



Vedic Chant Foundation Course (online) 2021-2022 Prospectus

About TSYP

The Society of Yoga Practitioners (TSYP Ltd) is a UK based training organisation, dedicated to training yoga teachers, yoga therapists and Vedic chanting teachers to the highest UK and international standards, and to offering sangas to yoga practitioners. We believe that by using all the tools of yoga in an intelligent way, yoga can be accessible to anyone for healing and transformation.

TSYP Vedic chanting

Traditionally the preserve of men in the Brahmin caste, T Krishnamacharya opened up Vedic chanting to all in the twentieth century. Vedic chanting is, as the name suggests, chanting the Veda-s. These ancient spiritual teachings are the basis of the six classical Indian philosophies – yoga being one of them. The Vedic texts are presented in the Sanskrit language and contain the most ancient teachings on yoga, which are still relevant to the challenges we face in the 21st century. Sound is a powerful tool that yoga practitioners have at their disposal.

Who can do the course

The course is for beginners and more experienced chanters alike. Beginners will gain a thorough grounding in Vedic chanting. More experienced chanters will have the opportunity to develop further the chanting they have learned in a regular chant class; deepening their knowledge of the theory and refining the technique of their practice. Those who wish to go on to train to be teachers of Vedic chanting by attending the TSYP Vedic Chant Teacher training course (VCTT) will find this foundation course a helpful precursor. Equally, students with no intention to teach Vedic chanting can do the course to deepen their own knowledge and practice of Vedic chanting, and for their own personal development.

Course Description and Aims

A structured TSYP course to widen practical experience and encourage personal development for students who want to deepen their understanding and experience of Vedic chanting and its benefits. The aim of the course is first and foremost to chant. The emphasis is on enjoying this experience and providing the opportunity to further develop the students' chanting, whatever their starting point. The chants will be taught in the traditional way, called adhyayanam. The word adhyayanam means 'to go towards one's inner self', which perfectly describes the deeper, inner experience of Vedic Chanting. Chanting is a practice of svādhyāya, self-study. The history and theory of Vedic chanting will also be explored, together with the meaning of the chants, and their benefits on the levels of the body, breath, mind and emotions. We will also do practices that combine sound with āsana, prānāyāma and meditation, so that students experience how sound can be integrated into other limbs of yoga. The consistency of the group, from one session to the next, will ensure the opportunity for continued development. The structure and focus of the course content will give an immersive experience.

Duration of course

60 hours live online group sessions - 6 hours per month over 10 months, plus 2 one-hour 1:1 online sessions per student.

Course Outcomes

By the end of the course participants will:

- Be able to chant a range of Vedic chants varying in complexity
- Have progressed in their own ability to chant, e.g. have increased accuracy of pronunciation
- Have increased confidence in their ability to chant
- Have a basic understanding of the 6 Rules of Chanting
- Be familiar with the broad meaning of the chants and increased their knowledge of Sanskrit words
- Understand the historical context of the Vedas and of Vedic Chanting
- Know the difference between Vedic chants and other types of chant
- Have experienced for themselves the benefits of chanting and be able to explain those benefits to mental and physical health and well-being
- Have deepened their practice of dhāranā and dhyāna through adhyayanam
- Have experienced various āsana and prānāyāma practices with mantra

Course structure and dates

Group sessions:

Each month there will be two consecutive half days (each of 3 hours), making a 'weekend'. One weekend per month over 10 months with themes as follows:

| | |
|--|------------------|
| weekend 1 - Introductory weekend | 24/25 April 2021 |
| weekend 2 - Health and Healing | 22/23 May 2021 |
| weekend 3 - chants to support us in life | 19/20 June 2021 |
| weekend 4 - the sun and the moon | 17/18 July 2021 |
| weekend 5 - prakṛti and vikṛti | 25/26 Sept 2021 |
| weekend 6 - ślokaḥ honouring the teachers | 23/24 Oct 2021 |
| weekend 7 - mantras for health and happiness | 27/28 Nov 2021 |
| weekend 8 - peace mantras | 15/16 Jan 2022 |
| weekend 9 - chants to help remove obstacles | 12/13 Feb 2022 |
| weekend 10 - revision and conclusion | 12/13 Mar 2022 |

If you have a problem with any of these dates please discuss with the tutor - as the course is online and has no venue bookings, there may be some flexibility in the dates.

Dates may be subject to change in exceptional circumstances.

Individual sessions:

Two 1:1 online sessions per student are included in the price of the course. The dates of these will be arranged between the student and tutor - it is likely that there will be one towards the start of the course and one towards the end. Extra 1:1 sessions can be booked at a discounted rate £25 an hour/per session while the course is running.

Structure of each weekend

Each weekend will have the following structure:

| sample weekend | |
|---|---|
| Saturday | Sunday |
| 9.30 - 10.30 chanting | 9.30 - 10.30 chanting |
| <i>break</i> | <i>break</i> |
| 10.45 - 11.45 lecture/discussion | 10.45 - 11.45 chanting/meanings |
| <i>break</i> | <i>break</i> |
| 12.00 - 13.00 chanting | 12.00 - 13.00 āsana/prāṇāyāma/meditation with chanting |

At the beginning and end of each day there will also be structured time for each student to contribute/feedback/ask questions.

There may be overlap between the content of sessions, and some sessions may swap around according to need.

Course content/syllabus

Chants Learning chants and their summary meanings will account for 70% of the course time. The chants planned for this course are:

sahanāvavatu, gāyatrī-mantraḥ (all forms), pañcamaya-ślokaḥ, āyurmantraḥ, laghunyāsaḥ, mantrapuṣpam, asato mā, maheśvara sūtras, sūryanamaskāra-mantraḥ, candranamaskṛtya-mantraḥ, śivapañcākṣari-mantraḥ, prārthanā ślokaḥ (to śrī T Krishnamacharya and śrī TKV Desikachar), kṣama-ślokaḥ, sāttvika-tyāgaḥ, ārogyamantraḥ, sraddhāsūktam, sarva śāntiḥ (simplified version), durgāsūktam, ganapati prārthanā samhita, saṁ no mitra (prathamā and uttara)

(this list may be altered according to the capacity and interests of the group)

Theory This will account for 20% of the course time and will include:

The history of Vedic chanting and the Vedas
The 6 rules of Vedic chanting
The benefits of chanting for health and well-being
The Sanskrit language

Sound in āsana, prāṇāyāma and meditative practices will account for 10% of the course time:

Each weekend will have an hour of āsana, prāṇāyāma and meditative practices using a mantra from one of the chants learned that weekend.

Teaching Methods

The chants will be taught in the traditional way, called *adhyayanam*, which consists of the tutor chanting and the students repeating what they hear. The theory will be taught by lectures with a flipchart or powerpoint slides. Students will take their own notes. Handouts on history, rules and theory will be provided. There will be discussions, feedback, sharing and questions.

Āsana/prānāyāma/meditative practices will be taught by demonstration and instruction. Written/drawn sheets will be supplied detailing each of the *āsana/prānāyāma/meditative* practices.

mp recordings of the chants will be provided to aid the students' practice between the online sessions. The 1:1 tutorials will mostly consist of chanting (*adhyayanam*).

Particular features of the online course

The online technology does not permit us to chant together as a group. Initially in the chanting sessions the students will be on mute and will only hear the tutor. For people who feel inhibited or unconfident about making sound this can be an advantage, and also being on one's own rather than in a group could give more of a meditative, retreat quality to the chanting and the *āsana/prānāyāma/meditation* sessions. Later in the course when students are more confident there will be opportunities for them to come off mute and chant individually in turn during some of the group chanting sessions, and thus hear and learn from each other. The 2 one-hour 1:1 online sessions per student will allow the tutor to really hear the student and address any issues.

Contributions, questions, feedback and group interaction will be encouraged during the lectures and discussion sessions, and at the beginning and end of each day.

The group size is limited to a maximum of 12 students in order to establish a good group feeling.

Home practice

The weekends are spaced to allow time to practice in between the weekends. Recordings will be provided to help with this. The chants gradually increase in complexity during the course so home practice will ease your progression through the course. Practice is not onerous - once a week would be sufficient as a minimum, but more is good too - the more you put into the course the more you will get out of it!

Assessment methods

Assessment will be informal and ongoing, by the tutor observing and listening to the students. Students are encouraged to practise what they have learned in between the weekends. This will develop their chanting practice, and their progress will be observed and heard by the tutor. The first 1:1 tutorial will be held towards the beginning of the course to gauge the student's ability and experience and identify any areas needing particular focus, and the second tutorial will be towards the end of the course to assess the student's progress and address any issues. There is no written work or written assessment.

Resources supplied

- mp recordings of all chants taught
- Handouts covering all the theory
- Written/drawn sheets detailing each of the *āsana/prānāyāma/meditative* practices.

Other resources used/needed

- A reliable internet connection and a suitable device with a camera and microphone, on which to receive Zoom. The camera should be on during the sessions.
- A quiet, preferably private space to be in whilst participating in the online group sessions.
- All chants in Romanised sanskrit with pitch marks can be accessed from the TSYP website <https://www.tsyp.yoga/resources/chants/>
- Alternatively, you may use the book Mantravallī ISBN 978-81-920716-7-1
- Other books may be helpful e.g. A guide to Vedic chanting ISBN 978-81-920716-5-7.
- Both books available from <http://khyf.net/shop/>
- A yoga mat will be helpful for the āsana/prānāyāma/meditation sessions.

Award

TSYP Vedic Chant Foundation Course Certificate of Attendance will be given to students who attend a minimum of 80% of the course. You are encouraged to catch up if you miss a session by meeting for a 1:1 with your course tutor. This will be at extra cost but will not count towards your attendance. The cost is at the discretion of the tutor.

About the tutor



I qualified as a Vedic Chant teacher in 2013, after an intensive 2 year course taught by Radha Sundararajan. I have been teaching Vedic chanting since then, both in person and online, including devising and teaching short courses. I receive regular one-to-one teaching online from Radha, and have participated in and organised many post-graduate chanting seminars since 2013, with Radha as the teacher. I have great love and enthusiasm for this profound and ancient practice of Vedic chanting, that has benefitted me so much on all levels, and I love to teach it so that others can also experience the profound benefits.

I am also a yoga teacher (qualified 2001 with Inner Yoga Trust), yoga teacher trainer (2008 IYT), and independent mentor/supervisor to other yoga teachers and teacher-trainers.

Cost

The cost of the course is £550.00, payable to TSYP. This can be paid in one instalment, or a deposit of £150.00 followed by 5 monthly instalments of £80.00.

If not already a teacher member of TSYP, participants will also be required to become a 'practitioner' member of TSYP which costs £20.00 per year, and entitles them to a regular newsletter and discounts on TSYP events. You can join via the [TSYP website](#)

The deposit or full payment of the course is payable by **1 April 2021**

Other payment options may be negotiated with the TSYP treasurer but please speak to the course tutor first.

There is a TSYP [concessions policy](#) for people in financial hardship.

Refund policy

The refund policy is equivalent for both the instalment payments plan and the upfront payment plan.

Where a student pays in instalments and subsequently leaves the course, they will stop paying from the point of departure. Where a student chooses to pay the total cost upfront and subsequently leaves the course, they will receive a pro-rata refund in alignment with the payment via instalments. No refunds will be given after the course has been running for 6 months.

This is in accordance with the TSYP Refund Policy.

There may be exceptional circumstances.

Please see the separate financial information sheet for details of payment options and where to pay.

Procedure for registering for the course

1. Contact Sarah (details below) to register your interest. I will send you an application form and financial information form.
2. Complete the course application form and return it to me.
3. I will let you know if you have been accepted onto the course.
4. Once you have been accepted, fill in the financial form and return it to me.
5. Make your payment either

| |
|---|
| a) full course £550.00 |
| or |
| b) deposit £150.00 plus a standing order for 5 monthly instalments of £80 |

Details of the payment options and TSYP bank account will be found on the financial form.

Policies

TSYP has a number of [policies](#) to support students which can be found on the [TSYP](#) website and include [Code of Ethics](#) and [Complaints Policy](#).

Worries and concerns

If you have any issues during the course, please get in touch with me first and hopefully we will be able to resolve matters informally. Should you wish to take any matter further please use the TSYP Complaints Policy which is available on the TSYP website or email the TSYP Head of Education and Training at training@tsyp.yoga

Contact details

Please get in touch if you have any questions or need to discuss anything:

Sarah Waterfield

sarah@thewholenessofyoga.com

07985 948610