



NEWSLETTER

147

January, 2020

Welcome 2020! A very Happy New Year to all our members!

Rhythm of the soul

“I never thought I would ever get a chance to dance again” said many. For most of us it was our first dancing session, a childhood desire, which brought a sense of peace and accomplishment. It shows, when your dreams translate into determination nothing is difficult.

Bharathanatyam dancer and founder of Athma Laya, Mala Bharath believes that age is just a number. She says, “learn dance to beat the blues away”.

The Rhythm of the soul session at The Aura was a culmination of simple techniques of dance and processes of meditation which helped us experience the right balance between ‘vibrant’ and ‘tranquil’.

Dance your way to bliss and feel complete within. Age gracefully doing what you love.





Prelude

Date : Wednesday, 8th January 2020.

Time : 10.15am.

Venue : Nivandham Hall,
Hotel Sangam.

Event : Screening of the movie –
‘Hidden Figures’

Guests : Naga, Filmmaker
& Actor Shylaja Chetlur

“A Morning At The Movies”

Come join us in the new year as we rejoice and reflect with the world of cinema. Step into the magical world, full of dreams, hope and aspirations. Laugh, cry and be inspired by the characters on screen.

Friends and movies are a perfect combination to brighten any day. So let's bond over an inspiring movie, the Oscar nominated feature film **‘Hidden figures’**, with actor and media professional Shylaja Chetlur and Director Naga, trustees of Cinema Rendezvous, a popular Chennai based film club. The club has film buffs and professionals bonding over interesting movies and lively discussions which will have an impact on each other's outlook.

The movie will be followed by an interactive session with our guests, where we will discuss the finer points of storytelling and film making.

www.cinemarendezvous.com



HAPPY BIRTHDAY

Guest speak

“Pleasure to have been there. Very receptive and participative members...feels good. Enjoyed your hospitality and going back with a sense of satisfaction!”

Mala Bharath

Birthdays in January

Praveena D	2 nd
Anjali Natarajan	3 rd
Smitha A	6 th
Hemalatha Khanna	10 th
Rathnamala Prem	11 th
Amutha R	15 th
Mumtaz Hanif	25 th
Deepa Mukundhan	26 th

From the movies...

“But you know happiness can be found in the darkest of times, when one only remembers to switch on the light”

-Dumbledore (Michael Gambon) in Harry Potter and the Prisoner of Azkaban

Down memory lane



Topic – Festivals of India

January 2019

Guest - Mrs.Sowmya Aravind Sitaraman, Documentalist and Director .

The highlight of the event was the festive attire, colourful rangolis, diyas and the traditional leaf meal that made our day.

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
Smitha Ananth	94438 40990

Reach us at

WhatsApp : 9942252323
E mail : admin@theaura.org
Website : www.theaura.org
www.facebook.com/TheAuraTrichy