

## Guide to mysore classes



- The mysore style is the individual practice of Astanga yoga.
- You will now use the method and technique on your own and get the full personal benefits.
- You can start in the mysore style right away or from the beginners and led classes. You do the positions in the same order as we have taught you.
- The teachers will help you in the positions and take you further and deeper in the practice when you are ready.
- You can come within the time frame indicated on the schedule. The door is open 30 minutes before both in the mornings and in the afternoons.
- If you are coming to the mysore class for the first time please come early or late as we will have more time for you.
- In the big shala please place your mat in one of the 3 front rows. There is space for 5 mats on each row.
- If the front rows are full you might have to start on row 4 or 5. When there is space we will ask you to move forward.
- Place your card under the mat as always.
- Please be respectful to others and their practices.
- Start by sitting on your mat and do the breathing. After a few minutes you start the practice with sun salutations and continue with the positions.
- Mantra is when the teacher calls everybody to Samasthiti, and we chant together. After the mantra you continue with the asana that you came to.
- After backbends or your last asana please move to the back of the shala and do the finishing sequence and relaxation.
- You are always welcome to talk to the teacher if you have special issues - also before or after the class.