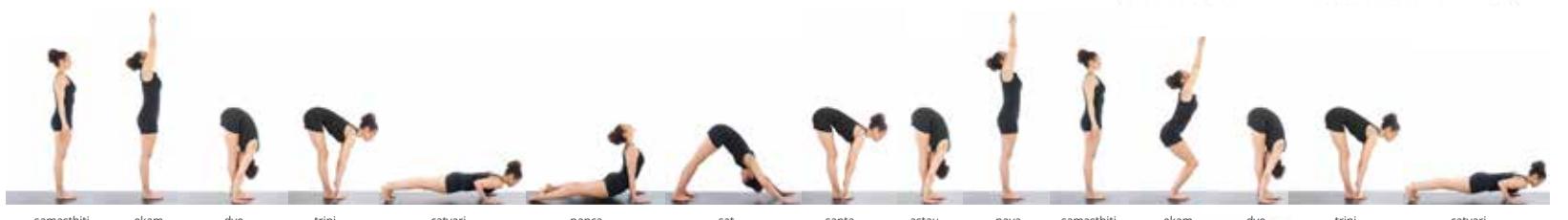


# ASHTANGA YOGA INTERMEDIATE SERIES

## Opening Invocation

OM  
 Vande Gurunam Charanaravinde  
 Sandarsita Svami Sukava Bodhe  
 Nih Sreyase Jangalikeyamane  
 Samsara Halahala Mohasantayai  
 Abahu Purusakaram  
 Sankhacakra Dharinam  
 Sahasra Sirasam Svamat  
 Pranamami Pantanjali

OM



## Closing Chant (Mangala Mantra)

Svasti Prajyahyah Paripalayantan  
 Nyayena Margena Mahim Mahish  
 Go Brahmanebhyah Subhamastu Nitayam  
 Lokah Samastah Sukhino Bhavantu  
 Om Santih Santih Santih