



Invocation to Patanjali

We start the class by chanting the invocation to Patanjali, which is a prayer to honour and respect Patanjali, the Indian sage and author of the Yoga Sutras. The Sutras compiled over 2,000 years ago are the definitive text on the art of yoga. Chanting mantras is a wonderful way to start a yoga practice or meditation because the body benefits from the vibrations and the mind is solely focused on the task.

Yogena cittasya padena vacam

Yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm

Malam sarirasyaca vaidyakena

Mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh

Yopakarottam prvaram muninam

Yo-pa kar-oh-tahm prah-vah-rahm moo-nee-nahm

Patanjalim pranjaliranato'smi

Pah-tahn-jah-lim prahn-jah-leer ah-nah-toe-smee

Abahu purusakaram

A-bah-hoo poo-roo-shah-kar-ahm

Sankha cakrasi dharinam

Shahn-kah chah-krah-see dar-ee-nahm

Sahasra sirasam svetam

Sah-hah-srah sheer-ah-sahm shvay-tahm

Pranamami Patanjalinam

Prah-nuh-mah-mee pah-tahn-ja-lim

Hari om

Har-ri hey Om

To the noblest of sages, Patanjali,
who gave yoga for serenity of mind,
grammar for purity of speech,
and medicine for perfection of the body, I bow. I prostrate before Patanjali,
whose upper body has a human form,
whose arms hold a conch and disc,
who is crowned by a thousand-headed cobra, O incarnation of Adisesa,
my salutations to Thee.