ASTANGA YOGA PRAYER

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

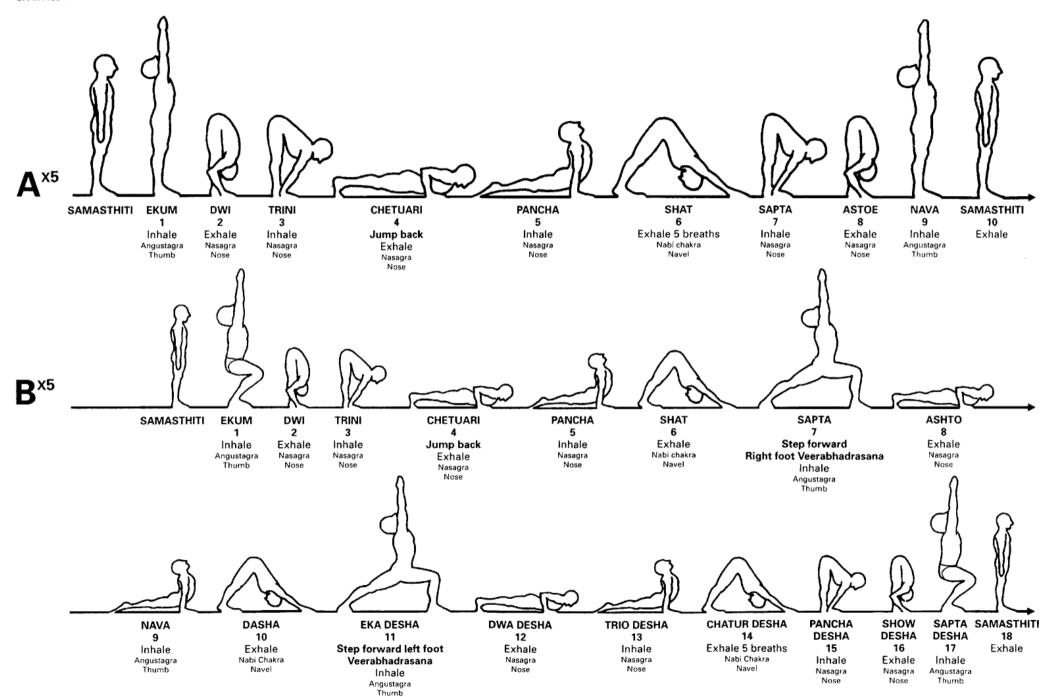
May there be goodness for those who know the earth to be sacred. May all the worlds be happy.

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

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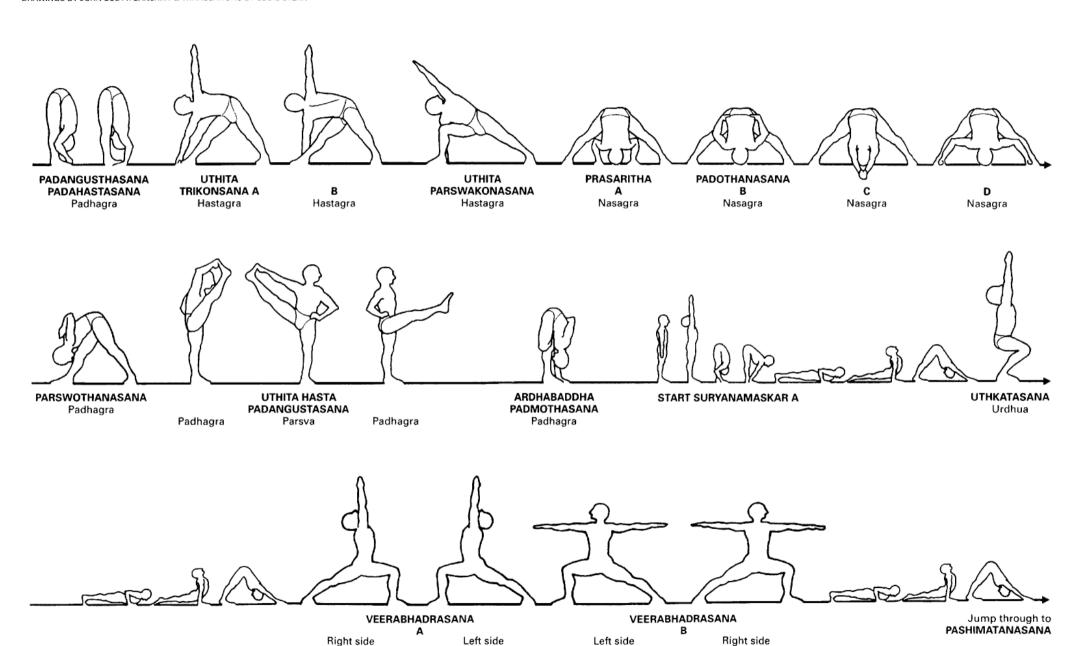
SURYANAMASKARA A&B

Mysore 1993
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STANDING ASANAS

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Urdhva

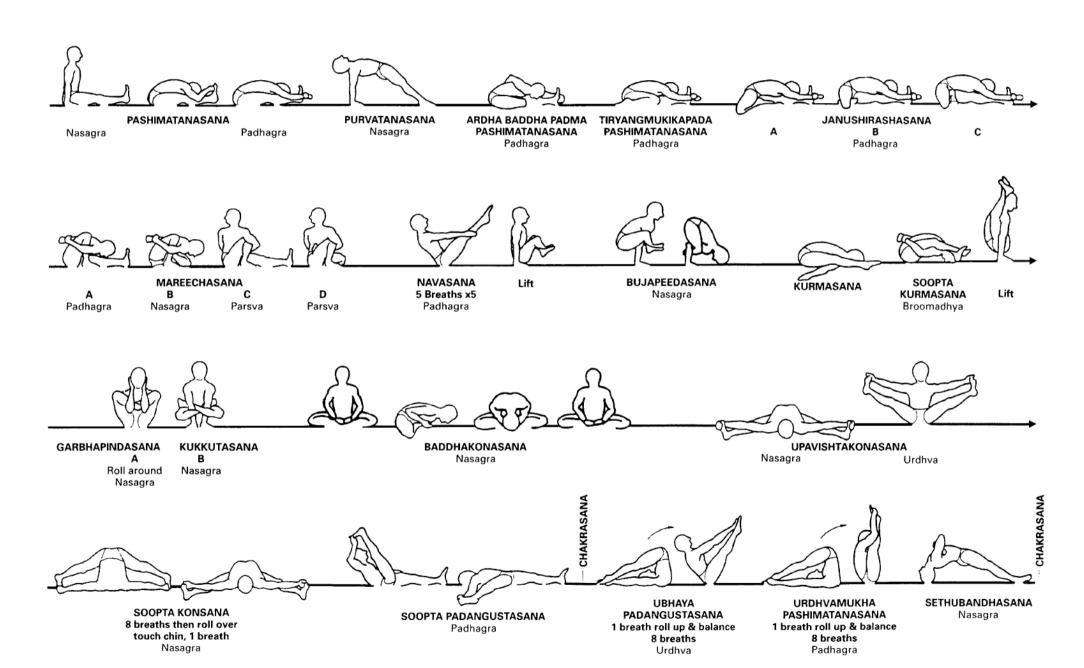
Hastagra

Hastagra

Urdhva

PRIMARY SERIES

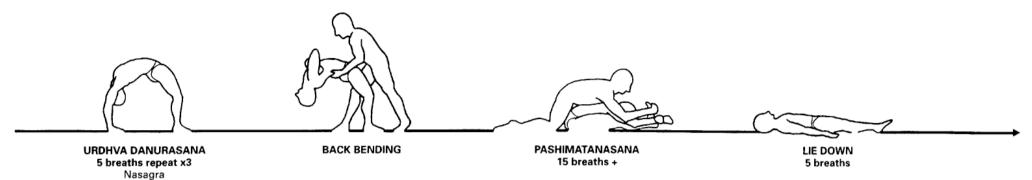
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ASTANGA YOGA AS TAUGHT BY SHRI K PATTABHI JOIS

BACK BENDING

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SAVANGASANA 25 breaths Nasagra

HALASANA 10 breaths

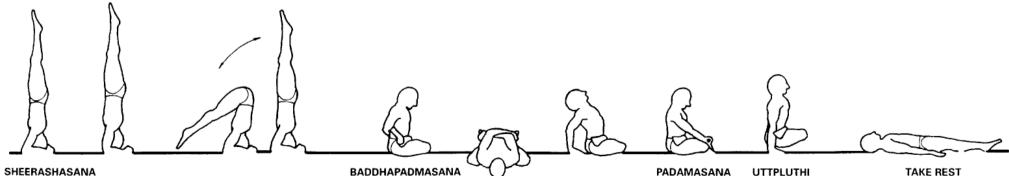
KARNAPIDASANA 10 breaths

URDVA PADMASANA

PINDASANA 10 breaths

MATHSYSANA 10 breaths

UTHANAPADASANA 10 breaths



SHEERASHASANA 25 breaths Nasagra

Lift

10 breaths Nasagra

YOGAMUDRA 10 breaths Nasagra

10 breaths Broomadhya PADAMASANA 25 breaths Nasagra

UTTPLUTHI 25 breaths Nasagra

TAKE REST

ASTANGA YOGA AS TAUGHT BY SHRI K PATTABHI JOIS Mybore 1993 DRAWINGS BY JOHN SCOTT SANSKRIT & TRANSLATIONS BY EDDIE STERN

INTERMEDIATE SERIES

