

# POCKET YOGA TEACHER



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And now  
we  
**begin!**

# Ashtanga Chant

## Sanskrit

Om

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

Abahu Purushakaram  
Shankhacakrsi Dharinam  
Sahasra Sirasam Svetam  
Pranamami Patanjalin  
Om

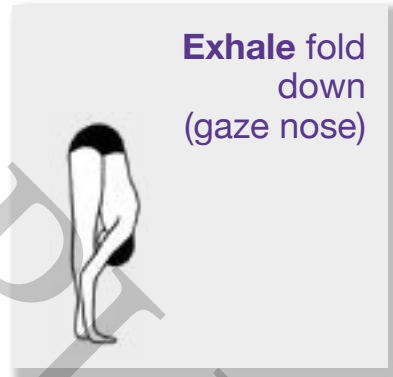
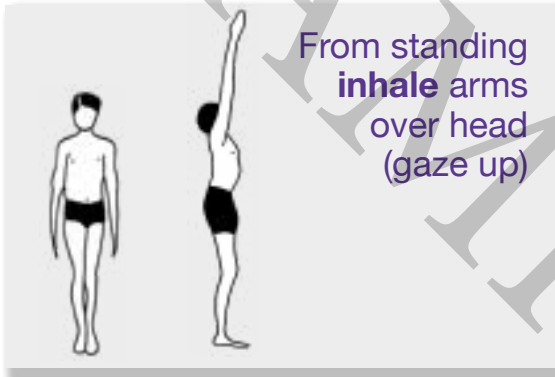
# Ashtanga Chant

## English

I bow to the lotus feet of the guru  
who awakens insight into  
the happiness of pure being,  
who is the final refuge,  
the jungle physician,  
who eliminates the delusion caused  
by the poisonous herb of samsara.

I prostrate before the sage Patanjali  
who has thousands of radiant, white heads  
and who has, as far as his arms,  
assumed the form of a man  
holding a conch shell,  
a wheel and a sword.

# Sun Salutation A



**Inhale** up dog  
(gaze eyebrow centre)



**Exhale** down dog  
5 breaths  
(gaze navel)



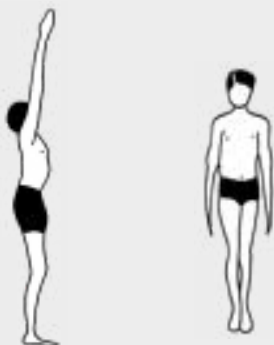
**Inhale** jump back  
(gaze nose)



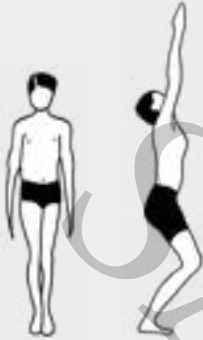
**Exhale** fold down  
(gaze nose)



**Inhale** stand up  
(gaze nose)



# Sun Salutation B



**Inhale** into chair  
(gaze thumbs)



**Exhale** fold  
down  
(gaze nose)



**Inhale** look up  
(gaze nose)



**Exhale** jump back  
(gaze nose)



**Inhale** up dog  
(gaze eyebrow centre)



**Exhale** down dog  
(gaze navel)



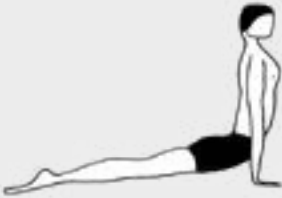
**Inhale** warrior 1  
(gaze thumbs)



**Exhale** press up  
(gaze nose)



**Inhale** up dog  
(gaze eyebrow centre)



**Exhale** down dog  
(gaze navel)



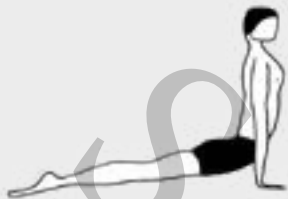
**Inhale** warrior 1  
(gaze thumbs)



**Exhale** press up  
(gaze nose)



**Inhale** up dog  
(gaze eyebrow centre)



**Exhale** down dog  
(gaze navel)



**Inhale** look up  
(gaze nose)



**Exhale** fold down  
(gaze nose)



**Inhale** into chair  
(gaze thumbs)



**Exhale** stand  
(gaze nose)



# Asana Practice