

**pallavi**

4	G - R - ja - la -	4	S - - - jA - - -	4	N, S R G kshi - - -	4	R R S N, nin - - -	
6	S R S S N, P, nE - - - - -		3	N, S R Da - -	4	P, - N, - bA - - -	3	S - R si - -
3	G R S cha - -	3	N, S R la - -	4	P, N, S R ma - - -	6	G P G N P - ru - - - lu -	
5	S' N S' R' - kO - - - -		4	S' N P P nna - - -	4	G - R - di - - -	3	S - R rA - -

**anu-pallavi**

3	P G R che - -	5	S N, S R - li - - ya -		4	G - R R nE - - -	4	S S N, P, la - - -				
5	N, S R G - rA - - - -		6	S G R G P - va dE - - - -		5	N S' - - - mi rA - - -					
3	R' S' N che - -	5	P N S' R' G' lu - - vu -		4	S' R' G' P' Dai - - -		4	G' R' S' N na - - -			
3	R' R' - SrI - -		3	S' N P ven - -		3	P G - ka TE -	3	R S N, Sa - -	4	P, N, S R - - - -	

**muktAyi**

4	G - R G		4	R S R -		4	N, S R G		6	R R S N, R -			
3	N, G R		3	N, S R		7	P, N, S R G - -						
6	P G R S R -			3	G P N		3	R G P		5	N, S R G P		
5	P, N, S R -			3	G P N		7	R G P N S' - -					
6	R' R' S' N P -			6	N G' R' S' N -			5	P N S' R' G'				
8	P - N S' - R' G' R'					4	P N S' R'			4	G' R' N R'		
6	G' P' G' R' S' N			6	S' R' S' N P G			4	R G P N				
6	G' R' - S' N P			5	R' S' - N P			5	G - R S R				

**charaNam**

6	4	3	3
N - - - -	S' - R' -	S' N P	P G R
nI - - - -	sA - - -	Ti - -	do - -
3	5	3	5
G - -	G R S R -	R S N,	S R G - P
ra - -	a - - nE -	E - -	gA - - - na

**chiTTa svara #1**

3	3	4	6
N - -	P - -	G - - -	R - S - N, -
3	3	3	7
P, - -	R - -	N, - -	S - R - G - P

**chiTTa svara #2**

8	6	3
N - P G R S R -	G R S N, P -	R N, -
3	5	7
G R N,	P, N, S R -	R G N, S R G P

**chiTTa svara #3**

4	4	4	4
N P G R	N G R N,	P, N, P, S	N, R S G
4	4	3	5
R P G N	P S' N R'	N G' R'	N R' N P G
5	5	6	
P N S' R' G'	G P N S' R'	R G P N S' N	
5	6	5	
G' R' S' N P	R' S' N P G R	N, S R G P	

**chiTTa svara #4**

6	7	3	
S' - - - - -	N R' S' N P G R	S R G	
6	5	5	
P - - - - -	S' N P G R	S R G P N	
3	5	3	5
S' R' -	N R' N P G	P R -	G P G R S
3	5	8	
R N, -	G R P G N	R G P N S' - - -	
6	5	5	
N P G P - -	R G P N -	G P N S' R'	
6	6	4	
P N S' R' - G'	N S' N G' R' R'	N - P N	
6	6	4	
G' R' - N S' R'	P' G' - R' S' N	P N S' R'	
3	3	5	5
S' - -	P - -	N P G R S	N, S R G P

**Voice/laya training with varnam**

Five sounds: svara, sAhitya, ng (sphenoid-ethmoid), hA-T (throat), hA-B (base)

Five speeds: tAla medium-speed 2/4 per beat, metronome slow-speed @40 BPM - 2/4/8 per beat

**Raga: hamsadhvani (S R2 G2 P N2 S' - S' N2 P G2 R2 S)**

Exercise #1 Variations: {svara, ng, hA-T, hA-B} {1/2 @40BPM} Gamaka: Slide

S R	S R	R G	R G	G P	G P
P N	P N	N S'	N S'		

Exercise #2 Variations: {svara, ng, hA-T, hA-B} {1/2 @40BPM} Gamaka: Slide

S R G	S R G	R G P	R G P
G P N	G P N	P N S'	P N S'
S' N P	S' N P	N P G	N P G
P G R	P G R	G R S	G R S

Exercise #3 Variations: {svara, ng, hA-T, hA-B} {1/2/4 @60BPM} Gamaka: Plain

3	3	2	4	4
1 S R G	S R G	S R	S S R R	G G P P
2 R G P	R G P	R G	R R G G	P P N N
3 G P N	G P N	G P	G G P P	N N S' S'
4 S' N P	S' N P	S' N	S' S' N N	P P G G
5 N P G	N P G	N P	N N P P	G G R R
6 P G R	P G R	P G	P P G G	R R S S

Exercise #4 Variations: {svara, ng, hA-T, hA-B} {1/2 @40BPM} Gamaka: Slide

S R S G	R G R P	G P G N	P N P S'
S' N S' P	N P N G	P G P R	G R G S

Exercise #5 Variations: {svara, ng, hA-T, hA-B} {1/2 @40BPM} Gamaka: Slide

1 S R S G	R G R P	S P G R	S R G P
2 R G R P	G P G N	R N P G	R G P N
3 G P G N	P N P S'	G S' N P	G P N S'
4 S' N S' P	N P N G	S' G P N	S' N P G
5 N P N G	P G P R	N R G P	N P G R
6 P G P R	G R G S	P S R G	P G R S

Exercise #6 Variations: {svara, ng, hA-T, hA-B} {1/2/4 @60BPM} Gamaka: Plain

1 S R G P G R	S R G R	S R G P
2 R G P N P G	R G P G	R G P N
3 G P N S' N P	G P N P	G P N S'
4 S' N P G P N	S' N P N	S' N P G
5 N P G R G P	N P G P	N P G R
6 P G R S R G	P G R G	P G R S