



NEWSLETTER

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May, 2022

Greetings from The Aura,

The summer sun was no dampener, for we at The Aura have an insatiable appetite to learn, interact and to indulge. Good food and music are the cream on the cake.

South Indian culinary ambassador Rakesh Raghunathan's 'Sacred offerings' was a thematic presentation of the temple prasadam of the two popular temples Srirangam and Srivilliputhur. With a vision to showcase the rich heritage of the region, he interspersed his talk with the history, hymns and anecdotes behind the offerings.

While the flavours from the delicacies Thirumal vadai and Aravanai of Srirangam and Akkaraadisil of Srivilliputhur tickled our taste buds, the soothing pasurams revealed the significance of the dishes. In the words of Rakesh Raghunathan, it was "a multi-sensorial experience".

To add more zest, Aura Aphrodite anchored the show with thematic games which set the stage for the presentation. Altogether, a delectable morning at The Aura.





Prelude

Event: Face Yoga

Guest: Ms Sakina Vagh
Yoga Alliance
International Certified Trainer

Date: Tuesday, 10th May 2022

Time: 11am on Zoom

Gandhiji once said, “It is health that is real wealth and not pieces of gold and silver”. A healthy you is a happy you.

Sakina Vagh is a Yoga Alliance International Certified Teacher for various forms of yoga with a certification of 20hrs for Face Yoga. She has been practising and teaching for 3 years. This workshop will be covering kriyas to relax the mind and facial muscles.

Face yoga is a wonderful self-care technique that may improve your appearance by softening, stretching, and strengthening your face muscles. The technique helps you alleviate stress, tension and worry. The facial expressions associated with those feelings may become a thing of the past.

Join us from the comfort of your home. Make sure you have a bottle of water and your chosen oil by your side. Engaging in this nourishing practice will help you feel calmer and happier.



HAPPY BIRTHDAY

Guest Speak

“It felt like
being home...
Thank you,
as always
Aura”.

-Rakesh Raghunathan

Birthdays in May

Pooja H	6 th
Meenu Palsani	10 th
Raveena Gunaseelan	13 th
Punita Vivek Mittal	18 th
Jayashree S	26 th
Pavithra M	28 th

From The Aura Committee

This online event is the first of the 3 programmes on zoom that will be given this year.

Down memory lane...



March 2017

Topic: Let's Talk Emotions – Helping children with cognitive and Social Challenges

Guest: Dr. Vasudha Prakash, Professional Counselor

The Executive Committee

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