Mandra Sthayi Varisai

These are the lower octave sequences, which increases the student's vocal or instrument range.
The first one is a simplest exercise and every subsequent exercise adds a new phrase to the previous one.
It progressively covers upto to Mandra stayi Madhyama.

1.|| Sn dp mg rṣ | ṣ , , , | ṣ , , , || gr ṣṇ ṣr gm | ṣrgm | pdnS ||

2.|| Sn dp mg rs | ṣ , , , | ṣ , , , || gr ṣṇ ṣṣ ṇṣ | ṣṇ ṣr gm pm || gr ṣṇ ṣr gm | ṣrgm | pdnS ||

3.|| Sn dp mg rs | ṣ , , , | ṣ , , , || gr ṣṇ ḍṇ ṣṇ | ṣṇ ṣr gm pm ||
|| gr ṣṇ ṣṣ ṇṣ | ṣṇ ṣr gm pm || gr ṣṇ ṣr gm | ṣrgm | pdnS ||

4.|| Sn dp mg rs | ṣ , , , | ṣ , , , || gr ṣṇ ḍṗ ḍṇ | ṣṇ ṣr gm pm ||
|| gr ṣṇ ḍṇ ṣṇ | ṣṇ ṣr gm pm ||
|| gr ṣṇ ṣṣ ṇṣ | ṣṇ ṣr gm pm || gr ṣṇ ṣr gm| ṣrgm | pdnS ||

5.|| Sn dp mg rs | ṣ , , , | ṣ , , , || gr ṣṇ ḍṗ ṃṗ | ḍṇ ṣr gm pm ||
	gr ṣṇ ḍṗ ḍṇ	ṣṇ ṣr gm pm	
	gr ṣṇ ḍṇ ṣṇ	ṣṇ ṣr gm pm	
	gr ṣṇ ṣṣ ṇṣ	ṣṇ ṣr gm pm || gr ṣṇ ṣr gm	ṣrgm	pdnS	