

Hari om Tat sat

“Namaste”, is a declaration of respect for the practice and each other. It also allows you to carry forth the inspiration of yoga to everyone and encourage growth in yourself and others through your presence alone.

“Om”, The chanting of Om three times... This mantra allows the energy of the group to begin the process of harmony by breathing together and sharing in this mantra. It tunes each person into themselves and reminds the body and mind to set aside worldly concerns and to turn your attention inward to everlasting joy yoga can bring.

“Hari Om Tat sat”, is simultaneously a prayer, a blessing, a profound recognition and celebration of the sacredness of being. It means that the seen and the unseen are both one.

Hari Om Tat Sat – The divine sound - That is the truth.