

# Ashtanga Yoga

## OPENING PRAYER

वन्दे गुरूणं चरणारविन्दे सन्दर्शित स्वात्म सुखाव बोधे ।  
निः श्रेयसे जङ्गलिकायमाने संसार हालाहल मोहशांत्यै ॥

आबाहु पुरुषकारं शंखचक्रासि धारिणम् ।  
सहस्र शिरशं श्वेतं प्रणमामि पतञ्जलिम् ॥

vande gurūṇaṃ caraṇārāvinde sandarśita svātma sukhāva bodhe |  
niḥ śreyase jaṅgalikāyamāne saṁsāra hālāhala mohaśāntyai ||  
ābāhu puruṣakāraṁ śaṅkhacakrāsi dhāriṇam |  
sahasra śiraśaṁ śvetam praṇamāmi patañjalim ||

I bow to the lotus feet of the Gurus. The awakening happiness of one's own Self revealed. Beyond better, acting like the Jungle physician. Pacifying delusion, the poison of Samsara.

Taking the form of a man to the shoulders. Holding a conch, a discus and a sword. One thousand heads white. To Patanjali, I salute.

## CLOSING PRAYER

स्वस्तिप्रजाभ्यः परिपालयतां न्यायेन मार्गेण महीं महीशाः ।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकासमस्ता सुखिनो भवन्तु ॥

svastiprajābhyaḥ paripālayantāṁ nyāyena mārgēṇa mahīm mahīśāḥ |  
gobrāhmaṇebhyaḥ śubhamastu nityaṁ lokāsamastā sukhinobhavantu ||

May all be well with mankind. May the leaders of the earth protect in every way by keeping to the right path.

May there be goodness for those who know the earth to be sacred.  
May all the worlds be happy.

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