



ASTANGA YOGA PRAYER

OM

VANDE GURUNAM CARANARAVINDE

SANDARSITA SVATMA SUKHAVA BODHE

NIH SREYASE JANGALIKAYAMANE

SAMSARA HALAHALA MOHASANTYAI

ABAHU PURUSAKARAM

SANKHACAKRASI DHARINAM

SAHASRA SIRASAM SVETAM

PRANAMAMI PATANJALIM

OM

English Translation

I pray at the lotus feet of the supreme guru who teaches
the good knowledge, showing the way to knowing
the self-awakening great happiness; who is the doctor
of the jungle, able to remove the poison of the ignorance
of conditioned existence.

To Patanjali, an incarnation of Adisesa, white in colour
with 1000 radiant heads, human in form below the
shoulders holding a sword, a wheel of fire, and a conch,
to him, I prostrate.