



Ashtanga Yoga Opening Mantra

Vande gurunam caranaravinde
Sandarsita svatma sukhava bodhe
Nih sreyase jangalikayamane
Samsara halahala mohasantyai

Abahu purusakaram Sankhacakrasi dharinam
Sahasra sirasam svetam
Pranamami patanjalinam

Translation

I bow to the lotus feet of the Gurus Who awaken the insight of pure being, Which is the complete absorption into joy, acting like the jungle physician To eliminate the delusion caused by the poison of samsara (conditioned existence).

Source: Yoga Taravalli by Shankaracharya Adi Shankara was an 8th century Indian Philosopher.

I prostrate before the sage Patanjali who has thousands of radiant white heads (as the divine serpent, Ananta) and who has as far as his arms assumed human form, holding a conch shell (representing divine sound), a wheel of fire (discus of light representing infinite time)

Source: Patanjali Dhyana sloka Dhyana slokas are descriptive visualizations of deities that are used to aid meditation practice.