Health/mindfulness related expression

Namaste [NAH-muh-stay]

Namaste is a Sanskrit word used in yoga and meditation, often the beginning and end of the practice, that represents respect and connection. When people say *namaste*, they acknowledge the shared humanity within each person. This gesture promotes mindful presence, gratitude, and inner harmony. It encourages positive relationships and empathy, supporting both mental and emotional well-being. By taking a moment to greet others with *namaste*, we cultivate a sense of calm and promote a more mindful way of living that enhances overall health and mindfulness.

Yoga pose explanation

Savasana [shuh-VAH-suh-nuh]: Corpse Pose

What is it?
Savasana is the final rest that happens at the end of a yoga practice. It's also called the "Corpse Pose." Most people consider it an inactive pose and a chance for your body and mind to sleep–like the dead. However, in Savasana, you're not actually sleeping – you're awake and aware.

During *savasana*, you relax your body completely. You let go of any tension in your muscles and try to be very still. It's a time to rest and let your mind become calm. You might close your eyes and focus on your breath, breathing in and out gently.

Why do we do it?
Many students think that it is OK to leave class early during this part because it just seems like everyone is resting. Some avoid it because they are uncomfortable with allowing their bodies and, most likely, their minds to be quiet. However, *savasana* is probably the most important and essential part of a yoga practice for several reasons.

1. Relaxation and Recovery: After the physical exertion of a yoga practice, your body needs time to relax and recover. *Savasana* allows your muscles to release tension and your body to rest deeply, promoting recovery and reducing muscle soreness.

2. Stress Reduction: *Savasana* is known for its ability to calm the nervous system and reduce stress. By consciously relaxing each part of your body, you signal to your brain that it's okay to let go of stress and tension, leading to a more peaceful state of mind.

3. Mindfulness and Awareness: During *Savasana*, you're encouraged to be present and aware of your body and breath. This practice of mindfulness helps you become more in tune with your sensations, thoughts, and emotions. It can improve your ability to manage stress and stay focused in your daily life.

4. Integration: *Savasana* allows your body to integrate the benefits of the yoga practice you've just completed. It's a time for your body and mind to absorb the positive effects of the poses and breathing exercises you've done.

5. Energy Recharge: Even though you're not moving, *savasana* can be incredibly rejuvenating. By resting mindfully, you can replenish your energy levels and feel more refreshed.

6. Cultivating Inner Stillness: In our busy lives, finding moments of stillness can be challenging. *Savasana* offers you the opportunity to experience a state of deep relaxation and inner calm. This can lead to improved mental clarity, emotional balance, and overall well-being.

7. Reducing Anxiety: The relaxation techniques used in *savasana* can help reduce anxiety and promote a sense of tranquility. Deep breathing and intentional relaxation can activate the body's relaxation response, counteracting the effects of stress and anxiety.

In summary, *savasana* is more than just lying down at the end of a yoga practice. It's a deliberate practice that supports physical recovery, mental clarity, emotional balance, and a sense of inner peace. Taking this time to rest and rejuvenate can have lasting positive effects on your overall health and well-being. So, next time you're in a yoga class and you have the urge to leave early, remember these benefits and stay a few moments longer.