

SANSKRIT

yogena cittasya padena vācām

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

malaṁ śarīrasya ca vaidyakena

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

yo'pākarottam̐ pravaram̐ munīnām̐

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

patañjaliṁ prāñjalirāṇato'smi

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

ābāhu puruṣākāram̐

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

śaṅkha cakrāsi dhāriṇam̐

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

sahasra śīrasam̐ śvetam̐

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

praṇamāmi patañjalim̐

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



ENGLISH

Let us bow before the noblest of sages Patanjali, 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 Patanjali, an incarnation of Adisesa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.