

mysore-style ashtanga @ east meets west yoga

What is "Mysore-Style"? (answer respectfully borrowed from wikipedia)

The Mysore-style of yoga practice is a particular way of teaching yoga within the Ashtanga Yoga tradition as created by Sri K. Pattabhi Jois in the southern Indian city of Mysore. This style is characterized by the following teaching methods:

- the class is not led by a teacher instructing a group of students at once, but instead instructing individuals one-on-one during a designated time period.
- students practice their own portion of the Ashtanga sequence of asanas at their own pace.
- the teacher assists each student individually by giving physical adjustments and further instruction.

In Mysore-style classes, each student is given their yoga asanas according to their ability, with newer students beginning with Sun Salutations and standing poses. As one gains strength, stamina, flexibility and concentration, additional poses are given.

The Mysore-Style Ashtanga method – as is any hatha yoga practice – is intended to be a daily practice. In the tradition, practice takes place every morning, except for Saturdays, and full and new moon days, which occur twice monthly.

Benefits of a Mysore Practice:

1. Instruction based on the individual. We meet you where you are and move from there.
2. We build your practice from the ground up. Starting out small, 20-45 minutes to begin. It is best to start as a beginner but if you've practiced before your very welcome to join us as well!
So, no previous yoga experience is required. Come as you are!
3. Committing to a Mysore practice will build strength, shed excess weight, purify your body from toxins, build character, and ease your stress. All you have to do is show up and do the work!
4. You will work at your own pace intelligently and therapeutically. There are no requirements of any kind to attain a certain level or reach a finish line.
5. Ashtanga is for anyone! The only person for whom Mysore-Style is not appropriate are those who are unready to make a commitment to the requirements of the practice.

How to Begin:

The first time you come, we ask that you spend a short period of time observing the room to get a sense of how it works. **The practice does not require 3 hrs.** You bring your practice at a time that is convenient to you during the 3 hr time period allotted. Allow for approximately 45 minutes for your first session.

If you already have a Mysore practice and are new to the East Meets West, introduce yourself to the teacher. Please begin the first day with the Primary Series only. After the first day, take your normal practice.

Practice guidelines:

- Wear comfortable clothes that you can move easily in.
- Shower before you come to practice and bring a clean mat and towel. This is essential for the comfort and balance of the studio and its community.
- Do not eat or drink before you practice. Ashtanga is best practiced on an empty stomach. That is why it is recommended to practice in the early morning after emptying the bowels.
- Do not drink water during practice.
- It is suggested that you do not practice during the 2-3 heaviest day of your period.
- Please leave all electronics outside of the practice room, in your car or purse. This is done in order to keep our practice space clutter and sound free.

Saucha , cleanliness, is essential to keep a balanced studio so please keep your mat and clothes clean and put all props away neatly. Once a part of the community your energy contributes greatly to the balance and beauty of the space.