

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.

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