

Invocation to Patanjali.



Om Om Om

**Yogena cittasya padena vacam
Malam sarirasyaca vaidyakena
Yopakarottam pravaram muninam
Patanjalim pranjaliranato'smi**

**Abahu purusakaram
Sankha cakrasi dharinam
Sahasara sirsam svetam
Pranamami Patanjalinam**

Hare Hi Om

To the noblest of sages Patanjali, who gave us yoga for serenity and sanctity of mind, grammar for clarity and purity of speech and medicine for perfect health.

I prostrate before Patanjali whose upper body has human form, whose arms hold a conch, a disc and a sword and is crowned with a thousand headed cobra.

When we chant the invocation to Patanjali we pay respect and honour the Indian sage and author of the yoga sutras. The sutras were compiled over 2000 years ago and are the definitive text on the art of yoga. The chant resonates through the body and prepares the yogi to begin their practice.

