Mysore guidelines

booking:
• please ensure you pre-book your spot online for mysore practice
• also ensure you book for the slot you will actually attend, for mornings 6:00–6:30 or 7:00–7:30
• for evening practice ensure you allow yourself enough time to finish before 20:00 (Fridays 19:00)

arrival:
• in the mornings doors open at 6:00, please ensure the door is closed properly behind you with the handle facing up
• the door remains unlocked through mysore practice so place your valuable in a cupboard inside the studio space
• if a first-timer at the studio please come introduce yourself or simply wait in samasthiti and the teacher will come to you to share injuries or other pertinent information like your last given posture

what to bring:
• cheat-sheets are not allowed
• you can bring your own mat and store it at the studio, but you are welcome to use a studio mat
• bring a small towel along with your practice rug if you use that
• wear comfortable, light, breathable clothes that are well fitted to move easily in, remember you will sweat and move in every direction and the teacher needs to be able to see your postural alignment

practice:
• BREATH!
• you will receive physical adjustments from the teacher, feel free to let the teacher know if adjustments feels too strong or aggravating an existing injury
• your mysore practice grows at the tempo that is right for you, you learn the series one posture at a time with new postures given to you as you are ready
• if you are new to the studio please inform the teacher of your last given posture
• cheat-sheets are not allowed
• be aware of your peers and your personal space, you may need to turn your body or move your mat or pause for a moment to give each other space
• if you have a question you can ALWAYS ask.
• if you are not feeling well or need adapt your practice because of time restraints or really anything please let us know, we are here to help you
• after urdhva dhanurasana (backbending) and paschimottanasana (forward fold) please move your mat to the back of the room
• practice consistently, we recommend starting with at least three times per week and building up from there
• it is important to attend a led practice session on either Saturday or Sunday, this will help you clean up and learn the proper vinyasas

**after practice:**
• make sure you rest for at least 5-10 minutes
• seated meditation practice is highly encouraged, if you are new to meditation let us know and we will help you get started
• make sure to clean your mat and place props neatly back in the cupboard
• if you store your mat at the studio it is advised to bring it home to give a proper clean and airing out every so often
• you are welcome to sip tea after practice, just be sure to keep the level of your voice low if you are feeling chatty

We are honoured you have chosen to come practice with us. Be kind to yourself and others, be patient and enjoy the journey!