



Ashtanga Yoga Opening Chant

OM

vande gurunam caranaravinde
sandarsita svatma sukhava bodhe
nih sreyase jangalikayamane
samsara halahala mohasantyai

abahu purusakaram
sankhacakrasi dharinam
sahasra sirasam svetam
pranamami patanjalin

OM

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I bow to the two lotus feet of the Gurus which awaken insight into the happiness of pure Being, which are the refuge, the jungle physician, which eliminate the delusion caused by the poisonous herb of Samara (conditioned existence)

I prostrate before the sage Patanjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed the form of a man holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword (discrimination)

OM

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Vande = bow

Gurunam = to the plurality of gurus

Caranaravinde = two lotus feet

sandarsita = to bring to sight

Svatma = pure Being

Sukhava = happiness

Bodhe = awakened

nishreyase = refuge

jangalikayamane = jungle hut (meaning shaman, jungle physician)

samsara = conditioned existence

halahala = poison

moha = delusion

santyai = peace

abahu = down to the shoulders

purusakaram = assumes the form of a man

sankha = conch shell

cakra = a wheel (discus of light or infinite time)

asi = sword (of discrimination)

dharinam = holding

sahasra = thousands

sirasam = heads

svetam = radiant, white

pranamami = prostrate

patanjali = the sage Patanjali

OM

Ashtanga Yoga Closing Chant

Om

*Svathi Praja Bhyaha Pari Pala Yantam
Nya Yena Margena Mahim Mahishaha
Go Brahmanebhyaha Shubamastu Nityam
Lokah Samastah Sukhino Bhavantu
Om Shanti Shanti Shantihi*

Translation

May the rulers of the earth keep to the path of virtue
For protecting the welfare of all generations.
May the religious, and all peoples be forever blessed,
May all beings everywhere be happy and free
Om peace, peace, perfect peace

