

Guide to Mysore start classes



- You are ready to come to Mysore start when you know the asana and remember the sequence that you have been taught in the led classes Beginners and Level 2/Let øvede.
- The time indicated on the schedule is the period within which you can start and finish your practice. In the mornings come from 7.30 to 9.00 and in the afternoon after 16.00.
- Put your mat in the front of the shala – the first three rows – and be attentive to other students and respect their practice. There is space for 5 mats in each row.
- Always place your card under your mat - as usual.
- If there are many students you might have to start in the fourth or fifth row. When there is space available we will ask you to move forward.
- To start sit on your mat and do ujjayi breathing using uddiyana and mula bandha (abdominal and anal locks).
- After a few minutes stand up and start your practice with Suryanamaskara (Sun salutations) like you do in Let øvede.
- The teacher will chant the mantra at a specific time (see schedule) and will call the students to Samasthiti – afterwards you continue from the Asana you came to.
- The teacher and the assistants will help you when needed. Be open to their advice and adjustments – this is an important part of your practice. If you have special issues please talk to the teacher before starting the practice.
- The teacher will take you forward in your practice and give you new Asana when you are ready.
- After back bending you move back at the end of the Shala to do finishing Asana and the relaxation.
- You are a Mysore start student until you do Navasana – after this you are a Mysore student.
- You are always welcome to ask questions to the teacher after the class.