



OPENING CHANT

ASHTANGA YOGA

ॐ

वन्दे गुरुणां चरणारविन्दे संदर्शितस्वात्मसुखावबोधे ।
निःश्रेयसे जाङ्गलिकायमाने संसारहालाहलमोहशान्त्यै ॥
आबाहुपुरुषाकारं शङ्खचक्रासिधारिणम् ।
सहस्रशिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

ॐ

Om

vande gurūnam caranāravinde
sandarśita svātma sukhāva bodhe
nih śreyase jangalikāyamāne
samsāra hālāhala mohaśāntyai
ābāhu purushākāram
śankhacakrāsi dhārinam
sahasra śirasam śvetam
pranamāmi patanjalinam

Om

*I bow at the lotus feet of the Guru/teachers
and behold the awakened joy/bliss of my own soul/the self
the ultimate/complete refuge, the jungle doctor/healer
easing the poisonous delusion/illusion of repetitive existence.
I bow to Patanjali who has assumed the human form of a brilliantly
luminous man with a thousand radiant heads and
who bears a conch, discus and a sword.*



CLOSING CHANT

ASHTANGA YOGA

ॐ

स्वस्तिप्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनो भवन्तु ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

Om

svastiprajābhyah paripālayantām
nyāyena mārgena mahim mahīśah
gobrāhmanebhyah śubhamastu nityam
lokāh samastāh sukhinobhavantu
Om shanti shanti shantih

May all be well with mankind.

*May the leaders of this earth protect it and all beings
and generations by keeping the path of virtue/right path.
May there be goodness for those who know the earth to be sacred.*

May all the world be happy.

Om peace peace peace