



Yoga Chanting Group

23rd September 2018, from 2.00-4.00pm

at the Clift Meadow Pavilion

off Minchens Lane, Bramley RG26 5BH



Chanting has a deep resonance, which many find healing, and chanting can itself be a meditation. It improves your voice, giving it more depth and resonance, and helps you be more genuinely convincing in whatever you need to say.

Chanting opens your ears to music and singing. Based on just three notes, it is more accessible than most modern music. Also, by chanting Sanskrit, an ancient language more strongly articulated than modern speech, you will improve your diction. It will even tone the muscles of your face!

When chanting in a group with a teacher you will also have an appreciation of the manner in which Yoga was learnt traditionally. Chanting is another aspect of Yoga, another path to finding space within, another way of focussing, of developing clarity and concentration, and leaving you feeling awakened and refreshed.

Om Śāntiḥ, Michael Hutchinson www.twobirdsyoga.com

Subscription: £15

Please book with Jacqui Morris: jacqui.morris28@gmail.com

Aims:

1. To share healing and awakening mantra-s that I have learnt.
2. To teach the elements of Vedic chanting, including varna 'colour', svara 'pitch' mātra 'metre' balam 'strength' and sāma-santāna 'consistency and continuity'.
3. To provide students with a rewarding experience in a friendly and supportive session.

Objectives:

1. To learn the elements of Vedic chanting as above.
2. To participate in a relaxed and good-humoured fashion, knowing that we are all learning and that mistakes are merely steps on the way.
3. To enjoy the invigorating and releasing effects of these ancient Mantra-s.

Programme:

Time	Activity	Details
2.00-2.05	Introduction	To include Vyāsa's 'Chant in Praise of Yoga'
2.05-2.20	Voice and Pronunciation Practice	Metre, Pitch and Pronunciation of Sanskrit Syllables
2.20-2.30	Sound and Movement (seated or standing)	To ease the body and deepen the breath, e.g. with so-mā-so.
2.30-3.00	Mantra Tuition and Practice	Learning ancient Mantra-s intended for healing
3.00-3.15	Tea Break	Including Question and Answer
3.15-3.45	Mantra Revision	Mantra-s learnt before the break or on previous Days.
3.45-3.50	Prāṇāyāma with Mantra	Using Mantra to define a calming length and ratio for the breath
3.50-4.00	Short Meditation	On the meaning of one of the Mantra-s that have been covered.