

CHANT SHEET

Ashtanga Yoga opening mantra

OM

VANDE GURUNAM CHARANARAVINDE

SANDARSHITA SVATMA SUKHAVA BODHE

NIH SREYASE JANGALIKAYAMANE

SAMSARA HALAHALA MOHASHANTYAI

ABAHU PURUSHAKARAM SHANKHACAKRSI DHARINAM

SAHASRA SIRASAM SVETAM

PRANAMAMI PATANJALIM

OM

I worship the Gurus lotus feet. Awakening the happiness of the Self revealed. Beyond comparison. Acting like the jungle physician to pacify delusion from the poison of existence. To Patanjali, an incarnation of Adisea, white in color with 1000 radiant heads (in his form as the divine serpent Ananta). Human in form below the shoulders holding a sword (discrimination), a wheel of fire (discus of light, representing infinite time) and a conch (divine sound) - to him, I prostrate.

The opening chant is a blessing of gratitude offered to the lineage of teachers and their students who have enabled this ancient practice to survive through thousands of years so that we can experience it's benefits today. The recitation of this mantra cleanses the energy of the space we have chosen to practice yoga, as well as preparing the mind, body and emotions for the forthcoming ashtanga sequence.



CHANT SHEET

Ashtanga Yoga closing mantra (Mangala Mantra)

OM

SVASTI PRAJA BHYAHA

PARI PALA YANTAM

NYA YENA MARGENA MAHIM MAHISHAHA

GO BRAHMANEBHYAHA SHUBAMASTU NITYAM

LOKAH SAMASTAH SUKHINO BHAVANTU

OM SHANTI SHANTI SHANTIHI

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 world be happy. May the rains fall on time and may the Earth yield it's produce in abundance. May this country be free from disturbances, and may the righteous be free from fear.

Om let there be peace in me, let there be peace in my environment, let there be peace in the forces that act on me.

