

Invocation to Sage Patanjali

The invocation is usually chanted at the beginning of classes at the Ramamani Iyengar Memorial Institute, Pune. Sage Patanjali penned the ancient Indian heritage of Yoga through his treatise, *The Yoga Sutras of Patanjali*, which is an encompassing study of the subject consisting of 196 sutras (aphorisms). (Small text is as written, and the **larger bold text is pronunciation**)

yogena cittasya padena vacam

(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

malam sarirasya ca vaidyakena

(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

yopakarottam pravaram muninam

(yo-pah kar-oh-tahm prah-vah-rahm moo-nee-nahm)

patanjalin pranjaliranato'smi

(pah-than-jah-lim prahn-jah-leer ah-nah-to-smee)

abahu purusakaram

(ah-bah-hoo-poo-roo-shah-kar-ahm)

sankha cakrasi dharinam

(shaahn-kah chah-krah-see dar-ee-nahm)

sahasra sirasam svetam

(sah-hah-srah sheer-ah-sahm shvay-tahm)

pranamami patanjalin

(prah-nuh-mah-mee pah-tahn-jah-lim)

Basic translation

Let us bow before 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 perfection of health.
Let us prostrate before Patanjali,
An incarnation of Adisesa,
Whose upper body has a human form
Whose arms hold a conch and disc, and
Who is crowned by a thousand headed cobra.