

## The Mahāvratam of Aṣṭāvakra

Here, Now & Today I Devote Myself

—Body, Breath, Senses, Mind, Intelligence, Ego, Spirit—

To the Tradition & Lineage, the Practice & 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 Commitment to Family & Friends, Community & Society —

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