

Ashtanga Vinyasa Opening Chant

OM

vande gurūṇām caraṇāravinde
sandarśita svātma sukhāvabodhe
niḥśreyase jāṅgalikāyamāne
saṁsāra hālāhala mohaśāntyai
ābāhu puruṣākāram
śaṅkhacakrāsi dhāriṇam
sahasra śirasam śvetam
praṇamāmi patañjalim

Ashtanga Vinyasa Closing Chant

OM

Svasti prajābhyaḥ
paripālayantām nyāyena mārgeṇa mahīm mahīśāḥ
gobrāmaṇebhyaḥ śubhamastu nityam
lokāḥ samastāḥ sukhino bhavantu
OM śāntiḥ śāntiḥ śāntiḥ

Translation

Opening - I pray to 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 ignorance from conditioned existence.

To Patanjali, an incarnation of Adisesa, white in colour with 1000 Radiant heads (in his form as the divine serpent, Ananta), human in form below the shoulders holding a sword (for discrimination), a wheel of Fire (discus of light, representing infinite time), and a conch (for divine sound) – To him, I prostrate.

Closing - Let Prosperity be Glorified. Let Rulers (Administrators) lead the world with law and justice. Let divinity and erudition (spiritual education) be protected. Let all beings everywhere be happy and free. Om peace, peace and perfect peace