

# Vedic Chanting Workshop



## Teacher – Erin Fant

**Date & Time:** Saturday February 25<sup>th</sup> 2012 from 2 to 6 pm

Vedic chanting is a powerful way to integrate body, breath and mind. It consists of recitation from the Vedas of sections of hymns and specific chants.

The Vedas are ancient scriptures of India and the source of Indian philosophical thought. They are also part of the foundation of yoga philosophy.

Traditionally Vedic Chanting is handed down from generation to generation, from teacher to student, without any change in expression of chanting or pronunciation.

Prof. T Krishnamacharaya, a master in the field of Yoga & Yoga Therapy was committed to keeping Vedic Chanting alive and taught many of his students including his son TKV Desikachar, in the traditional manner.

This workshop is designed to introduce the participants to the foundations of Vedic Chant.

- Learn and apply the most fundamental rules of chant
- Reproduce the phonetic sounds of Sanskrit
- Experience the effect of resonant vibration.

Chanting enhances pranayama (breath work) and accelerates meditation practices in the Indian tradition. This makes it a very powerful healing, evolutionary and spiritual tool.



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**About the teacher:** Erin Fant is a certified Vedavani/KYM chant teacher. She continues her studies at the Krishnamacharya Yoga Mandiram in Chennai, India and in Sanskrit.

Cost: £35 (members) £40 (non-members)

Please bring materials for note-taking.

For more information:

- Email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or
- Call Karin on 020 8399 3930