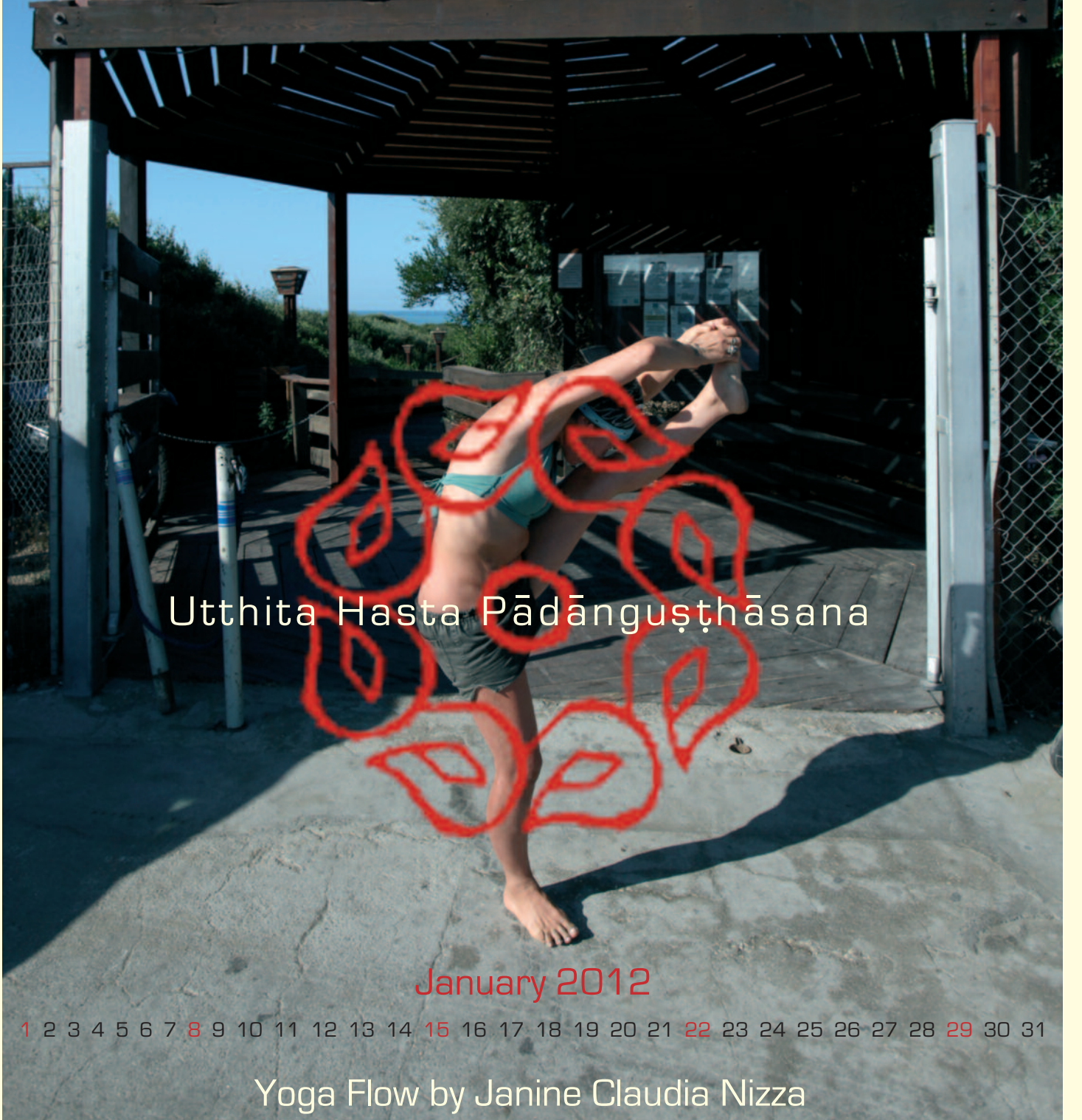


Ashtanga Yoga Mantra

वन्दे गुरूर्णं चरणारविन्दे सन्दर्शित स्वात्म सुखाव बोधे ।
निः श्रेयसे जङ्गलिकायमाने संसार हालाहल मोहशांत्यै ॥

आवाहु पुरुषकारं शंखचक्रासि धारिणम् ।
सहस्र शिरशं श्वेतं प्रणमामि पतञ्जलिम् ॥

OM



Utthita Hasta Pādānguṣṭhāsana

January 2012

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Yoga Flow by Janine Claudia Nizza

This calendar is a tribute to all asanas, mantra and spiritual practices that I wish to share with you all along 2012, for a better practice and for a better world.
With love Om Shanti your Janine Claudia Nizza

Calendar Project and Asanas performed by Janine Claudia Nizza

My thanks to

Photographer Claudio Corrivetti **Graphics** Sonia Ridolfini

Location Ostia Capocotta Mediterranea

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सहस्र शिरशं श्वेतं प्रणमामि पतञ्जलिम् ॥

OM

vande gurūṇaṁ caraṇāravinde sandarśita svātma sukhāva bodhe ।
niḥ śreyase jaṅgalikāyamāne saṁsāra hālāhala mohaśāntyai ॥

ābāhu puruṣakāraṁ śaṅkhacakraṁsi dhāriṇam ।
sahasra śiraśaṁ śvetaṁ praṇamāmi patañjaliṁ ॥

OM

I workship the Guru's Lotus feet
Awakening the happiness of the self revealed
Beyond comparison, acting like a jungle physician
To pacify illusion from the poison of existence
I prostrate before Patanjali,
An incarnation of Adisesa
Who have thousands of radiant white heads,
Human in form below the shoulders
Holding a sword (discrimination)
A wheel of fire, (discus of light of infinite time)
And a conch (divine sounds)

OM