



BADRI YOGA SCHOOL
Ashtanga Vinyasa Yoga

Closing Mantra

YOGENA CITTASYA PADENBA VACAM

MALAM SARIRASYA CA VAIDYAKENA

YOPAKAROTTAM PRAVARAM MUNINAM

PATANJALIM PRANJALIRANATOSMI

ABAHU PURUSAKARAM

SANKHA CAKRASI DHARINAM

SAHASRA SIRASAM SVETAM

PRANAMAMI PATANJALIM

OM PARAMA RISHIBHYO NAMAHA

I offer my salutations with folded hands to patanjali,
the renowned amongst the sages,
who removed the impurity of mind through yoga,
of the speech by grammar and of the body by sidha.
Ohm I give thanks to the RISHI