

# Flowering Intelligence Advanced

## Guide for Students, Teachers and Parents

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Author: Ashok Kumara

### 1 Material

Five categories:

1. **Indian Melodies:** Celestial musical notes, rhythmic melodic mantra chanting, rhythm compositions (*svarapallavis*) and musical note exercises in four *rAgas*. Reference: *Indian Melodies* Level 1-2.
2. **Naada Kriya Yoga:** Combination of yoga postures and sounds, deity mantras and advanced techniques with timed cosmic breathing. Reference: *Naada Kriya Yoga* Level 1-2.
3. **Sanskrit Sounds:** Vowel and consonant projection techniques, recitation of complex slokas. Reference: *Sanskrit Sounds* Level 2.
4. **Indian Rhythms:** Rhythmic designs and synchronization with metronome and *tALa*. Reference: *Indian Rhythms* Level 2.
5. **Indian Dance:** Simple foot movements and synchronization with hand movements. Reference: *Indian Dance* Level 1.

### 2 Class Structure and Presentation

Most of the material can be covered in a 60-min class, with emphasis on Sanskrit Sounds and Indian Rhythms (one-on-one verification is recommended). It is best to cover Musical Note exercises (Level 2 of Indian Melodies) in a separate class with selected kids who have sufficient musical intelligence, focus and passion to follow this material. Monthly 60-min classes covering Naada Kriya Yoga and Indian Dance are recommended.

### 3 Qualification for the Carnatic Vocal Junior Program (adults and 6+ year old kids)

Demonstration of discipline, focus and musical intelligence through the following material:

- Recitation of complex (memorized) slokas with clear pronunciation (vowel and consonant projection). Reference: *Sanskrit Sounds* Level 2.
- Simple rhythmic patterns in three speeds (2/4/8 per beat) with metronome (set to 40 BPM) and with *Adi tALa*. Reference: *Indian Rhythms* Level 2 (Section 2.10).
- Musical note exercises in four *rAgas*. Reference: *Indian Melodies* Level 2.