



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY of VIRGINIA

† - Stay for five breaths
⊗ - Return to Samasthiṭh

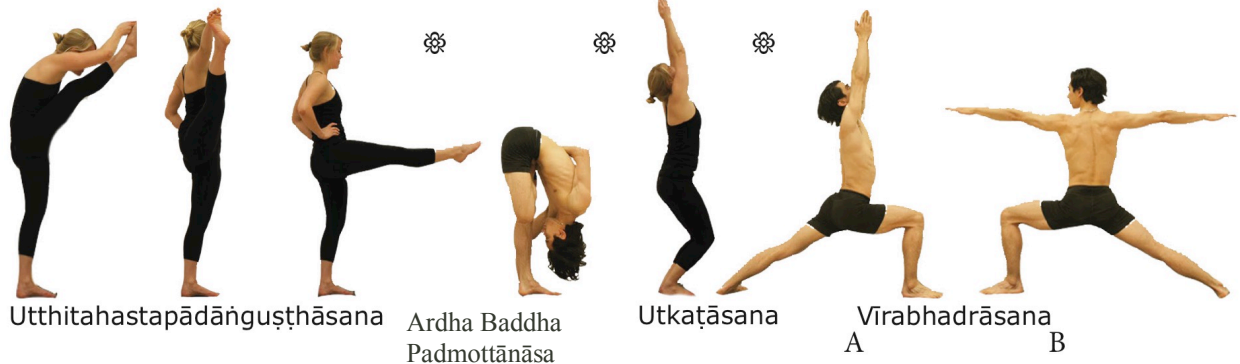


Samasthiṭh Sūrya Namaskāra A- repeat 5 times



Sūrya Namaskāra B- repeat 5 times

Standing Series



Three Closing Postures - Stay for 10 breaths



UVA Mysore
M-F 6-8:30AM
Beginners
M-Th 8:30-9:30
Sat Led Primary
9-10:30AM

ASHTANGA YOGA IS 99% PRACTICE – JUST SHOW UP!

Mysore Style is for Everyone and is our most accessible class for students of all levels. Whether you are young or old, ill or injured, beginner or long time practitioner, flexible or stiff, strong or not, this is the best class for developing flexibility and strength and directing your mind inwards. The only thing required to attend is a desire to learn & practice Yoga. In A Mysore Style you will get individual attention within a group setting at a pace specifically tailored for you, your body and your level of skill.

Practice Guidelines

- **SOUNDS:** One's own quiet breath is the music in this class. Please turn your cell phones to silent or off. Use library voices and keep your speech to a minimum in the room so that others may be able to focus on their practice (sound of their breath, dristi...etc).
- The fruits of the Ashtanga yoga are best realized through a **daily practice**. **Run the experiment for 3 weeks daily and see what happens. I dare you!**
- **Flexible Start Time:** Mysore Style is an open practice time, meaning you may come and start your practice anytime between the scheduled hours just simply leave enough time to finish before the class ends. New students should allow 15 to 45 minutes for practice. As strength, stamina, flexibility, and mental faculties build, more of the sequence will be learned and one's practice will gradually lengthen.
- **Rest days are:** 1day/week, Moon days (full and new moon), "Ladies' Holidays" (Women are advised not to practice during the first few days of menstruation), or if one has a fever. Otherwise take practice.
- The teacher will help guide your progress. Poses will be added gradually as you are able. Your teacher may ask you to stop at a certain posture to master it before moving on – please respect this view. This method helps to prevent injury and aids cultivating an internal focus.
- **Communicate.** If you have an injury or simply do not wish to be adjusted, please let the instructor know.
- **Dedicate your practice:** One might be inclined to experiment with attempting to cultivate humility and openness by collecting oneself before they start. One may take a moment to chant quietly (vande gurunam...) or, to simply cultivate gratefulness for the forces that have led you to the practice.
- **Practice in the body you have today, if injured do some version rather than a-version the other parts of your body may heal your injuries over time**
- **It's a breathing practice – Movement follows breath**
- **Morality** If you're like me and have not mastered the first 2 limbs (restraints and observances) start there before attempting the last 3 limbs of ashtanga.

Personal Care

- Bathing prepares the body and mind. It is appreciated for students to do so before class.
- Use of scented products is discouraged. Wear cl
- If you have injuries or other special needs you can still practice, please let your teacher know and make modifications around the injury as needed according to your body.
- **Consider your diet and refine as needed.** Practice should be done on an empty stomach. It is best to wait at least 4 hours after eating a meal before practicing. Water is best not consumed directly before or during class. However, you should stay well hydrated the rest of the day.

What to Bring

- It is better if students have their own mat, however, the blue and orange mats are available in the storage room. Please wipe down the mat after you are finished with it so the next person will have a clean one. If you are coming regularly you may store your mat in the storage room.
- Lockers are also available for rental at the front desk.
- Please wear comfortable, appropriate, and clean attire.

Schedule

Mysore (NGRC) M-F 6-8:30AM, Beginner mysore M-Th 8:30-9:30 Full led (Sanskrit counted) primary Saturday 9-10:30AM (AFC) THANKS and See you Soon!