

Mandra Sthayi Varisai

Combining Middle & Lower Octaves

To be practiced in 5 ragas in 3 speeds

1 S'NDP | MG | RS || S,,, | S, | ,, ||

GRSn | SR | GM || SRGM | PD | NS' ||

2 S'NDP | MG | RS || S,,, | S, | ,, ||

GRSn | SS | nS || SnSR | GM | PM ||

GRSn | SR | GM || SRGM | PD | NS' ||

3 S'NDP | MG | RS || S,,, | S, | ,, ||

GRSn | dn | Sn || SnSR | GM | PM ||

GRSn | SS | nS || SnSR | GM | PM ||

GRSn | SR | GM || SRGM | PD | NS' ||

4 S'NDP | MG | RS || S,,, | S, | ,, ||

GRSn | dp | dn || SnSR | GM | PM ||

GRSn | dn | Sn || SnSR | GM | PM ||

GRSn | SS | nS || SnSR | GM | PM ||

GRSn | SR | GM || SRGM | PD | NS' ||

5 S'NDP | MG | RS || S,,, | S, | ,, ||
 GRSn | dp | mp || dnSR | GM | PM ||
 GRSn | dp | dn || SnSR | GM | PM ||
 GRSn | dn | Sn || SnSR | GM | PM ||
 GRSn | SS | nS || SnSR | GM | PM ||
 GRSn | SR | GM || SRGM | PD | NS' ||