



The Aura

NEWSLETTER 128

March 2018

What went behind.....

'Chudamani', a Madras Players production , set in the 1970s, brilliantly directed by P.C.Ramakrishna, showcased the many facets of its female protagonists. Be it Shankari or Suganthi , Kasturi or Thulasi, the women were much ahead of their times and the audience related well to the play. Superbly enacted by each and every member of the cast and the creative use of austere setting with simple props on stage are worth a mention.

The applause through the play, the feedback from the audience , culminating with a prolonged standing ovation to the artists has encouraged us to raise our own benchmark and bring more such programmes to Trichy . Cheers to The Aura and all those who made it to the event!

What Lies Ahead.....

The month of March brings with it the beauty of spring and the colours of Holi. It is also the time for exams and stress. Let's come together and unwind with fun filled activities and games, dance to music and relax over lunch.

Our guest Tripura kashyap, is a dance therapist and a pioneer in creative movement therapy in India. The creative activities and games are specially meant for non dancers. Come experience a heightened body-mind connection to increase cognitive and emotional integration within. The individual and group activities are designed to enhance well being and communication with others.

Tuesday

6th March, 2018

Hotel Sangam

Creative Movement Therapy

Tripura Kashyap

Co-Founder/Director, Creative Movement Therapy
Association of India



The Aura NEWSLETTER

“Nurturing yourself
Is not selfish –
It’s essential to
Your survival and
Your well-being”

Come dressed in loose
comfortable clothing for
the workshop

The Executive Committee

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Supported by-
Smitha Ananth



MARCH

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|--------------------|------------------|
| Mahalakshmi S | 3 rd |
| Vrinda Ramanan | 3 rd |
| Meenakshi Velleyan | 5 th |
| Vanitha S | 5 th |
| Krishna Kumari S | 11 th |
| Akila Srivathsan | 17 th |
| Sowmiya Ganesh | 17 th |
| Nagalakshmi S | 23 rd |
| Hema Kannan | 24 th |
| Rinku Bhagat | 25 th |
| Joy Thomas | 27 th |



To Reach us ...

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