

Ashtanga Opening and Closing Chants

Ashtanga Opening Chant

Yoga Taravali of Adi Shankaracharya and Rajamartanda Vritti, Bhoja Deva of Dhara

aum

vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva
bodhe |
niḥ-śreyase jaṅgali-kāyamāne
saṃsāra hālāhala mohaśāntyai
||

ābāhu puruṣākāraṃ
śaṅkha cakrāsi dhāriṇam |
sahasra śirasam śvetam
praṇamāmi patañjalim ||

aum

Om

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.

Om

ॐ

वन्दे गुरुणां चरणारविन्दे
संदर्शितस्वात्मसुखावबोधे ।
निःश्रेयसे जाङ्गलिकायमाने
संसारहालाहलमोहशान्त्यै ॥

आबाहुपुरुषाकारं
शङ्खचक्रासिधारिणम् ।
सहस्रशिरसं श्वेतं
प्रणमामि पतञ्जलिम् ॥

ॐ

Ashtanga Closing Chant

Mangala Mantra from the Rig Veda

aum

svasti-prajā-bhyaḥ
pari-pāla-yantām
nyāyena mārgēṇa mahīm
mahīśāḥ |

go-brāhmaṇebhyaḥ
śubham-astu nityam
lokāḥ samastāḥ sukhino-
bhavantu ||

aum, śāntiḥ śāntiḥ śāntiḥ

Om

May the rulers of the earth
protect the well-being of the
people,
With justice, by means of the
right path.

May there always be good
fortune for cows, Brahmins and
all living beings,
May the inhabitants of all the
worlds be full of happiness.

Om Peace, Peace, Peace!

ॐ

स्वस्तिप्रजाभ्यः परिपालयन्तां
न्यायेन मार्गेण महीं महीशाः ।

गोब्राह्मणेभ्यः शुभमस्तु नित्यं
लोकाः समस्ताः सुखिनो भवन्तु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥