

Prāṇāyāma mantra || Bhagavad Gītā 4-29 ||

ॐ अपाने जुहति प्राणं

प्रानेपानं तथापरे ।

प्राणापानगति रुद्ध्वा

प्राणायामपरायणाः ॥

ॐ

om apāne juhvati prāṇam

prānepānam tathāpare |

prāṇāpānagati ruddhvā

prāṇāyāmaparāyaṇāḥ ||

om

Having grasped the path of prana and apana,
those devoted to pranayama pour, as a sacrifice,
prana into apana, and apana into prana.