



Ashtanga Yoga Mantram

OM

Vande Gurunam Charanaravinde
Sandarsita Svatma Sukhavabodhe
Nihsreyase Jangalikayamane
Samsara Halahala Mohashantyai

Abahu Purushakaram
Shankachakrasi Dharinam
Sahasra Sirsam Svetam
Pranamami Patanjalinam

OM

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vande I bow gurunam to the plurality of gurus charanaravinde two
lotus feet
sandarsita to bring to sight svatma pure Being sukhava happiness
bodhe awakened
nih sreyase refuge jangalikayamane jungle physician
samsara conditioned existence halahala poison moha delusion
shantyai peace

abahu down to the shoulders purushakaram assumes the form of
man
shankha conch shell chakra wheel asi sword (of discrimination)
dharinam the bearer
sahasra thousands sirsam heads svetam radiant, white
pranamami I prostrate patanjalinam to the sage Patanjali

OM