



*Body Awakenings*

# Awakening News

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## Namaste

Did you know...Namasté is used by yoga teachers all over the world at the end of practice. In Sanskrit language 'Nama' means bow, 'as' means I, 'te' means you, hence Namasté literally means 'bow me you' or 'I bow to you' and is often translated as 'the Divine in me recognises the Divine in you'

The gesture is an acknowledgment of mutual respect of one soul to another. To perform Namasté we place the palms of the hands together at the heart, close the eyes, and bow the head. We bring the hands together at the heart chakra to increase the flow of Divine love. Bowing the head and closing the eyes helps the mind surrender to the Divine in the heart.

Usually, it is done at the end of class because the mind is less active and the energy in the room is more peaceful. The teacher initiates Namasté as a symbol of gratitude and respect toward her students and her own teachers, and in return invites the students to connect with their lineage, thereby allowing the truth to flow; the truth that we are all one when we live from the heart.