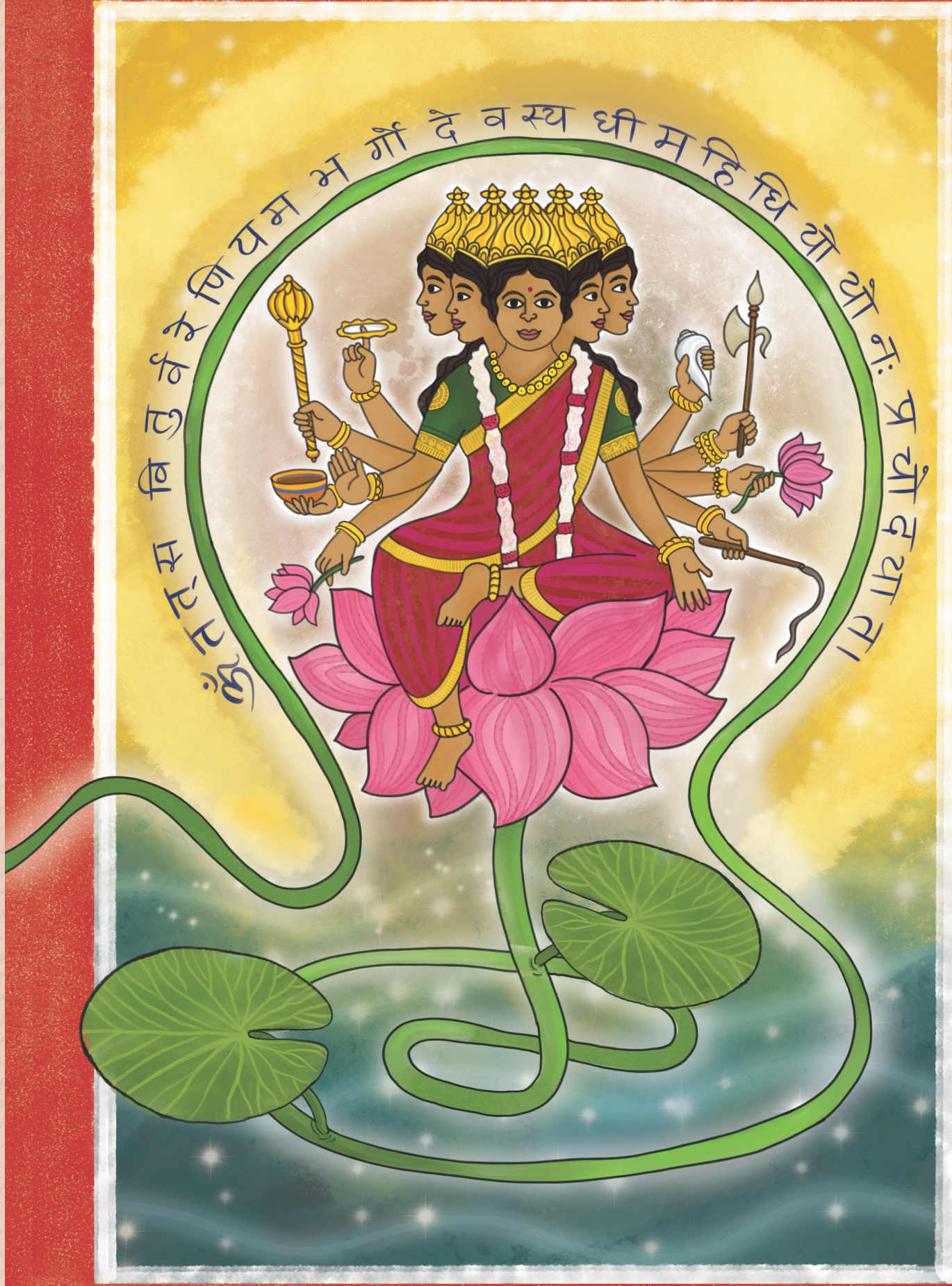


**PARAM YOGA**

॥ व जेपुणि पुठ्ठहेवा ॥



# Vedic Chanting At Param Yoga

Contact Details: -

Phone No- +91-99235-10202

Email ID -[www.paramyoga.in](http://www.paramyoga.in)



## Mantra Yoga:

### *Vedic Chanting Foundations*

#### Learn:-

- 1) Basic rules of Vedic chanting*
- 2) The families of sound*
- 3) Right pronunciation and*
- 4) Meaning of chants*

#### One month workshop

Days - Tuesday and Thursday

Time - 6:00-7:00 Pm

Fees- ₹4,500 + GST

Location- Param Yogashala

*Conducted by ParamYoga  
led by Mrunal pawar*



## Course Overview:

*Embark on a transformative journey and discover the ancient art of Vedic chanting. This beginner's course provides a comprehensive introduction to the fundamentals of mantra yoga, empowering you to establish a personal practice and experience the profound benefits of this timeless tradition.*

## What You'll Learn:

### 1.Swaras & Sanskrit Alphabets:

*Understand the basics of Vedic phonetics and Sanskrit pronunciation.*

### 2.Correct Pronunciation & Rules:

*Master the nuances of Vedic chanting, including proper breathing, posture, and articulation.*

### 3.Foundational Chants:

*Learn a selection of easy chants, Shanti Mantras, daily prayers, and chants for pranayama.*

### 4.Creating a Personal Practice:

*Receive guidance on establishing a daily chanting practice, incorporating mantra yoga into daily routines, and overcoming common challenges.*



## Who Should Take This Course:

- 1. Beginners interested in exploring mantra chanting*
- 2. Yoga practitioners seeking to deepen their practice*
- 3. Anyone seeking stress relief, relaxation, and inspiration*

## Join the Journey:

*Register now and become part of a vibrant chanting community. Experience the transformative power of mantra yoga and discover a deeper connection to yourself and the world around you.*



## About Mrunal Pawar:-

1. Yoga Practitioner: Over 20 years of practice, rooted in Iyengar yoga tradition.
2. Teacher Training: Certified Yoga Alliance teacher and Acharya in yoga from Yogavahini (Krishnamacharya Yoga Mandiram (KYM) tradition, guided by Sri Desikachar's wisdom)
3. Vedic Chanting: Practitioner of ancient sound traditions
4. Kathak Dancer: Disciple of Guru Prerana Deshpande, awarded with MA in Kathak .
5. Dance Movement Therapist: Trained by Daniel Frankel USA ( Sancheti Academy)

## Teaching Approach:-

Weaving together yoga, sound, movement, and other Embodied practices to create a healing space that honors the uniqueness of each individual.