

ASHTANGA YOGA MANTRA

OM

**VANDE GURUNAM CHARANARAVINDE
SANDARSHITA SVATMA SUKHAVABODHE
NISHREYASE JANGALIKAYAMANE
SAMSARA HALAHALA MOHASHANTYAI**

**ABAHU PURUSHAKARAM
SHANKHACHAKRASI DHARINAM
SAHASRA SHIRASAM SHVETAM
PRANAMAMI PATANJALIM**

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

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MANGALA MANTRA

OM
SWASTHI PRAJA BYHAH
PARI PALA YANTAM
NYA YENA MARGENA
MAHI MAHISHAHA
GO - BRAHMANEBHYAHA SHUBHAMASTU NITYAM
LOKAA SAMASTHA
SUKHINO BHAVANTHU
OM

OM

May all be well with mankind.

May the leaders of the earth protect in every way by keeping to the right path.

May there be goodness for those who know the earth to be sacred.

May all the worlds be happy.

OM