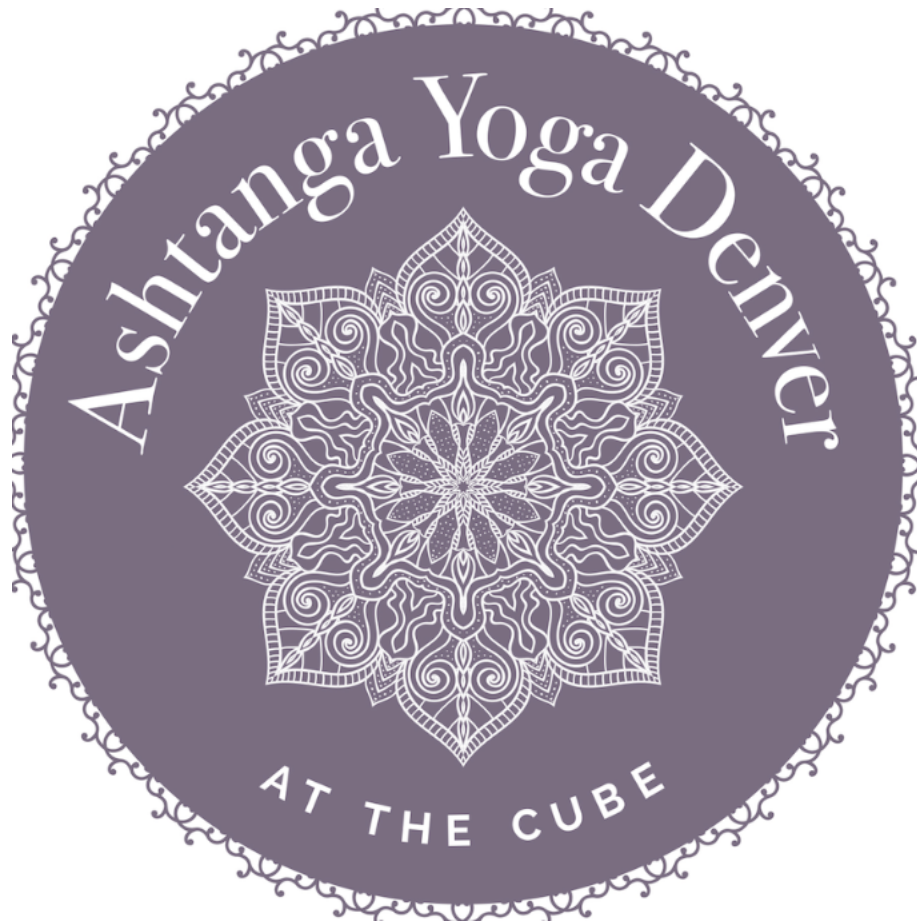




Ashtanga Yoga Workshop

***“Deep Roots of Freedom” with
Richard Freeman & Mary
Taylor***

April 26-27, 2025
ashtanga.yoga

Invocation to Ganesha

ॐ गणानां त्वा गणपतिगं हवामहे

om gaṇānāṃ tvā gaṇapatigam havāmahe

कविं कवीनामुपमश्रवस्तमम् ।

kaviṃ kavīnāmupamaśravastamam ।

ज्येष्ठराजं ब्रह्मणां ब्रह्मणस्पत आ नः

jyeṣṭharājam brahmaṇāṃ brahmaṇaspata ā naḥ

शृण्वन्नूतिभिस्सीद सादनम् ॥

śṛṇvannūtibhissīda sādānam ॥

*We invoke thee, Oh leader and
friend of all the hosts, the
intelligence of the intelligent, the
poet of poets, the pinnacle of
listening. Oh, primordial king of brilliance,
lead chanter of prayers, come with your blessings.*

*Listen to our prayers.
Have a seat in our sacred space,
the interwoven seat of the intelligence.*

Invocation

वन्दे गुरूणां चरणारविन्दे

vande gurūṇāṃ caraṇāravinde

सन्दर्शित स्वात्म सुखाव बोधे ।

sandarśita svātma sukhāva bodhe

निःश्रेयसे जाङ्गलिकायमाने

niḥśreyase jāṅgalikāyamāne

संसार हालाहल मोह शान्त्यै ॥

saṁsāra hālāhala moha śāntyai

*I bow to the two lotus feet of the (plurality of) Gurus, which awaken insight
into the happiness of pure Being, which are the complete absorbtion into joy,
the jungle physician, eliminating the delusion
caused by the poison of Saṁsāra (conditioned existence).*

आबाहु पुरुषाकारं

ābāhu puruṣākāraṃ

शन्ख चक्रासि धारिणम् ।

śankha cakrāsi dhāriṇam

सहस्र शिरसं श्वेतं

sahasra śīrasaṃ śvetaṃ

प्रणमामि पतञ्जलिम् ॥

praṇamāmi patañjalim

ॐ

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

Om

Śanti path of the Yajur Veda

सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु
मा विद्विषावहै ॥
ओं शान्तिः शान्तिः शान्तिः

saha nāvavatu
saha nau bhunaktu
saha vīryam karavāvahai
tejasvi nāvadhītamastu
mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ

May both of us together be protected.
May both of us together be nourished.
May we work together with great energy.
May our study together be brilliant and effective.
May we not hate or dispute with each other.
Om, Peace, Peace, Peace.

प्राणाग्निहोत्र *prāṇāgnihotra*

श्रद्धायां॑ प्रा॒णे नि॒विष्टोऽमृतं॑ जुहोमि ।
श्रद्धायाम॑पाने नि॒विष्टोऽमृतं॑ जुहोमि ।
श्रद्धायां॑ व्या॒ने नि॒विष्टोऽमृतं॑ जुहोमि ।
श्रद्धायामु॑दाने नि॒विष्टोऽमृतं॑ जुहोमि ।
श्रद्धायां॑ समा॒ने नि॒विष्टोऽमृतं॑ जुहोमि ।
ब्रह्म॑णि म आ॒त्मामृत॑त्वाय ॥

śraddhāyāṁ prāṇe niviṣṭo'mṛtaṁ juhomi ।
śraddhāyāmapāṇe niviṣṭo'mṛtaṁ juhomi ।
śraddhāyāṁ vyāne niviṣṭo'mṛtaṁ juhomi ।
śraddhāyāmudāne niviṣṭo'mṛtaṁ juhomi ।
śraddhāyāṁ samāne niviṣṭo'mṛtaṁ juhomi ।
brahmaṇi ma ātmāmṛtatvāya ॥

*With deep faith, I pour this ambrosial spread of nectar into Prāṇa.
With deep faith, I pour this ambrosial spread of nectar into Apāna.
With deep faith, I pour this ambrosial spread of nectar into Vyāna.
With deep faith, I pour this ambrosial spread of nectar into Udāna.
With deep faith, I pour this ambrosial spread of nectar into Samāna.
For thee, the brahman, I pour the immortal nectar of the true ātma.*

Closing Chant

स्वस्ति प्रजाभ्यः परिपालयन्तां

svasti prajābhyaḥ paripālayantāṃ

न्यायेन मार्गेण महीं महीशाः ।

nyāyena mārgēṇa mahīm mahīśāḥ

गोब्राह्मणेभ्यः शुभमस्तु नित्यं

gobrāhmaṇebhyaḥ śubhamastu nityaṃ

लोकासमस्ता सुखिनो भवन्तु ॥

lokāsamastā sukhino bhavantu

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।

kāle varṣatu parjanyaḥ pṛthivī sasyaśālīnī

देशोयं क्षोभरहितो ब्राह्मणा संतु निर्भयाः ॥

deśoyaṃ kṣobharahito brāhmaṇā santu nirbhayāḥ

May all of humankind be happy and well.

May the great noble lords protect the earth in every way by the path of just virtue.

May there be perpetual joy for those who know the real nature of things.

May all the worlds be happy.

May the rains fall on time, and may the earth yield its produce in abundance.

*May this country be free from disturbances, and may the knowers of the truth be free
from fear.*

नमः॑ शि॒वाय॑ च॒ ।

namaḥ॑ śivāya॑ ca ।

नमः॑ । शि॒वाय॑ । च॒

namaḥ॑ । śivāya॑ । ca

नमः॑ शि॒वाय॑ । शि॒वाय॑ च॒

namaḥ॑ śivāya॑ । śivāya॑ ca

नमः॑ शि॒वाय॑ शि॒वाय॑ नमो॑ नमः॑ शि॒वाय॑ ।

शि॒वाय॑ च॒ च॒ शि॒वाय॑ शि॒वाय॑ च॒ ।

namaḥ॑ śivāya॑ śivāya॑ namo॑ namaḥ॑ śivāya॑ ।

śivāya॑ ca ca śivāya॑ śivāya॑ ca ।

नमः॑ शि॒वाय॑ शि॒वाय॑ नमो॑ नमः॑ शि॒वाय॑ च॒ च॒ शि॒वाय॑ नमो॑ नमः॑

शि॒वाय॑ च॒ । शि॒वाय॑ च॒ च॒ शि॒वाय॑ शि॒वाय॑ च॒ ।

namaḥ॑ śivāya॑ śivāya॑ namo॑ namaḥ॑ śivāya॑ ca ca śivāya॑ namo॑ namaḥ॑

śivāya॑ ca । śivāya॑ ca ca śivāya॑ śivāya॑ ca ।