



BADRI YOGA SCHOOL
Ashtanga Vinyasa Yoga

Opening Mantra

JEEVAMANI BHRAJTH PHANA

The Common Soul (JEEVA) shines like an emerald on the head of the snake

SAHASRA VIDRUTH VISHWAMBARA

Which has one thousand types (heads) and is all pervading

MANDALAYA ANATHAYA

With three circles unlimited

NAGARAJAYA NAMAHA

King of snakes – I Pay my respects to you

ABAHU PRUSHAKARAM

Manifest in human form

SHANKA CHAKRASI DHARINEEM

Bearing the ornaments of conch and wheel

SHASHARA SHIRSHAM SHWETHAM

Having one thousand snowwhite heads

PRANAVAMI PATANJALEM

I surrender to you Patanjali

GURUBYO NAMAHA

I pay respect to the guru

DEVATABYO NAMAHA

I pay respect to the Divine Adepts