

ASTANGA YOGA PRAYER

Vande Gurunam Caranaravinde
Sandarsita Svatma Sukhava Bodhe
Nih Sreyase Jangalikamane
Samsara Halahala Mohasantyai
Abahu Purusakaram
Sankhacakrasi Dharinam
Sahasra Sirasam Svetam
Pranamami Patanjali
Om

English Translation of introductory prayer

I pray at 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 the ignorance of conditioned existence.

To Patanjali, an incarnation of Adisesa, white in colour with 1000 radiant heads, human in form below the shoulders holding a sword, a wheel of fire, and a conch, to him, I prostrate.

Finishing prayer

Om swasti prajaabyham paripaala yantaam
Nyaayena maargena mahiim mahimshaam /
Go braahmanebhyach shubhamastu nityam
Lokhaa samastaa sukhino bhavantu //

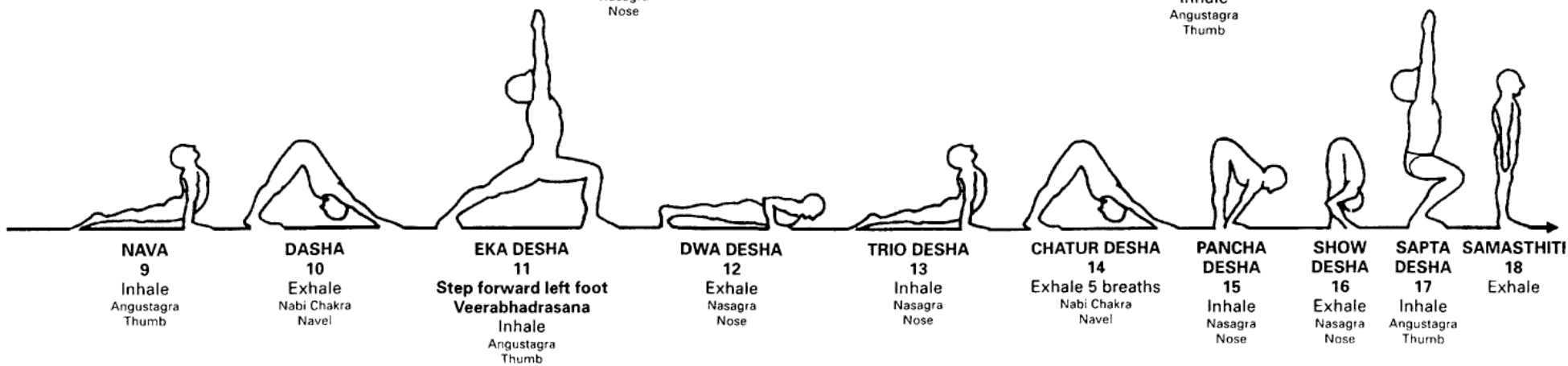
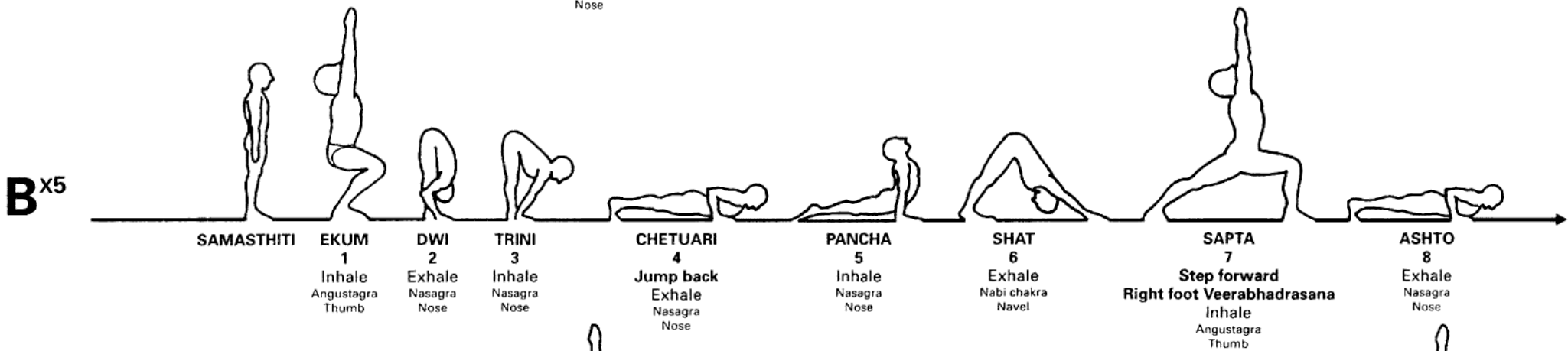
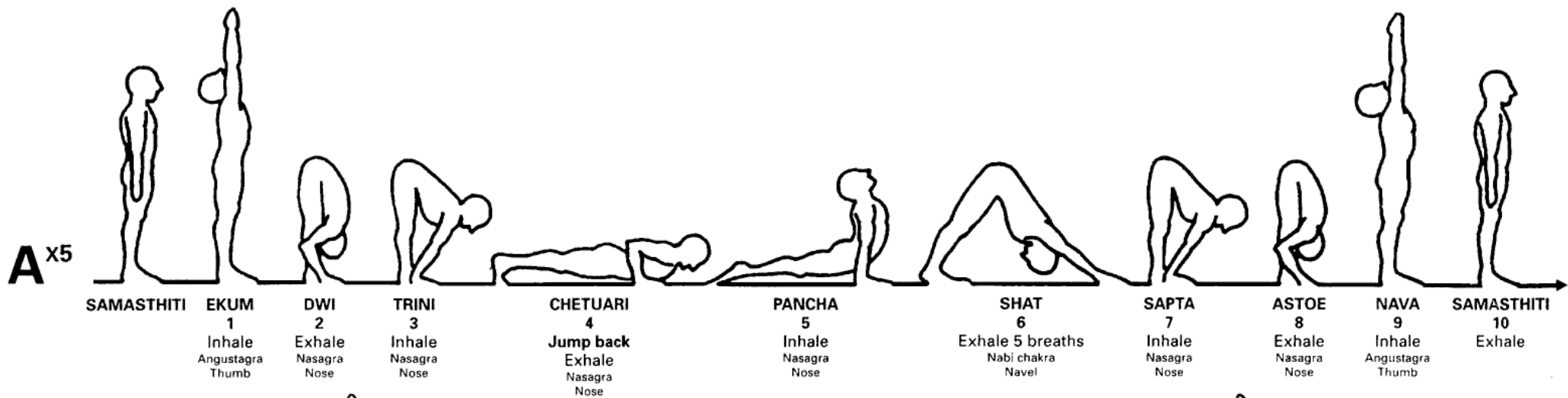
Sarve jana sukhino bhavantu/
Samasta sanmangaalini santu/
Lokha karlyana samridi rastu/
Vishva shanti rastu //

English translation of finishing prayer

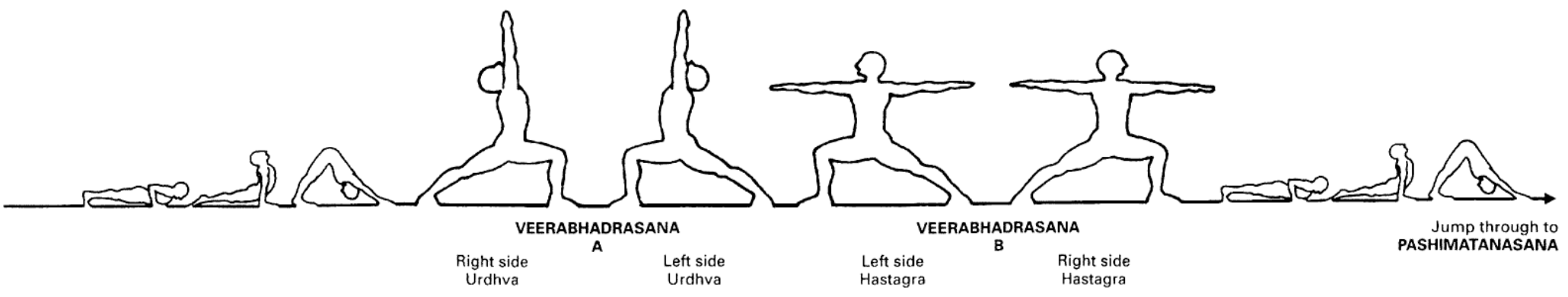
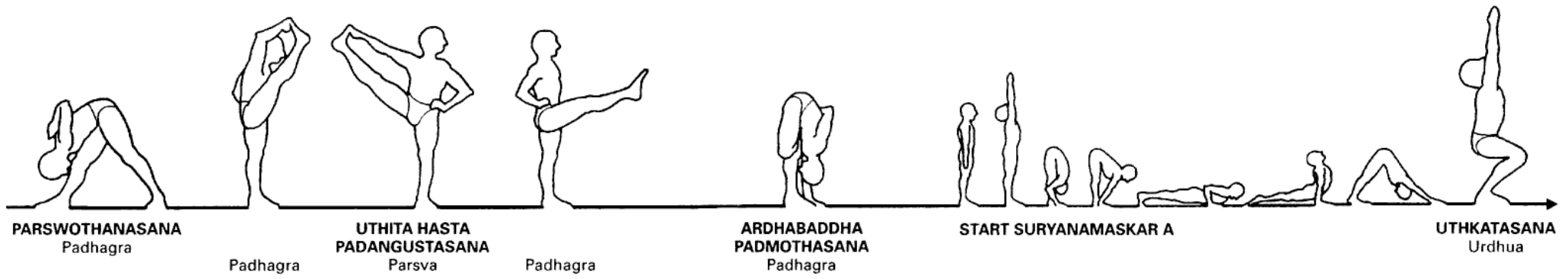
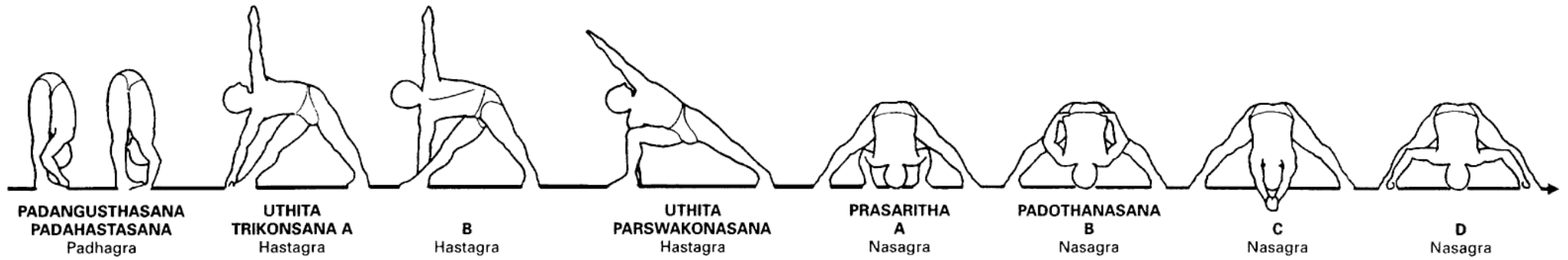
May all be well with mankind. May the leader of the earth protect in every way by keeping to the right path.
May there be goodness for those who know the earth to be sacred. May all the worlds be happy.

May all people be happy, Let all the living organisms in all places have a peaceful life.

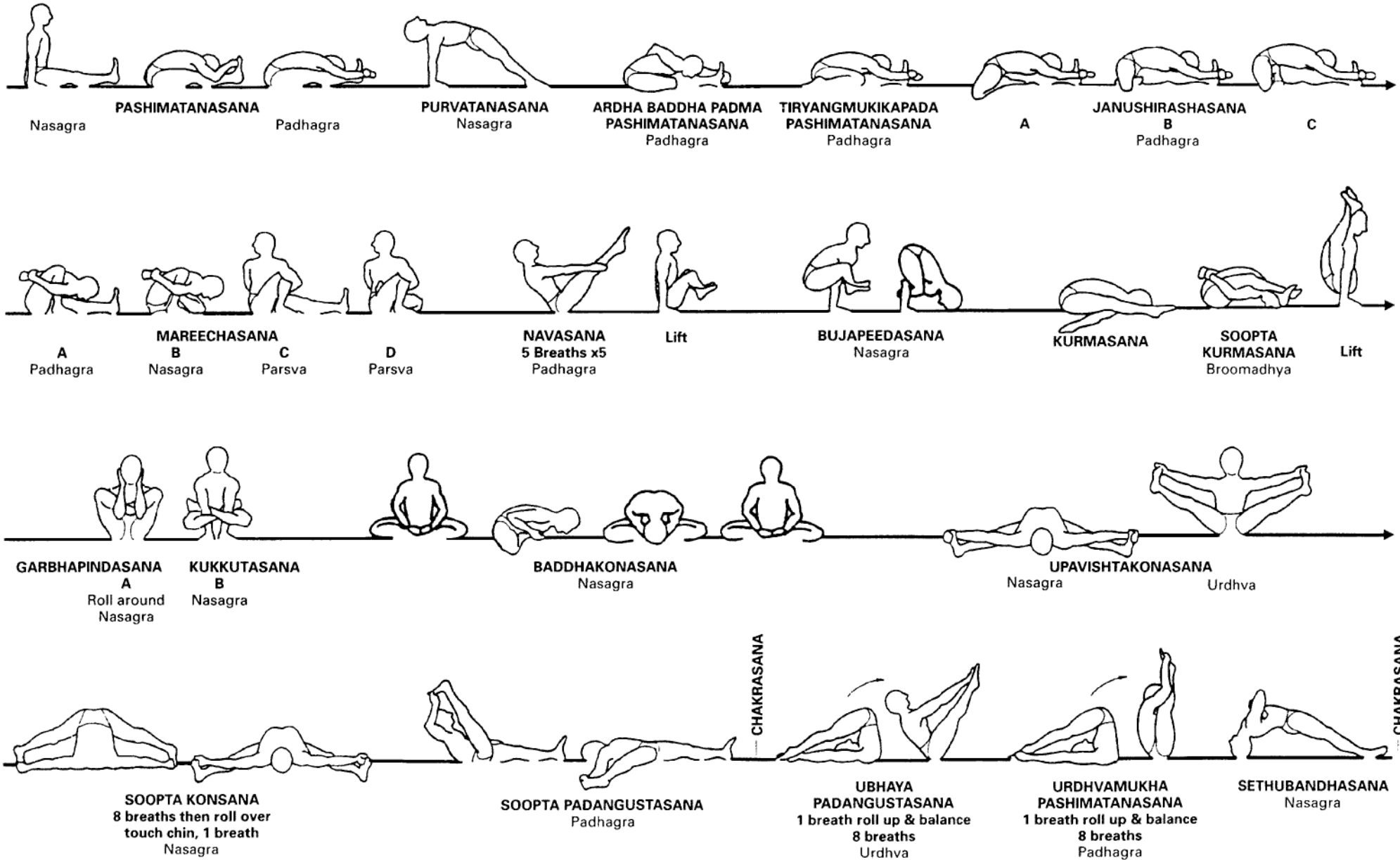
SURYANAMASKARA A&B



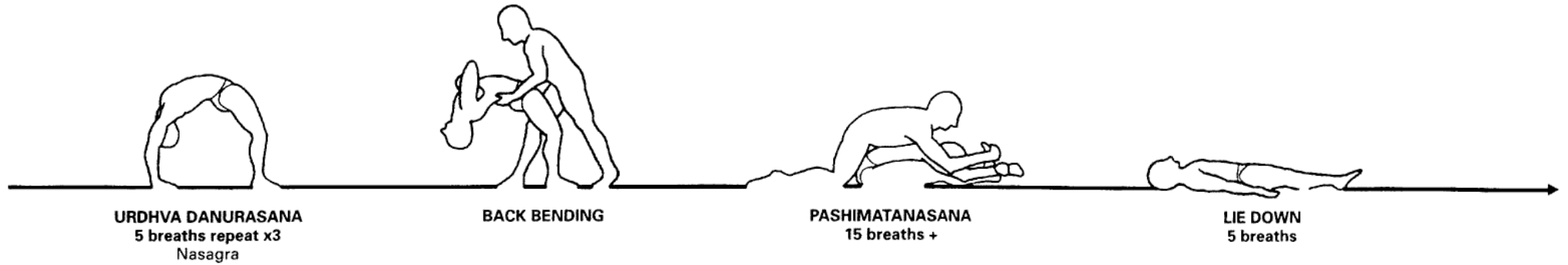
STANDING ASANAS



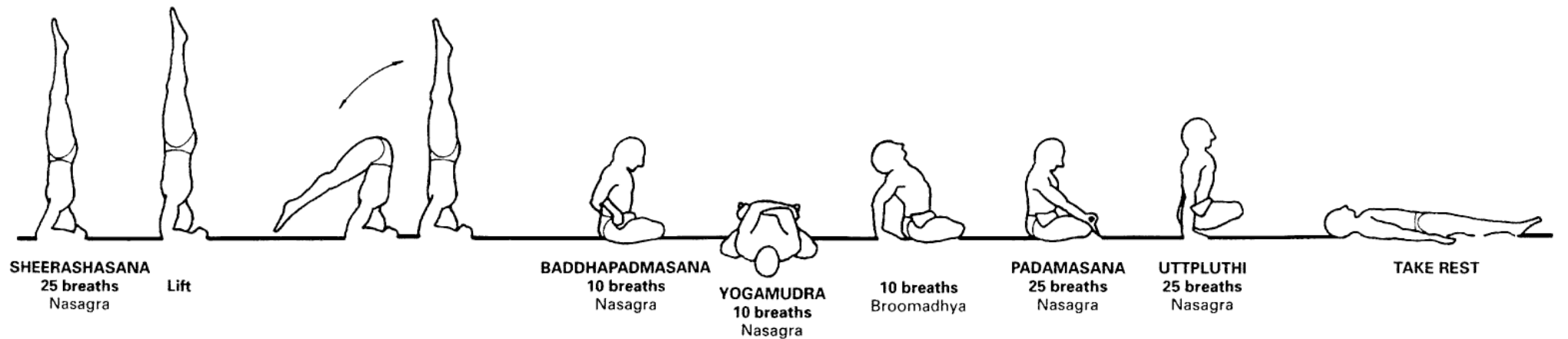
PRIMARY SERIES



BACK BENDING



FINISHING ASANAS



INTERMEDIATE SERIES

