



# calm

comme à la maison  
*yoga & more*

## **MANTRA D'OUVERTURE**

The Opening Prayer is a blessing of gratitude offered to the lineage of teachers and their students who have enabled this ancient practice to survive through thousands of years so that we can experience its benefits today. The recitation of this mantra cleanses the energy of the space we have chosen to practice yoga, as well as preparing the mind, body and emotions for the forthcoming Ashtanga sequence.

**vande gurūnām caraṇāravinde sandarśita svātma sukhāvabodhe |  
niḥśreyase jāṅgalikāyamāne saṁsāra hālāhala mohaśāntyai ||**

**ābāhu puruṣākāraṁ śaṅkhacakrāsi dhāriṇam |  
sahasra śirasam śvetam praṇamāmi patañjalim ||**

Om  
Vande Gurunam Charanaravinde  
Sandarshita Svatma Sukava Bodhe  
Nih Sreyase Jangalikayamane  
Samsara Halahala Mohashantyai

Abahu Purushakaram  
Shankhacakrsi Dharinam  
Sahasra Sirasam Svetam  
Pranamami Patanjalinam  
Om

### Traduction

I bow to the lotus feet of the Supreme Guru  
which awaken insight into the happiness of pure Being,  
which are the refuge, the jungle physician,  
which eliminate the delusion caused by the poisonous herb of Samsara (conditioned existence).

I prostrate before the sage Patanjali  
who has thousands of radiant, white heads (as the divine serpent, Ananta)  
and who has, as far as his arms, assumed the form of a man  
holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword (discrimination).

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