

"LIVING YOGA WITH PADMA" TV Series

Theme chant song in Sanskrit :

AHAM AROGYAM - I am free from affliction

AHAM AANANDAM- I am bliss

AHAM MADHURAM (UCCHITUM) - I am sweetness/ the highest state

AHAM PURNAM- I am perfect

AHAM MRITYUNJAI - I am free from death

AHAM SWATANTRA - I am self-effulgent

AHAM AHINSA - I am non-violence