

# Ashtanga Yoga mantra

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aum̐  
vande gurūṇāṃ caraṇāravinde  
sandaśīta svātma sukhāva bodhe |  
niḥ-śreyase jaṅgali-kāyamāne  
saṃsāra hālāhala mohaśāṃtyai |  
ābāhu puruṣākāraṃ  
śaṃkhacakrāsi dhāriṇam |  
sahasra śīrasaṃ śvetarṃ  
praṇamāmi patañjalim |

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aum̐

