The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) that takes away slowly the strength and energy, leaving us exhausted by the end of the summer.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it shows lethargy, fatigue, loss of appetite, colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

If these occur, it is time to expel Kapha and help the liver to detox:

**With the food:**
- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest
- Good tastes: bitter, astringent and spicy
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, green salads, lettuce, rucoila, spinach)
- Artichokes, ash gourd, avocado (moderately), beetroots, bottle gourd, broccoli, carrots, cauliflower, celery, chow chow, drumstick (morinda: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- Good sweet = Cereals: amaranth, barley, buckwheat, red rice, millets, dry oats; Fruits: pomegranate, apple, dry apricots, chiku, papaya, grape, pear, raisins, strawberries...
- **Spices:** all the spices are good, red chilli with moderation
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water, with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, soya milk (warm and spiced, black tea, masala tea (without milk)), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast
- Walk 100 steps after lunch

**Daily routine:**
- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Wash with warm water (shower or bath)
- Keep the body warm: neck and feet especially
- Physical exercise: 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

*Wishing you a cheerful Vasanta*
*Berengere (Be) @ Santé Clinic*

**SPRING AND LIVER SUPPORT**

**with Ayurveda and healthy plants**

**Classes, Workshops, Healing Arts**

**MUSIC CLASS**
Thursday, March 3, at 4–6pm, Saiier Building, 1st Floor
Introduction into History and Theory of Western Classical Music, the XX century, from Late Romanticism to Atonal Music, from Richard Strauss to John Cage. Video clips of Operas and Concerts will be shown. Beginners are welcome.

Hartmut, 7094812897, vonlieres@gmx.de
Organizing Group: SAIIER
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
- **March 7**: Building Matrimandir – cinema of Love 1971-2008. The Matrimandir is the soul of Auroville; this documentary shows the dedicated work and construction. Duration: 52min. (Postponed from 28 February)
- **March 14**: How the Mother’s Inner Quest brought Her to Sri Aurobindo. Lopa, a former student of the Sri Aurobindo International Centre of Education, speaks about the Mother’s spiritual experiences from childhood and her meeting with Sri Aurobindo on 29 March 1914 in Pondicherry. Duration: 51min.
- **March 21**: The Yoga of the Earth. This sensitive and meditative film shows a new version of ‘About Savitri’ (Book 1 Canto 1) where Mother gives unique insights into the past and future of our earth, produced in 2016. Duration: 32min.
- **March 28**: Meditations on Savitri, Book One – The Book of Beginnings, Canto 1: The Symbol Dawn. A meditative film on the passages from Sri Aurobindo’s epic poem SAVITRI, read by The Mother and accompanied by her own organ music and illustrated with paintings by Huta under the guidance of The Mother. Duration: 40min.

Full Moon Gathering
Thursday, March 17, 7:15 – 8:15pm, in front of Sri Aurobindo’s statue.

A workshop on MUDRA-CHI
On Saturday March 26th at 4.30pm led by Anandi

Regular Activities
- **Sundays**, 10:30–12noon: Savitri Study Circle
- **Mondays**, 3-4pm: Psychic Awakening led by Dr.Jai Singh
- **Tuesdays**, 3-4pm: Yoga and the evolution of man led by Dr.Jai Singh
- **Tuesdays, Fridays, Saturdays**, 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays**, 5-6pm: Introduction to ‘Hymns to Mystic Fire’ by Sri Aurobindo led by Nishtha
- **Fridays**, 3-4pm: Readings of the Mother’s commentary on Dhammapada
- **Saturdays**, 3-4pm: Introduction to Integral Yoga, led by Ashesh Joshi
- **Saturdays**, 4-5:15pm: Satsang, led by Ashesh Joshi
- **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 9am-4pm

Everyone is welcome

TRAINING COURSE AT THE AUROVILLE EARTH INSTITUTE
The Auroville Earth Institute is conducting a special course on the Ferrocement & Wind generator in March 2022.
- **07 to 12 March**: Ferrocement
- **14 to 19 March**: Wind Generator

To register, please click the link.
Otherwise you can directly come to our office at Auroshil-pam to register for the Training course.

Welcome to our courses, Saravanan

KALAI MARRUM KAIVINAI
CREATING LIVELIHOOD OPPORTUNITIES
We are happy to share with our community that Egai and Auro Deniz together beginning our activity Kalai Marrum Kaivinai creating livelihood opportunities for our Auroville community and Bioregion Women and Youth empowerment in the area of arts and crafts. We will be holding workshops and skill development programs to promote and preserve our traditional skill and knowledge handed down for generations.

Contact details:
For Egai: Anand, +91 9791896488, egai@auroville.org.in
For Auro Deniz: Arun, +91 7639810621, arun.s@auroville.org.in

Best Regards, Arun

WEEKLY WEED WALK
**Weekly Weed Walk**
on Saturday, 26 February 2022
Time: 7:30am to 8:30am (or 8:45am max)
Location: In Auroville

Pre-registration required:
- **Email**: mothersworkforTheMotherswork@auroville.org.in
- **Wa**: 00491745803786
- **SMS and Signal/Telegram**: 9751513906

Welcome to this special adventure!

YOGA WARRIORS ALL KIDS
Yoga Warriors: All Kids (3-10yrs) welcome for Asana, Visualization, Relaxation, Awareness Practise and Play:
- **Mondays** 8:30-9:30am (3-5yrs),
- **Wednesdays** 3:30-4:30pm (5-8yrs) and
- **Saturdays** 3:30-4:30pm (7-10yrs)

At the European House next to the International House. Prior contact required. Age groups can be flexible – please request. Bring a Yoga Mat if you can.

Welcome to this special adventure!

mothersworkforTheMotherswork@auroville.org.in,
ulrike@auroville.org.in
WA: 00491745803786,
SMS and Signal/Telegram 9751513906
DANCE OFFERING
Mondays, 5:30 – 7:15pm, Cripa main space

Listening-Allowing-Unfolding-Celebrating-Offering
Welcome to the space where we explore & express, release & ground, connect & cocreate through free authentic movement expression.
Welcome to sweat your prayers or simply enjoy free dancing, with intention for all of these contributing to individual and collective wellbeing and eventually healing.
For adults of all ages, genders, abilities.
Thank you for coming on time to hold the space together, with commitment to presence and awareness. Dariya

10 DAY INTERMEDIATE LEVEL INVITATION TO PRACTISE
March 3 to 12, 5:30 to 9:30am & 5 to 7pm
An invitation of practise to the Yoginis & Yogi for the joy of practising together & taking our practise to next level.We are visualizing benefits like meeting like-minded people, increasing our energy building a consistent practice, increasing confidence, motivation & Self-Care, learning from one another, finding what works for us & much more.
• 5:30 to 7am: Jal neti, Pranayama, Eye yoga, Neck Yoga, Trataka, Udyana bandha, Nauli, Kalarakattai, Core & legs, etc.
• 7 to 8:30am: Ashtanga Vinyasa, primary series, Mysore Style
• 8:45 to 9:30am: Meditation, Yin Yoga, Yoga Nidra etc.
• Evening, 5 to 7pm: Kalaripayatu*/Hatha Yoga
Please write us about yourself & your interest. We expect everyone to have a minimum level of fitness & who have been practising yoga. Minimal guidance & teaching a lot of practice. We expect a contribution from every participant.
contact@auromodeyogaspace.com
WA +919892699804

FORM & FLOW
A mindful and fun journey into a more advanced yoga practice.
This 4 days course offers an embodied deep dive into yoga practice — for students and teachers alike.
You’ll learn different pose modifications, the creative use of props, accessible variations of advanced poses, breathwork and to use your imagination. All designed to help you to build resilience by adding variety to your Yoga practice.
You’ll walk away with the skills you need to adapt to whatever life throws at you, on and off the mat.
Friday 4, Saturday 5, Sunday 6 and Monday 7 of March at 7:30-9:00 mornings & 17:00 to 18:30 evenings
at Tibetan Pavilion
Aurovilians, Newcomers and Volunteers: contribution based, guests: fixed donation. For registration and further questions please write to: dynamcreations@auromode.org.in
This course is organized by ‘Dynamic Creations Auroville’
Best, Nadja Akcadurak

KAYA BODHA: THE ART OF BODY AWARENESS
Kaya Bodha: The Art of Body Awareness with Hans.
Fridays, 6:30 – 7:45am
@Dehasakti sports/Budokan Dojo.
Relaxation, Agility, Breathing & Self-Healing techniques.
Please bring a cloth or towel.
No Kaya Bodha: There will be NO class this Friday, 25 February.

INTEGRAL HEALTH
Classical homeopathy hypnotherapy child care
We are providing alternative health care for body, mind and emotion through classical homeopathy and transpersonal regression therapy since 2001
Homeopathy is the 2nd biggest medicine globally, practiced since 200 years, and further developed by our teacher Dr San-karan, Mumbai, www.theothersong.com
• Aqua Terra – Water of Unity
We are offering Aqua Terra, a homeopathic remedy prepared from the water from 324 water sources on Auroville’s 50th Birthday. We invite all interested to share the research as well as potential benefits for the Auroville community.
All are welcome to pick up Aqua Terra C 200 and C 1000 from our remedy box in the waiting area.
• Sigrid offers therapeutic consultancy since 1997, special focus on constitutional homeopathic remedies for chronic diseases, migraine, autoimmune diseases, and treatment of children incl special needs children and behavioral issues.
• Malar offers consultancy in Tamil, as well as First Aid Remedies and PC remedies.
• First Aid Kits with 32 remedies are available, description in English, French, German and Tamil are available. Please contact us if you would like to learn how to use homeopathy for First Aid. Available from our remedy box in the waiting area, 24-7, for free:
  • PC Shock Trauma, PC Allergy, PC Diabetes, PC High Blood Pressure etc. and 70 more PC remedies
  • Harmony and Samata, remedies related to Mothers and Sri Aurobindo energy.
Consultations are free for Aurovilians and newcomers, from others donations are welcome.
Consultations are generally held in English, French, German, and Tamil
• Timings: Malar is managing the office, the First Aid Kits and PC remedies, daily Mondays to Fridays 9 – 12:30am,
You are welcome to contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.
Integral Health, Prayatna 2623669
Central building 1st floor
Sigrid, sigrid@auromode.org.in, www.sigridlindemann.com
Malar malar@auromode.org.in, 9080054843
**SERENDIPITY ACTIVITIES & THERAPIES**

**Karma Yoga (Permaculture) with Sanaan**  
*Every day, Monday to Saturday, from 2 to 4:30pm, drop in.*  
This yoga teaches each one of us to act according to a divine purpose, freeing our mind from any attachment to work and its results. In Serendipity we have a beautiful organic vegetable garden and we follow the practice of natural farming. We will also take care of the maintenance of the community compound and the landscaping of the gardens, which are immersed in the tropical dry evergreen forest.

**Qi Gong with Lhamo**  
*From March 14th Every Tuesday and Friday from 7:30 to 8:45am, drop in class.*  
Qigong can be described as a mind-body-spirit practice that improves one’s mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

**Ayurvedic & Stone Massage with Simona**  
*On appointment only (+91 9489511648)*  
The specialty of this massage is that it takes up the traditional concepts of Ayurveda and marma (vital points) therapy along with modern anatomy and physiology. Prime aim of this massage is to provide health or rejuvenation thanks also to the healing qualities of the oil helping the skin to perform its diverse functions efficiently. A technique with hot stones can also be applied, which gives further release along marma points.

**Bach Flowers Remedies with Stefania**  
*On appointment only (+91 9486363442)*  
These remedies are made out of watered-down extracts from the flowers of wild plants, containing its healing energy. They work not only with adults, as they are especially effective with children and even pets. It’s a safe and natural method of healing that gently restores the balance between mind and body by casting out negative emotions which interfere with the equilibrium of the being as a whole.

**Conscious Life Counseling with Stefania**  
*On appointment only (+91 9486363442)*  
This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. Different techniques (like Awareness Through the Body, Psychosynthesis, Integral Psychology and Astroshamanism) will be used to develop consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life.

**Facial Acupuncture and Massage with Lhamo**  
*On appointment only (+91 9565524237)*  
Facial acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. The theory and techniques of facial massage come from facial acupuncture and it is useful for people who are more sensitive and feel uncomfortable with the needles. Through massaging the face, neck, head and using acupuncture, the whole body is treated and supported.

**Head & Shoulders Marma Massage with Bala**  
*On appointment only (+91 9892699804)*  
Marma points means “vital points that hold life force energy”. In this massage the practitioner uses fingers and hands to press (isometric / constant pressure) the specific point in head, face, neck and shoulders. This massage is based on the principles of Ayurvedic and various martial art traditions. Marma massage can help in relieving deep-seated tensions and improving circulation and energy flow.

**Hypnotherapy with Lhamo**  
*On appointment only (+91 9565524237)*  
In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

**Qi Gong with Lhamo**  
*From March 14, Every Wednesday and Thursday, from 4 to 5pm, drop in class.*  
This martial art is an ancient Chinese tradition that has evolved over centuries and even though tai chi developed for self-defense, it has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**Shiatsu Massage with Sara and Simona**  
*On appointment only (+91 9443617308 and +91 9489511648)*  
Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

**Small Children (0-6) Chinese Massage with Lhamo**  
*On appointment only (+91 9565524237)*  
A very interesting way of looking at small children’s health and well being. It is a way to cure infants’ daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. It works through very soft massage using different acupressure points than adults. It is an empowering tool for parents to deal with their kids daily ailments. It is very effective for newly born babies and suitable for children up to 6 years old.

(Ex. Joy Community in front of Center GH)  
Center Field, Landline: +91 (0)413 2965693  
Mobile/WA: +91 9385623342  
Email: serendipity@aurowville.org.in  
https://serendipity.aurowville.org  
https://www.facebook.com/serendipityaurowille
**Diaphragmatic Breathing: Joints & Glands And Systematic Relaxation With Viraj**

Tuesday, Wednesday & Thursday, 1, 2 & 3 March, from 9:30 to 11am

(attend all 3 sessions for maximum benefits)

Learn yoga practices that strengthen & support the breath, relax the nervous system, slow down the heart rate, and improve joint health & blood circulation throughout the body. We will explore breathing through the diaphragm in crocodile pose (makarasana), and subtle movements of the joints from forehead to toes, along with regulation of the glands, then followed by systematic relaxation of the whole body. These practices develop resilience & better management of stress.

**Well Being Of The Bowels With Viraj**

Friday, 4 March, from 9:30 to 11am

Healthy bowels are vital to well being. Learn how to align with “nature’s call”, by understanding the process that prepares the body to flush toxins out of the system and through simple practices that work on the digestion/elimination system. Beneficial for all, but especially for people suffering from irregularity or constipation. Come and learn the art of being able to relax and eliminate well!

**Vocal Yoga With Ludmi**

Friday & Saturday, 4 & 5 March, from 10am to 1pm

Vocal Yoga is a holistic approach, aimed at opening the voice and its capabilities, as well as attaining balance, liberation and relaxation. We begin with the anatomy of the voice and its connection to the body and emotions, and then move into active vocal yoga practice, integrating movement and sound production.

- This workshop is for anyone who wants to:
  - explore and free the voice
  - understand the voice and how it works
  - learn/practice various breathing techniques
  - learn to use the voice in the healthiest manner
  - release emotional blocks connected to the voice
  - learn to express freely and enjoy our unique voice
  - gain confidence in our voice and ourselves

- This two-day program includes:
  - introduction to vocal training
  - pranayama
  - active Vocal Yoga practice (combination of yoga asanas and vocal production)
  - improvisation techniques
  - OM chanting

**Introduction To Hatha Yoga & Yoga Nidra With Bijou**

Saturday, 5 March, from 9:30am to 12noon

A beginner to intermediate guide to the origins of Yoga, balance between breath & movement, physical & mental states, followed by a 30 minute yoga Nidra (guided relaxation meditation). A physical and psychological mindfulness approach to inhabiting our body.
Ecstatic Dance Conscious Movement with Taher
**Saturday 5 to 6.40pm**

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. A safe space for movement and expression.

Contact 0413-2622045 or programming@verite.in.

**Heart-Centered Resilience with Susan**

Learn simple, heart-focused skills that help self-regulate your body’s response to stress and build resilience. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance and quality of life. Best learned in a series of three 60-90 minute sessions.

By appointment: +91 413 2622 606, +91 7867805812 (WA), treatments@verite.in

Yoga Therapy for Inguinal Hernia - with Bijou at Vérité. Complete physio session through yogic movements and holds, aimed at strengthening pelvic and abdominal muscles to relieve inguinal hernia strains, and aimed at non-surgical remedy. Strictly for those with inguinal hernia; belts recommended for all sessions.

By appointment: +91 413 2622 606, +91 7867805812 (WA), treatments@verite.in

**VÉRITÉ PROGRAMS MARCH 2022**

**Phone:** +91413 2622045, 2622606, Mobile: 7867805812
programming@verite.in, www.verite.in

**Yoga & Re-creation Programs**

**Drop-in Sessions**

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<thead>
<tr>
<th>Days</th>
<th>Drop-in Sessions</th>
<th>Timings</th>
<th>Presenters</th>
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</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Hatha Yoga: Sun &amp; Moon</td>
<td>8 to 9:20am</td>
<td>Tahir</td>
</tr>
<tr>
<td>Mondays</td>
<td>Yin Yoga</td>
<td>5 to 6pm</td>
<td>Bijou</td>
</tr>
<tr>
<td>Mondays</td>
<td>Vocal Yoga (starts 7 March)</td>
<td>5 to 6pm</td>
<td>Ludmi</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Chandra Flow Hatha Yoga</td>
<td>8 to 9:30am</td>
<td>Sabrina</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Chandra Flow Hatha Yoga</td>
<td>5 to 6pm</td>
<td>Sabrina</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Wellness Wednesday</td>
<td>11am to 12noon</td>
<td>Maggie</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Somatic Explorations</td>
<td>5 to 6:15pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Chandra Flow Hatha Yoga</td>
<td>9 to 10:30am</td>
<td>Sabrina</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Vocal Yoga (starts 10 March)</td>
<td>11am to 12noon</td>
<td>Ludmi</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Chandra Flow Hatha Yoga (Focus on Back)</td>
<td>5 to 6:30pm</td>
<td>Sabrina</td>
</tr>
<tr>
<td>Fridays</td>
<td>Vinyasa Flow Yoga</td>
<td>5 to 6:20pm</td>
<td>Tahir</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Ecstatic Dance: Conscious Movement</td>
<td>5 to 6:40pm</td>
<td>Tahir</td>
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**Intensives (pre-registration required)**

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Intensives (pre-registration required)</th>
<th>Timings</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday to Thursday, 1 to 3 March</td>
<td>Diaphragmatic Breathing: Joints &amp; Glands &amp; Systematic Relaxation</td>
<td>9:30 to 11am</td>
<td>Viraj</td>
</tr>
<tr>
<td>Friday, 4 March</td>
<td>Well Being of Bowels</td>
<td>9:30 to 11am</td>
<td>Viraj</td>
</tr>
<tr>
<td>Friday &amp; Saturday, 4 &amp; 5 March</td>
<td>Vocal Yoga</td>
<td>10am to 1pm</td>
<td>Ludmi</td>
</tr>
<tr>
<td>Saturday, 5 March</td>
<td>Introduction to Hatha Yoga and Yoga Nidra</td>
<td>9:30 to 12noon</td>
<td>Bijou</td>
</tr>
<tr>
<td>Friday, 11 March</td>
<td>Yoga Therapy for Back Pain</td>
<td>9:30 to 12noon</td>
<td>Bijou</td>
</tr>
<tr>
<td>Saturday, 12 March</td>
<td>Gratitude: Juice of Our Life (Based on Non-violent Communication)</td>
<td>9:30am to 4:30pm</td>
<td>Vega &amp; Edo</td>
</tr>
<tr>
<td>Saturday, 12 March</td>
<td>Freedom from Fear</td>
<td>2 to 4:30pm</td>
<td>Dr. Sehdev</td>
</tr>
<tr>
<td>Friday, 18 March</td>
<td>Introduction to Hatha Yoga and Yoga Nidra</td>
<td>9:30 to 12noon</td>
<td>Bijou</td>
</tr>
<tr>
<td>Saturday, 19 March</td>
<td>Somatic Movement Intensive: Feel &amp; Move Better</td>
<td>9:30am to 5pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Monday to Wednesday, 21-23 March</td>
<td>Somatic Series: Releasing Through The Hips</td>
<td>9:30 to 10:45am</td>
<td>Maggie</td>
</tr>
<tr>
<td>Friday, 25 March</td>
<td>Yoga Therapy for Back Pain</td>
<td>9:30 to 12noon</td>
<td>Bijou</td>
</tr>
<tr>
<td>Saturday, 26 March</td>
<td>Dyad Meditation: Connecting to the Beloved Divine Energy Through Each Other’s Presence</td>
<td>9:30am to 1:30pm</td>
<td>Vega &amp; Edo</td>
</tr>
<tr>
<td>Saturday, 26 March</td>
<td>Yoga of Forgiveness</td>
<td>2 to 4:30pm</td>
<td>Dr. Sehdev</td>
</tr>
</tbody>
</table>

**Therapies (by appointment only)**

<table>
<thead>
<tr>
<th>Heart-Centered Resilience</th>
<th>Susan</th>
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<tr>
<td>Yoga Therapy for Inguinal Hernia</td>
<td>Bijou</td>
</tr>
</tbody>
</table>

**JIVA**

www.auroville-jiva.com, WA 9626006961
contact@auroville-jiva.com, Facebook

We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Fast- ing Natural Horsemanship, Horse Assisted Therapy, Medical Clowning, Yoga Nidra, Gentle Birth & Pregnancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

**Regular classes in TaijiQuan and QiGong**

- **Dynamic QiGong with Andres**
  - Tuesday, Thursday, Saturday
  - 7-8am behind Kalabhum
• Taiji Quan and Qigong with Michael & the Taiji-Family
  ◦ Qigong Tuesday, Thursday, 4 – 4:45pm
    Qigong is the “Yoga of China”, a holistic system to practice and refine the body, our life-energy, the mind and to nourish our soul. Suitable for all ages. Body-work and Meditation
  ◦ Taijiquan (TAI CHI)
    Tuesday, Thursday 4:45pm – 6pm
    Learn “Chen Style Taijiquan Practical Method” from disciples of the lineage holder Master Chen Zhonghua. Authentic Chinese Martial Art.
  ◦ Venue: “The Learning Community” near Transition School

Integral regression therapy sessions

A therapy and energy work based on Sri Aurobindo and The Mother’s integral Yoga, based on trauma therapy, pastlife regression therapy, inner child work, NLP, and a client centric approach.

Typically, integral regression therapy addresses unexplainable pains, traumata from accidents or early childhood, questions about past lives, life purpose or restricting behaviour patterns.

Sigrid Lindemann is a transpersonal regression therapist, trainer in hypnotherapy and teacher of advanced classical homeopathy, with her background in Integral Yoga, living over 20 years in Auroville, Puducherry.

All info: Sigrid, contact@auroville-jiva.com WA 9626006961

Explore your mind

• 3-day workshop in hypnotherapy
  • 25, 26, 27 February
  “The answers you seek never come when the mind is busy, they only come when it is still” What is hypnosis? How do the right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax! Meditate with ease! Expand your therapeutic toolbox!

Apply Selfhypnosis Workshop combining experiential learning and “Theory of the Mind “Certified course from EKAA www.ekaa.co.in
  ◦ 25 February, Friday 4 – 7pm,
  ◦ 26 & 27 February, Saturday, Sunday 9–5pm
  ◦ at Sharnga Guesthouse Yagahall

Trainer: Sigrid Lindemann Certified Faculty in Hypnotherapy, Regression Therapy and Classical homeopathy, Germany and Auroville

Venue: Sharnga Guesthouse Yagahall, www.sharrngaguesthouse.in

• Workshops with Nirupam Gyan Sufi are planned for September 2022: The Sufi Way and “Gurdjieff Sacred Dances”

• Venue: Sharnga Guesthouse, www.sharrngaguesthouse.in

Sharnga Guesthouse is a green oasis, with a huge Banyan Tree, horses, birds, a lively tropical garden, with a small pool, gym and rooms from simple to AC, single to family units. A Yoga Hall, AC lounge with big screen, and the great service and international cuisine make it a perfect spot.

• YEP We do offer adventure camps with kids programs, https://www.facebook.com/YEPAV parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

Natural Horsemanship

• Individual and group sessions ongoingly
  • Timings: afternoons 4 – 6pm or mornings 8-10am

Mirrabelle offers webinars, classes and workshops in Natural Horsemanship. 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 it’s just fun time to BE with a sensitive, naturally trained horse! Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfills her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care, riding and therapy!

Contact: WA 9626565134, contact@auroville-jiva.com

QUIET HEALING CENTER

www.quiethealingcenter.info/quiet@auroville.org.in
+91 431 2622329/+91 9488084966, 948807987

Watsu® 1 with Petra and Gianni
Tuesday 1 – Monday 7 March, 8:45am – 6:30pm

Watsu is an aquatic bodywork modality, developed by Harold Dull in the 1980s and given in a warm water pool (ideally 35°C).

In this course, you will be taught the basic movements and positions of Watsu, connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. You will experience floating other people and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

No previous experience required (and also not being able to swim)!

Watsu® & Meditation with Dariya
Tuesday 8 – Wednesday 9 March, 8:45am – 6pm

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. The purpose of meditation is to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition through the heart rather than perception through the rational mind. This might at times support making choices from a deeper place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to and be fully present with the person we float during a Watsu session.

Prerequisites: Watsu Basic
Watsu® for Babies with Dariya
Friday 11 March, 8:45am – 6pm
Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to experience the joy of being in water with babies. In this course, you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies. Thanks to the collaboration with Gianni De Stefani, certified WABA facilitator, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

Prerequisites: Watsu Basic or a degree to work with babies in water

Watsu® & Breathing with Dariya
Saturday 12 – Sunday 13 March, 8:45am – 6pm
A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also integrate the practice of Watsu qualities and the power of working with your receiver’s breath. Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and your energetic connection with the receiver. You will also be exposed to the anatomical basis of our respiratory system to better understand its functioning. To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again…

Prerequisites: Watsu Basic

Quiet Regular Offerings March 2022

<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/Waterdance)</td>
<td>Appie, Daniel, Dariya, Friederike, Guido, Orev, Ursula</td>
</tr>
<tr>
<td>Ayurvedic Abhyanga Massage</td>
<td>Umberto</td>
</tr>
<tr>
<td>Ayurvedic Birenda Massage</td>
<td>Eli, Jean-Louis, Kumar, Sheida</td>
</tr>
<tr>
<td>Ayurvedic Marma Massage</td>
<td>Kumar, Maggie</td>
</tr>
<tr>
<td>Clinical Massage Therapy</td>
<td>Maggie</td>
</tr>
<tr>
<td>Craniosacral Therapy</td>
<td>Shola</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>Andrei, Maggie, Shola</td>
</tr>
<tr>
<td>Etomedicine</td>
<td>Lisa</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>Sheida</td>
</tr>
<tr>
<td>Healing Touch Massage</td>
<td>Sami</td>
</tr>
<tr>
<td>Holistic Massage</td>
<td>Maggie</td>
</tr>
<tr>
<td>Hypnosis Therapy</td>
<td>Shola</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>Quantum Shiatsu</td>
<td>Sami</td>
</tr>
<tr>
<td>Raindrop Technique</td>
<td>Dodo</td>
</tr>
<tr>
<td>Reiki</td>
<td>Maggie</td>
</tr>
<tr>
<td>Sound Healing/ Sound Bed</td>
<td>Sami</td>
</tr>
<tr>
<td>Thai Yoga Massage</td>
<td>Sheida</td>
</tr>
<tr>
<td>Traditional Chinese Medicine</td>
<td>Linda</td>
</tr>
</tbody>
</table>

Yoga

<table>
<thead>
<tr>
<th>Pranayama, [Regular only]</th>
<th>Friday, 6:45 – 8:00am</th>
<th>François &amp; Namrita</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Yoga Practice, [All levels]</td>
<td>Wednesday, Friday, 7:30 – 9:00am</td>
<td>Rachel</td>
</tr>
<tr>
<td>Asanas, [All levels]</td>
<td>Thursday, 10:30 – 12:00pm</td>
<td>Rachel</td>
</tr>
<tr>
<td>Asanas on alignments, [Mixed level]</td>
<td>Tuesday, Thursday, 3:00 – 4:30pm</td>
<td>Rachel</td>
</tr>
<tr>
<td>Asanas on alignments, [Intermediate level]</td>
<td>Monday, Friday, 5:00 – 6:30pm</td>
<td>Rachel</td>
</tr>
<tr>
<td>Hatha Flow, [All levels]</td>
<td>Tuesday, 10:30 – 12:00pm</td>
<td>Rachel</td>
</tr>
<tr>
<td>Hatha Flow, [All levels]</td>
<td>Wednesday, 5:00 – 6:30pm</td>
<td>Rachel</td>
</tr>
<tr>
<td>Hatha Yoga, In French, Drop-in, [All levels]</td>
<td>Tuesday, Friday, 11:00 – 12:30pm</td>
<td>Sylvie</td>
</tr>
<tr>
<td>Yoga Nidra, In French, Drop-in</td>
<td>Monday, 5:15 – 6:30pm</td>
<td>Sylvie</td>
</tr>
<tr>
<td>Yoga Therapy, [All levels]</td>
<td>Monday, Wednesday, Friday, 8:30 – 10:00am</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas, Teenagers</td>
<td>Monday, Wednesday, 4:00 – 5:00pm</td>
<td>Lisbeth</td>
</tr>
<tr>
<td>Asanas, Children, 7 – 9yrs</td>
<td>Saturday, 10:00 – 11:00</td>
<td>Gala</td>
</tr>
<tr>
<td>Private Yoga lessons</td>
<td>Available on request</td>
<td>Rachel</td>
</tr>
</tbody>
</table>

Iyengar Yoga

Prior registration necessary

<table>
<thead>
<tr>
<th>Iyengar Yoga, For Seniors, Regular</th>
<th>Monday, 9:30 – 11:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iyengar Yoga, For ladies, Regular, [Level 2-3]</td>
<td>Monday, 11:00 – 12:30pm</td>
</tr>
<tr>
<td>Iyengar Yoga, Drop-in, [All levels]</td>
<td>Tuesday, 7:00 – 8:30am</td>
</tr>
<tr>
<td>Iyengar Yoga, Regular, [Levels 2-3]</td>
<td>Tuesday, 5:00 – 6:30pm</td>
</tr>
<tr>
<td>Iyengar Yoga, Drop-in, [All levels]</td>
<td>Thursday, 7:00 – 8:30pm</td>
</tr>
<tr>
<td>Yoga for Immunity, Self-Practice, Regular, [Levels 2-3]</td>
<td>Saturday, 5:00 – 6:30pm</td>
</tr>
</tbody>
</table>

Iyengar Yoga practitioners, please note the following:
- Classes earmarked “All levels” mean:
  1. Students can come to the class regardless of experience of Iyengar Yoga practice
  2. Performing inverted poses in this class is optional.
  3. If the student is unable to complete the basic pose, the teacher will offer an alternative.
• Classes earmarked “Level 2-3” mean:
  1. The class is designed for experienced practitioners!
  2. In each lesson, inverted poses are performed.
  3. If the student cannot perform the basic version of the asana, he/she should know alternative options for replacement according to the peculiarities of his/her practice.

**Body – Mind – Spirit**

<table>
<thead>
<tr>
<th>Event</th>
<th>Days &amp; Times</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feldenkrais, Drop-In</td>
<td>Friday, 5:15 – 6:30pm</td>
<td>Shari</td>
</tr>
<tr>
<td>Maitri Tunes, Drop-In, An exploration of sound and stillness</td>
<td>Monday, 5:30 – 6:30pm, Private sessions available on request</td>
<td>Sheetal</td>
</tr>
<tr>
<td>Flow Game, Finding clarity alone and together</td>
<td>Tuesday, Wednesday, Friday, Saturday, 9:30 – 12:30pm, For booking, write to: <a href="mailto:sheetal@aurivoille.org.in">sheetal@aurivoille.org.in</a></td>
<td>Sheetal</td>
</tr>
<tr>
<td>Feldenkrais, Drop-In</td>
<td>Friday, 5:15 – 6:30pm, Not on 4th</td>
<td>Shari</td>
</tr>
<tr>
<td>Balance Program, (8 sessions in February/ March)</td>
<td>Wednesday, 8:45 – 10:15am, Not on 30th, For Elder Aurovilians</td>
<td>Osnat, Dan</td>
</tr>
<tr>
<td>Self-Shiatsu, Drop-In, In French / English</td>
<td>Monday, 4:00 – 5:15pm</td>
<td>Patricia</td>
</tr>
<tr>
<td>Self-Shiatsu, [Regular only]</td>
<td>Wednesday, 5:15 – 6:45pm</td>
<td>Patricia</td>
</tr>
<tr>
<td>Healing Qi Gong, Drop-In</td>
<td>Thursday, 9:15 – 10:15am, Starts on 10th</td>
<td>Shari</td>
</tr>
<tr>
<td>Taoist Qigong, Drop-In, [Beginners], In French</td>
<td>Wednesday, 7:00 – 8:30am</td>
<td>Elisa</td>
</tr>
<tr>
<td>Taoist Qigong, Drop-In, In English</td>
<td>Saturday, 7:00 – 8:30am</td>
<td>Elisa</td>
</tr>
<tr>
<td>Aviva Exercise, For women, Drop-In</td>
<td>Monday, Friday, 5:00 – 6:30pm</td>
<td>Suriya-gandhi</td>
</tr>
<tr>
<td>Energy Games &amp; Art class, Children 7-9 yrs</td>
<td>Saturday, 11:00 – 12:00noon</td>
<td>Gala</td>
</tr>
<tr>
<td>Odissi Dance, [Regular]</td>
<td>Friday, 3:30 – 5:15pm</td>
<td>Rekha</td>
</tr>
</tbody>
</table>

**Healing Spaces**

**Energy therapy:** Fusion of deep guided relaxation, visualisation, reiki, pranic healing, and foot & cranial reflexology.

**Rediscovering the Self-healing power and natural Intelligence of the body:** Experiencing the Presence within by quietening the thought process and contacting the body.

**Journey to the memory of the body:** Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware & deprogramming these old belief systems put in place in the past, which keep us from living a very joyful life in the present.

**Shiatsu:** The Quantum Shiatsu practised by Ulrike Urvasi for over 20 years follows an understanding which is multi-dimensional and holistic, reminds of and activates the self-healing forces in each one of us.

**Self-Healing based on Craniosacral Therapy:** Self-Healing sessions offered by Kirtan are a non-medical healing approach based on Craniosacral Therapy. It is a way for you to experience your True Self in a profoundly deep, practical, and lasting way, by attuning you to your own blueprint for health. It calls forth your natural re-alignment, resonance and healing forces.

**Shamballa Reiki:** Pierre is offering treatments for those who are open to using the Universal Energy, we call Reiki, to keep us aligned during the immense shift we are all going through. In his observation “the cosmic clock is turning; the Universal Energy remains the same”.

**Essenian Healing:** Essenian treatments are a therapeutic approach that uses the healing power of light and sound as well as the massage of energy points with the aim of maintaining or restoring a harmonious balance between body, soul and spirit. The healing acts by restoring the flow of energy that has been disrupted by stress, illness, negative thought forms and the difficulties of everyday life.

**Coaching Session:** “l’Accompagnement en Présence”: Seance D’accompagnement En Présence – 1h30. Formée à l’Accompagnement en Présence depuis 2017, je vous propose mon expérience de Praticienne. Chaque séance est une invitation à laisser venir en vous les réponses dévoilées par vos sensations corporelles. Ce processus de focusing est simple, il vous amène exactement à l’endroit du corps qui a besoin d’être entendu.

**Coaching:** Focussing on Presence: Trained in the coaching method “l’Accompagnement en Présence” since 2017, I offer you my experience as a practitioner. Each session is an invitation to let the answers get revealed by the bodily sensations you are experiencing. This focusing process is simple, it brings you exactly to the place of the body that needs to be.
Homeopathic Clinic
“Svasti” Homoeopathic Clinic with Dr Aditi Patel, B.H.M.S., Homoeopath (Registered).
Consultations for new cases are held by appointment only. Please take your appointment with Dr Aditi directly, by calling +91-9428429642.
Patients with any urgent requirements and regular patients can drop-in from Tuesday to Thursday 10:30 – 11:30am and will be attended to on first come, first served basis.

If you wish to receive our program of activities by email, please write to us: pitanga@auroville.org.in
See you at Pitanga, with a smile!

HOLISTIC AND HOLISTIC HEALTH CARE UNIT
March 2022

Healing & consciousness
For more info: www.auroville-holistic.com or Mob/whats’ app: +919489805493
or Mail: contact@auroville-holistic.com

• Ashtanga Yoga Classes, Mysore style, with Christine P
Everyday From Monday to Saturday at 7:45am
For beginners, advanced students. The teaching is adapted to each one and his (or her) own issue (So you can join even if you have physical issue)

• Hypnotherapy with Christine P Any time on appointment, last 2h: Hypnosis, healing purpose / regression.

• Workshop: De-stress your mind with Scientific Sound & meditation. Tuesday & Thursday at 4pm, Saturday & Sunday at 11am. Last 1h15 min. For the purpose of deep relaxation.

• Reiki Session with Mradul, on appointment.

• Health & Life Coaching with Christine P, on appointment, from 23 March. Our days for open consultation will be Monday/Thursday from 2:30 to 3:30pm. Improve work performance & qualities. Goal setting, relationship issues, etc. Healing purpose.

• Health & consciousness program with Christine P & Mradul J. Contact us for details and appointment. Involvement in the therapy and advises given are required. Talk one to one session/ CBT/NLP/Meditation/ Systemic Therapy.

○ Looking for your next step in your life?
○ Difficulty to make a choice or take decisions.
○ Suffering from panic attack, anxiety, sleeping disorder, depression, etc.
○ Anyone, who wants to enhance his (or her) relationships, etc.

• AMI: Analysis of multiple Intelligence with Mradul J, on appointment basis. 1st appointment last 20 min: to take the finger print. 2nd appointment is for the counseling( 1h), Scientific way to discover your hidden talent and potential.

• Acupressure therapeutic massage with Christine P. Any time on appointment. Lasts 1h30 min. For any health issue or emotional blockage. Rebalancing the energy and harmonization of the chakra.

NEWS FROM AUROVILLE LANGUAGE LAB
COVID 19 Prevention
When you access the Language Lab, please observe the following actions:
○ Please take your temperature and sign the Covid tracking book
○ Clean your hands with Sanitizer
○ Wear a mask
○ Maintain social distance

Please remember to put your mobile phones on flight mode and switch off all wireless and bluetooth devices before you enter the lab, since it is a wireless-free space

Tomatis
There are spaces available for both language & therapeutic programmes! Please contact 4036922 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations
For more information about the Tomatis program, please have a look at the following links:

https://www.aurovillelanguagelab.org/tomatis-method.php
https://www.aurovillelanguagelab.org/tomatis-kids.php
https://www.youtube.com/watch?v=wnpXprTl3m0
https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos
https://www.listenwell.com/

New Language Courses
Sanskrit For Beginners With Aravinda
We are happy to announce that a Sanskrit class for beginners, is about to start at the Language Lab, on Thursday, 24 February. It is held in person by Aravinda.
Growing up in a family with deep appreciation of Sanskrit, Aravinda has natural love and affinity for it. His dream is to see Sanskrit as a living language in Auroville.

Course features:
Starting with the sounds and the alphabet, we shall enjoy exploring simple words, conversation and chanting of selected mantras.
The classes will take place every Thursday, 3 to 5pm, for 3 months. If the timing is not suitable for you, we are open to discuss possible changes. Let us know.
If you are interested:
Please fill out our form at to join, or inquire about, any language classes at the Lab! You can drop us an email to info@aurovillelanguagelab.org, or call us at 2623661
Projection of Dreamweaving Sessions
Monday to Friday, from 4:30-5:30pm

For those without computers or good internet access, we will be projecting the Dreamweavers sessions everyday, Monday to Friday, from 4:30-5:30pm, starting on 11.02.2022. All are welcome to drop in. We’ll start with the most recent days of presentations, and also cover all the technical presentations from the beginning of the process.

• More info is here

ALL: Schedule of Classes as of 21.02.2022

<table>
<thead>
<tr>
<th>Language</th>
<th>Level</th>
<th>Start Date</th>
<th>Time</th>
<th>Days of Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>English with Sandy</td>
<td>Total Beginner</td>
<td>To Start in February</td>
<td>3pm – 4pm</td>
<td>Tuesdays – Thursdays</td>
</tr>
</tbody>
</table>

Please fill out our form 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 course, thank you!

The Language Lab’s Opening Hours
Monday – Friday:
9:00am – 12:00pm & 2:00pm – 5:00pm.
Saturday:
9:00am to 12:00pm.
Location: International Zone, after Unity Pavilion & Pump House.
Phone: (0413) 2623 661, 4036920/22.
Email: info@aurovilleteachinglanguage.org

CINEMA

AUROMODE Hive & TANTO
Movie night on February, 25 at 7:30pm and Tanto is serving pizzas at the same time.
Cinema Paradiso-Multimedia Center is in operation at 50% seating capacity as per the regulations. It is open to all.

Please note: we have rolled back our timing to 8:00pm for now. To organize seminar/program please contact us via email. If as per regulation, there are any changes we will let you know.

Indian– Monday 28 February, 8:00pm: BIOSCOPEWALA
India, 2017, Dir. Deb Medhekar w/ Danny Denzongpa, Geetanjali Thapa, Adil Hussain and others, Drama, 91 mins, Hindi w/ English subtitles, Rated: NR (PG)

In this beautiful extrapolation of Rabindranath Tagore’s famous story Kabuliwala, the film starts from where Kabuliwala ends. Here Rehmat Khan shows films or bioscopes to children in Kolkata and misses his daughter in Kabul ravaged by civil war. Will he meet his daughter again? Will their story find a completion this time? Don’t miss this beautiful adaptation!

Potpourri – Tuesday 1 March, 8:00pm: KAJILLIONAIRE
USA, 2020, Dir. Miranda July w/Richard Jenkins, Debra Winger, and others, Comedy-Drama, 104 mins, English w/ English subtitles, Rated: R

A woman’s life is turned upside down when her criminal parents invite an outsider to join them on a major heist they’re planning.

Interesting – Wednesday 2 March, 8:00pm: BLOODY NOSE, EMPTY POCKETS
USA, 2020, Dir. Bill Ross IV & Turner Ross w/ Peter Ellwet, Michael Martin, Docu-Drama, 98 mins, English W/ English subtitles, Rated: NR

A look at the final moments of a Las Vegas dive bar called ‘The Roaring 20s’. On the eve of the 2016 U.S. presidential election, and on its final night before closing, it becomes a stage where its employees and barflies commiserate one last time.

Every Thursday, we will screen winning films from the Auroville Film Festival (AVFF) 2022 [HU: stands for Human Unity].

AVFF 2022 – Thursday 3 March, 8:00pm:
• A LETTER FROM INDIA – WISDOM AWARD for HU
• WHITE EYE – CP AWARD for HU
• IN YOUR EYES – CP AWARD for HU

A LETTER FROM INDIA – India, 2019, Dir. Naveed Mulki & Shaktiraj Singh Jadeja w/ Biju Ibrahim, Documentary, 12 mins, English w/ English subtitles, Rated: G

In Mattancherry, a small place near Fort Kochi in Kerala, live 39 communities from all around the country and some across the oceans – for over 500 years. They came here for different reasons, in different times, but they all stayed for the collective reality that was far better than any dream could convey. This is a place where the idea of India comes alive like no place else. This is a story told through the eyes of a photographer who has been documenting these communities for the past two years.

WHITE EYE – Israel, 2019, Dir. Tomer Shushan, Drama, 21 mins, Hebrew w/ English subtitles, Rated: G

A man finds his stolen bicycle and it now belongs to a stranger. In his attempts to retrieve the bicycle, he struggles to remain a human.

IN YOUR EYES – Israel, 2019, Dir. Barak Heymann, Documentary, 56 mins, Amharic-Arabic-English-Hebrew w/ English subtitles, Rated: G

The film follows the less-known aspects of the lives of four “web stars” – Israeli YouTubers: Moti Taka, one of the busiest singers in Israel today. Suzi Boum, aka LiorIsraelov, a successful, well-known drag queen, born and raised in a religious family. Chen Halfon, a 25yrs old mother of three, who is one of the few orthodox YouTubers in Israel. And Hannah Ziad, an Arab YouTuber with about half a million followers, who reveals a complex family story about her father’s death.

International – Saturday, 5 March, 8:00pm: THE FRENCH DISPATCH
USA-Germany, 2021, Dir. Wes Anderson w/ Benicio Del Toro, Adrien Broday, Tilda Swinton, Comedy-Drama, 117 mins, English-French w/ English subtitles, Rated: R

With his theatrical company a local success, Buster Moon is dreaming of bigger things. Unfortunately, when a talent scout dismisses their work as inadequate for the big time, Buster inspires his players to gamble everything to sneak into a talent audition in Redshore City for the demanding entertainment mogul Jimmy Crystal.

Children’s Matinee – Sunday, 6 March, 4:30pm: SING 2
USA, 2021, Dir. Garth Jennings w/ Matthew McConnaughhey, Scarlett Johansson and others, Animation-Comedy, English w/English subtitles, 110 mins, Rated: PG

A love letter to journalists set in an outpost of an American newspaper in a fictional twentieth century French city that brings to life a collection of stories published in “The French Dispatch Magazine”.

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, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to “Cinema Paradiso” (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You, MMC/CP Group Account# 105106, mmcauditorium@auroville.org.in
Appendix

SANTÉ SERVICES IN MARCH 2022

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

Tests and Sample collection
Monday – Friday before 12:00pm.
No sample collection on Saturday.

For emergencies
Auroville ambulance (24/7): Phone+91 94422 24680
Government ambulance (24/7): Phone: 108

Appointment
Please call Sante on (0413) 2622803 during working hours for an appointment

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctor consults with Dr. Brian, Dr. Senthil &amp; Dr. Prabha, Daily</td>
<td>Nursing Care, Ezhil &amp; Thilagam, Daily (No appointment necessary)</td>
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<tr>
<td>Acupuncture with Andres, Monday – Saturday</td>
<td>Ayurveda with Dr. Berengere &amp; Dr. Sonia, Monday/ Wednesday/ Thursday/ Friday</td>
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<tr>
<td>Homoeopathy with Michael, Monday/ Wednesday/ Friday</td>
<td>Integrative Psychotherapy with Juan Andres, Monday/ Tuesday/ Wednesday/ Friday</td>
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<tr>
<td>Midwifery &amp; Family counselling with Monique, Tuesday</td>
<td>Pregnancy Care &amp; Women’s Wellness with Paula, Tuesday &amp; Wednesday</td>
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<tr>
<td>Paediatric Physiotherapy with Swati, Monday &amp; Wednesday</td>
<td>Physiotherapy with Osnat Monday/ Thursday/ Friday</td>
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<tr>
<td>Physiotherapy and Massage with Galina, Monday – Friday</td>
<td>Physiotherapy with Rebeca, (TOS from 01/01 onwards)</td>
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In Sante, we value our patient’s confidentiality & make every effort to ensure their privacy.

EMERGENCY SERVICES

Ambulance (24/7):
- Auroville – 9442224680
- PIMS – 0413 2656271

Security (24/7):
- Auroville Safety & Security Team – 9443090107
- Auroville Police Station – 0413 2677318
- Kottakuppam Police Station – 0413 2236148
- Vanur Fire Station – 0413 2677368

Health
- Health Center – 0413 2622123
- Santé – 0413 2622803/ 0413 2623937
- Farewell – 8903836246

Mental health 24/7 support:
- Mattram – 9487746051

India Emergency Response Service (24/7)
- 108
## ACCESSIBLE AUROVILLE PUBLIC BUS

**Auroville TO PONDICHERRY**

<table>
<thead>
<tr>
<th>Stop</th>
<th>Trip 1</th>
<th>Trip 2</th>
<th>Trip 3</th>
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<tr>
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<tr>
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**Pondicherry TO AUROVILLE**

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**Bus Charges**
- Monthly Rs.550 (Aurovilians & New comers)
- Rs.100 one way for Aurovillian & New comers
- Rs.150 one way for Guest

**IMPORTANT INFORMATION ABOUT NEWS & NOTES**

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

The content of News & Notes is a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

**How to submit material:**
- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a “Reply” to the digital subscription mail.

There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thursdays due to work pressure.

**Visiting hours:** call or email for appointment.

**Disclaimer:** 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. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

- Email: avbus@auroville.org.in
- Phone: +91 94430 74825

**News & Notes, Media Centre, Town Hall, 0413-262-213**