



The Aura

NEWSLETTER 143

August 2019

What went behind.....

Tai Chi, a Chinese martial art and exercise with gentle flowing movement is rightly described as meditation in motion. The session conducted by Dr Sunil Srinivasan, paediatrician and Tai chi instructor, infused in us a sense of tranquility and peace.

Dr Sunil led us through Silk weaving exercises and self defense techniques of Tai Chi. He said, this ancient fitness art with meditation and focused breathing helps maintain strength, flexibility, balance and could be the perfect activity for the rest of your life. We are happy to note that after the event, few of our members have registered for the course at Dr Sunil's Sun2Sha Tai Chi centre. Way to go ladies!!!

What Lies Ahead.....

A programme with a difference, an opportunity to interact with 5 eminent people who made different career choices. Idlipreneur & Strategist R U Srinivas in conversation with Karthik Kumar... Actor, Nina Reddy... Hotelier, Vinay Kamath... Journalist, Prashanthi Ganesh... Strength and Conditioning coach and Shriram Kumar... Virtuoso Violinist.

This event is also open to ladies who are not members of The Aura, with a registration amount of Rs 500/-.

This event will be free for new members who join The Aura on or before 7th August with the subscription amount of Rs 5000/-

Please note that the meeting begins with lunch at 11.30am and the programme thereafter at 12.15pm.

Wednesday 7th August 2019

11.30am

Hotel Sangam, Trichy

'The Road Less Travelled'

A Panel Discussion

Moderated by R U Srinivas



The Aura NEWSLETTER

Motta Maadi Music

The Aura in association with
Embellish designers presents
Motta Maadi Music

On 18th August 2019

At 6pm

At Devar Hall, Trichy.

Tickets are available on
bookmyshow.com

RENEWAL OF AURA MEMBERSHIP

It's renewal and enrollment time at The Aura, Subscription amount of Rs 5000/- can be handed over at the August meeting



AUGUST

Latha Gopal	2 nd
Annakamu K	6 th
Nirmala Manickam	11 th
Jayanthi Rani	13 th
Latha Anand	23 rd
Vadivu Srinivasan	23 rd
Varsh	23 rd



The Executive Committee

Mythily Ramanan - 98430 54925
Rajalakshmi Rajesh- 97910 13401
Rajeshwari Ramakrishnan- 2415687
Subha Rengarajan - 98424 08099
Vidhya Madhan- 99444 52100
Vrinda Ramanan- 94432 59747
Supported by-
Smitha Ananth 94438 40990

To Reach us ...

E Mail: admin@theaura.org

Website : www.theaura.org

www.facebook.com/TheAuraTrichy