

# Namaste

The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra. The gesture is an acknowledgment of the soul in one by the soul in another.

*Nama* means bow, *as* means I, and *te* means you. Therefore, namaste literally means “bow me you” or “I bow to you.”

Source: <http://www.yogajournal.com/article/beginners/the-meaning-of-quot-namaste-quot>

**Swan Cove**  
ON RAYMOND ISLAND

YOGA · ACCOMMODATION · HEALTHY LIVING