

The Methodology

Guide for Students, Parents and Teachers

www.SadhanaSchoolOfArts.com

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1 Teacher-Student Relationship

Sadhana School of Celestial Arts promotes a **harmonious partnership between teacher and student**, based on enchantment (love), as illustrated by *krishNa-arjuna* relationship in the grand Indian epic *mahAbhArata*. Such a relationship was promoted the Vedic tradition. The following verse, which was recited by the teacher and student at the beginning of training, demonstrates the partnership principle. “*sahanAvavatu sahanau bhunaktu sahavIryam karavAvahai tEjasvi nA vadhItamastu mAvidvishAvahai Om SAntih SAntih SAntih.*” “Let us establish a harmonious partnership and grow together to become brilliant; let there be no conflict or any form of disharmony between us.”

The role of a teacher is to establish a fun-filled environment, provide inspiration and tools for the students to effortlessly learn the material at “their own pace.” The challenge for the teacher (parent) is to figure out how to direct each student (child) based on his/her passion, while allowing freedom for exploration.

2 Fundamental Goals

Here are the fundamental goals of all the programs offered by Sadhana School of Celestial Arts:

- **Experience of enchantment** (necessary for peaceful life and harmonious relationships)
- Focus and brainpower (ability to focus on multiple activities at the same moment)
- Visual memory (efficient methods of storing and retrieving detailed information)
- Deep listening (necessary for effortless learning and harmonious relationships)
- Ability to learn independently with minimal guidance from teachers/parents
- Discipline and will power to excel in any field of passion
- Confident and clear expression of deep feelings and complex ideas
- **Creative Art of Manifestation** (necessary for manifesting a golden reality)

Indian music, percussion, language, dance and yoga are used as tools to achieve the above mentioned goals. In the course of learning, students will be able to identify their passions and latent gifts. Sadhana School of Celestial Arts offers specialization in Carnatic Vocal Music.

3 Carnatic Vocal Training Methodology

Most importance is given to the **mastery of voice instrument**, the **art of creation**, and the **experience of enchantment**. The following three principles are used throughout the curriculum: BREATH, BLOCKS and WAVES.

BREATH refers to the application of cosmic breathing technique introduced in Naada Kriya Yoga. This is the fundamental technique for effortlessly producing celestial sound vibrations from the human body. BLOCK refers to the analytical understanding of the structure. WAVE refers to the melodic musical wave created out of the understanding of gamakas (ornamentations) and the experience of enchantment.

Carnatic Junior program introduces the principles of blocks and waves through *varnams*. Carnatic Senior program introduces four forms of improvisation: *AlApana/SlOka*, *tAnam*, *nireval* and *svarakalpana*. Carnatic Mastery program introduces complex compositions with intricate ornamentations and prepares the student for a solo performance.