

MYSORE CLASS ETIQUETTE

- 06.00 – 07.45 1st shift, please arrive between 06.00 – 06.30
- 08.00 – 09.45 2nd shift, please arrive between 08.00 – 08.30
- There is no Mysore practice on Saturday's and on the new moon and full moon each month
- 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. Mark does the chanting twice, during both shifts, please don't feel obliged to chant twice or to come to standing, if you are in your practice you can come into child's pose (or join in if you feel to) and if you're in Savasana, just stay relaxed lying down
- 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
- Try not to start your practice at the back of the room. The ceiling is low at the back therefore not so ideal for sun salutations, and 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
- Try not to talk during your practice. If you have any questions or would like to discuss anything further please book a consultation
- In the Mysore method we practice only up to the pose that we have been given by our teacher. When our teacher feels we are ready, he/she will teach us our next pose. No props unless you've been instructed to use them
- 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 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
- 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, just breath and move
- 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
- 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
- If you used our mats, then after practice please spray the mat, wipe it and hang it up, please do not leave mats lying around
- Switch off your phone and alarm clocks in the shala

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
- 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. 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

- Instead of teaching the full primary led class, traditionally, on Fridays, we teach it on Sundays. Everyone is welcome as long as you have a solid grasp on the standing and finishing sequence. If you do not practice the full primary series then please 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, join in again for the backbending and finishing sequence
- Saturdays Ashtanga Led class is strictly for beginners. If we are aware of your level of practice we may have to ask you not to join this level. How do we consider who is beginner and who is not? Well first of all, it is never based on your ability to perform asanas. Our rules are simply set up for better class management. Traditionally, if you can stand up and drop back with ease then you can start the intermediate series, so if drop backs are no problem for you then you are no longer considered a beginner. Please help us keep the energy of the our led classes on one level