

What is Namaste?

"Namaste" (pronounced Nam-a-stay) is often associated with yoga. It can be used as a greeting or upon parting, but for westerners it is typically said aloud at the close of a yoga class. The hands are brought together in prayer (Anjali Mudra) position and Namaste is said as you look around at the other people you share your practice with acknowledging them with a slight bow. Conceptually, speaking "Namaste" pays homage to the inner light in all living things.

This is my favorite interpretation of Namaste

I honor the place in you in which the entire universe dwells. I honor the place in you, which is of love, of peace, of light, and of truth. When you are in that place in you, and I am in that place in me, we are one.

Om Shanti,
Tony

Here is a inspirational and inspiring video on Namaste:

http://www.youtube.com/watch?feature=player_embedded&v=41xuS84tYAM