

Invocation to Sage Patañjali

It is usual that the invocation is chanted at the beginning of classes at the Ramamani Iyengar Memorial Institute, Pune. Sage Patañjali has penned the ancient Indian heritage of Yoga through his treatise the Yoga Sutras of Patañjali, which is an encompassing study of the subject which consists of just 196 sutras (aphorisms).



yogena cittasya padena vācām

(yo-gay-nuh chih-tuh-syuh puh-day-nuh vah-chahm)

malaṁ śarīrasya ca vaidyakena

(muh-luhm shah-ree-ruh-syuh chuh vy-dyuh-kay-nuh)

yopākarottam pravaram munīnām

(yo-pah kar-oh-tuhm pruh-vuh-ruhm moo-nee-nahm)

patañjalim prāñjalirānato'smi

(puh-tuhn-juh-lim prahn-juh-leer ah-nuh-toe-smee)

ābāhu puruṣākāram

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

śaikha cakrāsi dhāriṇam

(shuhn-kah chuh-krah-see dahr-ee-nuhm)

sahasra śīrasam śvetam

(suh-huh-sruh sheer-uh-suhm shvay-tuhm)

praṇamāmi patañjalim

(pruh-nuh-mah-mee puh-tuhn-juh-lim)

Let us bow before the noblest of sages Patañjali, Who gave Yoga for serenity and sanctity of mind, Grammar for clarity and purity of speech, and Medicine for perfection of health. Let us prostrate before Patañjali, 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.