

VEDA CHANTING

with Lucia Vimercati

FOUNDATION COURSE

- Introduction to Vedas
- Sanskrit alphabet and pronunciation
- Veda Chanting rules
- Difference between various mantra types
- Learn a few easy mantras

BEGINNER COURSES

- Invocations to Gaṇapati and Sarasvatī
- Purification Mantra
- Various Śānti Mantras
- Various Mantras for health and wellness
- Gāyatrī Prāṇāyāma
- 12 Gāyatrī Mantras from Mahānārāyana Upaniṣad
- Nitya Prārthanā (daily prayers - not Veda)

INTERMEDIATE COURSES

- Śraddhā Sūktam – develop conviction in your practice
- Agni Sūktam – develop will power
- Medhā sūktam – develop the power of memory
- Durgā Sūktam – overcoming difficulties
- Devī Sūktam – the sound of truth
- Samvāda Sūktam – develop unity in a group
- Gaṇapati Atharvaśīrṣam – removing obstacles

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अक्षरं	अ	आ	इ	ई	उ	ऊ	ऋ	ॠ	ऌ	ॡ
पञ्चम	अ	आ	इ	ई	उ	ऊ	ऋ	ॠ	ऌ	ॡ

