



Ashtanga Yoga Prayer



Opening Prayer

The Opening Prayer is a blessing of gratitude offered to the lineage of teachers and their students who have enabled this ancient practice to survive through thousands of years so that we can experience its benefits today. The recitation of this mantra cleanses the energy of the space we have chosen to practice yoga, as well as preparing the mind, body and emotions for the forthcoming Ashtanga sequence.

वन्दे गुरुणं चरणारविन्दे सन्दर्शित स्वात्म सुखाव बोधे ।
निः श्रेयसे जङ्गलिकायमाने संसार हालाहल मोहशांत्यै ॥
आबाहु पुरुषकारं शंखचक्रासि धारिणम् ।
सहस्र शिरशं श्वेतं प्रणमामि पतञ्जलिम् ॥

vande gurūṇaṁ caraṇāravinde sandarśita svātma sukhāva bodhe ।
niḥ śreyase jaṅgalikāyamāne saṁsāra hālāhala mohaśāntyai ॥
ābāhu puruṣakāraṁ śaṅkhacakraṁsi dhāriṇam ।
sahasra śiraśaṁ śvetaṁ praṇamāmi patañjalim ॥

Translation

I bow to the lotus feet of the Supreme Guru
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 Samsara (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).



Closing Prayer

The Closing Prayer brings the practice to a peaceful end; sealing in the work done and offering the efforts of our practice to improve the state of the world.

स्वस्तिप्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकासमस्ता सुखिनोभवन्तु ॥

svastiprajābhyah paripālayantān nyāyena mārgēṇa mahīm mahīśāh ।
gobrāhmaṇebhyah śubhamastu nityaṁ lokāsamastā sukhinobhavantu ॥

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