



The Primary Series of Aṣṭāṅga yoga (Yoga cikitsā)



Opening Mantrāḥ

om
vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva bodhe
niḥśreyase jāṅgalikāyamāne
saṃsāra hālāhala moha śāntyai

ābāhu puruṣākāraṃ
śankha cakrāsi dhāriṇam
sahasra śīrasaṃ śvetaṃ
praṇamāmi patañjalim
om

Om
*I pray to the lotus feet of the supreme guru
Who teaches knowledge, awakening of the
great happiness of the Self revealed
Who acts like the jungle physician
Able to remove the delusion from the
poison of conditioned existence*

*To Patanjali, an incarnation of Adisesa,
white in colour with a thousand radiant heads
(in his form as the divine serpent, Ananta),
human in form below the shoulders,
holding the sword of discrimination,
a wheel of fire representing infinite time,
and the conch representing divine sound.
To him, I prostrate.*
Om

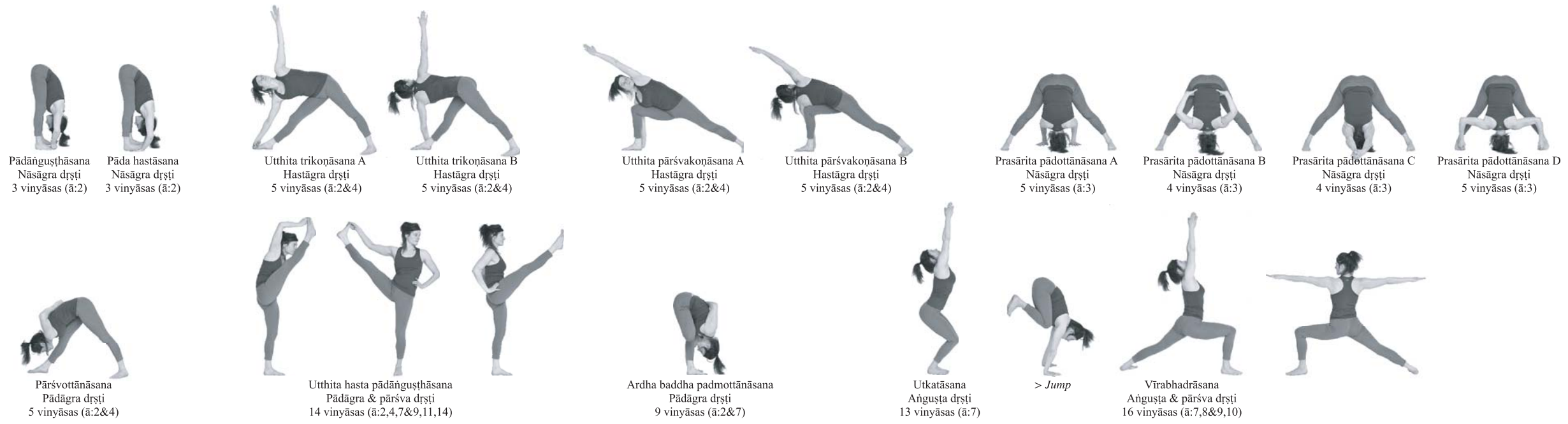
Sūrya Namaskāra A



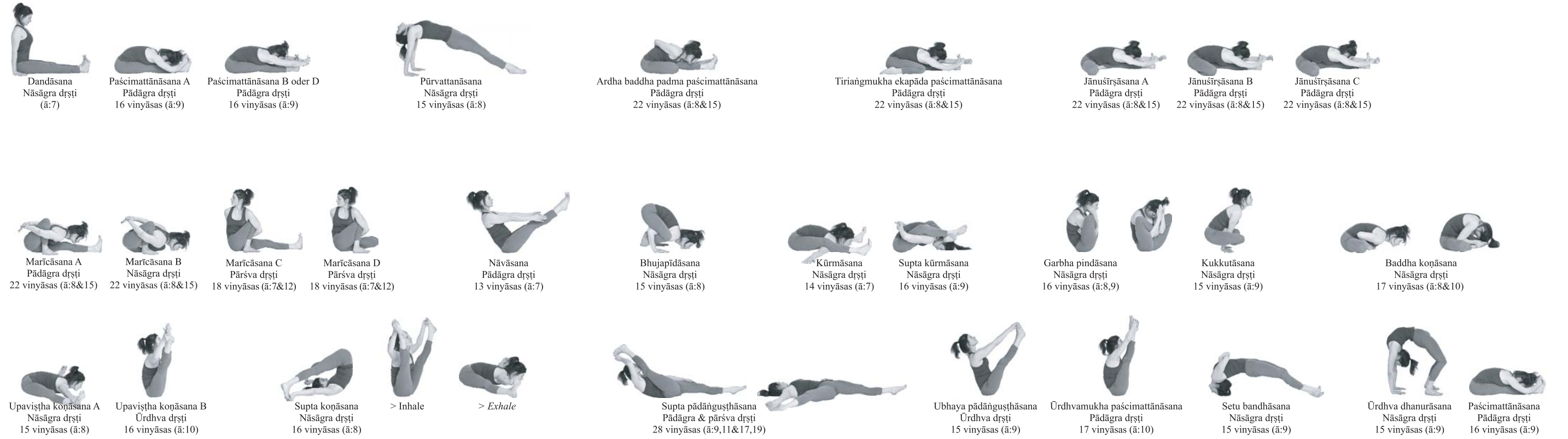
Sūrya Namaskāra B



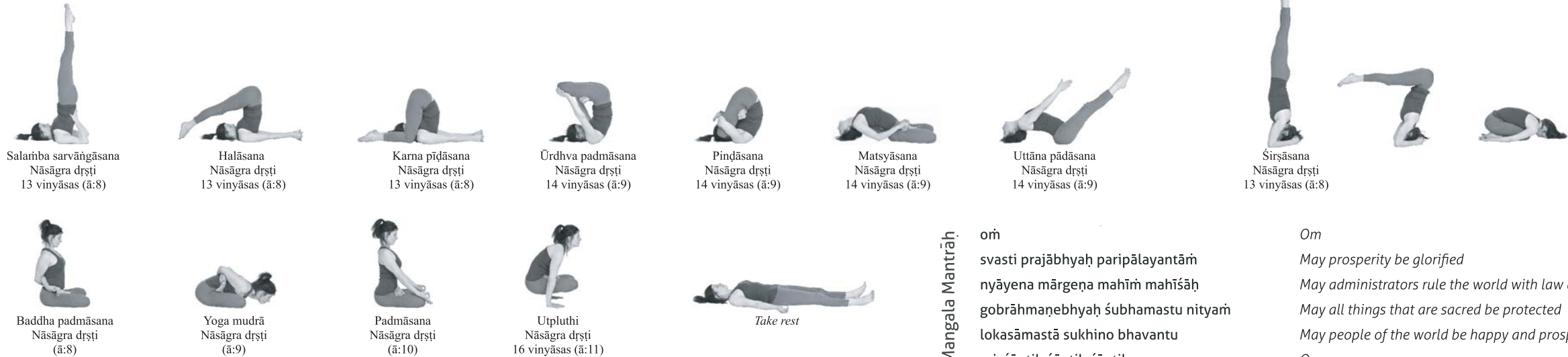
Standing Asanas



Seated Asanas



Finishing Asanas



Mangala Mantrāh

om
 svasti prajābhyaḥ paripālayantām
 nyāyena mārgēṇa mahīm mahīśāḥ
 gobrāhmaṇebhyaḥ śubhamastu nityam
 lokasāmastā sukhino bhavantu
 om śāntiḥ śāntiḥ śāntiḥ

Om
 May prosperity be glorified
 May administrators rule the world with law and justice
 May all things that are sacred be protected
 May people of the world be happy and prosperous
 Om peace peace peace



Anna Rossow