

ekadantāya vidmahe vakratundāya dhīmahi |
tanno dantī pracodat

May we have the knowledge of the single tusked one.
May we meditate on the one with the curved trunk [vakratuṇḍāya].
May you, lord inspire our knowledge and meditation.

ekadantāya vidmahe vakratuṇḍāya dhīmahi

tanno dantī pracodateh

YOGA with KAYA