

MYSORE CLASS ETIQUETTE

1. Please arrive with enough time for your practice and we kindly ask you to finish your practice including Savasana by 09:30
2. 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
3. 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
4. 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 sequence including backbends and **we never skip the last two/three asanas 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
5. 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. Please drink plenty of water after Savasana and throughout the day ☺
6. 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
7. Do not waste time within your practice. If you would like to do any additional exercises please do them after your Ashtanga practice and before Savasana. Please do not spend too much time on these extra exercises, you can use our sand clocks (*3 min and 5 min*)
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. Hands-on adjustments and verbal cues are part of the teaching method

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. Switch off your phone and alarm clocks in the shala. 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 to ask them to stop you at a particular time should you need to leave early
12. 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
13. 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
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. Traditionally, we 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, in our program we also included rest days on the days of the spring + autumn equinox and summer + winter solstice
15. Typical intermediate series requirements: maintain a regular practice (*3 – 4 days per week*); practice the full primary series one day a week (*preferably before your rest day*) and completion of the bound postures of the primary series. At our shala we can only teach the Ashtanga primary series and intermediate series until Supta Urdhva Pada Vajrasana including dropbacks and catching. We have recommendations for the seven headstands, Viparita Chakrasana and third series onwards
16. 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 feel during your practice or otherwise, please be selective with your questions

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 led class. During the led class we teach the opening and closing mantras and the fundamental opening sequence and fundamental closing sequence of Ashtanga Yoga, we do not go into the primary or intermediate series
- We try to avoid discussions in the Mysore room (quiet space). Please request a 15 - 30 min consultation if you're suffering from serious pain or injury. For anything else, any questions about pregnancy, ayurveda, yoga and / or the yogic lifestyle, a recommended reading list, etc please don't hesitate to email us we'd be happy help you further, thank you!