

## **INVOCATION**

yogena cittasya padena vacam  
malam sarirasya ca vaidyakena  
yopakarottam pravaram muninam  
patanjalin pranajaliranato'smi  
abahu  
purusakaram  
sankha cakrasi dharinam  
sahasra sirasam svetam  
pranamami patanjalin

**Om**

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.