



# NEWSLETTER

176

June, 2022

Greetings from The Aura,

When the sun shines bright with a warm and glittering look, the best thing to do is stay indoors and stay cool. The Aura takes a summer break every year in the month of May. This year we decided to go virtual, with the first session of our wellness series.

It is believed, that Yoga adds years to your life and life to your years. A glowing and cheerful Sakina Vagh, a Yoga Alliance International Certified Teacher, joined us for a refreshing session on Face Yoga. Her quick and clear instructions helped us relax and enjoy the morning.

The regular practice of Face Yoga will help you achieve and maintain a youthful and radiant appearance. As Sakina says, "it only takes a few minutes a day, so it can be easily incorporated into your daily routine". That "glowing appearance," can start to show in just a few weeks.

It was exciting to see good response to the virtual session. We have shared the video recording with you all for the benefit of those who were unable to join the session. We look forward to meeting you in person with yet another exciting workshop in June.





## Prelude

**Event: Sharing Stories Through  
Drama and Theatre**

**Guest: Mr. Hans Kaushik**  
Visual Artist/Actor

**Date: Thursday, 30th June, 2022**

**Time: 10.30 am**

**Venue: Amirtham Hall, Hotel Ramyas.**

“All the world’s a stage, and all the men and women merely players”, Shakespeare famously said. Today, as time runs in dizzy circles, performing arts has acquired a new meaning like never before. The world needs people who think creatively, for only then, can we play our parts better, in this theatre of dreams called the world.

Hans Kaushik started his career as a visual artist, actor, set designer, puppeteer and educator. His journey began in 1980, when he joined the renowned Faculty of Fine Arts, MS University as a student of sculpture. He soon discovered that his passion lay in theatre and acting. He now lays emphasis on teaching theatre and drama. He has acted in movies, serials and more than 50 plays in his career. His most recent outing as an actor has been the serial ‘Queen’ and the play ‘Ponniyin Selvan’.

Join us for a fun filled theatre workshop and a conversation on the life of an actor with our guest. Enjoy the day sharing stories and watch the creativity burst forth from each one of you.





# HAPPY BIRTHDAY

## Guest Speak

Dear Aura,

I had the pleasure to teach Face yoga to these wonderful ladies of the Aura forum. They were so cooperative and friendly and it was an overwhelming response from them. I thoroughly enjoyed the session teaching them few facial workouts and relaxing anti-aging face massage for better sleep and great skin. Thank you so much for this opportunity and the participants for showing so much interest and giving me such great feedback.

Love and regards,  
Sakina Vagh

## Birthdays in June

Mallika P	3
Muthu Nagappan	11
Subha Rengarajan	17
Usha Gouthaman	18
Radhika Vijay	19
Shilpa Choudhari	20
Meenakshi Gajeshwaran	25
Jayasri M	26
Moulini Balaji	28

## From The Aura Committee

Join Us on time to  
enjoy the entertainment show  
planned by Aura Astraea.

## *Down memory lane...*



April 2017

Topic: Group Dynamics and Theatre Workshop

Guest: T.M.Karthik, actor ,co-founder of Sideways Training.

### **The Executive Committee**

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747
Smitha Ananth	94438 40990

### **Reach us at**

[www.facebook.com/TheAuraTrichy](http://www.facebook.com/TheAuraTrichy)

E mail: [admin@theaura.org](mailto:admin@theaura.org)

Website: [www.theaura.org](http://www.theaura.org)