

Navakaraṇa Vinyāsa Prārthanā

Navakaraṇa Prayer

**añjalyā parayā vande yogācārya-paramparām |
avidyānirvrtessvārthe jñāna-saṃpad-samrddhi-dām ||**

‘With folded palms, with the maximum devotion, I bow to the entire lineage of the preceptors of yoga who bestow the richness of wisdom in full for the removal of primordial ignorance’

**sāśīrbhis-sāvadhānena yogābhyāsa-dhanena ca
rāga-dveṣa-smayān hitvā-abhiniveśaṃ jayaṃ bhaje ||**

‘I seek victory with constant and conscientious effort and complete dedication, destroying the attachment, the aversion and the ego (I-ness); with the(ir) blessings, diligent study and with the wealth of Yoga practice’

**anavaratarateh rūpāt prapūrṇāt prayogāt
tanubalavimalaṃ cittaṃ sarājaṃ sayogam |
pranavakaraṇavinyāsādrtañānayogāt
sakalaśubhaguṇān prāpsyē sukhī syāṃ ca nūnam ||**

‘By practicing of Navakaraṇa Vinyāsa and the Rāja Yoga with complete dedication, constancy and determination.
With strength of body associated with purity of mind;
I shall conquest true knowledge of the Self, the bestower of
Yoga, the destroyer of all afflictions’

