

Hari aum

pranamāmi patanjālim

sahasra śirasam śvetam

śankha cakrāsi dhāritam

ābahu puruṣākāram

patanjālim prāñjalīrānato'smi

yo'pākarottam pravaram munīnām

malam śarīrasya ca vaidyakena

yogena cittasya padena vācām



YOGANANTA

www.iyengaryogananta.com

Let us bow before
the noblest of sages Patanjali,
Who gave Yoga for serenity
and sanctity of mind,
Grammar for clarity and
purity of speech, and
Medicine for perfection of health.
Let us prostrate before Patanjali,
An incarnation of Adisesa,
Whose upper body has a human form
Whose arms hold a conch and disc,
and Who is crowned
by a thousand headed cobra.



YOGANANTA



INVOCATION
TO SAGE PATANJALI