



Infinite Yoga Ashtanga Vinyasa Yoga Chants Invocation – Vande Gurunam



vande gurānām charanāravinde
sandarāshita svātma
sukhāvabodhe
nishreyase jāṅgalikāyamāne
samsāra hālāhala mohashāntyai
ābāhu purushākāram
shankhachakrāsi dhārinam
sahasra shirasam shvetam
pranamāmi Patanjalim



*I bow to the Guru's lotus feet
Awakening the happiness of the Self revealed
Beyond comparison, acting like the jungle physician
To pacify delusion from the poison of existence.*
Yoga Taravali - Shankaracharya

*Taking the form of a man to the shoulders,
Holding a conch, a discus and a sword,
One thousand heads white, To Patanjali, I salute.*
Prayer to Patanjali – Yoga Sutras