

ASHTANGA YOGA OPENING MANTRA

OM

VANDE GURUṆĀM CHARĀNARAVINDE
SANDARŚAITA SVĀTMA SUKHĀVA BODHE
NISHREYASE JĀNGALIKĀYAMĀNE
SĀMSĀRA HĀLĀHALA MOHAŚĀNTYAI

ĀBĀHU PURUṢĀKĀRAM
ŚAṆKHACA KRĀSI DHĀRINAM
SAHASRA ŚIRASAM ŚVETAM
PRAṆAMĀMI PATAÑJALIM

OM

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).

