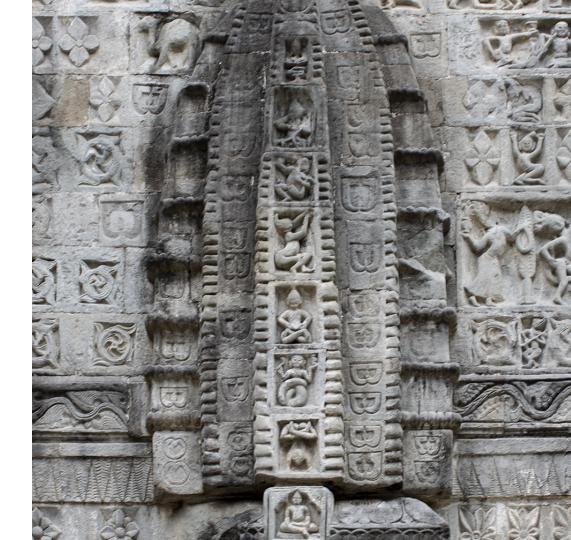
Light on Hatha Yoga

Module 1

Class prayers November 7, 2022







श्री गुरुभ्यो नमः हरि: ॐ

Om Om Om Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!



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

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

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

Mangala Śloka of Hatha Pradipikā



श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या । विभ्राजते प्रोन्नतराजयोगम् आरोढुम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā | vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī iva ||

I bow to the Almighty who taught the lore of Haṭha Yoga, which is held in high esteem as if it were a flight of steps for the aspirant who looks forward to climbing the highest peak of Rājayoga (spiritual achievement).

Saṅkalpa



An inquiry into the nature of the principles

and practices of Yoga through undertaking

the study of the Hatha Pradīpikā.



सर्वे सन्तु निरामयाः ।

🕉 सर्वे भवन्तु सुखिनः

सर्वे भद्राणि पश्यन्तु

मा कश्चिद्दुःखभाग्भवेत् ।

🕉 शान्तिः शान्तिः शान्तिः ॥

om sarve bhavantu sukhinah sarve santu nirāmayāḥ sarve bhadrāṇi paśyantu mā kaścid duḥkha bhāgbhavet om śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see goodness, may none suffer from sorrow.



3ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मा अमृतं गमय ।

ॐ शान्तिः शान्तिः शान्तिः ॥ हरि: ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being, lead me from the darkness of tamas to the light of knowledge, lead me from death to immortality. Harih om that is truth.