

Program Guide for 2010
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Material Categories

Sacred Geometry

Level 1: Simple mandalas using specific shapes (circles, triangles and squares), golden ratio, fractal composition, platonic solids and three-dimensional art.

Level 2: Complex yantras and mandalas.

Indian Dance

Level 1: Basic foot and hand movements, synchronization to the beat. Level 2: Dance and theater.

Sanskrit Sounds

Level 1: Alphabet, transliteration scheme, vowel and consonant sounds, recitation of simple verses.

Level 2: Recitation of complex verses, with focus on clear pronunciation, sound projection and expression of celestial feelings.

Indian Melodies

Level 1: Celestial musical notes, ragas (melodies) and chants.

Level 2: Plain-note and slide-note musical pattern exercises in four ragas.

Naada Kriya Yoga

Level 1: Cosmic Breathing, chakra mantras, deity mantras and basic postures.

Level 2: Advanced techniques using timed cosmic breathing (pranayama).

Indian Rhythms

Level 1: Rhythmic building blocks and cycles (talas).

Level 2: Synchronization with metronome (three speeds) and Rhythmic Designs.

Level 3: Advanced Rhythmic Designs and Improvisation.

Carnatic (South Indian Classical) Vocal Music

Level 1: Prereq: Naada Kriya Yoga 1, Sanskrit Sounds 2, Indian Melodies 2, Indian Rhythms 2.

Compositions with basic ornamentations (three varnams in two speeds - mOhana, AbhOgi, nATakuranji), integration of cosmic breathing and sound production techniques.

Level 2: Compositions with finer ornamentations (three varnams in three speeds - SrI, hamsadhvani, hindOLam), integration of cosmic breathing and sound production techniques.

Level 3: Compositions with detailed ornamentations, integration of cosmic breathing and sound production techniques. Level 4: Improvisation Basics.

Level 5: Complex compositions, advanced voice training. Level 6: Solo concert. Level 7: Specialization.

Programs and Associated Material

Courses codes: NKY - Naada Kriya Yoga, CVM - Carnatic Vocal Music. Number indicates the level of the content of the corresponding course that is included in the program. Zero indicates playful introduction to little kids. Bolded numbers indicate the changes compared to the previous program.

	Geo- metry	Dance	Sans- krit	Melo- dies	NKY	Rhy- thms	CVM
Flowering Intelligence Beginner (2-4 yr)		0	0	0	0	0	
Flowering Intelligence Intermediate (4-6 yr)		0	1	0	0	1	
Flowering Intelligence Advanced (6+ yr & adult)	0	1	2	1-2	1-2	2	
Flowering Intelligence Challenge (7+ yr & adult)	1-2	2	2	2	1-2	3	
Carnatic Vocal Junior (7+ yr & adult)					2	3	1-2
Carnatic Vocal Senior					2	3	3-4
Carnatic Vocal Mastery					2	3	5-7

Flowering Intelligence program series is designed for little kids to explore various aspects of Indian language, music, percussion and dance in a free environment. Beginner class is very playful. Intermediate class has portions of "focused" time. Advanced class is designed for kids who are able to focus and learn complex material. This class is also suitable for adults to learn along with kids.

Flowering Intelligence Advanced students who are passionate about Carnatic Vocal Music, and have sufficient musical intelligence to complete Indian Melodies 2 and Indian Rhythms 2 , can complete this material and qualify for Carnatic Vocal Junior. Rest of the students can graduate into Flowering Intelligence Challenge program to explore sacred geometry, dance and theater, while maintaining familiarity with Indian Classical Music.

Workshops

Teachers' Training for Flowering Intelligence Programs

Level 1: Beginner and Intermediate programs - class structure, creating playful class environment, creating learning environment at home. Demonstrated through "real" classes to little kids and parents. Additional material for teachers and parents: Principles of Flowering Intelligence program design, activating the celestial brain (inner genius), spiritual parenting principles, fine details of beginner/intermediate program material.

Level 2: Advanced and Challenge programs.

Creative Art of Manifesting a School of Celestial Arts

Principles of creating and maintaining a self-sustaining community of teachers, students, performers and listeners.

Naada Kriya Yoga for Vocal Music, Rejuvenation and Evolution

Basic principles and techniques of Naada Kriya Yoga (the mastery of inner sound vibration), connection between vocal music, rejuvenation and evolution through the creative art of manifestation. Advanced Naada Kriya Yoga techniques, mastery of breath and visualization.

Voice Training for Carnatic Vocal Students and Teachers

Level 1: Prereq: Naada Kriya Yoga. Principles of sound production and amplification in the human body, effortless high-octave range, techniques for vowel/consonant sound production/projection, application of vowel/consonant sound production/projection techniques while singing Carnatic compositions, celestial musical notes.

Level 2: Techniques for effortless creation of complex waves (gamakas), application of effortless wave creation techniques to complex songs, adding celestial vibrations to the audible sound.

Radiant Body

Level 1: Living with passion and enchantment, rejuvenating the body with sound and vibrant food.

Level 2: Harmony between cosmic mind and human mind, harmony between body and the earth, living as a galactic child, dreaming a golden body into existence.