

PATAÑJALI INVOCATION

OM

*yogena cittasya padena vācām
malam śarīrasya ca vaidyakena
yo' pākarot tam pravaram muninām
patañjalim prāñjalir ānato' smi
ābāhu puruṣākāram
śaṅkhacakrāsi dhāriṇam
sahasra śirasam śvetam
praṇamāmi patañjalim
śrimate anantāya nāgarājāya namo namaha*

OM

OM SHANTI
Scuola di Aṣṭāṅga



YOGA STUDIO
e Yoga Therapy