

Invocation to Patañjali

yogena cittasya padena vācām

(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

malaṁ śarirasya ca vaidyakena

(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

yopākarottam pravaram munīnām

(yo-pah kar-oh-tahm prah-vah-rahm moo-nee-nahm)

patañjalim prāñjalirānato'smi

(pah-tahn-jah-lim prahn-jah-leer ah-nah-to-smee)

ābāhu purusākāram

(ah-bah-hoo poo-roo-shah-kar-ahm)

śaṅkha cakrāsi dhārinam

(shahn-kah chah-krah-see dar-ee-nahm)

sahasra śirasam śvetam

(sah-hah-srah sheer-ah-sahm shvay-tahm)

pranamāmi patañjalim

(prah-nuh-mah-mee pah-tahn-jah-lim)

This version is from *Light on the Yoga Sūtras of Patañjali* by B.K.S. Iyengar, with the addition of approximate pronunciation guides. The translation in *Light on the Yoga Sūtras of Patañjali* is:

Let us bow before the noblest of sages, Patañjali, 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 Patañjali, an incarnation of Ādiseśa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.