

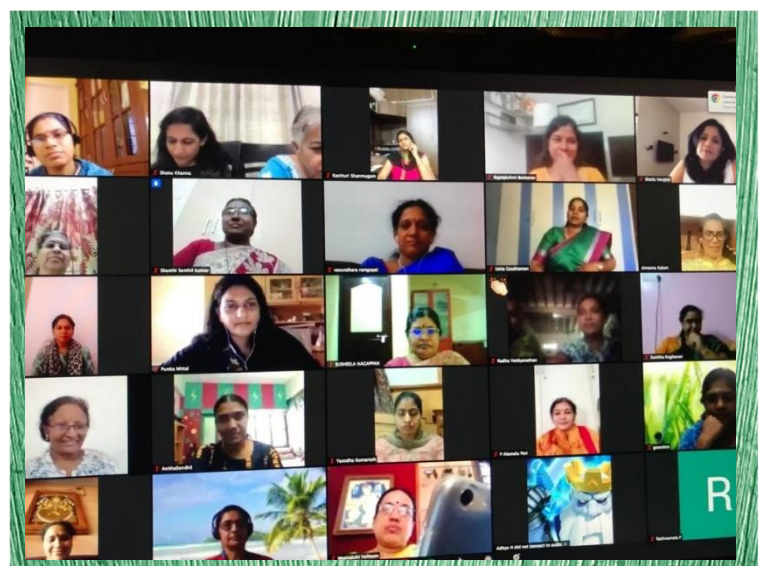
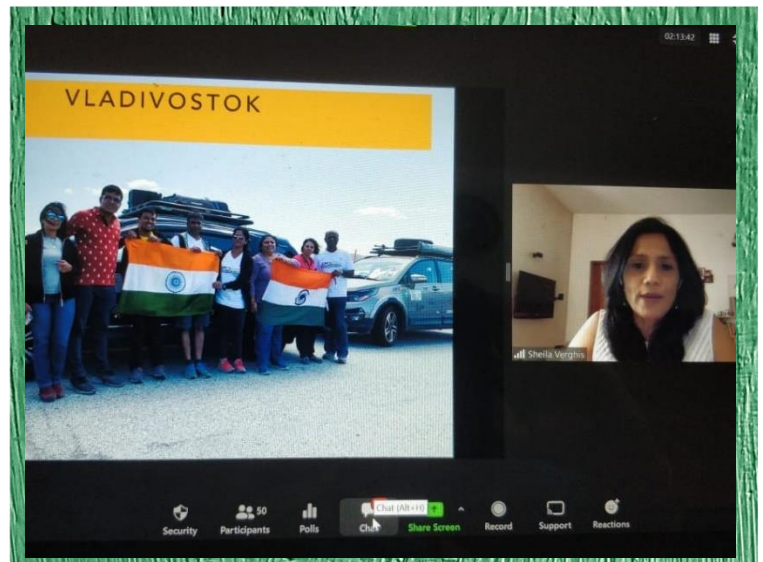
Over to Russia in 52 days

'Stay home' they say, and that's what we did in the month of June as we took off on a virtual road trip from Coimbatore to St. Petersburg, Russia all from the comfort of our homes.

Our guest Mrs Sheila Verghis, an experienced trekker, wildlife photographer and enthusiast, led us on an amazing journey through 7 different time zones, various countries and cultures. The photographic presentation of the trip through Nepal, Tibet, China to Russia helped us traverse the tough terrain and get a feel of the real adventure. Sheila feels that the experience has turned her into a more confident and stronger person.

Aura Aphrodite enthusiastically co-ordinated the events of the day. The video presentation with the theme 'Aphrodite the goddess of love and peace' with the participation of all members was a treat to watch.

In wisdom gathered over time, we have found that every experience is a form of exploration.





Prelude

Join us on zoom

For an interactive session on

“Choosing Joy – No Matter What”

by

Dr Ramya Ranganathan

Author & Motivational Speaker.

On Tuesday, 7th July 2020

3.00pm-5.00pm

Choosing joy

“Your mind can be your best friend or your worst enemy”. But how can you make your mind work for you rather than against you?

To know more and understand your mind, meet Dr Ramya Ranganathan an IITian, an alumni of IIM Ahmedabad with a PhD in Organizational Behaviour from London Business School. She will share her experiences in the corporate world that shaped her quest to learn how she could help people flourish better in work.

Recipient of the top innovators award by the government of India, Ramya has created her flagship program titled “Leading with Joy”. She has created multiple online courses on themes – “Managing our Inner Worlds”. The inner world can be a stormy place at times but we can learn how to not let the storm overwhelm us. With practice we can also deflect the storm even before they build up.

Together, let’s challenge the beliefs that are holding us back and joyfully step into greater versions of ourselves

To know more about our speaker, checkout

www.craftingourlives.com



HAPPY BIRTHDAY

Members Speak

"Thank you for such an awesome virtual road trip to Russia...such a beautiful place, the pics are superb!"

-Aura Artemis

A wonderful virtual trip from India to Russia with breathtaking sceneries, monuments, wonderful people and places. A memorable program.

- Aura Athena

Aphrodite did a great show...so much effort into the video....spreading love and happiness.

-Aura Astraea

Birthdays in July

Rama R	1 st
Bala Shalini Devi	1 st
Devi R	11 th
Vijayarani P	15 th
Akhila Shankar	21 st
Vidhya M	27 th
Yasodha K	28 th

From The Aura Committee

Be there at 3.00pm sharp
to witness the event
co-ordinated by
'The Aura Aphrodite'

Down memory lane



Fighting Fit With Tai Chi

July 2019

Dr Sunil Srinivasan, Paediatrician & Tai Chi instructor.

A very relaxing and refreshing session where the Aura was introduced to Tai Chi an ancient martial art technique to maintain balance and flexibility.

The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	97910 13401
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
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