

## **MYSORE CLASS ETIQUETTE**

- 06.30 – 08.00 1<sup>st</sup> shift, please arrive between 06.30 – 07.00
- 08.30 – 10.00 2<sup>nd</sup> shift, please arrive between 08.30 – 09.00
- 09.30 – 11.00 weekend shift, please arrive between 09.30 – 10.00

1. Please arrive with enough time for your practice and we kindly ask you to finish your practice within your shift
2. If you enter the shala during the chant (opening mantra), it is polite to wait by the door (and join in if you feel to) then, once it has finished, organize your mat and mat space etc. At the end of your practice you can silently chant the closing mantra. The opening mantra is usually chanted 30 min after the shift begins and in some shalas the closing mantra is chanted 30 min before the end of the shift. If you're in Savasana during the opening or closing chant then just stay in Savasana
3. No warm-up is necessary. Keep your energy and intention up by entering and beginning the practice. Surya Namaskara A and B, is your dynamic warm up designed to prepare your body for the practice. Dynamic stretching is more effective than static stretching
4. Do not waste time within your practice. We do believe in warm up exercises for deeper postures, pick one exercise and don't spend more than 5 minutes on it – use the small sand timers in the shala
5. After back bending, take your mat and move to the last row to do the finishing sequence and to take rest. If the back row is full, please swap with the person behind you. It's important that taking rest at the end of the practice is done away from the people who are just beginning their practice, they're jumping around and full of heat, you want to cool down at the end away from all of that
6. It is important to give plenty of time for a full finishing sequence. If you are short of time do less of the series, in order to do all of the finishing. Savasana the resting pose (lying supine on the floor) is a very important/healing part of the practice, designed to cool our bodies down and ground our energy, give yourself plenty of time for relaxation here, 10 minutes is ideal
7. Do not talk during your practice. If you need to talk to the teacher, keep your conversation minimal and to the point. If you have an injury or practice issue, talk to the teacher before you start. You can thank your teacher at the end; you do not need to interrupt your focus to say thanks. Especially do not stop your practice to apologize – not "getting" a posture is not an offence and requires no apologies
8. For your own benefit and for others, once you start your practice, minimize distraction by staying on your mat until your practice is done. If you need to wash your hand or need tissues, etc, try to supply yourself before you start. We understand sometimes students need to use the bathroom, but we encourage you to stay on your mat as much as you can and to do all of that before you arrive
9. In the Mysore method we practice only up to the pose that we have been given by our teacher. When your teacher feels you are ready, he/she will teach you the next pose. Teachers will give you postures as they feel you are ready to assimilate them for your best therapeutic result. No props unless you've been instructed to use them
10. During your menstrual cycle (ladies holiday) we traditionally rest from Mysore practice on the heaviest days. This observance is both for the physical and the subtle body. Please avoid inversions (upside down postures such as shoulder stand and headstand) should you choose to practice on the lighter days
11. Traditionally, we practice the full primary series on the day before the rest day. Our rest day is on Saturday and on the day of the new moon and full moon, so we ask you to take it easy at the end of the week and on the days before the moon day, practice primary series only

12. Practice for a maximum of six days a week. Make sure you observe one day of rest. In our program, the rest day is taken on Saturdays. In Vedic astrology, each day of the week corresponds to one of the planets; each planet has its own qualities and energy that you can tap in to. Saturday (day of Saturn) is a great day for reflection, perfect for meditation and for learning from the teachings of the week
13. Switch off your phone and alarm clocks in the shala. We have a phone alarm at the shala, the alarms indicate when the shift more or less begins and ends so that you have an idea of what time it is as well. We understand that it can be difficult for some people to focus if they need to know the time
14. Put rings, valuables, and breakables away, not on the floor by your mat. If you've been instructed to use props, put them away after you are done using them. If you used our mats, then after practice please spray the mat, wipe it and hang it up, please do not leave mats or props lying around – just put them away immediately, especially your mat because it creates confusion in our small space. If you want to dry or air out your mat then please move it away from the practice area, thank you
15. Respect everyone in the room. Don't get caught up in other people's dramas. Maintain your drishti and resist the temptation to watch others. If you are watching others you have lost your own heat and focus. The only yogi in the room you should be watching is you
16. Typical intermediate series requirements: maintain a regular practice (4 – 6 days per week), practice the full primary series one day a week (preferably before your rest day), be able to do drop backs and completion of the bound postures of primary series. At our shala we start teaching tic tocs (Viparita Chakrasana) when we teach Bakasana B from intermediate series. The half split from primary series happens around Kapotasana and the full split from primary series to intermediate series happens at Karandavasana.
17. This practice is intended to be 6 days a week, minus full and new moons. It is too demanding a practice to attempt casually. Beginners often need some time to get to 6 days a week, but once you are deep into the practice it is extremely helpful. It isn't fair to your body to expect it to put your legs behind your head part time or occasionally. That would just be shocking and not therapeutic. If you experience pain with your practice, first ask yourself if you are practicing often enough. If you have, ask yourself next what other things you do with your body, like excessive sitting, driving, lifting, intense sports, running, working, etc. If you can't figure it out then please book or request a consultation (please do not book or request a consultation for every little thing, maximum one or two consultations a month). We advise beginners to practice 3 – 4 times a week and intermediate series practitioners 4 – 6 times a week

## HEALTH & PERSONAL HYGIENE

- **Don't practice if you have a fever. When in doubt, try a few Surya Namaskara on your own at home. If you are contagious or very weak, please stay at home**
- Shower **before** you come to practice. Arrive freshly showered, in fresh clean clothes and on a clean mat. Saucha, cleanliness, is one of the Niyamas, yogic principles for living. This is a spiritual practice, not just physical, and we want to greet the day and salute the sun with a fresh clean body and mind, not wearing yesterday's funk. If you arrive clean, you do not need to shower after your practice. Especially after you have practiced yoga for a while and eat a wholesome yogic diet, your sweat will be light and odorless
- Avoid wearing strong and synthetic fragrances as it can be irritating to fellow practitioners, there is a lot of deep breathing throughout the practice
- Once you start fostering a regular practice, you might appreciate having your own mat, it's a personal practice you should put your energy into your own mat, not a general one
- Eat 2-3 hours before you practice and 40 mins after practice. Drink up to 20 mins before and 10-20 mins after practice
- **Do not drink during your practice.** Our aim is to build heat in the body and drinking cools the body down. Drink after savasana. If you are extremely dizzy or seriously choking for some reason please drink some water

## SERIOUS INJURIES & PREGNANCY

- While you will receive verbal instructions to learn new postures, most of the assists will be in the form of "hands-on adjustments". Should you have any injuries or sensitivities in your body, please inform the teacher at the beginning of your practice
- Again, if you have any injuries, are pregnant or have any other special conditions let your teacher know so you can adjust your practice safely
- If you have an injury or sickness, practice with the intention to heal
- If you are pregnant then it is advised not to practice during the first three months of your pregnancy, of course the choice is yours. Your practice will be completely modified during your pregnancy, please book a consultation so that we can discuss details further. For the ashtangi mum-to-be, we recommend you read the book *Yoga Sadhana for Mothers* by Sharmila Desai and Anna Wise

## LED CLASSES & CONSULTATIONS

- Everyone is welcome to the Full Primary Series Led class but we prefer that you have a solid grasp on the standing and finishing sequence. If you do not practice the full primary series then you can take a spot at the back of the room, after your last asana you can sit and breath or watch the class, to keep your body warm you can choose to join in for the vinyasas (avoid doing extra exercises during) and join in again for the backbending and finishing sequence. During Led classes we ask you not to use any props and not to struggle through any asanas; one breath, one movement and just do what you can
- We try to avoid discussions in the Mysore room (quiet space). Please request a 15 - 30 min consultation if you are suffering from serious pain or injury. For anything else, any questions about pregnancy, Ayurveda, Kriyas, yoga and / or the yogic lifestyle, please don't hesitate to email us and we'd be happy help you further, thank you!