

## The Mahāvratam of Aṣṭāvakra

Here, Now & Today I Devote Myself

—Body, Breath, Energy, Senses, Mind, Ego, Intelligence & Conscience—

To the Tradition, Practices and Teaching

Of Patañjali's Aṣṭāṅga Yoga.

Here, Now & Today I Reaffirm my Resolve

To Realize to the Utmost this Eight-Fold Path of Yoga,

From *Yama* — my Obligation to Family & Friends, Community & Society —

To *Samādhi* — Communion with the Invisible & Indivisible, the Unborn & Undying Spirit of Yoga.