



Ashtanga Vinyasa Yoga Opening Invocation

Aum

Vande Gurunam Charanaravinde
Sandarshita Svatma Sukavabodhe
Nishreyase Jangalikayamane
Samsara Halahala Mohashantyai
Abahu Purushakaram
Shankhachakrasi Dharinam
Sahasra Sirasam Svetam
Pranamami Patanjalin

I bow to the lotus feet of the Guru
Who awakens insight into the happiness of pure Being
Who is the refuge, the jungle physician
Who eliminates the delusion caused by
the poisonous herb of samsara
I prostrate before the sage Patanjali
Who has thousands of radiant, white heads
And who has, as far as his arms,
Assumed the form of a human holding
A conch shell, a wheel and a sword.