Vedic Chanting Zoom Session for CYTA 10.0 -11.30 a.m. 25th January 2025 – Alison Dyke

The power of sound is very evident, whether it is music, sounds of nature or unpleasant sounds from daily activities. Sound can be included in yoga practice in various ways including Vedic Chanting, which requires paying attention and is an excellent way of focussing the mind. It is also a good way to develop the breath. Although a standalone practice, it is also a good preparation for pranayama and meditation.

Some of the rules: -

1. PITCH - there are 3 pitches - an underscore indicates the lower note and a vertical line above indicates the upper note. Sometimes there is a double vertical line above, which means half the length is on the middle note followed by half the length on the upper note.
2. LENGTH – sounds can be long or short. Some vowels (E and O) are always long; others (A, I and U) can be short or long. A long vowel is indicated by a horizontal line above the vowel.
3. EFFORT – some sounds such as h, dh, th, gh require a little more effort.
4. PRONUNCIATION – sounds are produced from different parts of the mouth. Some letters e.g. d, n, s, t are produced from more than one place

It would be helpful if you could look at the notation on the chants before the session to identify the PITCHES and the LONG AND SHORT VOWELS. Don’t worry though, I will go through them!

A few pointers for Laghunyasah – i) although spelt brahmani, it is chanted bramhani

 ii) r can be a vowel or a consonant e.g amritam where the r has a dot underneath indicating that it is a vowel

 iii) s is produced in 3 different places written as s, s with a dot underneath or s with a diagonal line above

Although we want to chant well, the aim of the session is to enjoy sound together rather than an in-depth study of pronunciation.

Looking forward to seeing you, Alison