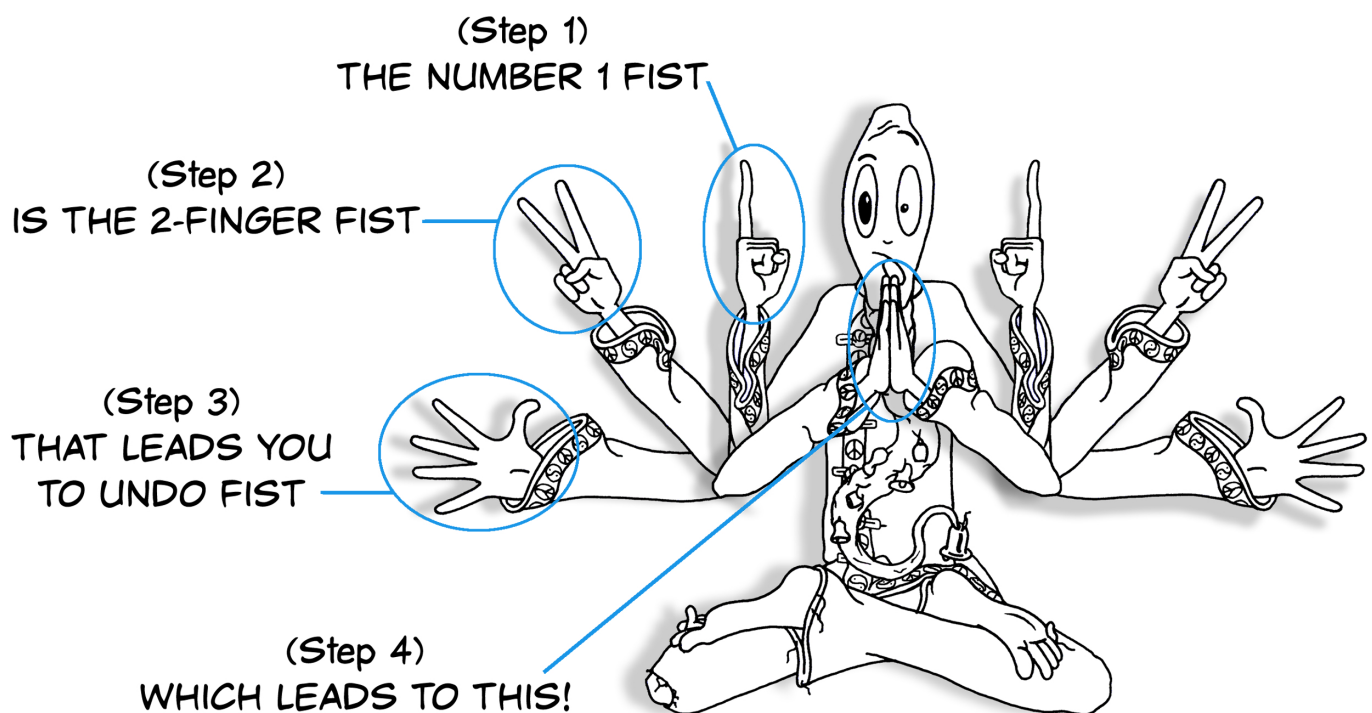


Today we are going to learn a new way to say hellow without shaking hands.

- 1) Practice the four steps below.
- 2) Find a friend.
- 3) Do the palm peace greeting for each other.
- 4) Bow and say namaste (na-mas-te).



Touching palms with the hands raised in front of the chest is an ancient form of greeting. It originated in India over 4,000 years ago. It is sometimes accompanied by a bow and the Hindi word “namaste” from the ancient Indian language of Sanskrit.

Both the gesture and the word mean, “The divine within me greets the divine in you.”

It is a very polite greeting that expresses peace, respect, and equality.