

Prāṇāyāma mantra || Bhagavad Gītā 4-29 ||

ओं अपाने जुह्वति प्राणं
प्राणेपानं तथापरे ।
प्राणापानगति रुद्ध्वा
प्राणायामपरायणाः ॥
ओं

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.