

YOGA WITH STEPH - NAMASTE

Understanding Yoga & Deepening Your Practice

This handout explains the meaning of "namaste".

THE MEANING OF NAMASTE

Namaste is a Sanskrit greeting. It is translated as "I bow to you"

- Namah (नमः) - "bow," "obeisance," or "reverence"
- Te (ते) - "to you"

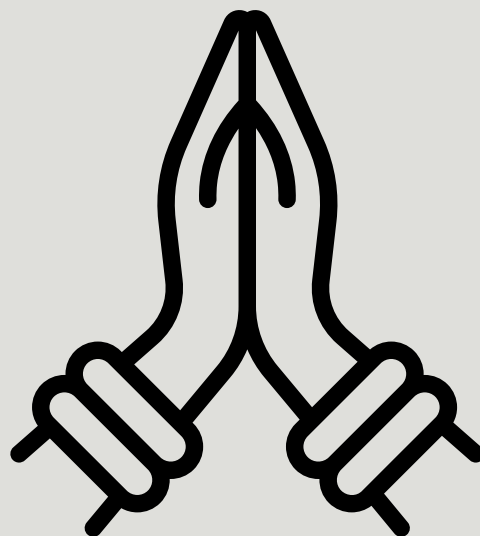
It is a respectful greeting used across India and in many spiritual contexts, expressing humility, reverence, and recognition of another.

In deeper yogic tradition, namaste is interpreted as:

"The divinity within me bows to the divinity within you."

This reflects the idea that all beings share the same inner essence or divine spark, and in bowing, we acknowledge that unity.

- Literal meaning - "I bow to you".
- Spiritual meaning - "I recognise and honour the divine within you, which is also within me".
- Gesture - Hands at heart in añjali mudrā, slight bow, often with a soft gaze.
- Context - used in yoga, prayer, greetings and farewells in many Indian traditions



añjali mudrā