



Inledningsmantra

vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva bodhe
niḥ śreyase jāṅgalikāyamāne
saṃsāra hālāhala mohaśāntyai

ābāhu puruṣākāraṃ
śaṅkhacakrāsi dhāriṇam
sahasra śiraśaṃ śvetaṃ
praṇamāmi patañjalim



Ashtanga Yoga Karlskoga

Avslutningsmantra

Swastiprajābhyaḥ paripālayantām
nyāyena mārgeṇa mahīm mahīśāḥ
gobrāhmaṇebhyaḥ śubhamastu nityam
lokāḥsamastāḥ sukhinobhavantu

OM

Shanti

Shanti

Shanti