

**INTERNATIONAL VEDIC CHANT
TEACHER TRAINING
2010-2011**

**VEDAVANI
A UNIT OF KRISHNAMACHARYA YOGA MANDIRAM**

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THE VEDA-S AND VEDIC CHANTING

The Veda-s are a vast collection of hymns that were heard by ancient Indian sages when they were in a deep meditative state. Collectively they are 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.

Sanskrit, the classical Indian language, was the language of the Veda-s. 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 no books or pens or laptop computers to facilitate taking notes. All teaching and learning was done orally. There were certain basic rules of Vedic chanting 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 they were several thousand years ago.

In the 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. In learning Vedic chanting, a student was expected to listen to his/her teacher and then to chant exactly as the teacher did. This process was called "adhyayanam." The Vedic tradition remains till today one of the important foundations upon which rests the entire gamut of Indian thought, knowledge, culture and beliefs.

INTRODUCTION TO THE VEDIC CHANT TEACHER-TRAINING PROGRAM

Today, Vedic chanting is gaining popularity all over the world, not just because it is the most authoritative source of Indian wisdom, but also because the practice of chanting has multiple benefits such as enhancing health, improving memory and promoting healing.

While Vedic chanting has been an integral part of KYM's work for over 30 years, there is a need today to introduce this tradition as a formalized study and practice of an ancient Indian art. It is with the intention of preserving and carrying forth the Vedic tradition that Vedavani, a unit of KYM is offering an intensive Vedic Chant Teacher-Training program for international students.

This two-year training program is the first of its kind to be offered at an international level with the aim of training participants to become professional teachers of Vedic chanting.

WHY DO VEDIC CHANTING

Vedic chanting has multiple benefits when done in the correct manner.

- Vedic chanting produces certain vibrations, and hence can enhance physical and mental health
- The process of “adhyayanam” involves listening closely to the teacher and reproducing the chant exactly. Hence, this requires attention. The practice of Vedic chanting is very useful in improving concentration and memory.
- Listening to Vedic chanting and practicing chanting can also calm the mind. In fact, chanting is considered to be one of the important forms of meditation.
- Vedic chants can be applied in different ways with different effects. Hence, Vedic chanting can be effectively used in healing and yoga therapy.

WHO CAN DO VEDIC CHANTING

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.

OUR TEACHER

Tirumalai Krishnamacharya - yogi, healer, linguist, Vedic scholar, expert in the Indian Schools of thought, researcher, author... in other words, a legend. Born in 1888 in a remote Indian village, T Krishnamacharya who lived to be over hundred years old was one of the greatest yogi-s of the modern era. If today, yoga is an inherent part of the everyday lives of millions of people across the world, it is due in large measure to the pioneering efforts of T Krishnamacharya who revived yoga in the early twentieth century. While preserving ancient wisdom and reviving lost teachings, Krishnamacharya was also a revolutionary innovator who developed and adapted yoga practices that suited the needs of individuals. Krishnamacharya’s knowledge of yoga was so vast that he taught each student differently. In refusing to standardize the practice and teaching methodology, Krishnamacharya created an understanding of yoga relevant for a broad spectrum of students. By integrating the ancient teachings of Yoga and Indian philosophy with modern-day requirements, Krishnamacharya created yoga practices that are as accurate and powerful as they are practical and relevant.

While he is known for his mastery over yoga, Krishnamacharya was equally an expert in other traditions such as Ayurveda, the Veda-s and other knowledge systems that originated from the Veda-s. In fact, it was Krishnamacharya’s profound knowledge of the Veda-s, the secrets and powers of mantra-s (Vedic chants) and his skill in chanting that earned him the distinguished title of “Veda Kesari.”

TKV DESIKACHAR

Son and student of T Krishnamacharya, TKV Desikachar is today acknowledged as a great master in his own right. He had the unique privilege of studying under his father and teacher in the traditional gurukula system. (In this system of education, the student would reside with the teacher for the entire duration of the learning period, so that a total commitment to learning was possible.) His studies especially included the practice of Vedic chanting in the traditional style and also a study of the application of Vedic chants in meditation, healing and other daily activities. During his long and intensive study with his teacher spanning thirty years, Desikachar not only learned the practice and application of all the tools of Yoga, but also studied how to apply yoga for therapeutic purposes (including the very fine art of pulse reading), as well as many of the classical texts on yoga. These include the Yoga Sutra-s of Patanjali, Yoga Rahasya of Nathamuni, Yoga Yajnavalkya Samhita, Hathayoga Pradipika, Siva Samhita and Gheranda Samhita amongst others. He also studied Vedanta and Ayurveda. This is why Desikachar's teaching is so close to representing the complete tradition of his legendary father. TKV Desikachar is the author of many books on yoga and Vedic chanting. He travels all over the world teaching and spreading the message and benefits of yoga and Vedic chanting. TKV Desikachar lives in India with his family.

KRISHNAMACHARYA YOGA MANDIRAM (KYM) AND THE KRISHNAMACHARYA HEALING AND YOGA FOUNDATION (KHYF)

In 1976, as a token of gratitude to his father and teacher, TKV Desikachar founded the **Krishnamacharya Yoga Mandiram (KYM)** as a non-profit charitable institution to share the teachings he had received. KYM has now come to be regarded as one of the most respected yoga centers in the world, where people from all over come to learn and practice the different aspects of yoga in a secular and friendly environment.

The central work of the KYM is bringing health and wellbeing to others through the healing practice of Yoga Therapy. The KYM has been providing Yoga Therapy services to the local and international communities for thirty years, and physicians frequently refer patients to the KYM for help in managing their ailments. The center is noted for teaching healing techniques to people with epilepsy, gynecological problems, high blood pressure, diabetes, depression and other mental and physical ailments. The KYM's client-base also extends to those seeking to improve their general health and fitness.

Over the years, KYM has grown from a single-room facility to a multi-department institute with over 50 teachers and consultants and an administrative staff of over thirty people.

Other activities of KYM include Yoga Studies, Publications, KYM-Mitra, (an outreach program that brings the healing benefits of Yoga to the economically and socially underprivileged and the differently-abled), research into the effects of yoga on health and Vedic chanting.

KYM is the primary affiliate of the Krishnamacharya Healing and Yoga Foundation (KHYF) in India.

The Krishnamacharya Healing and Yoga Foundation (KHYF) was founded by TKV Desikachar, along with his son and student, Kausthub Desikachar on 1 January 2006, with the primary aim being the creation of an umbrella organization that will link all certified teachers and students worldwide who study and teach in the holistic teaching tradition of t Krishnamacharya. As part of the KHYF program, each student will not only follow an intensive and thorough course of study, he/she will also be required to maintain a relationship with a mentor, apply for a periodoc renewal of licensing at every level, and also make a solid commitment to continuing education.

At the present time, the KHYF program is the only yoga Teacher and Yoga Therapist Training Program of its kind in the world. What makes the KHYF Training program even more unique is that it is supported by the educational, clinical and research resources of the Krishnamacharya Yoga Mandiram - the only Yoga Therapy Center of its kind in the world.

VEDAVANI

Vedavani, the Vedic chanting unit of KYM, was founded with the objective of teaching Vedic chanting in keeping with the pedagogy of the Vedic tradition. Vedavani is committed to the highest standards of perfection in learning and transmitting the tradition of Vedic chanting. Vedavani's mission is also to integrate and apply different aspects of Vedic chanting in the process of therapy and healing.

Vedavani has sixteen active teachers. Menaka Desikachar, wife and student of TKV Desikachar, with over thirty years of experience in teaching yoga and Vedic chanting was the first honorary director of Vedavani. She is closely associated with Vedavani and continues to train the teachers of Vedavani.

Vedavani's activities involve teaching Vedic chanting to individuals and groups. The method of teaching is oral, in keeping with the traditional system of learning and transmission of knowledge. The emphasis is on the understanding and application of the rules and pedagogy of chanting.

COURSE OUTLINE

This course will be conducted in English and will

- provide an insight into the origin and evolution of the Veda-s and their scope and content
- 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

WHO CAN APPLY

This course will be appropriate for those who wish to become teachers of Vedic chanting. No prior knowledge of Sanskrit is necessary for applying to this course. This course is open to 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 must, knowledge of any system of music will be an added advantage in learning and practicing Vedic Chanting.

NON-DISCRIMINATION POLICY

Vedavani and KYM do 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. KYM supports equal opportunity policies, as long as the student is mentally and emotionally healthy and shows commitment to the learning requirements of this course.

AN OVERVIEW OF THE TRAINING PROGRAM

The participants in the Vedavani Vedic Chant Teacher-Training Program will undergo an intensive course of study that includes class-room lectures, group chanting sessions and private practice.

The training program will be spread over a two-year period (2010 – 2011) with students participating in four modules of ten days duration each.

The overall curriculum will encompass the minimum recommended

- 120 hours of chanting practice
- 120 hours of group lectures and practice sessions

Universally relevant and acceptable chants will be taught over the four modules, along with basic rules of chanting, meanings of chants taught, an introduction to Sanskrit and the application of these chants in healing.

GROUP SIZE

It is proposed that a minimum of 15 and a maximum of 25 participants will be accepted in this batch. In the event that we receive less than 15 confirmed registrations, the event may be postponed.

APPLICATION AND SELECTION PROCEDURE

Last date for receiving filled-in application forms is 31 October 2009. Prospective applicants will be screened for selection and selected participants will be duly notified. Owing to limited number of spaces available in this course, applicants who are already members of the Krishnamacharya Healing and Yoga Foundation (KHYF) will be given preference for admission to this program. However, this will not be the only criterion for selection. The decision of the selection panel of Vedavani will be final.

For details on becoming a member of KHYF, please visit www.khyf.net.

Upon selection, participants will be required to pay a non-refundable deposit of US\$ 300 to confirm their participation. This deposit will be adjusted towards payment for the last module of the training. Please note that this deposit is non-refundable. Also, if selected, your place on this program is non-transferable.

TRAINING CURRICULUM

An intensive curriculum has been recommended for the Vedic Chant Teacher-Training Program. This curriculum has been designed under the guidance of TKV Desikachar and Menaka Desikachar.

Total Number of Hours - 240

Module Title	Module Contents	Hrs
History and Context of the Veda-s	Origin and Evolution of Veda-s. Classification of Veda-s. 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
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
Introduction to Sanskrit	Introduction of Sanskrit script, learning to read the script	30
Pedagogy of Vedic Chanting	Origin of the Sanskrit alphabets. How has the Vedic tradition been preserved. Rules of Vedic Chanting – varna (pronunciation), svara (notation), matram (duration), balam (force), sama (linking of notes) and santana (continuation and punctuation). Pitch and pace. Intricacies with respect to pronunciation, notation and grammar in chanting.	10
Chant Practice (adhyayanam)	What is chanting (adhyayanam)? How should chanting be done? Steps involved in chanting. Benefits. 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
Meanings of Different Chants	Global sense of chants practiced. Study of their significance, scope and relevance.	20
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
Total Hours		240

Note: All chants will be taught using the aid of chant texts. Study material will be provided. The chants to be covered are

pancamaya slokam, ayurmantrah, laghunnyasah, siva pancaksari mantrah (samhita, krama, jata, ghana), surya namaskara mantrah, mantrapuspam, candra namaskrtya mantrah (samhita, krama, jata, ghana), gayatrimantrah (samhita, krama, jata, ghana), durgasuktam, narayana upanisat, arogya mantrah (pranapana), bhrguvalli, ganapati prarthana (samhita, krama, jata, ghana), siksavalli, purusasuktam.

WORKING WITH CHANT INSTRUCTOR

One of the factors that has contributed towards the preservation of the Vedic tradition is the strong link between teacher and student that is a pre-requisite in learning and transmitting Vedic chanting. Each participant will be assigned a chanting instructor who will guide them in their practice for the duration of the training and also provide them any support and direction they may require in their studies.

LOCATION OF TRAINING

All four modules of the training program will be conducted in the newly constructed state-of-the-art KYM-building, which is located in a central area in Chennai. This course is non-residential and participants are required to make their own arrangements for accommodation and food. Tea and biscuits will be served during the morning and afternoon breaks.

The address and contact information for the venue are as follows :

31, Fourth Cross Street, RK Nagar
Mandaveli, Chennai - 600028, India.
Phone : + 91 44 24952900

Web : www.kym.org

Email : vedavani@kym.org

DATES OF TRAINING*

Module I	Module II	Module III	Module IV
29 March - 9 April 2010	18 - 29 October 2010	28 March - 8 April 2011	5 - 16 September 2011

* subject to change

Classes will be held from Monday to Friday for the duration of the course, with the weekend being a holiday for participants. Each module will comprise ten full working days. Participants are requested to arrive at least one day before the commencement of each module and leave at least one day after the end of each module. Actual schedule of each module will be intimated at a later date. In case there happens to be a Public holiday during any of the four modules, classes will be held on the Sunday of that week instead.

COST OF THE TRAINING AND PAYMENT PLAN

Fees for each module will be have to be paid through the online payment options available on www.kym.org as per the payment plan given below.

	Payable to Vedavani	Payable By
On selection (non-refundable confirmation deposit)	US\$ 300	30 December 2009
Module I Fee	US\$ 600	1 February 2010
Module II Fee	US\$ 600	1 September 2010
Module III Fee	US\$ 600	1 February 2011
Module IV Fee	US\$ 300	1 August 2011
Total fees (for all four modules, inclusive of confirmation deposit)	US\$ 2400	

This cost includes tuition fee and study material.

The cost does not include airfare, conveyance to and from the venue, boarding and lodging at the venue, visa charges or local sightseeing. Participants are advised to bring their own notebooks and any materials required to facilitate taking notes in class. Payment to chanting instructors for private sessions and payment for Continuing Education Units (CEUs) are not included in this costing.

STUDENT EVALUATION

Students will be evaluated and their progress assessed in the following contexts:

- Relationship with chanting instructor – The quality of the relationship between student and instructor reflects the evolution of a good teacher-student relationship, which is central to learning and teaching Vedic chanting.
- Ability of the student to chant with attention to detail and from memory.
- Performance and participation of the student in the classroom sessions
- Written and/or oral examinations during course of the training and at the end of the program
- Continuing assessment of studies – Vedavani will evaluate each student's progress continually over the course of the program based on certain criteria that will be announced prior to evaluation.
- To be certified as Vedic Chant teacher, each student is required to pass all evaluations in all modules. If the required conditions are not fulfilled in any module, those students will be required to take private lessons to improve his/her proficiency and will be permitted to undergo a second assessment/evaluation prior to the commencement of the next module.

CERTIFICATION PROCESS

Upon satisfactory completion of the program and a review of the student's credentials and other details, students will be certified and graduated as Vedic Chant Teachers. Certification will be valid for a period of five years and must be renewed at least six months prior to the end of this period. This system ensures participation in continuing education and enhancing quality of learning and transmission. We are attempting to integrate this course under the certification norms of KHYF. Details of this affiliation will be announced when available.

CONTINUING EDUCATION

In order to maintain high standards of teaching, all program graduates are encouraged to continue learning through teaching and their own personal chanting practice, and by participating in Continuing Education Units (CEUs) offered by Vedavani. Graduates are expected to interact regularly with their respective chanting instructors.

OUR COMMITMENT TO YOU

KYM and Vedavani will provide you with an effective support network that includes

- A professional training program conducted in a fair and open manner
- Facilitating a relationship with a chant instructor in your area of residence, who will offer guidance throughout your training and support your practice after completion of the course
- Opportunities to attend the national and international Continuing Education Units (CEUs) organized by Vedavani.

YOUR COMMITMENT TO THE COURSE

In return for being accepted into the course, you are expected to fulfill certain conditions:

- respect and fulfill the training program requirements
- meet with your chanting instructor regularly during the training program and maintain contact with your chanting instructor after graduation.
- Continue to practice the chants taught throughout the training period and after
- Attend all course meetings and any additional seminars and elective courses recommended by the trainer.
- Be a dignified ambassador of the teachings of this ancient tradition.

ATTENDANCE AND CLASSROOM ETHICS

Participants 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 minor illnesses or other unavoidable circumstances will be considered within the mandatory overall attendance of 80%. It is the responsibility of the participants to catch up on missed sessions by working with the other participants. It is also expected that participants will arrive on time for each class. Participants are expected to conduct themselves with dignity at all times during the training modules and during interactions with 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 is not permitted.

REFUND POLICY/ CANCELLATION POLICY

All fees, once paid will not be refunded.

SUGGESTIONS/COMPLAINTS PROCEDURE

If during the course of the program you realize that you would like to contact us to offer suggestions or register any complaints, please use snail mail only. Please write to the administrative office of Vedavani at the address below. The office will review your letter and respond appropriately as soon as possible.

The Director,
Vedavani
Krishnamacharya Yoga Mandiram
No. 31, Fourth Cross Street, RK Nagar, Mandaveli
Chennai – 600028
India.

APPLICATION FORM

First Name		Last Name	
Age & Date of Birth		Gender	
Address		Locality	
City		Pin code	
Phone		Nationality	
e-mail		Fax	
Occupation		Highest Degree	

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

1. Please tell us something about your background. Please be as detailed as possible.

2. Are you currently learning/teaching Vedic chanting? If so, who is your teacher and how many years have you been practicing/teaching chanting?

3. What is your understanding of Vedic chanting? Why have you chosen to apply for the Vedic Chant Teacher-Training Program?

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

5. How will your resources of time, money, health and family commitments help you to complete this course, which spans two years? Please explain.

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

7. Since each day of study will include at least three hours of chanting, this will impose 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.

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

9. Do you have the financial capability to afford the course? If a situation arose where you personally could not provide the funds to continue the course, what would you do?

10. Once you have become a Vedic chant teacher, you are required to continue studies with Vedavani in order to maintain your certification. What do you believe are the advantages and disadvantages of this requirement? Are you prepared to commit yourself to continuing education?

DECLARATION

I declare that I have read the prospectus and the application form for the Vedavani Vedic Chant Teacher Training Program carefully, and I am in agreement with the general rules and policies of the same. I also understand and accept that the Vedavani 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 Vedavani as final.

Signed:

Date:

Place:



Vedavani

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