



YOGA CHANTS

Opening Chant

वन्दे गुरुणां चरणारविन्दे सन्दर्शित स्वात्म सुखावबोधे ।
निःश्रेयसे जाङ्गलिकायमाने संसार हालाहल मोहशान्त्यै ॥
आबाहु पुरुषाकारं शंखचक्रासि धारिणम् ।
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

vande gurūṇāṁ caraṇāravinde sandarśita svātma sukhāvabodhe ।
niḥśreyase jāṅgalikāyamāne saṁsāra hālāhala mohaśāntyai ॥

ābāhu puruṣākāraṁ śaṅkhacakrāsi dhāriṇam ।
sahasra śirasaṁ śvetaṁ praṇamāmi patañjaliṁ ॥

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.

Closing Chant

स्वस्तिप्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनोभवन्तु ॥

svastiprajābhyaḥ paripālayantāṁ nyāyena mārgēṇa mahīm mahīśāḥ ।
gobrāhmaṇebhyaḥ śubhamastu nityaṁ lokāḥ samastāḥ sukhinobhavantu ॥

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.