10:45 am - 11:45 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; Thrus</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>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>Written &amp; Spoken Beginner</td>
<td>04:30 pm - 05:30 pm</td>
<td>Mon &amp; Thur</td>
</tr>
<tr>
<td>Spanish</td>
<td>NEW Beginner</td>
<td>Afternoon - to be determined!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>03:30 pm - 05:00 pm</td>
<td>Tues &amp; Fri</td>
</tr>
</tbody>
</table>

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
QUIET HEALING CENTER

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

Regular Offerings September 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</td>
<td>Daniel, Dariya, Friederike,</td>
</tr>
<tr>
<td></td>
<td>Guido, Orev, Petra</td>
</tr>
<tr>
<td>Ayurvedic Abhyanga Massage</td>
<td>Marcia</td>
</tr>
<tr>
<td>Ayurvedic Birenda Massage</td>
<td>Kumar</td>
</tr>
<tr>
<td>Ayurvedic Marma Massage</td>
<td>Marcia</td>
</tr>
<tr>
<td>Body Psychotherapy</td>
<td>Marcia</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>Andrei</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>Sheida</td>
</tr>
<tr>
<td>Homeopathy</td>
<td>Michael Z.</td>
</tr>
<tr>
<td>Hypnosis Therapy</td>
<td>Shola</td>
</tr>
<tr>
<td>Individual Meditation Sessions</td>
<td>Samrat</td>
</tr>
<tr>
<td>Kahuna Massage</td>
<td>Anwar</td>
</tr>
<tr>
<td>Lymph Drainage</td>
<td>Dodo</td>
</tr>
<tr>
<td>Physiotherapy (Pt)</td>
<td>Jussi</td>
</tr>
<tr>
<td>Thai Yoga Massage</td>
<td>Andres, Sheida</td>
</tr>
</tbody>
</table>

SHAR CHU

Mon    Capoeira Classes     5:00 to 6:00pm    Kiran capoeira@auroville.org.in
Tue    Bharatanatyam Classes, 5:00 to 6:00pm   Caveri sureshcoveri@gmail.com
       Hip Hop / Contemporary Dance 6:00 to 7:00pm    Vijay sorasu@auroville.org.in
Wed    Tango Practica        7:30 to 9:00pm    Jorge & Marie Pierre tango@auroville.org.in
Thu    Capoeira Classes      5:00 to 6:30pm    Kiran capoeira@auroville.org.in
Fri    Improvisation theater sessions 4:30 to 6:00pm    Jeff & Veronique jeff@auroville.org.in
Sat    Odissi dance classes  3:00 to 6:00pm    Kanchana udavikan-chana1@gmail.com
       Hip Hop / Contemporary Dance 6:30 to 7:30pm    Vijay sorasu@auroville.org.in
Sun    Classic Dance         10:00 to 11:00am  Deepa rdeepa14@yahoo.co.in
       Odissi dance classes       3:00 to 6:00pm    Kanchana udavikan-chana1@gmail.com
       Hip Hop / Contemporary Dance 6:00 to 7:00pm    Vijay sorasu@auroville.org.in
       Bal Folk (new) (september) 7:30 to 9:00pm    Luison moeglelison@gmail.com

KALAKENDRA

Mon to Sat  The Mother and Dawn of Auroville Permanent Exhibition 9:00 to 4:30pm    Kalakendra bharatnivas-kalakendra@auroville.org.in
Fri      Savitri Reading Session 4:00 to 5:30pm    B’and Team bharatnivas-vani@auroville.org.in
Tue, Thu, Fri  Painting workshop 2:00 to 4:00 pm    Kalakendra bharatnivas-vani@auroville.org.in
15 Aug to 15 Sep ‘21  Exhibition on Sri Aurobindo’s and The Mother’s Living Symbols 9:00 to 4:30pm    Kalakendra bharatnivas-kalakendra@auroville.org.in

BHUMIKA

Mon  Vedic Chanting session 3:30 to 5:00pm    Deven devan@auroville.org.in
Sat  Ashtanga Yoga 4:00 to 5:00pm    Muthukumari muthukumari@auroville.org.in

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Instructor/Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Tamil class</td>
<td>4.00 to 5:00 pm</td>
<td>Shankar Shankar@ auroville.org.in</td>
</tr>
<tr>
<td>Wed</td>
<td>Tamil class</td>
<td>4.00 to 5:00 pm</td>
<td>Shankar Shankar@ auroville.org.in</td>
</tr>
<tr>
<td>Thu</td>
<td>Bhagavad Geeta Chanting</td>
<td>5:00 to 6:00 pm</td>
<td>Samskritam devam@ auroville.org.in</td>
</tr>
<tr>
<td>Sat</td>
<td>Theater rehearsal</td>
<td>5:00 to 5:30 pm</td>
<td>Aryamani</td>
</tr>
<tr>
<td>Sun</td>
<td>Ashtanga Yoga</td>
<td>4:00 to 5:00 pm</td>
<td>Muthukumari <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>Event</th>
<th>Time</th>
<th>Instructor/Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Hatha yoga sessions</td>
<td>7:00 to 8:30 am</td>
<td>Khushmita khushmita@ auroville.org.in</td>
</tr>
<tr>
<td></td>
<td>Dance awareness</td>
<td>3:00 to 4:45 pm</td>
<td>Grace <a href="mailto:info@kolyoga.com">info@kolyoga.com</a></td>
</tr>
<tr>
<td></td>
<td>Dance offering</td>
<td>5:00 to 7:00 pm</td>
<td>Dariya &amp; Friends <a href="mailto:dariya@auroville.org.in">dariya@auroville.org.in</a></td>
</tr>
<tr>
<td>Tue</td>
<td>Kathak Dance</td>
<td>4:00 to 5:30 pm</td>
<td>Yogini <a href="mailto:yoginigandhi@gmail.com">yoginigandhi@gmail.com</a></td>
</tr>
</tbody>
</table>

### India Space

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Instructor/Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>The City Earth Needs – Exhibition</td>
<td>9:00 to 4:30 pm</td>
<td>Anu <a href="mailto:anu@auroville.org.in">anu@auroville.org.in</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Bharatanatyam classes</td>
<td>4:00 to 6:00 pm</td>
<td>Caveri <a href="mailto:sureshcaveri@gmail.com">sureshcaveri@gmail.com</a></td>
</tr>
</tbody>
</table>
CONTENTS

Bamboo Centre Programs for September – 2021 ___________________________5
Event _______________________________________5
Trainings and Workshops ______________________5
Pitanga Programme for September 2021 ___________6
Yoga iyengar _________________________________6
Yoga - Mixed Style ____________________________6
Other Exercises _______________________________6
Dance ______________________________________ 6
Health Care at Pitanga ________________________6
Soul Of Soil ____________________________________6
Bamboo Workshops ___________________________6
Clay Modelling Workshop ______________________6
Kolam Painting _______________________________6
Tamil Language Class with Anand Anna _________6
Indo-African Drumming Class with Tamilarasan ___7
Drum Circle with food and campfire:  ___________ 7
Cycle Tour with Bio-Region Youth + Breakfast _____7
Auroville North-West Heritage Walk Tour + Lunch _7
Arka Wellness Center & Multipurpose Hall __________7
JIVA  __________________________________________7
Natural Horsemanship ________________________ 8
News From Auroville Language Lab _______________8
Hindi Update ________________________________ 8
Spanish Update ______________________________ 8
Tomatis Updates ______________________________8
Italian Updates _______________________________8
ALL: Schedule Of Classes As Of 23.08.2021 _____8
The Language Lab is open _____________________8
Quiet Healing Center ____________________________9
Regular Offerings September 2021 ________________9
Bharat Nivas Regular classes for September 2021 ___9