



**Infinite Yoga Ashtanga Vinyasa Yoga Chants
Om Asatoma**

**Om Asatoma Satgamaya
Tamasoma Jyotir Gamaya
Mrityorma Amritam Gamaya**

*Take us from the false to the truth, from darkness to light,
from poison to nectar.*

Brhadaranyaka Upanishad – I.iii.28