

# CONCLUSION: NAMASTE



*I breathe deeply; my students are about to finish their first “yoga for writers” practice with Holly and me, and they look happy and at ease. No one walked out, and I’ve enjoyed this more than I can put into words. I move with my students into a cross-legged position at Holly’s request. We sit quietly for a moment, letting our practice sink in and acknowledging the ways it has subtly changed us in one short hour. Holly explains to my students that yoga practices end with bringing our hands in namaskar mudra, which is a prayer-like position that aligns the hands under the breastbone. She instructs them and reminds me that we bring our hands together and say the phrase, “Namaste” as a way of honoring each other and ourselves. Holly asks us to say this Sanskrit word with conviction and with self-knowledge of what we can achieve when we are aware and acknowledge the union of our body, mind and heart. I recognize that it is this union that guides me, first as a yogi and now as a teacher.*

*I bow my head forward and chant with the rest of my students, “Namaste.”*