

Ashtanga Mysore-style FAQs

चिकित्सा

What is Mysore style Ashtanga Yoga? Named for a city in India, Mysore style refers to a traditional way of practicing Ashtanga yoga. Students learn and practice a sequence of postures at their own breathing pace and capacity under the guidance of a teacher within a group setting. Mysore style class allows for more individualized, one-on-one instruction and gives the practitioner more opportunity to explore the postures and nurture their own inner guidance and self-awareness.

How is Mysore Ashtanga different from a led (guided) class? In a led class, students are guided through the sequence simultaneously by the teacher. In a Mysore class, each student practices the sequence independently and at their own pace, with one-on-one support and guidance from the teacher. You can think of Mysore like a private lesson in a group setting. In a Mysore class, students do not need to arrive and begin or end their practice at the same time as each other.

Do I need to know the sequence before attending a Mysore class? No preparation is needed, come as you are! You will work with the teacher to learn the Ashtanga Primary Series from the ground up, one pose at a time, beginning with Sun Salutations A&B. Slowly, as you become proficient and build strength, stamina and focus, additional poses will be added to your practice to progress you through the sequence.

What should I expect in my first Mysore class? You can expect a supportive environment where you'll receive personal attention and guidance from the teacher, who will work with you to adapt the practice to your level and progress. Because there is not someone leading you through each pose, it might feel a little awkward or intimidating at first, but the teacher is always available to assist if you forget something or have questions.

How does the teacher assist students in Mysore classes? The teacher is available to support each student's practice by answering questions, providing hands-on adjustments and verbal cues to help improve alignment and deepen the experience of the postures, and by supporting the student's steady progress through the sequence. The teacher's advice is never the final say and each student is encouraged to exercise discernment, autonomy and agency when making decisions regarding their bodies and how best to work within their practice. Please make sure to inform the teacher of any injuries or ailments.

What are some of the benefits of practicing Mysore Ashtanga yoga? Practicing Mysore helps you to learn the Ashtanga sequence by heart, which means you own your practice, and you can take it with you wherever you go. The practice is your space for inner exploration and research, so you can spend more time on poses that need extra attention and slow down when needed. This style of practice also promotes discipline, self-awareness, and a deeper and more subtle connection to the breath, body and mind.

Please reach out with any questions and we hope you enjoy the journey!