



MERCHANT CITY YOGA

# Ashtanga Yoga Phonetic Chant

## Opening Mantra

Om

van-day guru-nam  
charra-narra-vin-day  
san-dar-shee-ta swat-ma  
sook-ava-bow-dee-yah  
knee-shray-ass-say  
janga-lee-kye-a-man-nay  
sam-sara ha-la hala mo-ha-shanti-eye-aye  
abba-who poor-oo-shack-a-ram  
shanka-ja-crassy de-hara-nam  
sa-has-ra shee-ra-sam shhh-wet-am  
pran-na-mam-eee pat-an-jal-im

Om