















Long Form Gayatri Mantra Salutation

Created by Diana Shields. Repeat the corresponding mantra with the respective asana

OM <i>Hands in Namaskara Mudra</i>	
Om Bhur <i>Inhale into Pristha Vakrasana</i>	
Om Bhuvaha <i>Exhale into Uttanasana</i>	
Om Svaha <i>Inhale into a flat back</i>	
Om Maha <i>Exhale into Uttanasana</i>	
Om Janaha <i>Inhale and step back into low lunge, Anjaneyasana</i>	
Om Tapaha <i>Hold breath as you step back into Chatuspadasana</i>	
Om Satyam <i>Exhale as you lower into Chataranga Dandasana</i>	
Om Tat Savitur Varenyam <i>Inhale into Urdhva Mukha Svanasana</i>	
Bhargo Devasya Dhimahi <i>Exhale into Adho Mukha Svanasana</i>	
Dhiyo Yonaha <i>Inhale and step right foot into low lunge, Anjaneyasana</i>	
Prachodayat <i>Exhale and step the left foot into Uttanasana</i>	
Add a Seed sound of your choice here: Shrim (Lakshmi-prosperity), Hrim (Sacred Heart, seeing through illusion), Eim (Saraswati)-artistic endeavors, Klim (principle of attraction), Dum (Durga-protection), Krim (Kali-kundalini mantra, use with care), Gum or Glaum (Ganesha-obstacles removed), Haum (Siva-transcendental consciousness), Kshraum (unseals locked mantras)	  <i>Inhale into Pristha Vakrasana, then exhale hands into Namaste. Repeat on the other side, taking the left leg back first.</i>