



Etiquette for the Mysore Classroom



Class Times:

The studio opens every day at 6am and the teacher chants and begins to assist at 6:30am. On Monday, Wednesday and Friday the teacher assists until 8:45am and on Tuesday and Thursdays until 9:45am. Students are invited to arrive any time after 6am and practice up until 8:45 on M,W & F and to 9:45 on T, TH.

All students are expected to be in Savasana 10-15 minutes prior to the close of the class to allow the teachers, students and classes to change over. We turn the lights of 20 minutes early. At this time, finish your last pose and then take the 3 closing poses and go into Svasana.

Developing a Mysore Practice:

This class is not open to drop-ins. All students that wish to practice in this style of classroom must first take the [Intro to Mysore](#) with Kimberly or email Kimberly to confirm attendance. All students practicing in the morning Mysore must attend a minimum of 2 times a week in order to establish a consistent practice and relationship with the teacher. Coming and going is not allowed.

Preparing for practice:

The main reason most students sleep through their morning alarm or feel sluggish is because they have not established an evening routine.

Try to eat light in the evening and go to bed with plenty of time to meet your morning commitment to practice.

Cleanliness is a part of the practice and begins before you enter the classroom. It is important to shower before you practice to clear toxins from the largest organ of your body, the skin. Wear clean clothing, use clean practice rugs and towels. All students should have their own practice towel for the teacher to assist them.

It is highly beneficial to clear your bowels before your practice so that you do not pull toxins back into your system. This will require students to wake a few minutes earlier. We recommend drinking a cup of warm lemon water with a pinch of salt or ginger powder.



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Entering the classroom:

NO CELLPHONES! If you need to know the time then the teacher will keep track for you or you can bring in a watch.

Checking texts and emails is not allowed!

Please enter quietly and try not to disturb the other students who may have already begun their practice.

Place your mat next to a wall or 2-3 feet away from someone else so that you do not have to move as students enter and leave.

Gather all props that you will need for your practice so that you do not need to get up and down and disturb yourself during your practice.

Things to observe during practice:

If the teacher adjusts you on one side of the pose, do not take a vinyasa. Just go into the other side.

Keep your drishti (gaze) on your own mat and do not look around the room.

Practice with the awareness of others around you. Notice your placement on your mat as you move through your practice.

If the teacher is busy helping someone else then do not skip a pose that you need help in. Please wait and the teacher will be with you shortly.

Practice begins before we enter the classroom and extends far into our day and life. Come and go with an awareness of others in your Sangha, community.

Our practice is a thread woven into a large blanket that covers us all. Please practice kindness, humility and compassion.