



## Mantra

OM  
 VANDE GURŪṆĀM CARAṆĀRAVINDE  
 SANDARŚITA SVĀTMA SUKHĀVABODHE  
 NIḤŚREYASE JĀṄGALIKĀYAMĀNE  
 SAṂSĀRA HĀLĀHALA MOHAŚĀNTYAI  
 ĀBĀHU PURUṢĀKĀRAM  
 ŚAṄKHACAKRĀSI DHĀRIṆAM  
 SAHASRA ŚIRASAṂ ŚVETAṂ  
 PRAṆAMĀMI PATAÑJALIM  
 OM

OM  
 I bow to the lotus feet of the Gurus  
 The awakening happiness  
 of one's own Self revealed,  
 Beyond better, acting  
 like the Jungle physician,  
 Pacifying delusion,  
 the poison of Samsara  
 Taking the form of a man  
 to the shoulders,  
 Holding a conch, a discus, and a sword,  
 One thousand heads white,  
 To Patanjali, I salute  
 OM

## Pranayama

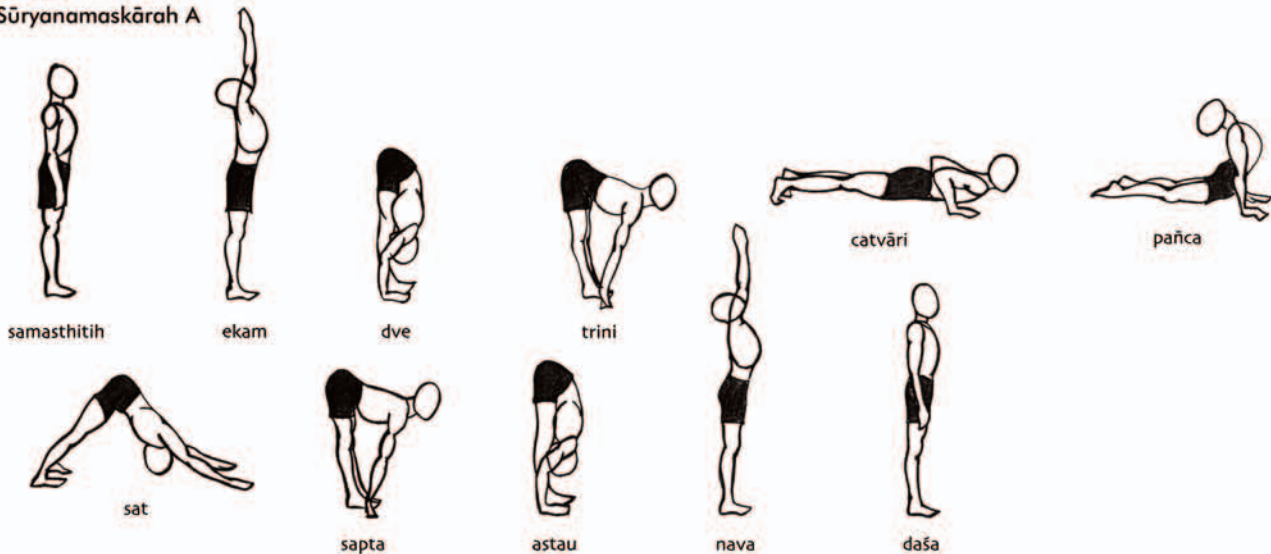
### 1 breathing technique

- Ujjayi breathing

## Asana

### 9 standing postures

- Sūryanamaskārah A



- Sūryanamaskārah B

