



# calm

comme à la maison  
*yoga & more*

The Closing Prayer brings the practice to a peaceful end; sealing in the work done and offering the efforts of our practice to improve the state of the world.

स्वस्ति प्रजाभ्यः परिपालयन्तां      svasti prajābhyah paripālayantān  
न्यायेन मार्गेण मही महीशाः ।      nyāyena mārgēṇa mahīm mahīśāḥ ।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यं      gobrahmaṇebhyaḥ śubhamastu nityam  
लोकासमस्ता सुखिनो भवन्तु ॥      lokāsamastā sukhino bhavantu ॥  
काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।      kāle varṣatu parjanyaḥ pṛthivi sasyaśālīnī ।  
देशोयं क्षोभरहितो ब्राह्मणा सांतु निर्भयाः ॥      deśoṃ kṣobharahito brāhmaṇā sāntu nirbhayāḥ ॥

Svathi Praja Bhyaha Pari Pala  
Yantam  
Nya Yena Margena Mahim  
Mahishaha  
Go Brahmanebhyaha Shubamastu  
Nityam  
Lokah Samastah Sukhino Bhavantu  
  
Om Shanti Shanti Shantihi

## Translation

Om

May the rulers of the earth keep to the path of virtue  
For protecting the welfare of all generations.  
May the religious, and all peoples be forever blessed,  
May all beings everywhere be happy and free  
Om peace, peace, peace