

Ashtanga Yoga Opening Prayer

om

vande gurunam charanaravinde

sandarshita svatma sukhava bodhe

nih shreyase jangalikayamane

samsara halahala mohashantyai

abahu purusakaramshankhacakrasi dharinam

sahasra shirasam shvetam

pranamami patanjalin

om

Om

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.

Om