

### The School and Its Mission

A lively educational and cultural center of transformation founded on the unifying principles of music and dedicated to East-West unity

The East-West School of Music, directed by Acharya Roop Verma, had its beginning at Ananda Ashram in 1978. Inspired by Dr. Ramamurti S. Mishra, MD (Shri Brahmananda Sarasvati) and Maestro Ravi Shankar to fulfill the vision of world unity through the arts, the school is dedicated to promoting music as a means to experience and express the relationship between the music we play or hear and our inner experience. Through this direct contact, deep states of healing, creativity and spiritual awareness arise, leading to better understanding of ourselves and the world around us. The Ashram is a universal center for spiritual and cultural awareness, which includes the examination of the universal truth behind great arts.

The school is a home for Eastern and Western music and presents music as a philosophy and in a spiritual context; a science and discipline as well as a means of joy, happiness and self discovery.

### International Schools of East-West Unity (Gurukula), Inc.

Founded in 1992/1993 by Shri Brahmananda Sarasvati, the International Schools of East-West Unity (Gurukula), Inc., at Ananda Ashram exists to "strengthen the relations and remove misunderstanding between East and West in the fields of culture, philosophy and science..."

The rich educational and cultural curriculum at Ananda Ashram is presented by teachers trained under the Founder himself as well as by guest teachers and artists from different parts of the world, offering distinguished programs characterized by a meditative, holistic approach.

International Schools of East-West Unity (Gurukula), Inc., is recognized as a tax-exempt educational organization, 501(c)3. Donations to the School of Music, most welcome, may be made out to ISEWU and sent to the address on the back cover. Please specify East-West School of Music in the memo line.

# The Faculty

The school has a brilliant faculty of renowned artists and teachers:

Acharya Roop Verma - Indian Classical Instrumental music, Sitar and

other string instruments

Deepak Kumar - Indian Classical and contemporary vocal music

Naren Budhakar - Tabla

Andrea Brachfeld - Western Classical music and Jazz

Shanta Page - Violin (based on Suzuki system) for children

# Classes, Courses and Workshops

For in-depth study of Indian Classical music, the school offers ongoing monthly classes in the age old 'oral tradition' to explore the beauty of the non-verbal nature of sound through voice and instruments such as Sitar, Guitar, Violin, Viola, Cello, Tabla and Flute.

Students can choose to pursue their studies in Indian Classical and/or Western Classical traditions.

Classes evolve in a sequential and progressive manner including and not limited to:

- -Theory and practice of Indian Classical Music and its application to various instruments.
- North Indian Classical vocal and instrumental music
- Percussion Tabla
- Western Classical music and Jazz improvisation.

Special workshops and courses are offered by our faculty and guest teachers.

#### Concerts

The school sponsors regular concerts featuring music of classical and non-classical as well as other world traditions, especially during summer weekends and special celebrations.

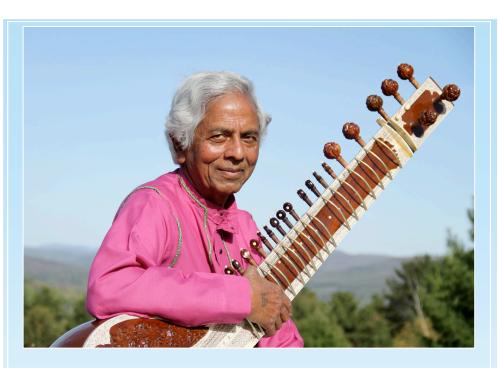
### Location

The East-West School of Music is located in a peaceful wooded environment in the foothills of the Catskill Mountains at Ananda Ashram (Yoga Society of New York, Inc.), 13 Sapphire Road, Monroe, New York 10950, just 45 miles north of New York City.

# Information/Registration

Tel: 845-782-5575, Email <u>music@eastwestschools.org</u> Website www.anandaashram.org/music.html

For independent concerts, workshops, classes, lectures, and other musical projects, please contact the faculty on their respective websites.



*Roop Verma*, M.A. Music, Director of the East-West School of Music, is an internationally respected sitarist, composer, recording artist and an accomplished teacher of Indian Classical and Sacred music. His training comes from two of the greatest masters of our time:Maestros Ravi Shankar and Ali Akbar Khan.

He extensively studied Yoga philosophy, including Nada Yoga, under the direct guidance of Shri Brahmananda Sarasvati, and Swami Shyam of the Himalayas, pioneers of Yoga in the West. He has lectured and taught at major universities on three continents and has played high profile concerts in most prestigious concert halls of Europe, North and South America and India, while also conducting healing music and meditation seminars throughout the world.

He has been an honored guest of the Belgian Government and was the featured artist and composer of a special work for the 50th Anniversary of the United Nations in Geneva, Switzerland. His memorable 1997 concert at Berwaldhallen, Stockholm, Sweden was produced by Swedish National Television and Radio and has been released as one of his many recordings, which include traditional North Indian Classical Music and chanting, as well as music for meditation, yoga, healing & deep relaxation.

His East-West works include "Concerto for Sitar and Orchestra" premiered at Merkin Hall in New York November 2006. For its European premiere, the Concerto was performed by Linkoping Symphony Orchestra of Sweden in September 2007.

He has composed original music for the documentary film "Dalai Lama Renaissance", which received 12 international awards. The film has also been released as a soundtrack.

His teaching experience ranges from teaching masters degree students in India to ethnomusicology at Carleton University in Ottawa, and being a resident and visiting professor at the Eastman School of Music in Rochester, NY, and the Oberlin Conservatory of Music. Notably Roop Verma is the recipient of the National Endowment for the Humanities Award for 2006 as a Distinguished Visiting Professor at Hartwick College, Oneonta, New York.

He is considered one of the pioneers of neo-impressionism. The magic of his music is appreciated worldwide, with the simplicity and the peace and healing it offers to every heart and soul.

#### Classes

Sitar and other Eastern and Western string instruments. Classes evolve in a sequential and progressive manner including and not limited to:

- Theory and practice of Indian Classical music and its application to other instruments.
- Fundamentals and techniques of music making, exercises to gain control and freedom with one's instrument.
- Melody, Raga, melodic development on western instruments
- Composition, musical forms (ancient and modern)
- Improvisation, its myths and realities.

## Special Courses:

#### Music Learning & Discovery

These summer and winter intensive courses cover the above mentioned areas of study for all ranges of music students from beginner to professional.

#### Nada Yoga Intensive Retreats

Nada Yoga is the ancient science of sound vibrations, an exploration of consciousness through sacred music which originated in Vedic times. It has been found to be a healing process on many levels, for the purpose of aligning the physical and subtle bodies with natural vibration and leading the individual to the highest state of awareness. Acharya Roop Verma uses sacred music highlighting the healing elements of sound, along with periods of guided and silent meditation.

www.roopverma.com



# Deepak Kumar

Deepak Kumar is a traditional style vocalist from Rajasthan, India. His material covers a wide spectrum of music styles including devotional bhajans, kirtan, ghazals, classic film songs and his own compositions. He is also accomplished on a wide range of musical instruments including guitar, harmonium and keyboards.

Born into a musical family, Deepak first studied with his father, Shri P.N. Vyas, and later on with Ustad R.F. Dagar, Ustad Mionuddin Khan, and Mohinderjit Singh.

He has performed and given lecture demonstrations in many venues internationally and in the U.S. and Canada.

#### Classes

Deepak teaches North Indian traditional singing and voice culture classes called *YOGA OF VOICE*.

This method teaches age-old practices of how to control the voice, use ornamentation and sing in perfect intonation and pitch. The techniques help develop greater voice range and quality through correct breathing and expanded musical knowledge based on North Indian classical ragas. Deepak teaches correct methods of practice and how to incorporate exercises to make the voice beautiful.

These classes are helpful for singers, musicians, actors, public speakers, and anyone who uses their voice professionally.

Even if you are not a vocalist, these classes are very meditative; giving peace and satisfaction for mind and soul, helping you discover and enjoy the beauty of your own voice.

www.deepakkumarmusic.com



### Naren Budhakar

Naren Budhakar was born in India into the classical music tradition. He began playing tabla at an early age, performing on radio and television and writing music-related articles in the Times of India. Since coming to America, Naren has been extensively performing and teaching tabla. He has accompanied most prominent vocalists, instrumentalists and dancers of the Indian subcontinent. He has also contributed his tabla to rock, jazz and Irish-Celtic music. He has performed widely in U.S., Canada and Europe. Some of the highlights of his career are nomination as a guest artiste for the Latin Grammy awards in 2006, being featured on M.T.V. India, performing at the house of the Indian ambassador to the U.N. and performing at the U.S Open tennis tournament in 2009.

Naren continues to study with Ustad Shabbir Nisar, a maestro from India.

#### Classes

Naren teaches both grammar and practice of tabla, which makes students understand the principles of the compositions instead of learning them mechanically. His teaching of proper finger techniques lays a foundation within weeks that will last for a life time, even for total beginners.

www.naren.org

## Andrea Brachfeld

Andrea Brachfeld is the recipient of the Chico O'Farrill Lifetime Achievement Award which was presented to her in October of 2006 by Latin Jazz USA, an organization which is dedicated to promoting Latin Jazz. She is also the recipient of the Women in Salsa Award from Salsation, an organization from Washington D.C. which is dedicated to keeping Salsa alive. Her classical studies included studying with Harold Bennet at the Manhattan School of Music. Her 4th CD, Into the World: A Musical Offering came out in June of 2008. This CD features Mike Longo, Paul West, and Brian Lynch as well as the regular members of her band. Andrea is dedicating her energies



to *Phoenix Rising*, her Latin Jazz band, the *Kala Jazz Trio*, and her meditation workshop. She received the "Pioneers Award" in October of 2010 for her contribution to Latin music throughout the years and is currently conducting Master Classes at various universities.

#### Classes

### - Learn the Basics of Jazz Improvisation

Includes a short history of jazz to understand how this music developed as the unique classical music of the United States. You will be able to allow the music to flow through you and release the inner resistance to thinking there are mistakes in improvisation, using previous knowledge of your instrument and basic scales of the western tradition. Students need to be intermediate to advanced players as learning to play jazz requires a certain level of technical proficiency on the instrument.

#### - Rejuvenate Your Spirit By Playing Your Instrument Again!

Have you ever said to yourself, "I wish I had continued to play my instrument," but somehow life got in the way? Now is your chance to pick it up again in a safe and trusting environment. Relearn the joy you felt by playing your instrument and re-inspire yourself. It's never too late to bring the happiness of playing an instrument into your life again. All levels are welcomed.

#### - Classical Flute Classes

Intermediate to advanced levels are welcomed. This class includes techniques, studies, classical repertoire, methods and strategies for self discipline for your practice sessions. <a href="www.andreabrachfeld.com">www.andreabrachfeld.com</a>

# Shanta (Cheryl Page)

Shanta is a long-time disciple of Shri Brahmananda Sarasvati. She currently teaches violin and yoga. At age 15 she attended the prestigious Meadowmount School of Music and studied violin with Dorothy DeLay. She received her Suzuki teachers training at Ithaca College. Shanta is a registered violin teacher with the Suzuki



Association of the Americas. She is furthering her musical studies under the guidance of Acharya Roop Verma.

### Classes

Suzuki violin classes for children and adults by appointment.

### Ananda Ashram

The Ashram is a Yoga retreat and spiritual-educational center offering daily meditation programs with Yoga-Vedanta studies, chanting, readings and daily Hatha Yoga and Sanskrit classes, plus classical Indian dance and music instruction and a variety of weekend workshops and special events. Open year-round, the Ashram welcomes people of all origins, faiths and cultural backgrounds.

It was founded in 1964 by Shri Brahmananda Sarasvati (then Ramamurti S. Mishra, M.D.), one of the leading pioneers of Yoga in the West, as the country center of the Yoga Society of New York, Inc. It is also the location of the International Schools of East-West Unity (Gurukula), Inc., established by the Founder in 1992.

Topics of workshops, courses and lectures offered include the various aspects of Yoga, classical arts, Sanskrit language and natural health. Guest teachers and artists from a variety of traditions are regular contributors, with a preferred platform given to those who focus on the underlying unity of all. Ananda Ashram strives to maintain a distinguished, nonsectarian spiritual and educational standard throughout. For more information, go to <a href="https://www.anandaashram.org">www.anandaashram.org</a>









