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WHAT CAN YOU EXPECT IN A MYSORE ROOM? (SELF-PRACTICE CLASS)

Mysore method is the traditional way of learning and practising Ashtanga Vinyasa Yoga. However, if you haven't tried it before it may feel a little different than other types of yoga classes at first. In a Mysore class, you can expect to see practitioners at different levels such as complete beginners or/and more experienced ones.

Your practice in Ashtanga tradition begins with Surya Namaskar A and B and once you have memorized them first standing poses will be added to your practice. Then, over time and practice when you become confident and feel comfortable with breathing etc the next poses will be added step by step.

The whole process may vary from one person to other depending on their abilities, background and current practice frequency. Please be patient and do not attempt advanced poses unless you are told to practice them. If you have any questions about your practice feel free to catch me for a chat.

These classes are run as a small group so that I can focus on everyone's practice and do my best to help you.

ARRIVAL – LEAVING

- You can arrive at the studio in the first half an hour of stated time. Although it depends on your experience and level you are recommended to practice at least 45 mins-1 hr.
- You can finish your practice and leave the studio earlier than stated finish time. You don't have to wait for others to finish their practice to leave the studio.

CHANTING

- Each class begins with the Ashtanga Opening Mantra to show gratitude and set intentions for the practice. If you don't know the mantra or just don't want to join chanting you can close your eyes and listen to the others chanting. It's up to you.

SEQUENCE

- Feel free to do extra warm-ups or/and pranayama or/and meditation at the beginning or end of the practice, but when you begin doing the Ashtanga sequence please stick to the original sequence. (Modifications are always welcome)
- Try not to use cheat sheets. It's important to memorise the sequence to be able to build up a safe practice. It's fine to do mistakes but if you tend to forget the sequence all the time this might mean you are doing more than you should be doing. In that case you will need to step back and do less.

- Breath is one of the main aspects of this tradition so it's really important to feel comfortable and confident with your Ujjayi breath during the practice before moving on to the next poses.
- BEGINNERS: Practice would last 45 mins- 1 hr initially. We will have a little chat and I will explain how we will approach to your practice according to your needs.

MORE EXPERIENCED: Be patient with your practice and new poses.

Feel free to ask questions and share your expectations from your practice with me. Do not attempt further or more advanced poses if you are not given them.

RELAXATION

- It is really important to take a proper relaxation. Please always finish your practice with relaxation.

FOOD, DRINK, EQUIPMENTS, ADJUSTMENTS and MORE

- Feel free to use props (yoga blocks, straps etc.) to deepen your practice, have them ready before you start.
- Getting sweaty is one of the aims of this practice because it's believed to remove the toxins. If you tend to over sweat bring along a towel. Sometimes, sweat may cause bad smell so consider showering before attending a class as it will clean off the bacteria that cause bad smell.
- Fill out the health questionnaire before attending your first class. If any changes occur to your conditions (injury, pregnancy etc.) please update your health form.
- If you feel tired or are menstruating, consider doing a modified gentle practice. Feel free to ask for help.
- Ashtanga practitioners are meant to take a rest on Moon days. Feel free to do a gentle practice or skip it. Listen to your body and act accordingly.
- Hands-on adjustments, these adjustments help you deepen your practice however if you don't like them, feel free to tell this. In that case, you would only get verbal instructions.
- Do not drink water or anything else during your practice.
- Do not practice on a full stomach. Have your proper meal around 4 hrs before class, or a light meal 1-1,5 hrs before class.
- Respect others' practice and keep the room as quiet as possible, this doesn't mean you can't ask questions.

Enjoy your practice. Always remember you may feel different every time you get on your mat, practice accordingly. Be mindful and listen to your body.

Namaste, Ezgi