

MYSORE CLASS ETIQUETTE

1. Please arrive with enough time for your practice. We kindly ask you to finish your practice including Savasana by 09:00 **If you are practicing half primary series and more then I recommend you practice from 07:00 – 08:30 or 07:30 – 09:00**
2. No warm-up is necessary. Keep your energy and intention up by entering and beginning the practice **You are welcome to arrive and to sit to center yourself first or to lay on a block taking deep breaths, please keep it short. At our shala we do not chant the mantra as a group, you are welcome and encouraged to *silently* chant the mantras to yourself when starting and ending your practice**
3. For your own benefit and for others, once you start your practice, minimize distraction by staying on your mat until your practice is done. Going to the toilet is fine (never hold your pee), needing to blow your nose so that you can breathe better is fine, but we encourage you to stay on your mat as much as you can and to do all of that before you arrive or begin. If you have been instructed to use props then supply yourself with them before your practice – keep the area around your mat tidy, props neatly by your side and not scattered around your mat **Please do not get off your mat to look at the sequence poster at the back of the room**
4. 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 coughing a lot please drink some water **Please drink plenty of water after Savasana and throughout the day ☺**
5. Do not talk during your practice. We avoid discussions in the Mysore room. If you need to talk to the teacher, keep your conversation minimal and to the point. If you have an injury, practice issue or are pregnant, talk to the teacher before you start. You can thank your teacher at the end; you do not need to interrupt your focus during your practice to say thanks. Especially do not stop your practice to apologize – not “getting” a posture is not an offence and requires no apologies
6. Do not waste time during your practice, keep it flowing. If you would like to do any additional exercises please do them after your Ashtanga practice and before Savasana **Do not spend too much time on these extra exercises, please keep it short**
7. In a full Mysore room, take your mat and move to the last row to do the finishing sequence and Savasana. 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 **Move to the back after the backbends and forward fold**

8. If you are short of time do less of the series in order to have enough time for the finishing sequence. It is important to give plenty of time for the finishing sequence. We always end with backbends and inversions and we never ever skip Yoga Mudrasana, Padmasana and Savasana. 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 *You are allowed to do just the opening sequence and the finishing sequence. Always remember that something is better than nothing. The daily minimum requirement is 3 x Surya Namaskar A, 3 x Surya Namaskar B, Yoga Mudrasana, Padmasana and Savasana. At Ashtanga Vinyasa Yoga Shala we do not teach Utpluthih, the last asana in the sequence*
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, they 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. Hands-on adjustments and verbal cues are part of the teaching method. Do not skip asanas simply because you don't like them or feel like doing them
10. Respect everyone in the room. 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
11. During your menstrual cycle (ladies holiday) we traditionally rest from Mysore practice on the first few days of our cycle. This observance is both for the physical and the subtle body. Avoid inversions (upside down postures such as shoulder stand and headstand) should you choose to practice towards the end of your cycle. Practice inversions again *after* the last day of your bleed
12. Switch off your phone and alarm clocks in the shala. No watches or smart watches during practice. No distractions, focus on your breath and drishti *We understand that it can be difficult for some people to focus if they need to know the time, you can ask the teacher what time it is or ask them to stop you at a particular time should you need to leave early*
13. 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. If you want to dry or air out your mat then please move it away from the practice area, thank you
14. Practice for a minimum of three days a week and a maximum of six days a week, make sure you observe one full day of rest. Intermediate series practitioners practice the primary series on the day *before* the rest day *Our rest days are Saturday, Sunday and the days of the new moon and full moon*
15. A certain attitude or behavior is expected from practitioners in the Mysore room. Learn the sequences, asana names and do your own research about the practice, history, teachers, the world wide community overall, I shouldn't have to explain or remind you of too many things. When you're joining a Mysore program you are joining this teachers approach to the practice, you don't join other Mysore programs or classes in the city and bring that stuff into the shala, it creates confusion, miscommunication and problems. Travelling and retreats are different, please explore abroad.

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. Please look into Ayurveda; an ancient Indian healing science and often considered the sister science to yoga, and it focuses on healthy digestion, routine, and self-care
- Arrive to the shala prepared for practice, don't waste time getting dressed etc at the shala. Go to the toilet número dos at home please
- 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 coughing a lot please drink some water
- Ladies, it is recommended to have at least 3 days break of practice when menstruating. One of the reasons is hormones. Estrogen levels decrease, weakening the pelvic floor. Pelvic floor activation is used to access the bandhas, our internal locks. Weakness on the pelvic floor leads to lack of internal support which leads to overuse of the lower back muscles. Your pelvic floor and your respiratory diaphragm work together as part of your core. Your pelvic floor affects your entire practice. According to Ayurveda, blood (rakta in Sanskrit) is believed to be governed by the moon (chandra). Like all things of a watery nature (about 90% of our blood plasma is water), we are affected by the phases of the moon. During menstruation, the body is governed by the quality of apana; the energy residing in the pelvis and lower abdomen that facilitates the movement of blood down and out of the body. Ashtanga Yoga practice stimulates the prana up which is the opposite of the natural flow of the body during menstruation, we don't want to go against this natural flow, it's a monthly cleanse

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 be pregnant, have any injuries or sensitivities in your body, please inform the teacher at the beginning of your practice.
- 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. Your practice will be completely modified during your pregnancy from the second trimester onwards, 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
- Please learn the difference between **green** pain and **red** pain
- If you experience pain alongside 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 don't hesitate to ask us, however, we kindly would like to remind you not to ask about every stretch, cramp or feeling you experience during your practice or otherwise, please be selective with your questions
- Know the difference:
 - Physiotherapy – to treat physical issues caused by injury, illness and ageing
 - Chiropractic – to treat health problems related to the skeletal and muscular system
 - Osteopathy – to treat muscle and joint issues through massage and manipulation to improve mobility and reduce pain