

VEDIC CHANT TEACHER TRAINING

IN THE CLASSICAL TRADITION OF T KRISHNAMACHARYA & TKV DESIKACHAR

INDIA BATCH 2015 - 2017

PROSPECTUS



sannidhi
of Krishnamacharya Yoga



I. INTRODUCTION

The word 'Veda' means Knowledge. According to Indian tradition, the Veda-s which are a vast collection of hymns, were believed to be heard by ancient Indian sages when they were in a deep meditative state. Collectively they are considered the most authoritative source of Indian wisdom as they contain information on every conceivable subject from the relationship between a teacher and student to the structure of the human system, from the relevance of nature and the elements in our lives to the technical know-how necessary to build weapons, from the origin of the universe to simple social etiquette and more. Thus, the Veda-s have, for thousands of years, been the primary source of reference for living.

Over the years, the vast information contained in the Veda-s was preserved and transmitted from one generation of teachers and students to the next in an oral manner. There were certain basic rules of chanting the Veda-s that had to be adhered to without compromise. It is because of the rules and pedagogy of chanting that until today, the Veda-s are chanted exactly as it was done several thousand years ago.

While chanting from the Veda-s has been part of Indian culture over countless generations, there has been a growing interest in the study of Vedic Chanting internationally too in the last few decades. Chanting from the Vedic texts requires skill, practice and the guidance of a good teacher. The oral tradition has been regarded as the most accurate way of teaching Vedic chanting where a student is expected to listen to his/ her teacher and then chant exactly as the teacher does. This process is called "Adhyayanam" or Vedic chanting.

In ancient Indian tradition, the concept of education implied a thorough study of the Veda-s and the dedicated practice of Vedic chanting. At the crux of this study was the relationship between teacher and student. The Vedic tradition remains till today, as one of the important foundations upon which rests the entire gamut of Indian thought, knowledge, culture and beliefs.

II. BENEFITS OF VEDIC CHANTING

Vedic chanting is gaining popularity all over the world, not just because it is the most authoritative source of Indian wisdom, but also because when appropriately rendered, it has multiple benefits. Some of the merits of Vedic Chanting are:

- It can be applied in different ways with different effects. Hence, Vedic chanting can be effectively used in healing and yoga therapy.
- Vedic chanting is a powerful way to integrate body, voice, mind and our emotions.
- Certain vibrations that are produced while chanting can enhance physical and mental health.
- The process of "Adhyayanam" involves listening closely to the teacher and reproducing the chant exactly as it is being uttered. This requires utmost attention and focus, and helps developing concentration and memory.
- Mastering this ancient tradition of Vedic Chanting requires repeated practice, which in the long run, adds to building patience and dedication.
- Listening to Vedic chanting and practicing it can also calm the mind. In fact, chanting is considered to be one of the important forms of meditation.
- Vedic chants help in relieving stress and promoting efficiency.

III. THE ORGANIZATION

The classical tradition of doing Yoga, as taught by Yogacharya Sri T Krishnamacharya, is represented through **Sannidhi of Krishnamacharya Yoga** (SKY-Yoga). SKY-Yoga is founded by TKV Desikachar and Menaka Desikachar and is the organization that officially represents the living tradition of Professor T Krishnamacharya, thus giving continuity to this wonderful and precious lineage.

IV. OUR TEACHER | T KRISHNAMACHARYA

Tirumalai Krishnamacharya was a yogi, healer, linguist, Vedic scholar, an expert in the Indian schools of thought, researcher, author and in other words, a legend. Born in 1888 in a remote Indian village, T Krishnamacharya who lived to be over a hundred years old, was one of the greatest yogi-s of the modern era.

In traditional times, Vedic chanting was practiced only by certain specific sections of people. However, in the modern world, as more people who were traditionally authorized to learn and propagate Vedic chanting began taking up other professions, there came a phase when it seemed dangerously certain that the ancient Indian tradition of Vedic chanting would be lost. It was T Krishnamacharya who opened the doors of Vedic chanting to everyone irrespective of race, gender, occupation or religious/political affiliations. It was his firm belief that anyone who wished to learn and teach Vedic chanting with a view to preserving this ancient tradition had the right and authority to do so. Krishnamacharya's initiative set in motion the efforts to preserve and carry forth the timeless teachings of the Veda-s.

Currently his legacy of teaching, both in the field of Yoga and also in the Vedas, is being carried on through SKY-Yoga. For more information on the SKY-Yoga and its founders, please visit our website www.sky-yoga.net.

V. THE VEDIC CHANT TRAINING | India Batch | 2015-2017

SKY-Yoga's Vedic Chant Teacher training program has become as popular as its unique Yoga Teacher and Yoga Therapy training programs. One of the few organizations to offer this certification, SKY-Yoga has conducted this program in Austria, United Kingdom and also in India. This program is for all those who wish to become professional teachers of Vedic chanting.

Following the holistic teachings of T Krishnamacharya, SKY-Yoga has designed the practice of this ancient Indian tradition into a well structured course of study. The method of teaching is traditional, where chants are taught orally to students. The syllabi of the teaching course was set under the supervision of TKV Desikachar & has been reviewed and updated by Mrs Menaka Desikachar and a team of educational advisers to Sannidhi of Krishnamacharya Yoga. The course will be conducted by SKY-Yoga faculty.

VI. COURSE OUTLINE

This comprehensive course conducted in English will:

- Provide an insight into the origin and evolution of the Veda-s and their content and scope
- Present Vedic chanting as a powerful tradition that is as relevant in the 21st Century as it was a thousand years ago.
- Help students practice Vedic chanting keeping in line with the rules and pedagogy of chanting.
- Help students experience Vedic chanting as an important tool in the process of meditation.
- Offer an understanding of the application of Vedic chanting for health and healing.

VII. DURATION

The training program will be spread over a two year period (2015 – 2017). There will be 4 modules, each being for a duration of ten days.

VIII. GROUP SIZE

Each training batch will have not more than 25 students. In the event that we receive less than 15 confirmed registrations, the event may be postponed to a later date.

IX. PRE-REQUISITES

Consistent with the principle of Yogacharya T Krishnamacharya that anyone who wished to learn and teach Vedic chanting with a view to preserving this ancient tradition had the right and authority to do so, this comprehensive course :

- is open to anyone who wishes to become a teacher of Vedic chanting.
- requires no prior knowledge of Sanskrit.
- will be useful for beginners as well as those who have had some exposure to Vedic chanting but wish to understand its pedagogy in greater detail.
- while not a necessity, knowledge of any system of music will be an added advantage in learning and practicing Vedic Chanting.

X. NON-DISCRIMINATION POLICY

The SKY Vedic Chanting Training Program is open to all. SKY-Yoga Trainers will not impose any restrictions to acceptance based on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or physical ability. Rather, SKY-Yoga will promote equal opportunity, as long as the student is mentally and emotionally healthy and shows firm commitment to the learning requirements.

XI. CURRICULUM

The overall curriculum will encompass the minimum recommended

- 120 hours of chanting practice
- 120 hours of group lectures and practice sessions
- Total Number of Hours - **240** hours

The participants of the SKY-Yoga Vedic Chant Teacher Training Program will participate in an intensive course of study that will include theoretical classes, lectures, group chanting sessions, and yoga practices.

Universally relevant and acceptable chants will be taught over the four modules, as well as the application of these chants in the healing process. The basic rules of chanting, along with meanings of these chants will be explained. An introduction to the classical Indian language, Sanskrit, (the language of the Veda-s) will provide the participants a platform to expand their knowledge in becoming Vedic chant teachers.

Note: All chants will be taught using the aid of chant texts. Certain study material will be provided by SKY-Yoga.

The main chants that will be covered during the training are -

- Pañcamaya-ślokaḥ
- Āyurmantraḥ
- Laghunyāsaḥ
- Śivapañcākṣarī-mantraḥ (saṁhitā, krama, jaṭā, ghana)
- Mantrapuṣpam
- Sūryanamaskāra-mantraḥ
- Gāyatrī-mantraḥ (saṁhitā, krama, jaṭā, ghana)
- Candranamaskṛtya-mantraḥ (saṁhitā, krama, jaṭā, ghana)

- Durgāsūktam
- Nārāyaṇa-upaniṣat
- Ārogya-mantraḥ
- Bhṛguvallī
- Gaṇapati-prārthanā (samhitā, krama, jaṭā, ghana)
- Śīkṣāvallī
- Puruṣasūktam

CURRICULUM STRUCTURE

MODULE TITLE	MODULE CONTENTS	DURATION
History and Context of the Veda-s	Origin and Evolution of Veda-s. Classification of Veda-s and Vyasa's contribution. Components of the Veda-s (Vedanga). Branches of Veda-s (Upaveda), and schools of philosophy derived from the Veda-s (Darsana). Concepts presented in the Veda-s.	20 hours
An Introduction to mantra-s (sacred chants from the Veda-s)	Definitions, types and components of mantra-s. Initiation to mantra. Stages in the practice of mantra. Benefits of Chanting. Role and Significance of non-Vedic chants. Who is eligible to chant and why (veda-adhikaram) – teacher-student relationship. Significance of 'Om.' Is Veda religion?	20 hours
Introduction to Sanskrit	Introduction of Sanskrit script Learning to read the script	30 hours
Pedagogy of Vedic Chanting	Origin of the Sanskrit alphabets. How has the Vedic tradition been preserved. Rules of Vedic Chanting – varṇa (pronunciation), svara (notation), mātrā (duration), balam (force), sāmā (linking of notes) and santāna (continuation and punctuation). Pitch and pace. Intricacies with respect to pronunciation, notation and grammar in chanting.	10 hours
Chant Practice (adhyayanam)	What is chanting (adhyayanam)? How should chanting be done? Steps involved in chanting. Benefits of chanting. Disciplines that aid in chant practice. Introduction of sounds and notations using letters and words. Practice of chants ranging from simple to complex in keeping with traditional pedagogy.	120 hours
Meanings of Different Chants	Global sense of chants practiced. Study of their significance, scope and relevance in today's life.	20 hours
Application of Chants in Asana, Pranayama and Meditation	Why use sound in asana and pranayama? How to incorporate sound in asana and pranayama practice? Effects produced by varying sounds / pitch / volume. Techniques of samantraka pranayama (pranayama done with sound)	20 hours
Total Hours		240 hours

XII. FACULTY

The main faculty for the program will be **Mrs Menaka Desikachar**, co-founder of Sannidhi of Krishnamacharya Yoga and one of the most senior teachers in the tradition of T Krishnamacharya and TKV Desikachar. She will be ably assisted by **Dr. Kausthub Desikachar** and other senior faculty who are part of the teaching team of Sannidhi of Krishnamacharya Yoga.

XIII. DATES

The SKY-Yoga's 'Vedic Chant Teacher' training will begin in July, 2015. The proposed schedule for the four modules is as follows:

MODULE	DATES
Module 1	27 July - 07 August 2015
Module 2	18 - 29 January 2016
Module 3	11 - 22 July 2016
Module 4	16 - 27 January 2017

XIV. LOCATION OF TRAINING

The training program will be conducted in the serene setting of Sannidhi of Krishnamacharya Yoga, located at:

Sannidhi of Krishnamacharya Yoga
6 (Old #5) Stone Link Avenue,
R A Puram,
Chennai 600028, India

Phone **+91.44.42066856**

Email **courses@sky-yoga.net**

XV. ATTENDANCE & CLASSROOM ETHICS

- Students are expected to attend all four modules of the training program. Certification will be issued only upon completion of all four modules. An overall attendance of 80% is compulsory to be eligible for certification.
- Absence due to illnesses or other unavoidable circumstances will be considered within the mandatory overall attendance of 80%. It is the responsibility of the students to make up for the missed lessons, following the recommendations of the trainer.
- It is also expected that students will arrive on time for each class.
- Students are expected to conduct themselves with dignity at all times during the training modules and during interactions with the chanting instructor.
- Each space in the program is non-transferable, so participants will not be permitted to exchange their space with anybody else.
- Audio/video recording of sessions or photography is not permitted.

XVI. STUDENT EVALUATION

Students will be evaluated and their progress assessed in the following contexts over the duration of the course of study:

- Ability of the student to chant with attention to detail and from memory.
- Performance and participation of the trainee in the classroom sessions.
- Written and/or oral examinations during the course of the training and at the end of the program.
- Apart from this, when evaluating a student, the trainer will take into account not only the student's level of aptitude, but also the communication skills and the mental and emotional maturity and wellness.

XVII. CERTIFICATION

Certification to the program as Vedic Chant Teachers will be issued by SKY-Yoga upon satisfactory completion of the program and review of the student's credentials and other relevant details. On completion of the course, a report on each student will be provided by the faculty, before the certification is issued to the graduates.

If SKY-Yoga feels that there is a need to re-evaluate a particular student, it may evolve a methodology for this purpose before the certification is issued. The evaluation and certification fee will be €100.

The certification will be valid for a period of five years, after which it needs to be renewed (see section on Renewal of Certification), by reapplying to the SKY-Yoga. This is to ensure continuing education and work-quality of each graduate.

XVIII. CONTINUING EDUCATION

As part of the SKY-Yoga program, each student will follow an intensive and thorough course of study of Vedic chanting and also make a strong commitment to continuing education.

In order to maintain high standards of teaching, all SKY-Yoga certification program graduates are encouraged to continue learning through teaching and their own personal practice, and by participating in Continuing Education Units (CEU).

XIX. RENEWAL OF CERTIFICATION

Certified SKY-Yoga Vedic Chant Teachers are encouraged to apply for certification renewal at least 6 months prior to expiry of the certification date. Any failure on the part of a certified SKY-Yoga Vedic Chant Teacher to renew and/or to be granted renewal of certification (i.e., the applicant rejects the renewal) will be handled on a case-by-case basis.

Note: Some exceptions to any or all of the above criteria may be granted in special cases, such as illness, pregnancy or other special circumstances. However, these are exceptions and are not to be considered precedents for other situations that may appear similar.

XX. INVESTMENT

Participants who will be selected will have to pay an Acceptance fee of € 150 (nonrefundable) and the tuition fee of € 2300 (inclusive of certain study material). Successful graduates will be required to pay a certification fee of € 100, on completion of the course. The total investment for the training will be **€2550.**

Fees (each installment) must be paid in full, even if the trainee has been absent due to sickness, pregnancy, etc. during a module or misses out on one module of training. In such cases, the trainee must make separate payment arrangements to catch up on missed modules with the trainer or the mentor. Fees once paid, are non-refundable, even if the course is discontinued by the student. Payment of late fees could attract a fine.

The mode of payment will be cash or credit card. Invoices will be raised online (Paypal) and installments must be paid directly to Sannidhi of Krishnamacharya Yoga on or before the date mentioned in this prospectus. All credit card payment will incur an additional processing charge of 4.5%.

The schedule of payment is presented as follows.

Description	Amount	Due date
Acceptance Fee	€ 150	15 March 2015
First Installment	€ 575	15 April 2015
Second Installment	€ 575	15 October 2015
Third Installment	€ 575	15 April 2016
Fourth Installment	€ 575	15 October 2016
Evaluation & Certification Fee	€ 100	Prior to Certification
Total fee	€ 2550	

The cost does not include fee for the private sessions, payment for Continuing Education Units (CEUs) or any other extra courses that the student may be suggested to do, in case the trainer feels the need for the same (based on assessments/evaluation). The cost does not include airfare, conveyance to and from the venue, boarding and lodging at the venue, visa charges or local sightseeing. Participating students are advised to bring their own notebooks and any materials required to facilitate taking notes in class.

Scholarships: Limited Scholarship will be offered to financially constrained students. These applicants will have to apply for scholarship in writing, explaining why they seek the same. All supporting and relevant documents have to be provided to SKY Yoga, for due consideration. SKY Yoga will review the case carefully and may decide to offer either a scholarship or a deferral of payment option. SKY Yoga is under no obligation to provide reasons for rejection of the scholarship application.

XXI. ACCOMMODATION

Students have to make their own accommodation arrangements. SKY-Yoga may assist with answering queries relating to accommodation arrangements but does not take responsibility for suggestions given, etc. Students are requested to make appropriate enquiries and then take decisions in this regard.

XXII. WHAT TO BRING

Participants are requested to bring Pen/ pencil/ paper if they would like to take down notes. Yoga mats will be provided, however it is suggested that participants bring their own bolsters/cushions or any other equipment they will need for their comfort. It is recommended that a copy of the book Mantravalli be brought along for reference. In case you do not have a copy, you could order a copy online through our website www.sky-yoga.net.

PLEASE NOTE: Recording of any sort will not be permitted.

XXIII. OTHER INFORMATION

If you are interested in taking individual classes or forming a small group and taking classes with the faculty in chanting, yoga therapy or general yoga(asana/ pranayama/ meditation) at a convenient time and day, please contact us in advance through our email courses@sky-yoga.net so that we can book a class for you.

XXIV. APPLICATION PROCEDURE

Applicants will have to complete the enclosed application form (pages 10-13 of this prospectus), and send it to SKY-Yoga, along with a recent passport size photograph, on or before 15 March 2015. Prospective applicants will be screened and selected participants will be duly notified. The decision of SKY-Yoga and its panel is final and SKY-Yoga is under no obligation to provide reasons for acceptance or rejection of the applications.

On being selected, participants will be required to pay a non-refundable, acceptance fee of € 150 to confirm their participation. Please note that all fees once paid is non-refundable. Also, if selected, your place on this program is non-transferable.

XXV. COMPLAINTS & SUGGESTIONS

Any suggestions or complaints concerning the training program must be done using postal mail only, and written to the administrative office of SKY Yoga at the following address:

Sannidhi of Krishnamacharya Yoga

6 (Old #5) Stone Link Avenue,
RA Puram,
Chennai 600028 India.
Phone: +91.44.42066856

The office will review the letter in confidence and respond appropriately as soon as possible, in consultation with the SKY Council of Academic Patrons.

APPLICATION FORM

SKY VEDIC CHANT TRAINING : 2015-2017 : INDIA BATCH

First Name		Please affix photo here
Last Name		
Mentor		
Age & Date of Birth		
Gender		
Nationality		
Address		
Locality		
City		
Pin code		
Phone		
Fax		
Email		
Highest Degree		
Occupation		

Please answer the following questions as clearly as possible. (Use additional sheets wherever necessary)

1. Please tell us something about your background, in detail.

2. Are you currently engaged in learning or teaching Vedic chanting? If so, kindly provide us some more information about it.

3. What is your understanding of Vedic chanting?

4. Why have you chosen to apply for the SKY-Yoga Vedic Chant Teacher-Training Program?

5. What are your expectations from this course? In what way will completing this course contribute to your life personally and professionally

6. How will your resources of time, finances and family help you to complete this two year course? Please explain.

7. Do you have an interest in or an aptitude for any system of music? If so, please explain

8. Considering that this course curriculum has many hours of practical (chanting) sessions, there might be some strain, especially on the throat. Do you have a known medical history of ENT (ear nose/throat) and/or related problems? If so, please explain.

9. Have you suffered/are you suffering from any other major health problems? Please list them and let us know what treatment(s) you were/are undergoing for the same.?

10. Once you have become a Vedic chant teacher, would you be able to commit yourself to continuing education so as to maintain your certification?

DECLARATION

I declare that I have read prospectus and the application form for the SKY-Yoga Vedic Chant Teacher Training Program (2015-2017) carefully, and I am in agreement with the general rules and policies of the same. I also understand and accept that SKY-Yoga can change or modify any of its policies without prior notification, during the tenure of the course, and even afterwards.

I also declare that all the information provided in this application is true and accurate at the time of application. I also agree that I will accept the decision of SKY-Yoga as final.

Signed :

Date :